

# VISITOR

CONNECTING COLUMBIA UNION MEMBERS

JULY 2011 • VOLUME 116 • ISSUE 7



## Potluck Makeover

6 Healthy & *Tasty*  
Recipes to Try

Plus: Blogs From  
the Mission Field

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*Compiled by Beth Michaels*

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**About the Cover:** Shish kebabs prepared with Mario's Italian Sausage (see recipe on p. 9). Food prepared by Clara Iuliano; art direction and styling by Kelly Butler Coe; photographed by Joel Springer.

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*Lilly Tryon*

STAY CONNECTED



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## On the Web

**Video Health Tip** – Go to [youtube.com/user/ColumbiaUnion](http://youtube.com/user/ColumbiaUnion) to watch Chris VanDenburgh, MSN,



RN, coordinator of Faith Community Nursing and Health Ministry for Kettering Adventist

HealthCare in Kettering, Ohio, talk more about this month's *Visitor Calendar* theme—Connect.

**Facebook** – Are you a fan of our *Visitor* Facebook page? Connect with us at [facebook.com/ColumbiaUnionVisitor](http://facebook.com/ColumbiaUnionVisitor) and click the “Like” button. Then, share your church and school news and photos, promote your upcoming events or take our Facebook poll, etc.



**Live Chat** – Did you enjoy this month's potluck makeover recipes by nutritionist Clara Iuliano?

Do you have questions for her?

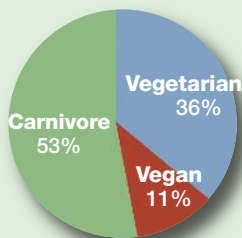
Join us July 21 from 7-9 p.m. at [facebook.com/ColumbiaUnion-Visitor](http://facebook.com/ColumbiaUnion-Visitor) for a live chat with her.



**Free Resources** – Want to see 10 ways to raise public awareness of your church or school? Need photography tips? Want to write an article for the *Visitor*? Visit [columbiaunion.org/communication](http://columbiaunion.org/communication) to download free resources in English and Spanish.

### Visitor Facebook Poll

Are you a vegetarian, vegan or carnivore?



Source: [facebook.com/ColumbiaUnionVisitor](http://facebook.com/ColumbiaUnionVisitor)

## Help! What Can I Eat?

As a young college student in “The Big Apple,” and a brand new, 70s-era health groupie, I often found myself uttering those words. Daily I was faced with the temptation of a slice of New York-style pizza with its big, wide, thin crust oozing with cheese, oil and flavor! Then there were flashbacks of racing my sister home from school to taste the mouth-watering barbecue spareribs our father had been slow cooking *all day* in his special homemade sauce. *Mmmm good!* But after reading numerous articles on health, I knew there had to be a better way—and I had to find it.



On my journey to better health, I learned that our nation embarked on the same quest in the late 1800s when Wilbur Olin Atwater, an agricultural chemist, emphasized the importance of variety, proportionality and healthy eating habits. He highly recommended vegetables, proteins and beans while stressing the importance of reducing fat, sugar and other carbohydrates. What followed was a series of evolving theories and recommendations that continue to this day:

**1917:** Caroline Hunt, a United States Department of Agriculture (USDA) nutritionist, debuted the first “food guide” with a focus on vitamins and minerals, which had just been discovered.

**1940:** The first Recommended Dietary Allowances list gave Hunt's theories the boot, and, at the latter part of World War II, the National Wartime Nutrition Guide identified seven food groups.

**1956:** The multiple food grouping was reduced to the “basic four”—meat, milk, vegetables/fruits and breads/cereals.

**1992:** The USDA developed the six-part Food Guide Pyramid, encouraging a base of grains, rice, pasta and breads and allowing fats, sweets and oils sparingly.

**2011:** The USDA dished up a five-part food plate with protein, fruits, grains, vegetables and dairy (pictured). See [choosemyplate.gov](http://choosemyplate.gov).



### GOD'S FOOD GUIDE

When I became a Seventh-day Adventist, I discovered the original diet enjoyed by Adam and Eve in the Garden of Eden: fruits, nuts and grains. It was simple yet nourishing. Sadly, due to our lifestyles, palates and addictions, many of us are literally digging our graves with forks and knives. My prayer is that we'll find our way back to God's original food guide so that we may indeed “prosper and be in health” (3 John 2).

A. Leah Scott, MPH ([lscott@myalleghenyest.com](mailto:lscott@myalleghenyest.com)), serves as Health Ministries director for the Allegheny East Conference.



## Newsline

BETH MICHAELS

### Vandeman Elected Union Executive Secretary

Last month the Columbia Union Conference Executive



Committee elected Robert T. Vandeman executive secretary of the Seventh-day

Adventist Church in the eight-conference, mid-Atlantic region.

“Rob brings to the table a depth of experience that will bring real value to our union,” says Columbia Union president Dave Weigley. “He is a seasoned administrator and has a balanced approach regarding the mission of the church.”

Vandeman began his ministry 40 years ago, pastoring churches in Colorado, Minnesota and Maryland, where he spent 12 years as senior pastor of Chesapeake Conference’s Spencerville church in Silver Spring, Md. In 1995 he joined the conference leadership team, serving as executive secretary for 10 years and president for the past five.

“Not only am I honored and humbled by the confidence shown in me for this position, but I am excited about the opportunity to be actively engaged in a wider sphere of ministry,” Vandeman said after accepting the call. “I want to be a supportive presence to the conferences and institutions throughout the Columbia Union.”

As part of his duties, Vandeman will serve on a number of boards and committees and assist Weigley in providing administrative leadership and support to the union’s eight conferences, two healthcare networks, medical college and

university. His office will record and archive minutes, policies and resolutions of the union and see that each entity abides by their respective constitutions and bylaws.

He plans to take up his new role later this summer and serve the 2011-2016 term left vacant in May when Neville Harcombe died. During his transition, Edward Motschieder, former union executive secretary, is serving as interim secretary.

### Church Plans “Let’s Move Day” Initiative

The North American Division (NAD) has designated September 25 as Let’s Move Day and is calling on churches, schools and healthcare institutions to host 5K run/walks or other events. As part of this initiative, NAD Health Ministries director Katia Reinert, MSN, CRNP, is encouraging Seventh-day Adventist members to increase physical activity by collectively accumulating 1 million miles through walking and other activities. Members are also encouraged to focus on nutrition by increasing fruit and vegetable servings through the launch of 100 summer feeding programs (through VBS, camps, community service activities, etc.); starting 100 community vegetable gardens at schools and churches; and getting the community working together to fight obesity.

According to Reinert, the Seventh-day Adventist Church recently joined some 50 faith and community organizations who are supporting a national initiative of United States first lady Michelle Obama to fight childhood obesity. Sponsors of the NAD’s program, called Adventists InStep for Life, would like to see every member

and institution get active and make a significant impact on the epidemic. “As a church, we have long talked about the importance of not just healthy minds and hearts but also healthy bodies,” says NAD president Dan Jackson. “Our culture is coming to grips with its health crises, and we have a message for the times.”

To prepare for Let’s Move Day, the first big event of the initiative, Health Ministries leaders across the division have developed resources and a toolkit of ideas for churches and members. Learn more at [nadhealthministries.org](http://nadhealthministries.org).

Several Columbia Union organizations and churches have already committed to participating in the Let’s Move Day initiative. The Women’s Ministries team of Ohio



Conference’s Kettering Adventist church and the Review and Herald Publishing Association in Hagerstown, Md., are planning fun runs. And Gwen Foster, Health Ministries director for Allegheny East Conference’s Ebenezer church in Philadelphia, posted on Facebook, “We are challenging each church member to accumulate 100 miles by September 25. It’s Ebenezer’s centennial celebration this year, making 100 miles a meaningful goal!”

Share your plans at [facebook.com/ColumbiaUnionVisitor](https://facebook.com/ColumbiaUnionVisitor).

# News From the Office of Education

## Teachers Awarded for Excellence

**Gordon Miller**, seventh- and eighth-grade teacher at Shenandoah Valley Adventist



Elementary School in New Market, Va., was one of 10 teachers across North America to

be chosen for the Alumni Awards Foundation's 2011 Excellence in Teaching Award. Finalists are selected for their classroom innovation, passion for teaching, professional growth and commitment to Adventist education.

"Gordon's teaching ministry is impressive on a variety of levels," comments Hamlet Canosa, EdD, Columbia Union vice president for the Office of Education. "Above all, he daily models the life that Christ expects from His teaching ambassadors."

The Columbia Union Conference Office of Education also made selections for their



annual Outstanding Educator Award. After extensive and careful discussion

and review of candidates, the Outstanding Secondary Educator this year is **Donovan Ross** (above), vice principal and high school math teacher at Spring Valley Academy in Centerville, Ohio. The Outstanding Elementary Educators are

**Celeste Giles** (right), first- and second-grade teacher at Ramah Junior Academy in



Cleveland, and **Charles Johnson** (below), Bible teacher for the Dupont Park Adventist School in



Washington, D.C. There were no nominees this year from the junior academy level.

"We acknowledge each nominee as gifted servants of the Lord in education ministry," states Canosa.

## Academy Students Honored

Each year juniors and seniors from the Columbia Union's nine senior academies are nominated for the Office of Education's Caring Heart Award. Winning students are selected for their demonstration of personal commitment to service and witnessing activities. Here are this year's winners\*:

**1. Amanda Ashburn** from Blue Mountain Academy in Hamburg, Pa.

**2. Ashley Furtado** from Highland View Academy in Hagerstown, Md.

**3. Belinda Cheeseboro** from Mount Vernon Academy in Mount Vernon, Ohio

**4. DeAndre Barnwell** from Takoma Academy in Takoma Park, Md.

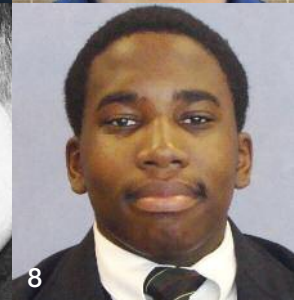
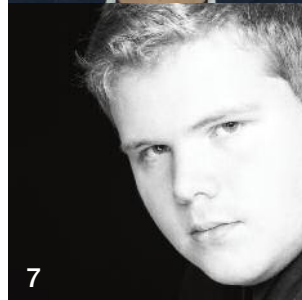
**5. Cindy Maldonado** from Shenandoah Valley Academy in New Market, Va.

**6. Greg Davison** from Spencerville Adventist Academy in Silver Spring, Md.

**7. Matthew Webster** from Spring Valley Academy in Centerville, Ohio

**8. Theodore Osbourne** from Pine Forge Academy in Pine Forge, Pa.

*\*Richmond Academy of Seventh-day Adventists did not select a winner*





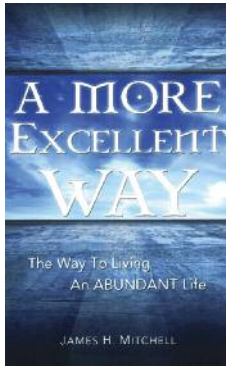
# Potluck

BETH MICHAELS

## What's New?

### Books > *A More Excellent Way* James H. Mitchell

James Mitchell is no stranger to business and personal success. But after reading a particu-



lar Bible verse, this member of Allegheny East Conference's Capitol Hill church in Washington, D.C., experienced a revelation that changed the way he defines and seeks achievement. He

wants to share this newfound biblical principle with others and suggests, "When it comes to success and competition, God is looking for a peculiar people with [a] peculiar perspective, principles and passion. [This book] will liberate and empower those who read it." Read more and order at [moreexcellence.com](http://moreexcellence.com).

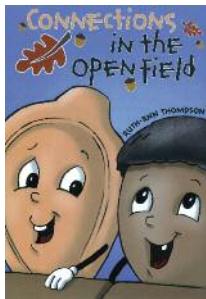


### Connections in the Open Field Ruth-Ann Thompson

In this first book of her upcoming series, *The Open Fielders*, author and motivational speaker Ruth-Ann



Thompson gathers some "nutty" characters who address first-day-of-school jitters. "It is my



prayer that little readers will understand that it's perfectly normal to be afraid of new things and it's all right

to meet new people," explains the Allegheny West Conference member of the Ephesus church in Columbus, Ohio. Through her series, she hopes to help kids in preschool through second grade learn valuable life lessons. Order through [Amazon.com](http://Amazon.com).

### CD > *Doxology* Angela Stevens

"I wanted to produce a hymns album because I believe these are the songs that get us through the hard times," says Angela Stevens, a member of



Chesapeake Conference's New Hope church in Fulton, Md. "I wanted to go back to time-tested songs Christians have sung during troubling times through the ages." Stevens hopes to refresh your faith in Christ with her inspirational vocals on hymns like "He Leadeth Me" and "'Tis So Sweet to Trust in Jesus." Order copies at [angelastevens.org](http://angelastevens.org).



## Web Watch >



### AdventistArchives.org

Access 100 Adventist magazines in PDF format—including nearly all 116 volumes of the *Visitor*—plus reports, minutes and other resources through this site operated by the Office of Archives and Statistics at the Seventh-day Adventist Church world headquarters in Silver Spring, Md. "This site marks the beginning of an effort to place some of the most referenced archival documents in a flexible and expandable online system," they write.

On the Web

Retweets >

TimothyDLee



Is at the Chesapeake Conference office in Columbia, Md., at a conference-wide pastors meeting. Currently hearing how God is working at [Highland View Academy]. —Timothy D. Lee, Pastor, Beacon of Light/Federalsburg/Park District, Maryland

GIENCON



As for me and my mouse, we will serve the Lord.—2011 Global Internet Evangelism Network Conference in Jamaica

TTSDA



God sent two amazing angels today, their names are Goodness and Mercy and they shall follow you all the days of your life!—Trinity Temple Church, Newark, N.J.

ReviewandHerald



We want to hear from you. What kind of book would you like to see from us in 2012?—Review and Herald Publishing Assn., Hagerstown, Md.

Facebooked >



Robyn Jackson

If we are constantly guided by other people's thoughts, what's the use of having our own?—Dupont Park Church, Washington, D.C.

In the Spotlight > Vernon C. Luthas, MD

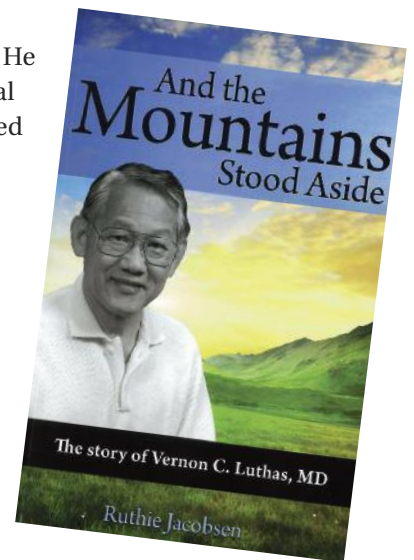
With a new Ohio state medical license in hand and a heart for mission, Vernon C. Luthas received a call. He expected the call to come from the General Conference about his first overseas mission assignment, but the Lord clearly needed him in Kettering, Ohio. It was 1960 and Adventists had been commissioned to build and operate a new medical facility, Kettering Hospital (later Kettering Medical Center). Luthas was the first physician they hired.



“I had applied twice to the General Conference for a mission appointment ... but my name fell through the [cracks],” he explained. “I never got called. So when this call came, I told [my wife], Betty, ‘This is going to be our mission field.’”

Indeed, Dr. Luthas' prayer and medical ministry would span more than 50 years at Kettering Medical Center. Before the hospital was even built, this humble follower of Christ developed a team of five top Adventist anesthesiologists in the Dayton area, and quickly gained a reputation as a praying physician with miraculous results. He also helped the hospital develop substantial heart and neurosurgery departments, served on the hospital board under former CEO Frank Perez and in 2001 helped develop the ever-growing and popular Prayer Partners program.

Read more about this “spiritual giant” and “your faith will be fortified to realize again how God works in any life where He is invited,” writes Ruthie Jacobsen, Prayer Ministries coordinator for the North American Division and author of Dr. Luthas' new biography, *And the Mountains Stood Aside*. Pick up a copy at your local ABC or order at Amazon.com.



**CORRECTION:** *The Clear Word*, noted in the May 2011 Potluck, is more accurately referred to as an Adventist “interpretation” of the Bible.



# POTLUCK Makeover

You try to eat healthy all week, but then it happens. Sabbath comes. You go to church and then you head to the fellowship hall or someone's home for potluck. "Calories don't count on Sabbath," you joke as you dive into the bountiful spread. But your jeans say otherwise!

Many of us strive to be healthier. Some of us even feel guilty about not eating better and exercising more since, as author Dan Buettner claims in *The Blue Zones*, "For Adventists, healthiness is next to godliness." Even *Newsweek* continues to suggest that living like a Seventh-day Adventist brings longevity. But don't fret! God wants us to enjoy the journey (see 3 John 2). To get you started, here are six healthy and *tasty* alternatives to some of our potluck favorites.

Food Preparation  
by Clara Iuliano

Art Direction & Styling  
by Kelly Butler Coe

Photography by  
Joel Springer

INSTEAD OF BIG FRANK SPREAD TRY

## Viva Spread

This spread is easy to make and saves a lot of money! Plus, the fiber in the chickpeas helps you to feel satisfied sooner and helps keep the intestines in great shape. The best part: you will save 87 calories, 10 grams of fat and 90 milligrams of sodium per serving.

### How to Make It

- 15 oz can chickpeas, drained
- 2 tbs finely chopped raw onions
- 2 tbs mayonnaise (Vegenaise or Nayonaise)
- 2 tbs The Vegetarian Express Saucy Ranch Seasoning ([thevegetarianexpress.com](http://thevegetarianexpress.com))
- 2 tbs sweet relish (e.g., Pa's Sweet Pickle Smack, [pasfoods.com](http://pasfoods.com))

Heat the chickpeas for a few minutes on medium heat, just enough to soften them a bit.

Remove them from the stove and mash with a potato masher, leaving some texture. (Don't put it in the blender or you'll get hummus!)

Add the remaining ingredients and mix well.

Refrigerate for a few hours, then enjoy on a sandwich or crackers!

SERVES 8, ¼ CUP. PER SERVING: 103 CALORIES, 2.3 G FAT, 271 MG SODIUM, 16.9 G CARBOHYDRATES, 3 G FIBER, 4 G PROTEIN





INSTEAD OF VEGGIE MEATBALLS TRY

# Mario's Italian Sausage\*

Every Adventist family has a “meatball” recipe. Unfortunately, veggie meatballs can really weigh you down. Mario's Italian Sausage works great on the grill and makes a wonderful pizza topping. It also freezes well, which can save time. Best of all, compared to many homemade veggie meatballs, you can save 7 grams of fat, 135 milligrams of cholesterol and add 17 grams of protein per serving.

## How to Make It

- 2 1/4 c vital wheat gluten
- 1/4 c (scant) nutritional yeast flakes
- 1/4 c soy flour or chickpea flour
- 2 tbs Chik'nish seasoning (billsbest.net)
- 2 tbs onion powder
- 2 tsp Hungarian paprika
- 1 tsp smoked paprika
- 1/2 tsp dried oregano
- 1 tsp salt
- 1 tbs dried basil
- 2 tsp dried marjoram
- 1/4 tsp nutmeg
- 1/2 tsp sage
- 1 tsp brown sugar
- 2 1/4 c water
- 2 tbs olive oil
- 2 tbs soy sauce
- 8-10 cloves crushed garlic

Bring water to a boil in a stockpot.

Mix the dry ingredients in a bowl.

In a separate bowl, mix together the water, oil, soy sauce and crushed garlic.

Combine the wet and dry ingredients. (Note: Over mixing will make the end product chewier.)

Divide the dough into 8 pieces. Roll each piece into a “sausage log.”

Place each log on a piece of aluminum foil or cheesecloth and roll up and twist the ends. (Note: The firmer you roll the logs, the chewier they will be.)

Place the wrapped logs into the stockpot and boil 30-40 minutes.

Drain and cool before unwrapping.

MAKES 8 SAUSAGE LOGS. PER LOG: 203 CALORIES, 4 G FAT, 450 MG SODIUM, 10.1 G CARBOHYDRATES, 24 G PROTEIN

*\*Adapted and used with permission from Julie Hasson's recipe Spicy Italian Vegetarian Sausage, demonstrated at EveryDayDish.tv*





INSTEAD OF SPECIAL K LOAF TRY

## Harvest Loaf

Harvest Loaf is a great casserole that won't spike your blood pressure. Replacing Special K Loaf with this dish will save you 150 calories, 48 grams of cholesterol and 680 milligrams of sodium per serving. You can even add some fiber to the dish by using high fiber bread!

### How to Make It

- 2 chopped onions
- 4 stalks of chopped celery
- First cold-press extra virgin olive oil for sautéing
- 1 lb extra firm tofu (water packed)
- 1/2 c reduced fat mayonnaise or Nayonnaise
- 1/4 c reduced sodium soy sauce
- 1 tsp sage
- 1 tsp onion powder
- 3 c dry bread cubes (4 slices of bread cubed)

Sauté the onions and celery in the olive oil until soft.

Drain and mash the tofu.

Stir all ingredients together.

Pour into a 3-quart baking pan.

Cover and bake at 350° for 30 minutes. Uncover and bake another 30 minutes.

SERVES 6, ABOUT 2 CUPS. PER SERVING: 118 CALORIES, 6.2 G OF FAT, 0 G CHOLESTEROL, 460 MG SODIUM, 10.5 G CARBOHYDRATES, 1.9 G FIBER, 8 G PROTEIN



INSTEAD OF SCALLOPED POTATOES TRY

# Garlic Herbed Vegetable Bake\*

There are many ways to dress up a potato, but you don't have to dress it to kill—your health, that is. No need to abandon adorning your spud, just add flavor and nutrition with things like lycopene (tomatoes), which helps stave off cancer; garlic, which reduces blood pressure; and monounsaturated olive oil for improving heart health. You can also save 212 calories, 11 grams of fat and 1,100 milligrams of sodium per serving.

## How to Make It

2 zucchini thinly sliced  
2 large tomatoes thinly sliced  
2 baking potatoes thinly sliced

10 garlic cloves thinly sliced  
1 whole garlic bulb with outside skins removed and clove tops cut off  
10 fresh basil leaves chopped

Preheat the oven to 400°. Arrange vegetables in a lightly oiled, shallow, 12-inch, circular casserole dish. Position the whole garlic bulb in the center of the dish and alternate slices of vegetables around it in overlapping circles. Sprinkle with the thinly sliced garlic and basil.

Brush the vegetables with olive oil and bake for 30-40 minutes or until the potatoes are tender.

Sprinkle with salt or garlic powder to taste. If desired, garnish with whole, fresh basil leaves. (Note: If you prefer the garlic to be soft enough to use as a spread, wrap them in foil and cook an additional 20-30 minutes. Tastes great on toast!)

SERVES 4, ABOUT 2 CUPS. PER SERVING: 219 CALORIES, 7.4 G FAT, 21.5 MG SODIUM, 36.2 G CARBOHYDRATES, 5 G FIBER, 20.1 G PROTEIN

*\*Reprinted from Choices: Quick and Healthy Cooking with permission from author Cheryl Thomas Peters*



INSTEAD OF BROCCOLI CHEESE QUICHE TRY

# Quiche Pastiche

Quiche Pastiche is an easy intro to using tofu. Make sure to pick the extra firm, water-packed tofu found in the refrigerated section. Tofu provides cancer-fighting flavonoids, zero cholesterol and high protein. There is no sacrifice of flavor but a savings of 240 calories, 15 grams of fat and 600 milligrams of sodium per serving.

## How to Make It

1 lb extra firm refrigerated tofu  
1/3 c water  
1/2 c raw cashews  
2 tbs cornstarch  
1 tsp nutritional yeast flakes  
1 tsp onion powder  
1 tbs Chik'nish seasoning

1 clove garlic  
1 tsp baking powder (optional)  
1 small red pepper chopped fine  
1/4 onion chopped fine  
1/4 c sliced olives  
1/2 c baby bella mushrooms chopped fine  
6-8 fresh basil leaves chopped fine  
9-inch, pre-made whole wheat pie crust

Put the tofu, water, cashews, cornstarch, nutritional yeast, onion powder, Chik'nish into a blender and turn on high until very smooth.

In a bowl, mix the red peppers, onion, olives, mushrooms and basil leaves.

Add in the tofu mixture and mix thoroughly.

Pour all of the ingredients into the pre-made whole wheat pie crust.

Bake at 350° for 1 hour.

SERVES 8, HOT OR COLD. PER SLICE: 220 CALORIES, 14.8 G FAT, 300 MG SODIUM, 17 G CARBOHYDRATES, 3.4 G FIBER, 8.5 G PROTEIN





INSTEAD OF CHERRY PIE TRY

# Tutti Frutti Cobbler

Desserts tend to be high in sugar, fat and cholesterol, but cobblers can be a sweet ending to a special meal and get some fruit into your day. This cobbler can be put together in a snap, and it's also lower in calories and fat. As a matter of fact, you save at least 260 calories, 19 grams of fat and 19 grams of carbohydrates per serving.

## How to Make It

### Filling

6-8 c fruit (fresh or frozen)

1/4 c sugar

1 tbs all-purpose flour

Pinch of salt

### Topping

1 1/4 c all-purpose flour

1/4 c sugar

2 1/2 tsp baking powder

1/4 tsp salt

1 c soy milk

3 tsp lemon juice

6 tbs organic canola or safflower oil

1/2 tsp vanilla extract

Preheat the oven to 375°.

Lightly grease a 2-quart baking dish.

To make the filling, gently toss the fruit with the sugar, flour and salt in a bowl until blended.

Pour into the prepared baking dish.

To make the topping, mix the flour, sugar, baking powder and salt in a bowl.

In another bowl, whisk together the soymilk and lemon juice. Let sit for a few minutes until the milk curdles, then add the oil and vanilla and blend well.

Pour the wet ingredients into the flour mixture.

Using a rubber spatula, fold gently until the flour is moistened and the mixture forms soft dough. (Don't over mix or the dough becomes tough.)

Drop heaping spoonfuls of dough onto the fruit. Space them evenly, making sure not to completely cover the fruit.

Bake for about 45 minutes until the filling is bubbling, the topping is browned and a toothpick inserted into the topping comes out clean. Serve warm or at room temperature.



SERVES 10, ABOUT ¾ CUP. PER SERVING: 219 CALORIES, 8.8 G FAT, 81 MG SODIUM, 33.8 G CARBOHYDRATES, 2 G FIBER, 3 G PROTEIN



*Clara Iuliano (nutriclaraty.com), a member of the Hamburg (Pa.) church, is a registered dietitian who specializes in highs—blood pressure, body weight and cholesterol. She does one-on-one “nutri-coaching” and group classes at venues across Pennsylvania.*

# Clara's Best Bets

Clara Juliano

A nutritionist shares healthier options of our favorite foods

We make about 200 food-related choices a day, including trying to determine if the unpronounceable ingredients on food labels are really good for us. To help make some of your decisions easier, I'm offering what I believe to be the best brands of eight of our favorite foods, items found at well-stocked grocery or health food stores. Keep in mind that "best" doesn't mean eat all you want. Instead, let these products help you transition to a diet closer to the way God intended—fresh from the ground:

## Best Granola Bar > Lärabar

It has very few, simple ingredients—dates for sweetness and nuts for heart-healthy fats—but great in taste. My favorite flavor is carrot cake. Read more at [larabar.com](http://larabar.com).

## Best Cheese > Daiya

This is a great alternative without any soy that makes a nice, stringy grilled cheese sandwich. It does contain a fair amount of unsaturated fat and a bit of coconut oil, but no **casein**. Get more at [daiyafoods.com](http://daiyafoods.com).

## Best Butter > Earth Balance Organic Whipped or Smart Balance

These identical spreads don't contain any hydrogenated vegetable oils or dairy derivatives, and the oil blends used are organic and **expeller pressed**. It's still best to train your taste buds not to need butter, since even these are high in fat. Visit [earthbalancenatural.com](http://earthbalancenatural.com) and [smartbalance.com](http://smartbalance.com).

## Best Milk > Silk Organic (Original or Unsweetened)

This beverage offers a great source of protein. I only wish it didn't contain **carrageenan**, which reportedly might cause gastrointestinal problems for some people. Read more at [silksoymilk.com](http://silksoymilk.com).

## Best Veggie Dog > Low Fat Loma Linda Big Franks

Although most veggie dogs are either high in fat, have **soy protein isolates** or are loaded with sodium and chemical flavorings, these are the best ones for your July Fourth celebration. They pack plenty of flavor and texture. Available at most Adventist Book Centers.

## Best Veggie Burger > Amy's All American Burger

These **organic** patties are high in protein and low fat. The best part: the company doesn't try to mimic a meat burger by adding chemical flavorings. It is best cooked in a skillet with some caramelized onions.

## Best Ice Cream > Purely Decadent Praline Pecan

This frozen dessert bypasses the saturated fat and cholesterol found in most ice creams and is made with organic soybeans, even some fiber. It does have simple sugars and carrageenan, so save it for special occasions. Read more at [turtlemountain.com](http://turtlemountain.com).

## Best Breakfast "Meat" > Lightlife Gimme Lean

It takes some major processing and flavorings to make soybeans or wheat gluten taste like a breakfast patty, but this ground "sausage" is vegetarian and low fat with recognizable ingredients. They would be even better if their ingredients were organic. Get more at [lightlife.com](http://lightlife.com).

## What's That?

**Casein**—A milk protein that has been linked to the formation of cancer.

**Organic**—Foods grown or processed without the use of pesticides, synthetic fertilizers, sewage sludge, genetically modified organisms or ionizing radiation. (See [organic.org](http://organic.org).)

**Expeller Pressed**—A mechanical (versus chemical) way of extracting an oil, which does not leave harmful solvents.

**Carrageenan**—A food thickener, emulsifier and stabilizer derived from red seaweed that has been linked to inflammation and colon cancer.

**Soy Protein Isolates**—The highly refined protein part of the soybean, minus the important carbohydrate and oil naturally present in the whole legume.

**Carmine**—A red pigment from crushed scale insects.





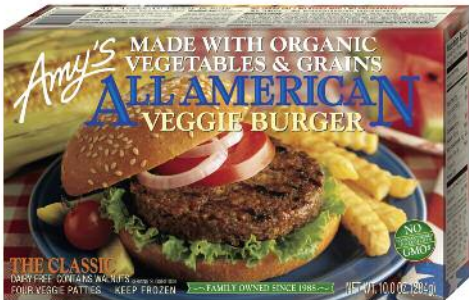
## THE HEAT IS ON

Turn on the heat too high—or for too long—and these once healthy cooking oils can break down and cause disease. Here are my favorite three and their max temps:

Extra Virgin Olive Oil  
Keep below 374° F

Grapeseed Oil  
Keep below 392° F

Safflower Oil  
Keep below 450° F





# Blogs From the Mission Field

Compiled by Beth Michaels

## Niger

### Jason and Beth Brooks

[5nomads.blogspot.com](http://5nomads.blogspot.com)

*This couple hails from the Chesapeake Conference, where Jason served as a youth pastor for the Hagerstown (Md.) church, and then most recently the Spencerville (Md.) church. The Brooks, along with their children—Wesley (16), Maggie (12) and Lily (5)—left for the African country of Niger in November 2007, their second overseas assignment with ADRA (their first was in Azerbaijan). “Niger is one of the least developed countries in the world,” explains Beth, who manages planning and development for the ADRA Niger office, while Jason serves as country director.*

*“The needs are great but our God is good, and He is blessing the work of the church here.” Here is an excerpt from their blog:*



### Our Church Family

One of the great things about belonging to a worldwide church, and ... belonging to the body of Christ in general, is that you have a readymade family wherever you find yourself. One of my favorite things about traveling all over the world is the opportunity to worship with believers from different places and learn new worship traditions.

In Azerbaijan they would start every service by asking if anyone had greetings to bring from other believers. I loved to hear people share the greetings and good news from loved ones far away, or churches they had visited or heard from, or maybe former





## Members share life and the Lord's blessings during service stateside and overseas

members back for a visit from their new home, and I loved it when we had greetings and messages of encouragement to share from churches in the United States.

From our Brazilian friends we learned the tradition of closing Friday night worship with “Feliz Sábado,” or “Happy Sabbath,” after prayer—with hugs and kisses all around—to be repeated after Sabbath evening worship with “Feliz Semaña!” or “Happy Week!” We still say it in Portuguese after all these years because it makes us think of our Brazilian friends, and we especially remember to pray for them.

One of our Argentinean friends (okay, he is actually American) says that God always provides him with a period of sunshine on Sabbath, no matter how gloomy the weather. On rainy or gloomy Sabbaths, I always think of this and look for the sunshine and it is always there. (Not too many rainy Sabbaths in Niger, of course.)

Here in Niger ... at the end of the service, as we sing the closing hymn, everyone is dismissed by rows and, as we exit, we form a line and greet each person in the congregation—from the speaker to the babies. As we do this, we form a circle and hold hands. Then, if anyone has an announcement or news, they share it and we sing a song about God going with us through the week and pray before we leave. Little ones hold hands with big ones, young people hold hands with old people and, at the end, everyone raises their hands and wishes each other aloud, “Bon Sabbat!”

Wherever you are, wherever you roam, if you belong to the body of Christ, you always have family.

## India

### Gavin and Marion Simpson

[3goingforward.wordpress.com](http://3goingforward.wordpress.com)

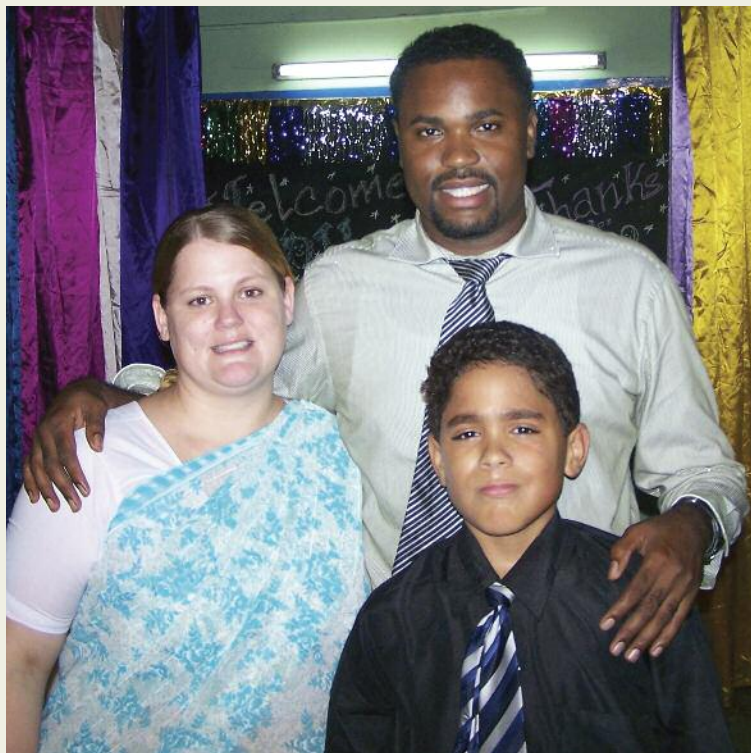
*The Simpsons, including 9-year-old Noah, members of Allegheny East Conference's Seabrook church in Lanham, Md., describe themselves as “a simple, humble family who lives by faith.” When they felt called to serve as missionaries, they were led to the city of Villupuram, in the state of Tamil Nadu, South India. They've already served one six-month term planting churches and teaching health principles, and hope to return next month, this time to also start a micro-loan program for destitute*

women. “We are regular lay people with no special training, qualification or academic endowments that we can use as recommendations for ourselves,” states Gavin, who is a commercial truck driver. Here is part of one of their blog entries:

### Accomplishing the Impossible

Since our last post, we had the privilege of visiting a place called Temple City, which is located in a city called Madurai. We were told that Temple City is to the South of India what the Taj Mahal is to the North, and so we were happy when our friends organized a two-hour tour for us. As soon as we entered the vicinity of Temple City, we were astounded at the great mountains of idols, each containing the images of more than 30,000 Hindu gods. ...

We spent a few hours there and took pictures of many different and fascinating architecture, as well as artwork. But we must say, without question, the most fascinating part of our trip was that we were able to see paganism firsthand and ancient Babylonian worship for which God overthrew and destroyed many cities in biblical times. We saw the people offering sacrifices to molten calves, and hideous gods of all shapes and descriptions. We saw people doing penance for their sins, and we also saw the places where people would bring pounds and pounds of gold to offer to these gods as sacrifice. We were exposed to all the allurements and entrapments, and we were able to see firsthand the enticements and seduction of this false religion



that Satan has used as a stronghold in this nation of over 1 billion people. ...

I left Temple City with a firmer resolve and dedication to expand the name of Christ in this land where the gospel message has hardly begun. ... This mission trip was birthed through much prayer and study of God’s Word. We knew for sure, without a shadow of a doubt, that God was the One who had inspired us to come to this distant land as missionaries. ...

God helped us tremendously to get things in order at home and to get out of debt before our trip. But few of our friends and family knew that we came to India with our airline ticket in hand

and only enough money to take care of our family for one month. We had read and believed all of God’s promises in the Bible and the Spirit of Prophecy, and so we came to this ancient and distant land, many thousands of miles from home, to spread the gospel.



## Lindsay Dever

*This young member of Potomac Conference's Sligo church in Takoma Park, Md., and a 2008 graduate of the nearby Takoma Academy, put her psychology studies at Andrews University (Mich.) on hold to be a U.S. missionary this past school year. Although she didn't daily publish her thoughts of the experience, she did document her spiritual growth. Here is her story:*



### Led By Example

Like any young person with a long list of dreams, being a student missionary (SM) was on my list. I knew I wanted to step outside my familiar life but I also knew I was a procrastinator so, as the semesters passed, I resigned myself to a college career where I never “got around” to being an SM.

That changed on November 18, 2009. I awoke early to a call from my mom—my childhood friend, Kirsten Wolcott (a 2007 alumna of Richmond Academy of Seventh-day Adventists in Richmond, Va.), had been murdered. To tell of the weeks that followed—the feelings, the conversations, the tears—would be a full story itself, but the result of those weeks is what *this* article is all about.

As time passed, I went through all the motions to become an SM and, though my desired destination changed many times, I finally decided on California, a little north of Los Angeles, at Newbury Park Adventist Academy (NPAA). I was excited, nervous and ready—or so I believed.

I arrived at NPAA to be a girls’ dean, living in a converted house with 13 girls. I had been a resident advisor at my Andrews University dorm, plus, I thought I wanted to be a dean and work with high school-aged kids as a career. “This shouldn’t be too difficult,” I thought. I was wrong. The teenagers weren’t horrible, my colleagues weren’t unhelpful, but it *was* difficult.

There were international students in my dorm that did not believe in God, others in my study periods who couldn’t care less about the rules, and still more who were raised in homes I could never relate to. I struggled with establishing my authority, setting rules and consequences, deciding when to show mercy and be loving when my patience was completely worn out.

I got discouraged. I couldn’t change how others behaved or the situation I was working in, but I could change myself, and that just didn’t seem to be working. I would remember Kirsten and get even more upset. Was I doing her memory justice? I was willing myself every day to be better, hoping and trying to be nicer or calmer, but I would continually, habitually fail. The few times I prayed for patience or the proper judgment, I would feel God’s hand guiding but, more often than not, I wasn’t willing to give up my power so easily.

This is not a testimony to how change happened overnight. I still struggle with letting go and giving the control to God, but I now fully believe that it is only when I allow God to work with and through me that I can be the best “me,” the person He intended me to be. I credit Kirsten for not only inspiring me but also leading me to stronger faith in *His* power, and whose life has humbled and added meaning to what I do with mine.



# CAN YOU MAKE A DIFFERENCE IN MINISTRY?

**ABSOLUTELY!**

The Columbia Union Revolving Fund (CURF) has provided more than 1,600 loans to help build and expand hundreds of churches, schools, conferences and other entities across the union's eight-state region. One such project was a new roof for Mountain View Conference's Buckhannon (W.Va.) church.

For more than 40 years, CURF has used funds provided by Columbia Union members to finance these loans. You and CURF truly are "Making Ministry Possible."



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# YOUR HEALING MINISTRY

JULY 2011

## Beyond Hospital Walls

*Larry Kositsin*

**W**hen Jesus walked on this Earth, He healed individuals physically, spiritually, emotionally and mentally. I believe we are called to continue Christ's ministry, and I stress this in our hospitals as well as with my congregation.

Kettering Adventist HealthCare is a "faith community" comprised of many faiths that work together to minister to patients and their families. There are many individuals of many faiths who serve the needs of patients in ways beyond the physical. They are trained to go throughout our healthcare facilities and listen and pray in helpful ways with patients and their families. I am encouraged when I witness our hospital facilities and churches working harmoniously to follow Christ's example and provide whole-person healing, including emotional and spiritual care.

### OFFERING A SPIRITUAL CONNECTION

As a chaplain and pastor, I am able to see persons who have gone home, and yet who are often lonely, stressed or needing spiritual support. They often just need a person who will visit them, listen to them and help them share their emotional or spiritual concerns. Our trained church volunteers are available as friends to check on them in a manner that is apart from clinical care, and fill that need by providing another key component to the healing ministry.

Spirit-focused care makes a tremendous difference. I can provide a recent example of proof. Following his care at one of our hospitals, a patient visited with me in my office and opened his life and heart to me. As I committed to work with him daily, he welcomed having trained care personnel visit him at home each week, just to listen to him and to care. It was not long until I saw him come into my church one day. He sat in the pastor's class learning more about God's unconditional love for him. He learned how to allow God to guide his life and he received a peace and relationship with God that transformed him.



It was a joy for me to baptize him recently, and he now has a spiritual family and community he never had before. While his clinical care began in the hospital, through the spiritual outreach and caring of our church volunteers, he experienced healing well beyond the hospital walls. His healing was possible because people accepted the challenge to continue Christ's ministry of healing.

*Larry Kositsin is network director of Spiritual Services for Kettering Adventist HealthCare in the Dayton, Ohio, area and pastor of the Miamisburg church.*

# Week of Prayer Inspires Employees to Find God in the Every Day

**K**ettering Adventist HealthCare (KAHC) invited busy healthcare providers, patients and visitors to find God and spiritual refreshment during its recent Week of Prayer. KAHC's Spiritual Services and Missions department organized the event under the theme "Finding God in the Every Day," a theme inspired by a similar event at Florida Hospital.

A key part of the week was a series of five video devotionals featuring Karl Haffner, senior pastor of the Kettering Adventist church, which is located across the street from Kettering Medical Center in Kettering, Ohio. The devotionals were available to all employees, patients and visitors through the Intranet and on video monitors at KAHC facilities. The devotionals focused on topics related to prayer and faith in an engaging, thought-provoking way.

"Our hope is that this week gave people a heightened awareness of God's presence in their sacred work with KAHC," says Pastor Haffner, who helped plan the Week of Prayer. "God is in the midst of all we do, whether we're caring for a patient, dropping the kids off at school or putting on our shoes."

This theme of experiencing God on a personal level is found throughout Scripture, says Lonnie Melashenko, KAHC's vice president of Spiritual Services and Missions. Melashenko says he finds Jeremiah 29:13 particularly appropriate: "You will seek me and find me when you seek me with all your heart."

One of our objectives of the event, says Melashenko, was "to encourage employees to pray



*Raúl Concha, chaplain for the Sycamore Medical Center in Centerville, Ohio, prays with a patient.*

with each other and with patients. We invited everyone at KAHC's seven hospitals and more than 50 other facilities to submit personal prayer requests via the Intranet or on paper. Hospital chaplains collected these requests and gathered every day to pray over them. Chaplains and KAHC leaders also dropped by nursing stations and other areas of our hospitals to pray with people."

Pastor Haffner admitted that this emphasis on personal, intimate communication with God can be difficult for some to understand. "It's easy to think that spirituality is simply about behaving for God, when really it's about being with Him," he explains. "If we can experience God in the everyday, our lives will change because our relationship with Him will be embedded in all that we do."

KAHC utilized social media and other technology to engage employees, visitors and patients in Week of Prayer activities. Melashenko says that the week was so well received that plans are underway to make it an annual event.

*Kettering Adventist HealthCare employees are informed of plans for the Week of Prayer at employee town hall meetings.*





# YOUR HEALING MINISTRY

Here are some Week of Prayer highlights:

- Daily devotionals were made available on the Intranet and played on video monitors throughout the network.
- Daily prayer cards with that day's devotional were placed on each patient's food tray.
- Employees and visitors received a booklet that expanded upon the message of each video devotional.
- Hospital presidents prayed over the intercom daily.
- Chaplains prayed at each care unit and offered scheduled prayer times in hospital chapels.
- Employees, patients and visitors shared prayer requests via the Intranet and "drop boxes" on each campus. Hospital chaplains prayed for each specific request.

## Spirituality's Medicinal Connection

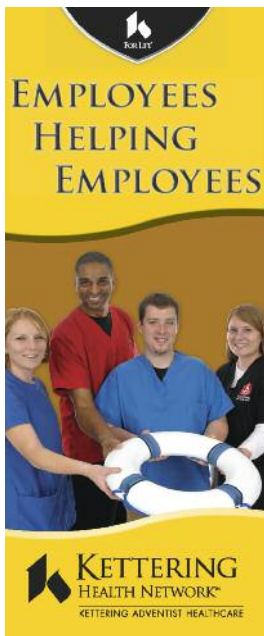
When medicine first began, it didn't have anything to offer patients except compassion. There was no evidence-based medicine, no surgery or drugs. It was during the 14th century that science and medicine evolved to something of substance for patients. The following six centuries saw medicine benefit so much from science that practitioners began to think that medicine was only about science. But medicine has just as much to do with love, and love is about compassion, empathy, sympathy and kindness—all spiritual qualities.

In recent years, physicians have come to remember the importance of spirituality in healing and healthcare. The connection between spirituality and medicine has been the subject of hundreds of studies and thousands of published articles in medical journals. During the past 10 years, the percentage of medical schools in the United States offering courses in spirituality and medicine has soared from 13 to 67 percent. More than 1,500 published papers in peer-reviewed medical journals have demonstrated that spirituality is good for our health. The pendulum has swung from a strictly scientific model to a scientific, spiritual and social-medical model—and this hot new information is spinning off all kinds of clinical applications for today's physicians.—*David VanDenburgh*



*Kettering Adventist HealthCare's Week of Prayer planning committee included (standing, left to right) Larry Kositsin, Joe Nicosia, Karl Haffner, Lonnie Melashenko, (seated, left to right) Beverly Morris and Lori Turner.*





## Network Employee Fund Tops \$1 Million

Kettering Adventist HealthCare employees consistently demonstrate the mission of Christians caring for one another through the Employee Assistance Fund. Employees created the fund to provide financial aid to fellow employees in immediate financial crisis. The fund reached a landmark recently when employee contributions topped \$1 million for the first time since it opened in 1989.

*Dr. Thomas Kanomata is a very compassionate Christian physician.*

*Dr. [Robert] Peets, thank you so much for what you have done to help me through my ordeal. You have shown so much care and compassion for me as a patient. May God always smile upon you with blessings.*



## Patients Convey Network Docs Rock

In honor of National Doctors' Day, Kettering Adventist HealthCare (KAHC) invited employees and the public to share their personal messages about the physicians they work with and who also take care of the people who live and work in the community.

Over 700 messages were posted on KAHC's Facebook page and website. A number of individuals expressed their gratitude for the spiritual compassion provided by the many talented physicians in the network. Below are a few samples of the many comments received that day:

*Dr. [David] Doucette is a great physician because he is first of all a Christian who happens to also practice medicine. He has been my doctor for many years and has helped me through so many life changes. I wanted to publicly thank you for your dedication to your career and always allowing your faith to shine through your work. May God continue to bless & keep you!*

*Dr. Yvonne Dowdy, you are so special! I appreciate you as a physician and as a friend. Thanks for letting God's love shine through you!*

## Network's Mission of Caring is in Full Bloom

This spring Kettering's Oncology Services planted over 3,000 pink tulips on the Kettering and Sycamore campuses to celebrate Dayton-area women touched by breast cancer. Pink tulips are sent to spread cheerful messages and symbolize care and compassion, the very message needed by these special women. The flowers outside the Emergency Department were planted in the shape of the Breast Cancer Awareness Ribbon of Hope.

Commemorative tulips were sold in all Kettering Breast Evaluation Centers and the Oncology Service's office. Proceeds benefitted Kettering's Women's Wellness Fund, a fund that provides breast-imaging services to underserved/underinsured Dayton-area women.



3535 Southern Boulevard  
Kettering, Ohio 45429  
(937) 298-4331  
[www.khnetwork.org](http://www.khnetwork.org)





## Fit 4 You: Embracing God's Blueprint for Health

According to the Centers for Disease Control and Prevention, chronic diseases such as heart disease, stroke, cancer and diabetes are not only the main causes of death and disability in the United States, but are costly and preventable. God knew that after the entrance of sin, we would need a plan to combat the crisis of debilitating lifestyle diseases that would plague all nations of the Earth. So thousands of years ago, He gave us a blueprint for "well care," bar none. That blueprint is the Bible. Beginning with the book of Genesis, He gave us a plan that covers health mentally, physically, spiritually and socially. Additionally, the Spirit of Prophecy supports this biblical view of health.

At Allegheny East Conference's (AEC) annual Fit 4 You Retreat, we've specialized in disease prevention *and* reversal for more than 30 years. Using God's strategy of prevention, AEC's Health Ministries will continue educating participants with the Bible, Spirit of Prophecy and evidence-based information. This year's retreat will be held July 17-31 in Pine Forge, Pa. We have gathered a wonderful range of presenters who will create a sense of urgency for people to not only change the way they think about wellness personally, but to also create healthy communities. For more information on the retreat, visit [fit4youretreat.org](http://fit4youretreat.org).



**A. Leah Scott**  
*Health Ministries Director*

## Virginia Churches Form Health Network

Several churches in Virginia, including Campostella Heights in Norfolk, Calvary church in Newport News and Capernaum in Suffolk, recently celebrated the grand opening of the Adventist Wellness Community Center Network ([adventistwellnesscenter.com](http://adventistwellnesscenter.com)). The grand opening drew some 60 attendees and included a presentation from Lawrence Lambert, a program manager for the American Diabetes Association.

The network, based at the Campostella Heights church, centralizes all of the health resources of Seventh-day Adventist churches in the area, making them accessible to everyone in the community. Lynnette Moore, MD, Health Ministries coordinator for

the conference's Virginia churches and the wellness center's director, says the goal is to create healthier children, adults, families and communities by educating, empowering and inspiring the faith community and community at large to live at optimal levels of health—physically, mentally, socially and spiritually.

"We all need each other and have gifts and talents in different areas, so we partnered together to offer different services like cooking classes and exercise classes," Moore says.

Those wanting to keep informed of different classes and seminars in the area need only to visit the center's website and view the calendar, which alerts them of wellness events at one of the 10-plus Adventist churches in the area. Although the center does not have regular hours, it does include a staff of volunteer physicians, personal trainers, exercise instructors and a healthy cuisine instructor. The center is already coordinating blood drives, a mobile mammogram service, a women's exercise class and blood pressure screenings.



*Wellness center staffers Angela McCormack, ND; Lynnette Moore, MD; Michael Edwards, Campostella Heights pastor; and Allea Samuels-Watson cut the ribbon at the center's grand opening.*



## Mizpah Revelation Seminar Draws New Members

PHOTO BY KEITH WILKERSON

When the Mizpah church in Philadelphia undertook a campaign to make sure every house within a one-mile radius of the church received invitations to a Revelation seminar, the blessings just came pouring in. Some students traveled from as far away as

New Jersey to receive their blessing. Night after night for six weeks, they opened the Scriptures and dozens of students gained a better understanding of Revelation. Pastor Patrick O'Mara; Keith Wilkerson, first elder; and Nigel Verdell, elder, facilitated the lesson studies. As the

students' knowledge increased week by week, they expressed their joy in being fed the Word of God. At the completion of the seminar, graduates enjoyed a special dinner and certification ceremony (below).

Then as a result of the blessing of the Holy Spirit during the revelation seminar, four persons continued on in Bible studies and were baptized into the membership of the Mizpah church. Others from the Revelation seminar still attend Mizpah's Sabbath services, weekly Bible studies, as well as the Wednesday night prayer service.

"I am highly encouraged that I have lived to be baptized and washed in the blood of our Lord and Savior Jesus Christ," shared new member Donnie Cunningham.—*Cheryl Brown*



## Three Maryland Spanish Churches Baptize 27

For two weeks, members of Allegheny East Conference's (AEC) New Hampshire Avenue Spanish group in Takoma Park, Md.; the Four Corners Spanish church in Silver Spring, Md.; and the Emmanuel Spanish church in Mount Rainier, Md.; gathered for an evangelism series themed "Si, Tu Puedes!" ("Yes, You Can!"). Ramon Escalante, AEC's coordinator of the

Spanish Council of Churches, admonished attendees that yes, with the help of the Holy Spirit, they can know the Bible better; yes, they can know God's will; and, yes, Jesus is coming back.

Escalante says this was the first time those churches held a joint evangelism series. Prior to the meetings, members of each church invited people to their homes for small group meetings and then transitioned to the New Hampshire Avenue church for the united meetings. He explained that it was an opportunity for all three churches to unite their talents for God. "We focused on having people minister according to their talents, whether that was through singing, Bible studies or hospitality, people

enjoyed participating, and it was a blessing," Escalante explained.

As a result of the meetings some 27 people joined the churches, with another four planning to be baptized in the coming weeks. For Angel Maradiaga, baptized on the last Sabbath of the meetings, the two-week campaign was a lifesaver. Speaking through a translator, he shared that he was not a Christian before, but now "Christ touched me. I want to know God, and I'm grateful that I have the opportunity to follow Christ."



*Pastor Ramon Escalante prays before baptizing Angel Maradiaga.*

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## 6 Allegheny West, Ohio Churches Worship Together

Six Seventh-day Adventist churches in the Akron, Ohio, area recently gathered for an evening of worship and communion at the Bethel church in Akron. Calvin Roberson, pastor of the Bethel church, stated that the communion service sets a precedent for Allegheny West and Ohio conference members in the area. “Our plan is to set an example of what Christianity ought to look like,” a collaborative team with a mission for outreach, Roberson said. The congregations included Akron First, Akron New Life, Barberton, Bethel, Canton New Hope and Medina.

Kenneth J. Washington, Canton church pastor, strongly feels that there is work to be done in evangelism and soul winning. He added, “Adventists have commonality when it comes to doing these things.”

Jerry Chase, Akron First pastor, was the evening speaker. He addressed the importance of a personal relationship with Christ, stating that we should feel as elated about Christ as we did about finding our first love. “I remember when I first fell in love with my wife, Brenda,” he reminisced. “I made her a special breakfast, putting time and energy in making a presentable dish. That’s how everything should be done in our lives with

Christ—[we should] carefully select our decisions and how we present ourselves to Christ.”

Later in the program, the song “Glory, Glory Hallelujah (Since I Laid My Burdens Down)” echoed in the background as worshipers came to show that they were laying their troubles in the hands of the Lord. According to Bethel “first lady” Wendy Roberson, fellowshipping with individuals of all nationalities is what praising God is all about. “We are showing God how much we love Him when we come together like this,” she commented.

Youth and adults both contributed to the evening of song, music and praise, including 7-year-old Jaedon Thornton, a Bethel band member who showed that you are never too young to praise God.—Lynn Lee



## Prayer Conference Draws More Than 100

More than 100 members from around the Allegheny West Conference recently gathered for the conference’s first prayer summit in Thornville, Ohio. Collin Parkinson, AWC Prayer Ministries coordinator, organized the prayerful weekend so members could “experience a powerful encounter with God.” The conference focused on two topics: righteousness by faith and the baptism of the Holy Spirit.

Dennis Smith, a retired pastor from Arizona and author of *40 Days: Prayer and Devotions to Prepare for the Second Coming*, along with Roy Rugless, Prayer Ministries coordinator for the South Central Conference, led the group into a deeper prayer relationship with God.

Members of the Prayer Warriors, a group that meets weekly on a conference call, set aside a room where they prayed for attendees. “This was a long-awaited spiritual experience for prayer warriors,” Parkinson says of the event.





## Three Angels Message Church Spends 40 Days in Prayer

After seeing their membership decline for several months, members of the Three Angels Message church in Danville, Va., sought ways to keep their church united. When their elders heard rave reviews of Dennis Smith's devotional *40 Days: Prayer and Devotions to Prepare for the Second Coming*, they met with members who agreed to read the book together. They purchased 60 books, and members also made donations toward the cost so that even those who couldn't afford the book would have a copy.

Members paired up to read the books. Partners then called and spoke to each other over the phone, or met in each other's

homes to discuss the book. After completing the devotional, the church hosted a spiritual emphasis week and invited Derrick Moffett, pastor of the Hilltop church in Columbus, Ohio, to speak. At the end of the week, five people made the decision for baptism and two others were re-baptized.

Newly baptized members noted that months of Bible study, in addition to reading the devotional,

helped solidify their decision to give their hearts to God during the spiritual emphasis week. Others said that studying together helped renew their Christian walk and bring them closer as a church family. One member even stated, "God changed my life. As I reached out to others and did intercessory prayer on their behalf, God fixed my life, and my husband and I reunited."—*Felicia Ellis*

*Prayer, Bible study and a devotional book led seven people (five pictured) to give their hearts to Jesus.*



## Ephesus Hosts Third Annual Baseball Competition

Benin Lee loves baseball and wants to instill that love in youth. Although Major League Baseball sponsors scores of their Pitch, Hit and Run baseball competitions for boys and girls aged 7-14 around the country, with the opportunity to advance to the national

finals, there was no such competition in the Columbus, Ohio, area.

That is why three years ago, Lee, Health Ministries coordinator for the Ephesus church in Columbus, partnered with the Columbus Adventist Academy (CAA) to bring this event to local Seventh-day Adventist and community youth. In doing so, he hoped to promote fitness, develop confidence in the sport and create an inclusive opportunity for students to interact with their peers from other area Adventist churches. Lee also hoped it would inspire Adventist and community youth to attend Adventist schools with baseball programs.

The competition measures how accurately children can throw, how fast they can run and how far they can hit a ball. Each student is recognized for his or her achievements,

and Lee is pleased to see how well they perform. "One year we had a girl from the Eastwood church set a record for hitting a ball over 150 feet. This year one child ran the 60 yards around the bases in 6.9 seconds," he recalls.

"What motivates me is when I hear a child state that they can't perform a certain skill and, after they try, they get more confidence. ... I enjoy seeing our children set their own personal records," Lee concludes.



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# Blue Mountain Academy COMMUNIQUE

JULY 2011

## Commitment to God Brings Peace

Summertime allows students and teachers the opportunity to re-energize as they lay aside ordinary cares and occupations to refresh minds and bodies. Proper recreation allows for re-creation that enables us to return to school with new vigor for the coming challenges.

Too quickly, school bells will ring again. Parents and students will rush frantically to finish registration papers, buy school clothes and fill the car with the necessities for life at Blue Mountain Academy (BMA). Excitement builds as students look forward to seeing teachers and classmates.

Taking time to reflect on how God has been with us through stress and rewards, deadlines and Sabbath rest, joyful and tearful relationships and ordinary day-to-day occurrences brings peace. We have a loving, caring God who knows us better than we know ourselves, a God who brings triumph to difficult life experiences. We have the assurance that “God never leads His children otherwise than they would choose to be led, if they could see the end from the beginning, and discern the glory of the purpose which they are fulfilling as co-workers with Him” (*Desire of Ages*, pp. 224-225). Let us commit our lives daily to God’s direction and care!



Craig Ziesmer  
Principal

## NEWS



### Students Perform Acts of Kindness

BMA’s student group MITZVAH has been living out their name by performing little acts of kindness on and off campus. They recently invited the non-profit organization Invisible Children to present a chapel program. It included a screening of *Tony*, a film about a boy who survived genocide in Uganda.

The next day, MITZVAH members (some pictured) helped Pastor Shawnessey Cargile make and deliver 40 pound cakes to incarcerated women in Berks County. They also visited the Hillside Animal Shelter in Pottsville, Pa. “We helped there by walking the dogs and cleaning the outside of the buildings,” said Maile Hoffman (’12). “It is a blessing to be a part of a group that spreads acts of kindness and God’s love wherever we go!”

### 16 Join National Honor Society

The BMA chapter of the National Honor Society (NHS) inducted 16 students at their annual program that took place in the Blue Mountain Academy church. NHS is comprised of students who achieve academic excellence and are leaders in their school and community.

At the induction service, club officers spoke about the pillars of NHS and what it means to be a member. Cheryl Goff, administrator of the Adventist WholeHealth Network, was the guest speaker.—*Sarah Gray* (’11)





## La Sonnette Ensemble Ministers in Jamaica

The La Sonnette ensemble recently performed concerts at various churches in Jamaica. The students were most impressed by the Jamaican people whom they found very kind and accepting. Maddie Bornman ('11) was impressed with "their openness when it came to praising God," she said. Luke Lebo ('12) agreed, adding, "They were really giving. They did all they could to help us."

The locals frequently told the students how good it was that they took the time to praise God and minister through music. The student musicians said the trip was an eye-opening experience where they learned that God definitely takes care of His people. On their last day, as they traveled to the airport, a wheel on the bus started wobbling. They had only about two hours to fix the tire, and soon realized that they would be cutting it too close. They arrived at the airport 10 minutes after their flight departed.

They spent most of the day trying to figure out how they were going to get home. The airlines wanted each person to pay an extra \$120 for switching flights. They didn't have that money, so they prayed. Miraculously, God provided them with lodging for the night, and they obtained tickets on a flight with no extra fees!—*Rebecca Richards ('11)*



*Rebecca Richards ('11) assists students in striking the bells.*

## Mexican Mission Trip Inspires Students



A group of students, parents and staff recently went on a mission trip to Tzucacab, Mexico. While there, they helped build Sabbath School classrooms and held a nightly Vacation Bible School.

One student noted that their work at the church was "hard but invigorating." They poured concrete, painted, wired the rooms with electricity, hauled rocks and tore down a hut. Students noted that the villagers appreciated their hard work.

The village was very small; however, the kids were plentiful. Little girls and boys followed the BMA group everywhere. Another student said they believe their group truly touched the hearts of

these little ones with the kindness of Jesus Christ.

The mission trip afforded many bonding moments. Morning and evening, they got together to sing and worship God. Jeff McAuliffe, DDS, (a parent) and Chaplain Shawnessey Cargile challenged them to take their insights and experiences back to BMA and to be missionaries wherever they were. At the end of the week, seven group members rededicated their lives to God and were re-baptized.—*Amanda Ashburn ('11) and Rachel Wilson ('11)*

*Mark Ringer ('12) tosses debris from the roof of a hut into a truck below.*

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# THE CHALLENGE

chesapeake conference newsletter

JULY 2011

## The Rallying Cry of the New Testament

On every page of the New Testament you find a wonderful sense of energy and vitality. These early Christian believers were uncannily efficient and adequate to meet life's most difficult demands. It is important to notice their explanation of this. They never attribute it to anything in themselves. The constant watchword of the New Testament is not "We are able"; what you find over and over again is "He is able"—and when they say that, they are looking away from themselves to God. They are looking straight at Christ. And on this basis they make the most staggering claims. A thousand difficulties may lie across their path: He is able to bring us through! Temptation may threaten ruin: He is able to give the victory! The whole world may seem to be going headlong to destruction: He is able to bring it to God! All the way through the rallying note keeps breaking through as from a trumpet—He is able!

Take a look at the varied texts that use this little phrase. He is able to help the tempted (Heb. 2:18), to save to the uttermost (Heb. 7:25), to support and keep you from falling (Jude 24), to secure you in death's decisive hour (2 Tim. 1:12) and to do more than you can even imagine (Eph. 3:20). Take your concordance and look up the other texts where this phrase is used, and you will discover that beyond your futile striving shines His sufficiency, and beyond your perplexities, His peace. Whatever the challenge, whatever the need, you can be absolutely certain that *He is able!*



**Rob Vandeman**  
*President*

## Williamsport Homeschoolers Make Dresses for Girls

This past spring, scissors snipped and sewing machines whirred as students of the Home Sweet Home School Co-op, based at the Williamsport (Md.) church, created dresses this past spring to support a program called Little Dresses for Africa.

Little Dresses for Africa is a nonprofit 501c3, Christian-based organization, which provides relief to the children in Africa. Simple dresses are made out of pillowcases and distributed through the orphanages, churches and schools throughout Africa to show little girls that they are worthy! "Our group made more than 30 dresses for this project," said parent Donna Godlove.

Senior class member Katie Shockey said, "It's a really good feeling to know that a girl who didn't have hardly any clothes before will have a pretty dress to wear now, and she'll know that someone made it just for her."

The Home Sweet Home School Co-op is a support group for Seventh-day Adventist homeschooled students and their families in the Hagerstown, Md., area. For more information on the project, visit [littledressesforafrica.org](http://littledressesforafrica.org).—*Lisa Shockey*

*Home Sweet Home School Co-op students display dresses they made for African girls.*





## Bowie Spanish Brings Hope Thru Small Groups

**L**a Caravana de La Esperanza,” or “The Caravan of Hope,” was the title of a new approach for spiritual revitalization and evangelism within the 30-member Bowie Spanish company in Bowie, Md. Typically the group’s annual Week of Prayer would have been held at the church; however, six members recently opened their homes to host small groups taking this “La Caravana de La Esperanza” course.

They began on a Sunday, and no one was quite certain how the venture would succeed. That first evening, 29 people participated; by Friday there were 50. “The results were amazing,” says Pastor Raul Rivero. “We had 97 percent of our members participating every night. They all came to support each other, and they brought friends too.”

Sabbath services at the church concluded the week with testi-

monies, pictures, music and a baptism. The Carranza family happily shared their testimony. Ana Carranza was baptized this past November after she and her husband, Marlon, attended evangelistic meetings; however, Marlon struggled with his decision. Nonetheless, they opened their home for the series. During the final meeting, he made a firm decision for Jesus Christ.

The Bowie Spanish company continues to find success in holding evangelistic meetings in member homes. “When we turn small groups into both houses of worship and sites of evangelism, we return the mission back to the members, and we are seeing great results,” said Kleyton Feitosa, Chesapeake Conference Ministries Development and Evangelism coordinator.



*Pastor Raul Rivero baptizes Marlon Carranza.*

## Washington-Spencerville Korean Adopts Congo Projects



**A** team of 13 members of the Washington-Spencerville Korean church in Spencerville, Md., recently participated in evangelistic meetings in the Republic of Congo. Under the leadership of coordinator Donghwan Chon and Pastor Charles Yang, young adults and others conducted a weeklong program for children and youth. The short-term missionaries distributed gifts for children, evangelistic equipment to the local churches, educational scholarships for several students and Bibles in the French and Swahili languages for some of the attendees. The mission trip concluded with several baptisms.

*Terry Kim (left) and Gina Choi (right), two Washington-Spencerville Korean church short-term missionaries to the Republic of Congo, take a photo with attendees to their royal-themed fundraiser.*

Building on a relationship forged in 2009, another team of eight also traveled to the region in the past year to conduct evangelistic seminars, distribute Bibles, donate projectors, give bicycles, start a chicken farm and fund educational scholarships for 20 local churches. Working with the local evangelists, the mission trip yielded 515 baptisms.

In preparation for the mission trip, the congregation held fundraisers to help cover travel expenses and evangelistic equipment. One was a royal-themed banquet for children held in the church fellowship hall, where they treated guests to entertainment, special activities, photo shoots and a meal.—*David Kim*

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Phone: (410) 995-1910 ■ [ccosda.org](http://ccosda.org)  
President, Rob Vandeman  
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# MOUNTAIN VIEWPOINT

JULY 2011

## Are You Compelled to Respond to Jesus' Call?

Here at the COMPEL Center for Evangelistic Training, we are excited to offer our first semester of classes September 5-December 3. We believe that God-led training centers of evangelism, like COMPEL, are a part of preparing the church and the world to meet Jesus again soon.

In Luke 14:15-23, Jesus tells a parable about a servant whose master told him to invite people everywhere to come to a feast. In verse 23, he instructs the servant to "Go out into the highways and hedges, and compel *them* to come in, that my house may be filled."

COMPEL's purpose is to provide each student with the same experience and principal training Jesus gave to His disciples. COMPEL students will learn how to work through any fears they may have about sharing their faith with the world around them. They will receive thorough training in the classroom; spend time in the community conducting surveys, engaging in positive, spiritual conversations and giving Bible studies; and work with the public at a health expo and evangelistic series. Each COMPEL student will find confidence, experience and the tools to participate in fulfilling the gospel commission.

We are living in the hour when the urgency of Jesus' appeal should be revealed in the lives of His servants who have experienced His love and are now compelled by that love to share Him intelligently, practically and from the heart. The question is not whether Jesus is calling you, but will you respond to His call? To learn more about COMPEL or sign up for classes, visit [compelmission.org](http://compelmission.org).



**Justin Howard**

*Director, COMPEL Center  
for Evangelistic Training*

## Summersville Community Brings 29-Year-Old to Christ

Last summer 29-year-old Aaron Barker of Summersville, W.Va., hit rock bottom. He wanted a better life for himself and his son, Quelin. For two weeks he lay helplessly in bed as he went through detoxification from drugs. He decided to claim the promise in Philippians 4:13, "I can do all things

through Christ," and almost immediately was able to get up and eat a little.

He knew about the Seventh-day Adventist Church because his parents were newly baptized members. He also knew Steve and Donna Shank who, along with other Adventist physicians, founded the Fairview Health Associates in Summersville. As he gained his strength back, he would visit them at their clinic. "They always had something uplifting to share with me," Barker recalled. Soon he started Bible studies with Daniela Pusic (pictured), area Bible worker. "I didn't really study them seriously at first," he confessed, "but about two months into the studies, I really gave my heart to God. I knew that He was changing me!"

Then Barker apprehensively attended the Generation of Youth for Christ conference in Baltimore and was blessed. "I was so impressed with the thousands of youth there, all with one purpose. I knew that I wasn't all alone after all and could feel the stresses of life melting away," he said. Now Barker daily wants to share his newfound faith. He recently became a member of the Summersville church through baptism.





## 18 Churches Support CHIP Training

I can already see groups popping up throughout Mountain View, teaching about the CHIP lifestyle in their communities,” observed Daniel Morikone, conference Health Ministries leader, at a recent Coronary Health Improvement Project (CHIP) leadership training at the Parkersburg Academy in

Parkersburg, W.Va. Some 69 people from 18 churches, including those from 13 Mountain View churches, came to learn how to start CHIP programs at their churches. Two of the weekend’s highlights were hearing testimonies from CHIP alumni from the Parkersburg church and talking with CHIP founder Hans Diehl, DrHSc, MPH, on the phone. “What an awesome weekend!” enthused Sandra Spitalsky, a member of the Romney (W.Va.) church.

Dena Guthrie, vice president for CHIP Program Development and her leadership training team, travel around the country holding six or more leadership trainings each

*Tara Teter, Paulett Rinard and Patricia Strickland, members of the Frostburg and Cumberland, Md., churches, are excited to improve their community’s health.*



*Jean Daddysman and Jane Murphy are excited to bring the CHIP healthy lifestyle program to the Grafton (W.Va.) church.*

year at the local churches. She was thrilled at how many Mountain View churches wanted to add CHIP programs.

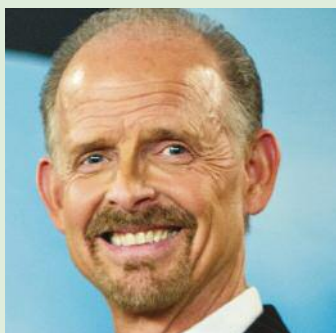
Jane Murphy, a member of the Grafton (W.Va.) church, was eager to share what she learned with her community. “We are looking forward to helping meet the needs of our community and educate them on alternative ways to be healthy,” she said.

Patricia Strickland, Health Ministries leader and a new member of the Frostburg (Md.) church, shared, “I’m excited to get the training, to have something to actually *do* with our community. This gives us direction.”

Spitalsky said she really appreciates how well the program is put together. “Everything you need is all there,” she said. “It also makes learning to be healthy fun and puts you together with others, so you’re not alone.”

## UPCOMING EVENTS

■ **August 12-14 Campestre Hispano**—The conference’s second annual Hispanic camp meeting will be held at Valley Vista Adventist Center in Huttonsville, W.Va. For more information, call (304) 422-4581.



■ **September 16–18 Singles Retreat**—Jim Ayer, Adventist World Radio vice president of Advancement, will speak on “The Ultimate Relationship” and also share his testimony. For more information, visit [mtviewconf.org](http://mtviewconf.org).

■ **September 23–25 Women’s Retreat**—Carolyn Sutton, an author and Adventist World Radio volunteer, will speak about “Keeping Your Balance (in a Topsy-Turvy World).” For more information, visit [mtviewconf.org](http://mtviewconf.org).



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## Somerville Spanish Church Organized

The Somerville Spanish church was officially organized by José H. Cortés, New Jersey Conference president, and Jim Greene, conference vice president for Administration. “God has blessed this new church with rapid growth in members and finances,” Greene says. Somerville Spanish’s current membership totals 77, and they have already purchased the church building, which they originally rented when they started. Somerville becomes the 84th church to be organized in the New Jersey Conference. Alexis Grajales is the pastor and José L. Rosario is the head elder.



The church was originally started under the leadership of Rosario, who had a burden to plant a church in a city where there was no Seventh-day Adventist presence. A small group first started meeting in 2003, and by 2006, grew enough to be organized into a company.

Even as they were being organized into a church, they announced plans to start another church plant in Flemington where there is no Adventist church.

*José Rosario, head elder and founder of the Somerville Spanish church, signs the register.*

## God Opens Doors for the Newark Luzo-Brazilian Pathfinders and Adventurers

For over a year, the Newark Luzo-Brazilian Pathfinders have been seeking permission from the city of Newark to use the East Side High School on Sunday mornings. After several appeals to the school district and with the support and help of Augusto Amador, a city councilman, approval was granted.

The clubs have turned this arrangement into a witnessing opportunity by inviting neighborhood kids to participate.

“The community has been coming to us. The kids from different denominations than us are talking about the club to their friends, and they are coming to us too,” says Carla Santos, who directs both clubs.



*Newark Luzo-Brazilian Pathfinders clean up Independence Park in Newark.*



## Four Generations Attend Mt. Holly Church

Ellen Tumbler recently celebrated her 92nd birthday at the Mt. Holly English church. She is happy that her daughter, granddaughter and great-granddaughter all attend the Mt. Holly church with her.

*Ellen B. Tumbler; daughter, Theo Carroll; granddaughter, Krissie Gill; and great-granddaughter, Nevaeh Lynn Gill, sit together at the Mt. Holly English church.*



## West New York Spanish Church Celebrates 40th Anniversary

The West New York Spanish church recently celebrated their 40th anniversary. Highlights of the weekend included attendance by former pastors, a special presentation of the Sanctuary Service complete with a scale model, which was erected on the stage. José H. Cortés (right), conference president, congratulated the church on reaching this milestone.

Just last fall, the church moved into a new building where the anniversary celebration was advertised by a large banner placed on the front of the church. President Cortés challenged the church to “keep the light shining brightly in West New York.” Pastor Pedro Canales thanked the special guests and visitors for joining the church in this special day of celebration.



*The West New York Spanish church's anniversary celebration included a scale model of the biblical sanctuary.*



## Garden State Academy Class of 1960 Celebrates 50th Reunion

The Garden State Academy Class of 1960 held a 50th class reunion at the Tranquility church. Eighteen of the 24 class members attended along with faculty sponsor Virgil Fryling and his wife. After 50 years, it was a joyous occasion to meet again and visit with former classmates.



*Left to right, front row: Bruce Gipe, Nancy Norris Holland, Carolyn Rice Monk, Sally Cruz Garner, Joshua Rivera; second row: Gertrude Wieland Sharpe, Errol Ricketts, Charles Piscatelli; third row: Louis Negretti, Bill Van Meter, Virgil Fryling, Delores Baith Laubach; fourth row: John Trimarchi, Rosemarie Zipp Grieco, Theo Tumbler Carroll, Sarah Waddington Stone; back row: Lothar Guttschuss, Cory Chambers, John Benko*

## dates

NEW JERSEY

### July

- 9-16 Stewardship Emphasis Week, *Local Churches*
- 22-24 Family Life Emphasis Weekend, *Local Churches*

### August

- 1-5 North Jersey Day Camp
- 7 Singles Ministry Picnic
- 8-12 Central Jersey Day Camp
- 12 South New Jersey Prayer & Praise Evening  
*Bridgeton Church*
- 13 Sabbath School Friends Day, *Local Churches*
- 14 Children's Ministries Training, *Vineland Church*
- 15-19 South New Jersey Day Camp
- 19- ShareHim Reaping Event, *Local Churches*
- 26-28 New Jersey Pathfinder Camporee

### September

- 11 Children's Ministries Training, *Conference Office*
- 18 Prison Ministries Training, *Conference Office*
- 23-25 Couples Retreat Weekend
- 24 Youth Ministry Zone Training

**New Jersey News** is published in the *Visitor* by the New Jersey Conference 2303 Brunswick Ave., Lawrenceville NJ 08648 Phone: (609) 392-7131 ■ njcsda.org President, José H. Cortés ■ Editor, Jim Greene

## Annual Worship Festival Raises \$5,000 for Niger

More than 150 fifth- to eighth-graders from across the Ohio Conference recently converged on Mount Vernon Academy in Mount Vernon for Ohio Conference's annual Elementary Worship Festival (formerly Ohio Conference Music Festival).

"Students enjoyed the new format, which included a mass choir as well as workshop options where students could experience a variety of expressions of worship," said Cindy French-Puterbaugh, conference associate superintendent for Education and coordinator for the event. Workshop options included handbells, drama, photography, puppets, stix, art and an organic band. The choir's guest director was Lulu Mwangi Mupfumbu from Takoma Academy in Takoma Park, Md. Steve Carlson, conference Youth Ministries director, was the guest speaker.

Over the past four years, this annual event has connected itself with a service project. This year students learned about and raised \$5,000 for an ADRA project in Niger, the poorest country in the world. Students wore shirts bearing the Niger flag and received pocket-sized



*Cindy Christenson leads a stix workshop.*

hand sanitizer to emphasize the fact that lack of sanitation is the reason most people die in Niger. Funds raised will support over 250 students in that country. "Tina Hudgins, ADRA's development director, was present to emphasize the challenges and needs of this country," said French-Puterbaugh.

View videos from the festival at [ohioadventist.org](http://ohioadventist.org) under the Education Department banner.



PHOTOS BY DARLENE SHOEMAKER AND AL SCHONE

*Gail Hall, accompanist from Spring Valley Academy in Centerville; Robert Stevenson, Mount Vernon Academy principal; Lulu Mwangi Mupfumbu, choir director at Takoma Academy in Takoma Park, Md.; Jay E. Colburn, Ohio Education superintendent; and Cindy French-Puterbaugh, Ohio associate superintendent, gather for a photo.*



## Conference Launches Jewish Ministry

The Ohio Conference recently launched their Jewish Ministry outreach with Pastor Alexander Bolotnikov, PhD, at the helm. With an estimated 150,000 Jews in Ohio, this new ministry is banking on similarities between Judaism and Adventism to broker understanding and dialogue between the two communities.

Many Jews, like Bolotnikov, recognize that Jesus is the Messiah of Israel. Bolotnikov was born into a Jewish family in the former Soviet Union. Like many Russian Jews, he grew up a Communist. At the age of 17, he was disappointed in their ideology, visited a newly opened synagogue and became an Orthodox Jew. His spiritual journey took a dramatic turn in 1991 when

he discovered Jesus as his Messiah and joined the Seventh-day Adventist Church.

Bolotnikov most recently served as an evangelist to the Greater New York Conference where he ministered within the Russian- and English-speaking Jewish communities. He was also appointed as a director of the Shalom Learning Center, a training and evangelism center for North American Division Jewish Ministries. Several Ohio pastors have already expressed interest in learning how they might be involved in ministry to Jews in their cities, and the Akron church already has ties to a Messianic Jewish congregation within its community.

"We look forward to having Pastor Bolotnikov join our team of



pastors and lay leaders in developing and advancing a ministry that reaches our Jewish brothers and sisters in our major metropolitan areas," said Raj Attiken, Ohio Conference president.

## City of Mansfield Expresses Appreciation for ACS

After flooding in the Mansfield Area this spring, Ohio's Adventist Community Services (ACS) "was asked to bring their expertise in donation management to the long-term recovery efforts in Richland County," says Trish Tickle, Ohio ACS public information officer.

Ohio ACS volunteers sprang into action and procured the short-term lease of an old department store building on Lexington Avenue in Mansfield. ACS volunteers then

cleaned up the building and soon began donation operations. Together with Richland County Organizations for Disaster Assistance, the warehouse was operated under the local direction of Rhonda Riles, Recovery Center manager (of the Mansfield church), with assistance from David Greutman (of the Beaver Creek church). Various levels of operations lasted between two and three months. After the initial cleanup, local residents turned their attention to long-term recovery.

"How do you buy all the things to restart a household? For many families affected by the flooding, this just isn't financially possible. And that's where the community can help," explained Riles.

Residents and city council members were touched by the assistance. "I want to extend my sincere appreciation for your recent help, to the citizens of Mansfield who are struggling to recover from the recent series of floods," wrote Scott Hazen of Mansfield's third Ward City Council in a letter to the Ohio Conference. "The spirit of giving, of kindness and of personal sacrifice speaks volumes to those who are at a point of desperation. The citizens of our city deeply appreciate your help, and I can't thank you enough for your act of kindness."

*Rhonda Riles, an Adventist Community Services volunteer, accepts a donation for their Mansfield donations services warehouse.*

PHOTO BY TRISH TICKLE



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ohioadventist.org ■ President, Raj Attiken ■ Editor, Heidi Shoemaker

# Pennsylvania Pen

JULY 2011

## AWHN Clinic Volunteers Serve Uninsured

Recognizing how devastating a lack of healthcare can be, Adventist WholeHealth Network (AWHN) leaders saw an opportunity to minister and share God's love with their Wyomissing community. As a result, they created Lamplight Family Health Care whose mission is to provide accessible quality healthcare to the uninsured in an atmosphere, that fosters dignity and respect in a manner reflecting God's unconditional love.

Based at AWHN's offices, Lamplight Family Health Care is completely staffed by volunteers, including physicians, nurse practitioners, nurses and clerical staff. The clinic charges no fees and serves only the uninsured. Services include physical exams, preventative care, sick care, care for chronic health conditions and health education. Each volunteer also actively seeks opportunities to offer patients spiritual guidance and prayer.

"AWHN has an opportunity to meet a specific need for a group of people in the community," said Leif Christiansen, DO (right), who volunteers for Lamplight and is a Hamburg church member. "If we can affect the lives of people with needs and help them, then maybe we also can [address] their spiritual needs. We need to find ways to be involved in our community that can be of benefit and meet our own needs of service to the Lord, who has called us to reach out to people."

Cheryl Goff, AWHN administrator, challenges churches across Pennsylvania to consider the needs of their community and show God's love by meeting those needs. For more information on how to volunteer or to find out how your church can establish a similar clinic, call (610) 685-9900.



## Huntingdon Valley Students Serve in Arizona

On their mission trip to Arizona, students from Huntingdon Valley Christian Academy (HVCA) in Huntingdon Valley recently learned that mission work is about more than going and digging ditches, laying pipes, painting walls or helping people. These young people and members of the Bucks County and the Chestnut Hill churches built relationships while visiting

and helping at the Window Rock Youth Center, Holbrook Indian School and the Rolanda Tahani family home on the reservation in the Navajo Nation.

Students worshiped with the young people from Holbrook Indian School for vespers and church services Friday evening and Sabbath morning. The group then headed to the Navajo Nation and experienced life on the reservation. By hanging drywall and painting, they helped the family feel pride in their home.

"It was incredible to see the students grow in their faith as they served others. I was impressed with how the students rose to the challenge of addressing 'real' needs in serving the communities in which they served," states Caleb VinCross, HVCA Bible teacher.

"I saw how other people live that is very much like a Third World country, even in America. It was an experience I will never forget," shares Gabrielle Bianco, a seventh-grader.—Rick Bianco



*Seventh-grader Gabrielle Bianco spends time with a student at the Holbrook Indian School.*



## Anchor Pointe Witnesses Through Summer Camp

Every first Sabbath in June, Anchor Pointe, a church plant from Centerport, has a booth at the Children's Fair in Shoemakersville. Anchor Pointe offers information on Pathfinders, Adventurers, Seventh-day Adventist schools and summer camp. Each interested child leaves his or her name on a piece of paper in a fish bowl for a drawing, and the winner attends Laurel Lake Camp in Rossiter for free.

"We are committed to reaching children prior to their teen years," explains Cheryl Goff (right), a church member. Two years ago, Shawn, an 11-year-old boy with some minor developmental

challenges, won the trip to camp.

Since Goff was the camp nurse during that week, she offered to take Shawn there and back. While Shawn was there, Goff noticed the change in him, from observer to eager participant. The week following camp, Shawn's parents attended Anchor Pointe to say how much fun Shawn had and how grateful they were for what Goff's church had done.

In the weeks following, Anchor Pointe made several efforts to reach out to Shawn's family, but they were unable to successfully contact them. Was the risk worth it? Goff thinks so. "Only heaven will tell ... We at



Anchor Pointe felt it was a valuable witness opportunity and plan to sponsor two children from our community this summer to Laurel Lake Camp."—Ashley Richards



Laurel Lake Retreat and Conference Center

# Young at Heart Camp

August 21-28, 2011

- Morning and Evening Devotions
- Swimming, Hiking, Canoeing, Jet Ski
- Bonfires, Smores
- Trips to town
- Special Banquet Night
- Volunteer Projects
- Crafts, Ceramics, Pottery

*Come have fun serving our Lord*

For more information contact Gary Moran at (814) 938-9300 or [laurellakeretreatandcc@verizon.net](mailto:laurellakeretreatandcc@verizon.net)



# Potomac People

JULY 2011

## 50 Hispanic Churches Evangelize Around Conference

During the spring, more than 50 Potomac Conference Hispanic churches opened their doors for a mega evangelism campaign. The theme for this ongoing evangelistic campaign is “Hope in the Midst of Crisis.” Speakers for the event included local elders, pastors and international evangelists. Students from the conference’s School of Theology also led meetings in their local congregations.

“There have been changed lives in our community,” said Obed Rosette, senior pastor of Richmond Evangelistic Center, Fredericksburg, Tappahannock and West End Spanish churches. “People who haven’t known Jesus before have made a decision to give their lives to Christ and are now serving Him.”

This evangelistic plan was presented at the January Discipleship Retreat in Ocean City, Md., as well as the elders’ retreat in March. The goal was to invite friends and neighbors to these churches and win 700 souls for the kingdom.

More than 190 people have been baptized so far, and the churches are continuing to reach out to their communities. Pastor José Esposito, director of Hispanic Ministries, said, “It is beautiful to see the home church leaders and members of the churches enthusiastic about the gospel.”—*Paolo Esposito and Jacqueline Sanchez*



*Gamaliel Feliciano, a psychologist and family counselor from the Woodbridge Spanish church in Virginia speaks at the Silver Spring, Md., mega evangelism meetings.*

## SVAE Teacher Receives Excellence in Teaching Award

Gordon Miller, the seventh- and eighth-grade teacher at Shenandoah Valley Adventist Elementary School (SVAE) in New Market, Va., recently received the Alumni Awards Foundation’s (AAF) Excellence in Teaching award.

“What I appreciate so much about Gordon is his amazing ability to connect with his students,” said Joe Fralick, principal at SVAE. “He’s also a teacher who’s willing to go the extra mile and create an environment that fosters a desire to learn.”

The Alumni Award Foundation is a nonprofit organization that annually recognizes teachers for their contributions and commitment to Seventh-day Adventist education. According to AAF, recipients of this award are chosen based on “classroom innovation, passion for teaching, professional growth and commitment to Adventist education.”

Even Miller’s students have recognized his commitment to their education. “He’s very patient with me, and I sincerely appreciate that,” says Ming Kim, a seventh-grade exchange student from Incheon, South Korea.

Miller has 31 years of teaching experience in four states, and believes becoming a teacher in an Adventist school was one of his best decisions. “I chose to be a teacher in an Adventist school because I knew that I would have the ability to touch and change lives here on Earth, but also to assist in, hopefully, helping them to choose to be a part of God’s eternal family.”—*Dan Jensen and Adrienne Suarez*



PHOTO BY ADRIENNE SUAREZ

*The mayor of New Market, Va., congratulates Gordon Miller on receiving the Alumni Awards Foundation award.*



# Potomac People

## NEWS

### Wytheville Church Hosts Health Seminar

For three evenings, members of the Wytheville, Va., community visited the Wytheville church to gain a better understanding of basic health principles. Bev and Chet Cook, directors of the Hallelujah Acres Lifestyle Centers in Shelby, N.C., taught attendees about God's simple, biblical model for physical health and healing. Each two-hour course detailed food preparation and sampling, juicing demonstrations, lectures and video clips.

Many attendees responded positively and even invited the presenters to come to their churches. "Seeing all the sickness and disease that can be reversed through diet really is an inspiration to get the health message out," said Bonnie Thorpes, one of the regular attendees.—*Joya Cleveland and Dan Jensen*

### Restoration Praise Center Leader Named "Pastor of the Year"

Praizevision.com, an online worship site, recently presented Paul Graham, senior pastor of the Restoration Praise Center in Lanham, Md., with its first Pastor of the Year award. The announcement came during Praizevision's fifth anniversary celebration and concert at the Mt. Vernon (N.Y.) church. Members of Graham's congregation also chartered a bus to surprise



their senior pastor and witness the presentation.

"I thank God for the award because it helps me want to keep on working and help others understand that this is the work that we do—not to get an award but to get *the reward*—which is heaven," Graham said.—*Barbara Laws and Jewel Walwyn*

### Sligo Senior Pastor Recognized for Excellence

Oakwood University's (Ala.) Communication Department recently recognized Charles Tapp, senior pastor of the Sligo church in Takoma Park, Md., with an award of excellence. The James E. Dykes Alumni Communicator Award is presented at their alumni banquet each year. Tapp graduated from the



school in 1982 with a dual degree in communication and theology.

When reflecting on the award, Tapp, who overcame his stuttering to become a noted radio broadcaster, said, "I'm grateful that the teachers at Oakwood, like those at many of our [Seventh-day Adventist] schools, see you for who you can be and not what you are. This is what Christ does, and I thank them for that."

Tapp's sermons can be heard on the *Simple Truths for Life* broadcast on the WGTS radio station (wgts919.org).—*Taashi Rowe*



### Retired Shenandoah Valley Academy Teacher Recognized for 40 Years of Service

John "JJ" Henline spent his 40-year career teaching more than 8,000 Shenandoah Valley Academy students in New Market, Va., and building up their sports program, particularly interscholastic sports. Though he retired in 2008, the Seventh-day Adventist Health, Physical Education and Recreation Association recently honored Henline with an award of appreciation at their annual conference at La Sierra University (Calif.).

Bob Bengé, PhD, a professor at Southern Adventist University (Tenn.), who nominated Henline for the award, said he taught many of the same students as Henline and everyone, without exception, spoke highly of him.

Henline expressed delight at receiving the award. "I loved going to work every day, being around the students, teaching them and doing everything I could to help them enjoy their time at Shenandoah," he said.—*Adrienne Suarez*

**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

# Spotlight on Spencerville

JULY 2011

## New Beginnings

Do you remember what it felt like to start a new school year? There was the nervous tension of meeting new friends and reconnecting with old friends. Once you sat at your desk there were the new pencils, erasers, paper and a new teacher.

At Spencerville Adventist Academy (SAA) we are starting a new chapter in our 68-year history. We are moving into a new building this fall. The community has been waiting for this day and it is finally here! The excitement is palpable as students walk into the brand new facility.

This calls to mind a new beginning that generations have been waiting for. This new building pales in comparison to Christ's second coming. John's description in Revelation gives me goosebumps every time I read it. He says, "Then I saw a new heaven and a new earth, for the first heaven and the first earth had passed away ... I saw the Holy City, the New Jerusalem ... and God himself will be with them and be their God. He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things has passed away" (Rev. 21:1-3, NIV). I don't know about you, but I am so excited for that final new beginning that I want to shout it from the mountaintops. Jesus is coming again!



**Brian Kittleson**  
*Principal*

## Resource Staff Help Students Achieve Academic Success

Spencerville Adventist Academy's Resource Department provides support for staff and students through the work of teachers Ambika Sathya and Jenet Scarce. These teachers provide students with academic and behavioral screenings, tutoring in many areas, including math, spelling, reading fluency and comprehension and training in executive functioning skills.

Each resource student is assessed and given individualized instruction in one-to-one and/or small group settings. The center has several reading-based programs to assist students who struggle with basic reading skills. Students with language-based learning

disabilities, such as dyslexia, benefit from the Barton System of Reading and Spelling and the Wilson Reading System and Language Training, while students with basic fluency and/or comprehension deficits build vocabulary, phonics skills and reading fluency through the Read Naturally reading-intervention program. Staff members also address math computation and study skills by providing targeted math instruction to fill in "gaps" in math skills.

Resource teachers work directly with students and teachers to "meet students where they are" academically, through use of the REACH (Reaching to Educate All Children for Heaven) program.

"We believe that all students are capable of learning through their unique learning styles, and we work to provide students with effective accommodations to help them reach their learning goals," Sathya says.



*Jenet Scarce works with fifth-graders GreCIA DeLeon and Matthew Kittleson to enhance reading and spelling.*



*Ambika Sathya, resource teacher, works with Kindergarten student Isabella Tracey.*



# Spotlight

## My First Mission Trip to the Dominican Republic

This year's mission trip to the Dominican Republic was my first mission trip experience. I heard that people get sick and that it was really hard work but I decided I was going to keep an open mind and go there for the purpose of helping others. Although I did get sick for the first couple of days, I was determined not to let Satan bring me down. I went there to share the love of God with others by helping to build a school.

When the work was difficult, I'd look at all the children's faces who were there at the school we were building and it made things so much easier. It really humbled me to see how happy all the children were even when they have so much less



*In addition to construction work, students like Kelcie Thompson helped to conduct two Vacation Bible Schools.*

than I do. It made me wonder how I take so many things for granted when some people have nothing and, yet, are so happy.

My favorite part was Vacation Bible School when all the children would come and sing and do the crafts. I couldn't help but think that God was just shining through each of them. In spite of the communication challenge, I found it fun trying to speak to them with the small amount of Spanish that I know.

I never realized how valuable a Bible could be to a person until we distributed them to the villagers on Sabbath! It was really amazing to see how many smiling faces there were when they received the Bible.

Even though there were ups and downs, I wouldn't change it at all. I plan on going next year and helping again because there is nothing more enjoyable than doing God's work and sharing His love with others!

—Kelcie Thompson ('13)



*Amanda Linzau, Gabby Cook, Amber Dahabura and Shannon Injety work tirelessly on the construction of the school building.*

## Students Donate \$1,230 to Haitian Orphanage



Recently SAA concluded eight high school performances and one elementary/middle school performance of the play *Cheaper by the Dozen*. Under the direction of Jane Lanning, SAA has presented a major Broadway musical for 12 consecutive years. This year, to honor Lanning's tradition of service to the Eden Garden Orphanage in Haiti, cast members contributed \$1,230 to the orphanage.

## Calendar

### August

- 11 Student and Parent Orientation
- 15 First Day of School
- 19-20 High School Spiritual Retreat
- 21 High School Beach Day

### September

- 10 Senior Dedication
- 15-18 SALT

**Spotlight** is published in the *Visitor* by the Spencerville Adventist Academy 15930 Good Hope Rd., Silver Spring, MD 20905 ■ Phone: (301) 421-9101 [spencervilleacademy.org](http://spencervilleacademy.org) ■ Principal, Brian Kittleson ■ Editor, Heidi Wetmore

# SHENANDOAH VALLEY ACADEMY

# HAPPENINGS



JULY 2011

www.shenandoahvalleyacademy.org

## Through the Pain

Sometimes life is easy and we just sort of glide along. At other times, things get a little tough and we find ourselves relying on one another. And sometimes life just isn't fair and we simply want to give up and get off the ride that is life on this planet.

April 14 became one of those days as we, the staff and students at Shenandoah Valley Academy (SVA), learned of the motorcycle accident that took the life of Kent Grimm, one of our seniors. To lose someone we loved so much a mere 45 days before his much anticipated graduation just isn't right—and it hurts a lot! It was a glaring reminder that life on this Earth truly is not fair. And it caused many of us to wonder, "Where is God? How could this happen?"



Senior Kent Grimm died on April 14 in a motorcycle accident near his home.

I had the privilege of knowing Kent for the past three years and having him in my prayer group each of those years. I have watched him grow and considered him a part of my family. I was a member of the SVA mission team that traveled to El Salvador earlier this year. Kent was also a member of that team. None of us knew that in three short weeks Kent would no longer be walking and working with us—but God knew. I filmed Kent as he attacked the work that was put before him. Kent put himself 100 percent into that work and made a difference. I watched as he met and interacted with the young people, and I know that God was there working in Kent's heart and making changes in his life.

These past weeks have been difficult on our campus as we have dealt with the questions and the pain. We have received cards and notes from several other schools and we are grateful. Many prayers have been offered on our behalf, and we thank all of you. We know that our questions will be answered when we talk with Jesus face to face. The answer to the question, "Where is God?" is that He is *right here* on our campus helping us work through the pain.



Spencer Hannah  
Principal

## Digital Signs Keep Students Informed

SVA recently installed seven electronic bulletin boards to keep students and staff well informed about campus events. There is one in each dormitory, one in the cafeteria and four in the administration building.

Students can now find out the latest news by checking one of the bulletin boards throughout campus. The boards display cafeteria menus, team sports schedules and even an inspirational Bible text.

"The electronic bulletin boards have made our lives easier," said Wendy Dean, assistant registrar. "It is so great to be able to put a message out one time and not have to repeat it throughout the day."

The signs were gifts from the graduating classes of 2005, 2006 and 2010.

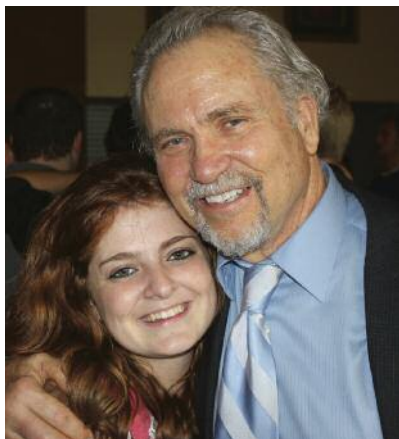


# HAPPENINGS

## History Teacher, Guidance Director Retires

SVA recently hosted an open house in honor of Don Slocum, who is retiring from his roles as teacher and guidance director. The gathering gave students an opportunity to let him know how much they have appreciated having him as a teacher, class sponsor and friend.

In the fall of 1996, Slocum came to Shenandoah Valley Academy to teach government, College American History and American History. During the past 15 years, he has also taken on various other responsibilities. He has been a



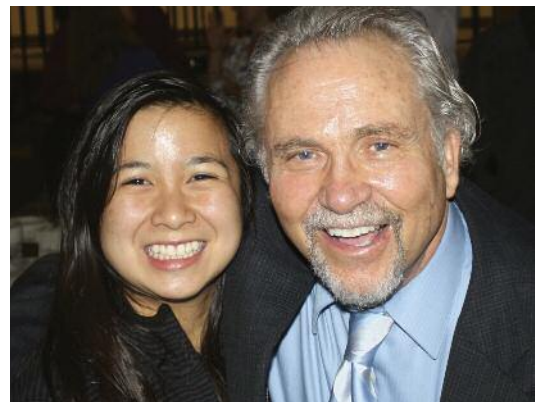
*Don Slocum takes a picture with Sasha Brauer, his student worker.*

coach and assistant coach for the girls' basketball team, student work coordinator, college test administrator, vice principal and class sponsor, to name just a few of the extra things he has done.

Before coming to SVA, Slocum worked at Monterey Bay Academy (Calif.) for 14 years where he served as guidance director, student labor coordinator and Bible teacher. He also taught for a number of years at various Seventh-day Adventist schools in Michigan.

During the open house, students fondly recalled time with Slocum during their years at SVA, either of being in one of his classes or spending time with him outside of the classroom. As a class sponsor, he has given hours of his time to work with the students and is a favorite of many students. Often, through student skits portraying various staff members, Slocum is the one that the students most enjoy emulating. He takes it all with a good spirit, knowing that their portrayal of him is done with great love.

When students were asked what they enjoyed most about Slocum's classes, the most common



*Don Slocum shares a moment with Janice Cosme, a former student.*

response was that he made class interesting. Junior Allison Handel said that College American History is "one of the most interesting classes I've taken because Mr. Slocum knows so much about so many things and gives us extra facts that aren't in the textbooks." Others enjoyed time outside of the classroom when they got to know Slocum better, especially during Saturday night programs or Student Association events where he took part in the games with the students. "It was great riding the roller coasters with Mr. Slocum when the juniors and seniors spent the day at Kings Dominion last fall," said Sasha Brauer ('11).

Slocum is moving to California to be closer to his daughter, son and his two grandsons.



*SVA students spend time with Don Slocum at an open house in his honor.*

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## Habits for Success

This fall many will start or continue on their career paths by attending an institution of higher education. Congratulations to them! It is well documented that education is the pathway to success. Achieving career success isn't just about having brains, talent and connections, it is also about attitude, goal-setting, self-discipline, passion and a deep connection with Jesus.

When defining your success, remember this: success is a journey, which has multiple peaks and not one ultimate pinnacle. Each success advances from another. Setbacks and mistakes help create success. At distinct times in your life, you will change your definition of success.

Put into practice the following habits of successful individuals: develop the capacity to work hard—successful people are never lazy; be outstanding at what you do; take action—nothing moves until you do something; and consistently give service without expecting personal rewards.

Finally, consider attending Washington Adventist University (WAU) where our vision is to produce graduates who bring competence and moral leadership to their communities. We would love to be a part of your success story! Visit us at wau.edu.



**Weymouth Spence**  
President

## Communication Chair Successfully Defends Doctoral Dissertation

Desrene Vernon, chair of WAU's Department of Communication and Journalism, recently culminated her doctoral studies at Howard University in Washington, D.C. She successfully defended her 197-page doctoral dissertation on a topic that is close to her heart: analyzing the effect Adventist World Radio had on the growth of Seventh-day Adventism in Africa—specifically Tanzania—during a 25-year period



(1983-2008). Titled *A Historical Analysis of Adventist World Radio's Impact in the East Central Africa Division of the Seventh-day Adventist Church: A Case Study of Tanzania*, Vernon's dissertation presents her findings along with an original model that visually describes the factors that can influence a person's decision to convert to a new religion.

"I have always been interested in the work of AWR," Vernon says. "I purchased *Loud Let it Ring*, a book about the first 25 years of ministry of AWR. I was inspired ... [and got] involved in evangelism via radio while in the Republic of Congo in the summer of 2007."

Subsequently, she spent the past few years combing through archives at the Adventist Church's world headquarters in Silver Spring, Md. Her research analyzed several contributors to church growth in Tanzania, including the Adventist Church's systematic approach in determining where to establish a radio presence.

During her dissertation defense, Vernon handled every question from the five-member, doctoral committee with precision and ease. The committee reached a unanimous decision to grant Vernon her PhD in Mass Communication and Media Studies with distinction in both the oral and written portions of her dissertation.—*Stephen Del-Rio*



## Students Serve, Share Their Talents in Costa Rica

José St. Phard, Campus Ministries coordinator, and Lorena Martínez, the office's administrative assistant, recently led a group of 22 students on a whirlwind mission adventure to Alajuela, Costa Rica.



They visited an English language immersion program at the Language Center of the Universidad Adventista de Centro America, participated in an English language fair and toured the country, performing drama and musicals to large groups.

In the spirit of service, the students also visited a drug rehabilitation center and women's rescue mission. "The mission trip to Costa Rica was indeed a learning experience," reflected Lashawn Cannon, a sophomore counseling psychology major. "God really opened my eyes,

*Ramone Griffith, a senior double major in theology and music, spends the day playing with one of the children at a women's shelter in Costa Rica.*

and now I am more than grateful for my life every single day."

Students said visiting the women's rescue mission was the highlight of their trip. They met and prayed with young women who were starting a new life after being forced into a life of sex trafficking. Many of these women were the same age of the WAU students.

"I saw students who are sheltered in America realize how blessed they are," Martínez said. The Universidad Adventista de Centro America has already invited Washington Adventist University students to work on another project in the future.—Communication Staff

*Next month: Students Minister in Lusaka, Zambia.*

## Acro-Airs Promote Healthful Living in the Dominican Republic

WUA's Acro-Airs gymnastics team recently toured the Dominican Republic and performed 12 shows for more than 65,000 people. The 40-member team of students and faculty tirelessly promoted the message of a healthy, drug- and alcohol-free lifestyle.

The athletic team began their performances at the government offices where representatives from the Ministry of Sports, Education and Drug Enforcement greeted them. The team then traveled to a local news station in Santo Domingo where, in a news interview, Benjamin Johnson, head coach, and Vladymir Corea, WAU Enrollment counselor, shared more about the Acro-Airs' positive message.

The team also received a special plaque from the Ministry of Sports, recognizing their efforts, outstanding athletic ability and drug-free message.—William Ryan Jackson



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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. Dr. Lee is an Associate Fellow of the American Academy of Implant Dentistry, as well as having many other certifications. For appointments, call (410) 461-6655 in Ellicott City or (301) 649-5001 in Silver Spring. Mention this ad and receive 10% discount on all services, excluding third-party payers. We welcome new patients.

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# Sunset Calendar

|                     | July 1 | July 8 | July 15 | July 22 | July 29 |
|---------------------|--------|--------|---------|---------|---------|
| <b>Baltimore</b>    | 8:37   | 8:36   | 8:32    | 8:28    | 8:22    |
| <b>Cincinnati</b>   | 9:08   | 9:07   | 9:03    | 8:59    | 8:53    |
| <b>Cleveland</b>    | 9:04   | 9:02   | 8:59    | 8:54    | 8:47    |
| <b>Columbus</b>     | 9:05   | 9:03   | 9:00    | 8:55    | 8:49    |
| <b>Jersey City</b>  | 8:31   | 8:30   | 8:26    | 8:21    | 8:15    |
| <b>Norfolk</b>      | 8:28   | 8:27   | 8:24    | 8:20    | 8:15    |
| <b>Parkersburg</b>  | 8:56   | 8:55   | 8:52    | 8:47    | 8:41    |
| <b>Philadelphia</b> | 8:33   | 8:32   | 8:29    | 8:24    | 8:18    |
| <b>Pittsburgh</b>   | 8:54   | 8:52   | 8:49    | 8:44    | 8:38    |
| <b>Reading</b>      | 8:38   | 8:36   | 8:33    | 8:28    | 8:22    |
| <b>Richmond</b>     | 8:35   | 8:34   | 8:31    | 8:27    | 8:21    |
| <b>Roanoke</b>      | 8:44   | 8:43   | 8:40    | 8:36    | 8:30    |
| <b>Toledo</b>       | 9:13   | 9:11   | 9:07    | 9:02    | 8:56    |
| <b>Trenton</b>      | 8:32   | 8:31   | 8:28    | 8:23    | 8:17    |
| <b>Wash., D.C.</b>  | 8:37   | 8:36   | 8:33    | 8:28    | 8:22    |

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Worship Service: 11 a.m.

Speaker Schedule:

|              |                     |
|--------------|---------------------|
| June 25      | Dunbar Henri        |
| July 2       | Steve Chavez        |
| July 9       | Terry Johnsson      |
| July 16      | Dave Weigley        |
| July 23      | Charles Tapp        |
| July 30      | William Johnsson    |
| August 6     | Robert Quintana     |
| August 13    | Fred Kinsey         |
| August 20    | Larry Evans         |
| August 27    | Kermit Netteburg    |
| September 3  | William Loveless    |
| September 10 | Becky Brillhart     |
| September 17 | Charles Sandefur    |
| September 24 | Nikolaus Satelmejer |

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## ANNOUNCEMENTS

**BURLINGTON SEVENTH-DAY ADVENTIST CHURCH**, organized in 1891, in Burlington, N.J., under the leadership of Pastor D.E. Lindsey, will be celebrating its 120th anniversary on July 18. We would like to be connected with descendants of early members of this congregation, such as Harry Adams, Howard L. and Vera Shull, John C. and Elsie Shull, Helen Dambrowski-Smith, William and Sarah Long, Warren and Vesta Adams, etc. We need pictures of the early activities of the church, pictures of the members and anecdotes. Please contact Pastor Daniel A. Duffis, damardvffis@hotmail.com, or phone (908) 914-2787.

**THE BENEDICT/TURTLE LAKE CHURCH** is celebrating its 100th anniversary in Turtle Lake, N.D., July 23. All past and present constituents—pastors, church school teachers, members and their families—are invited to join us for this celebration. For more information, please contact Roger Boyko at (701) 448-2884, or email rkboyko@westriv.com.

**CENTENNIAL CELEBRATION!** We are excited to announce to the alumni of Richmond Academy (formerly Richmond Junior Academy) that our centennial celebration will be October 14-16. To register and get more information about this event, please go to our website at rasda.org. We can't wait to hear from you!

## OBITUARIES

**BARRON, Evelyn Arleen**, born December 31, 1919, in Leetown, W.Va.; died October 22, 2010, in Williamsport, W.Va. She was a member of the Hagerstown (Md.) church. She is survived by her daughters, Carolyn Adams and Ruth Ann Williams; sons, Jerry Barron and Sheldon Barron; 11 grandchildren; and six great-grandchildren.

**CLARK, Maureen O.**, born April 18, 1919, in Enid, Okla.; died October 15, 2010, in Hagerstown, Md. She was a member of the Hagerstown church. Maureen was a teacher for the Seventh-day Adventist Church for 20 years and was later employed by the gift shop at the Adventist Hospital. She is survived by her sons, Robert Clark, Jr. and Paul Clark; daughter,

Margaret Snyder; nephew, Richard Berryman; nine grandchildren; and six great-grandchildren.

**CRIPPEN, June Marie**, born June 10, 1931, in Cumberland, Md.; died December 6, 2010, in Hagerstown, Md. She was a member of the Hagerstown church. She is survived by her husband, Kenneth G. Crippen; her daughters: Sharon Lacy, Dawn Pinkow and Linda Gresock; 12 grandchildren; and five great-grandchildren.

**DAVIS, Dorothy M.**, born March 20, 1924, in Oxford, Maine; died December 14, 2010. She was a member of the New Market (Va.) church. She was an X-ray file supervisor at Washington Adventist Hospital from 1962-1977. Survivors: her sons, Dr. Victor Davis, of Spencerville, Md., and Dr. Ronald Davis of New Market; and her sisters, Beryl Hall and Virginia Mason of Woodstock, Maine.

**ELLER, Lula K.**, born February 11, 1924, in Marion, Va.; died September 5, 2010, at Shenandoah Place in New Market, Va. She was a member of the New Market church. In her early married life she worked in various clerical positions as she moved with her husband during his Navy career. She worked for a time as an administrator at an Adventist hospital in Virginia. Her last job was in the Shenandoah Valley Academy Bindery, where she worked in the shop and managed the front office. Survivors: her four daughters: Sandra (Dean) Clatterback of New Market, Daphne Poblete of Martinsburg, W.Va., Nancy (Lyle) Seigel of Bunker Hill, W.Va., and Anne (Dean) Pound of Haymarket, Va.; four grandchildren; four great-grandchildren; and five siblings.

**GRIFFIN, Dane Jon**, born August 11, 1954, in Hagerstown, Md.; died October 11, 2010, with his family by his side. He attended the Beltsville Adventist school and John Nevins Andrews Adventist School, graduating in 1968. From there he graduated from Takoma Academy (in Takoma Park, Md.) in 1978. Dane was active in the communication program at Columbia Union College (now Washington Adventist University) and a familiar voice on the college radio station, WGTS. He also interned for the Adventist Radio Network and the Review and Herald Publishing Assn. in Hagerstown, Md. He left Takoma Park to attend La Sierra College (Calif.), where he met Vicki Bianco. They were married in 1978 and moved to Los Angeles, where he completed his degree in communication. Dane and Vicki were married for 32 years and have been in full-time ministry for 25 of those years. Dane served for nine years as assistant to the president for Media Development at Michigan Conference. They developed

"Lifestyle Matters," health educational tools. He is also known for United Prison Ministries, which resulted in sending 55 million Bibles to the former Soviet Union. He is survived by his wife, Vicki; a daughter, Gina Marie Stearman of Wichita, Kansas; a son, Anthony, from Lansing, Mich.; his parents, Darlene and Bob Griffin, from Frederick, Md.; and three brothers: Darrell from Boston, Mass., Douglas from Germantown, Md., and David from Frederick.

**HANSON, Robert Jr.**, born January 26, 1982, in Abington, Pa.; died July 16, 2010, in Philadelphia. He was a member of the Bucks County church in Warminster, Pa. He is survived by his parents, Robert, Sr., and Doris Hanson, many aunts, uncles, cousins and his maternal grandparents.

**LEE, Fern O.**, born October 15, 1929; died October 5, 2010, in Hagerstown, Md. She was a member of the Hagerstown church. She is survived by her daughters: Marcie Jackson, Carol Ann Lee and Dolorus Lee.

**LUCAS, Mindy G.**, born July 18, 1991, in Walla Walla, Wash.; died December 19, 2010, in Louisville, Ky. She was a member of the Valley View church in Bluefield, W.Va. Mindy died in the University of Louisville Hospital as a result of an automobile accident. She had completed her CNA course and was planning to work her way through nursing school at Southern Adventist University (Tenn.) Children loved her; she played the piano beautifully, was quiet and thoughtful and was a good listener. She was baptized at age 17, using as her favorite scripture verse Micah 6:8. Mindy is survived by her father, Timothy R. Moore of British Columbia, Canada; her mother, Marcia Lucas of Princeton, W.Va.; and her brothers, Daniel Lucas of Boulder, Colo., and Michael Lucas of Grey, Tenn.

**MAHONE, Linda Lou**, born September 21, 1951, in Hagerstown, Md.; died December 30, 2010, in Hagerstown. She was a member of the Hagerstown church. Survivors: her husband, James R. Mahone, Jr.; her daughters: Teresa Carbaugh, Amy Hose, and Jaime Fuss; and her son, Brian S. Kauffman; her sister, Penny Dawson; her brother, James Kirby; seven grandchildren; and her four loving birds.

**MAXWELL, Anne Fuchs**, born January 28, 1909, in New York, N.Y.; died October 16, 2010, in Crossville, Tenn. The last 32 years of her life, she was a member of the Crossville (Tenn.) church. Earlier in life, she and her husband, Martin, were members of the Chestnut Hill church in Philadelphia,

from the founding of the church around 1950 until 1973 when they joined the (nearer) Bucks County church during the gasoline shortage. She was a children's Sabbath School teacher for many years, served on church committees and played the piano and organ for decades at the Chestnut Hill church. Upon completing her teacher's training at Washington Missionary College (now Washington Adventist University), she taught for many years in Adventist church schools in New Jersey, New York, Pennsylvania and Virginia. After retiring, she loved raising beautiful roses and brought them to church in season. She was preceded in death by her husband of 67 years, Martin Maxwell, and her son, James Maxwell. She is survived by her son, Robert Maxwell of Pipersville, Pa., and by her many grandchildren and great-grandchildren.

**MONEY, Melvin**, born October 9, 1917, in Huron, N.D.; died June 6, 2010, in Voorhees, N.J. He was a member of the Cherry Hill (N.J.) church. Melvin was a Sabbath School teacher, elder and deacon. He is survived by his wife of 65 years, Martha Money; sister-in-law, Ruth M. Johnson; brother, Kenneth C. Money; sisters, Lucille Eastnam and Ruth Williams; and nieces and nephews.

**MOYER, Eugene A.**, born April 12, 1930, in Mechanicsburg, Pa.; died October 23, 2010, in the Community General Osteopathic Hospital in Harrisburg, Pa. He was the son of the late Lawrence Martin and Ruth Evinger Moyer. Eugene was a 1948 graduate of Mechanicsburg High School, an Army veteran of the Korean Conflict, and a member of the American Legion. He was a member and elder at the Shermans Dale (Pa.) church. He had a passion for volunteer work and built schools, churches and clinics in Mexico, Nicaragua and Romania for Adventist organizations. He was a member of the Military Vehicle Preservation Association and the proud owner of a military jeep, which he restored and exhibited. He was also a member of the National Rifle Association, an avid hunter, a former volunteer fire fighter and Emergency Medical Technician and an enthusiastic Pittsburgh Steeler's fan. He was a building contractor and finishing woodworker for most of his adult life and, most recently, a security technician for Moyer's Lock & Security in Shermans Dale. Surviving are his wife of 60 years, Helen Pugh Moyer; three sons, Leslie Eugene (Tami) Moyer of Key West, Fla., David Scott (Lori) Moyer of Camp Hill, Pa., and Daniel Lee (Stephanie) Moyer of Fairview Twp., Pa.; a daughter, Carolyn Moyer (Donald) Malin of Max Meadows,



# Bulletin Board

Va.; two brothers: William (Bella) Moyer of Carlisle, Pa., and Richard Moyer of Shermans Dale; a sister, Genevieve Moyer Toomey of Mechanicsburg; grandchildren: Julia Anne Malin and companion Christopher Taylor, Levi Donald Malin and companion Alison Irvin, Joseph Eugene Malin, Sunni Marie Moyer, Kali Renee Moyer (Dustin) Blair and Jamie Moyer; step-grandchildren: Daniel Longwell, Jamie Longwell, Matthew Longwell and Sarah Butler; one great-grandchild; four step-great-grandchildren; and a nephew and nieces. He was preceded in death by a brother, Stanley Ralph Moyer, and a niece, Kelly Murphy.

**PIFER, Dr. John F.**, born February 13, 1932, in Harrisburg, Pa.; died September 10, 2010, in Glassboro, N.J. He was a member of the Gainesville (Ga.) church. John practiced medicine for 35 years, during which time he served Blue Mountain Academy, along with his practice in Hamburg, Pa. After retiring, he helped the Pennsylvania Conference begin an outreach health service in the Reading, Pa., area. He then began teaching at the Philadelphia School of Osteopathic Medicine, Georgia Campus. Helping others gave him great joy and looking forward to heaven, he said that he would have to find a new job as his would be obsolete. He is survived by his wife, Jackie Rowand Pifer of Gainesville, Ga.; his daughters: Suzanne Goreeppy of Spartanburg, S.C., Sandy Amati of Spartanburg, and Sharon Tucker of Waynesboro, Pa.; his son, John Pifer II of Linwood, N.J.; his stepdaughters, Barbara Hicks of Gainesville, and Elizabeth Belote of Macon, Ga.; and 14 grandchildren.

**PROSSER, Thomas F. Jr.**, born February 6, 1942, in Ashland City, Tenn.; died September 24, 2010, in Hagerstown, Md. He was a member of the Hagerstown church. Thomas worked at the Southern Publishing Association in Nashville, Tenn., and the Review and Herald Publishing Association in Hagerstown, Md. He retired in 2007 after 34 years of service. He is survived by his wife, Ruth B. Prosser; sons, Tony R. Cannon and Joh Kevin Prosser; daughter, Judy K. Prosser; mother, Hazel C. Prosser; sisters, Shirley Newlin, Mary Sue Prosser, Barbara Harvbuo, Dorothy Demontigny and Martha Stokes; brother, James Raymond Prosser; and one granddaughter, Addison Prosser.

**RICHARDSON, Mark**, born November 28, 1926; died December 6, 2010, in Hagerstown, Md. He was a member of the Hagerstown church. He is survived by his daughter, Doris Paffenberger.

**ROBINSON, Christopher Aaron**, born August 15, 1982; died

December 27, 2010, in Louisville, Ky. He was a member of the Hagerstown (Md.) church. He is survived by his father, Mark Robinson; his brothers: Michael, David and Steve Robinson; and his stepfather, Steve Whitesides.

**ROWAND, Blanche E.**, born May 2, 1908, in Brooklyn, N.Y.; died August 8, 2010, in Glassboro, N.J. At age 102, Blanche died at her home on her farm, where she lived for 71 years. She was a member of the Woodbury (N.Y.) church. She was preceded in death by her grandson, the late Kevin Rowand. She is survived by her sons, Robert Rowand of Glassboro and Ronald Rowand of Owings, Md.; her daughters, Jackie Pifer of Gainesville, Ga., and Barbara Chew of Deptford, N.J.; and her grandchildren: Douglas Rowand of Dunkirk, Md., Barbara Hicks of Gainesville, Stephen Rowand of Glassboro, Elizabeth Belote of Macon, Ga., Rebecca Turner of Hyde, Md., and Aaron Rowand of Huntington, Md.

**SEHER, William H.**, born September 24, 1943, in Colonial Manor, N.J.; died November 5, 2010, at his home in Mantua, N.J. He was a member of the Seventh-day Adventist Church of Woodbury in New Jersey. Survivors: his wife of 54 years, Meleta Seher; his children: Mark Seher, Vicki MacNeill and Brent Seher; grandchildren: Jeffrey MacNeill, Ryan MacNeill, Katelynn MacNeill, Mark Anthony Seher and Philip Monckton; great-grandchildren: Frankie Monckton, Samantha Monckton, Anthony MacNeill and Alexis MacNeill.

**SNOWDY, Ruth Carol Bryant**, born December 21, 1941, in Prince George, Va.; died September 17, 2010, in Colonial Heights, Va. She was a member of the Petersburg (Va.) church. She is survived by her husband of 47 years, Thomas Snowdy Sr.; her children: Thomas "Chubby" (Gina) Snowdy, Jr. and their children Natassja, Nathan, Nicholas, Noel; Naomi Snowdy and Dean Hannah and their children: Katie, Josh and Caleb; Karen and Dan Kostrub and their children: Dustin, Ashley and Aly; Andrew (Julie) Snowdy, Sr., and their children: Andrew (Drew, Jr.), Lexy and Matthew; Dawn and Scott Stephenson and their children: Nicole, Amber, and Brantley; her brothers and sisters, Emmett "Bubba" and Madonna Bryant, Frank Bryant, Naomi Jenkins, Rachel Rollins, Richard Boyette, Jake Boyette, Joe Boyette; and many nieces and nephews. She was preceded in death by her father and step-mother Emmet C. and Annie D. Bryant, Sr., her mother, Lessie Boyette, and brothers, Mills Boyette and Johnny Bryant.

**TIGHE, Francis "Frank,"** born, October 17, 1920, in Brooklyn, N.Y.; died October 3, 2010, in Kettering, Ohio. Frank served in the Army Air Corps during WWII and was a Major in the Civil Air Patrol for 27 years. He retired from Sheller Globe in 1990. After his retirement, he volunteered at Christie Lane School in Norwalk, Ohio, and the Good Neighbor House in Dayton, Ohio. He was an avid Ham Radio operator. Frank and his wife, Sally, were residents of Norwalk, Ohio, for 45 years before moving to Kettering, where they were members of the Centerville church in Dayton, Ohio. Frank is survived by Sally, his wife of 58 years; his children: Karen Brown of Kettering, Chris Black of Dayton, Tom (Linda) Tighe of Beavercreek, Ohio, Judy (Mike) Bilbee of Marysville, Ohio, and Tricia (Jeff) Ford of Spring Grove, Pa.; his grandchildren: Bonnie Andres, David Goodfellow, Jaimi Schaefer, Adam (Noemely) Ford, Austin Ford, Travis and Joshua Bilbee, and Shannon, Brian, Nathan and Jonathan Andres; his sisters: Marie Guzmich, Peggy Tighe and Anne Strank; his brother, William (Lise) Tighe; and several nieces, nephews, relatives and friends. He was preceded in death by his youngest son, Kevin Tighe; a brother, John Tighe; and parents Thomas and Marie Tighe.

**WALKER, Fern M.**, born October 31, 1922, in Shillington, Pa.; died November 6, 2010, in Reading, Pa. She was a member of the Kenhorst church. She is survived by her son, C. Thomas Walker, and daughters, Karen E. Metzger and Nancy K. Bankes.

**WHITE, Rita Joan Spires**, born July 5, 1939, at Kyger, Ohio; died October 15, 2010, at the Hospice House at Huntington, in W.Va. She was the daughter of the late Dennis "Bud" Spires and Muriel Athey Spires. Also preceding her in death were two brothers, Meredith Allen Spires, who died in infancy, and Rodney Ellis Spires, Sr.; two brothers-in-law, Mayo Bales and Walter Zwies; a sister-in-law, Marie Spires; mother-in-law, Alice White; and two nieces, Ruth Ann Zwies and Denise Spires Sexton. At age 13, Rita accepted Jesus as her personal Savior, was baptized and united with the Pomeroy (W.Va.) church, where she maintained her membership throughout her life. Through the years, she held various offices in her church and was serving as church clerk, Adult Sabbath School teacher and pianist at the time of her death. Her goal was to make heaven her home and help and encourage others along the way. On July 30, 1973, she married Joseph (Junior) White, who survives. They both loved music and were well known for their

musical talent. Until their health began to fail, they had entertained at various functions, also volunteering their time playing music at area nursing homes. They also ministered through music at many churches in Ohio and West Virginia. Besides her husband, she is survived by two sisters, Irma Bales of Middleport, Ohio, and Ardath Zwies of Pensacola, Fla.; a brother, Dennis M. Spires of Cheshire, Ohio; six nephews; four nieces, several great- and great-great nieces and nephews; several cousins; two sisters-in-law, Patsy Spires of Kyger, Fla., and Ruth Robinson of Orlando, Fla.

**WOLTERS, James C.**, born January 16, 1949, in Portsmouth, Va.; died July 2, 2010, in New Market, Va. He was a member of the New Market church. He is survived by his wife, Carolyn, and his daughter, Wendt.

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**OHIO:** Raj Attiken, President; Heidi Shoemaker, *Visitor* Correspondent; P.O. Box 1230, Mount Vernon, OH 43050. Tel. (740) 397-4665 ■ ohioadventist.org

**PENNSYLVANIA:** Ray Hartwell, President; Tamya Horst, *Visitor* Correspondent; 720 Museum Rd., Reading, PA 19611. Tel. (610) 374-8331 ■ paconference.org

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

**COLLEGES**

**KETTERING COLLEGE:** 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; (vacant), *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:** Fred Manchur, President & CEO; Christina Keresoma, *Visitor* Correspondent; 3965 Southern Blvd., Kettering, OH 45429. Tel. (937) 395-8167 khnetwork.org

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## Connect

In our pursuit of a healthy lifestyle, we typically address exercise, diet and stress.

But we often overlook a powerful weapon that can help us fight illness and depression, lower our risk for disease, speed recovery, slow aging and prolong life—our friends.

Last year researchers studied 34 students at the University of Virginia, taking them to the base of a hill and fitting them with a heavy backpack. They were then asked to estimate the steepness of the hill. The students who stood with friends gave lower estimates of the steepness than those who stood alone. And the longer the friends had known each other, the less steep the hill appeared.

God created us for community, to function at our best in the nourishing companionship of others. In fact, research has found that more



people fail in weight loss because of a lack of a good support system than because of a poor weight loss plan. In several studies, friendships had a more positive impact on health than relationships with a

spouse or family member. And notably, proximity and frequency of contact with a friend wasn't as significant as just having friends.

**REFLECT** - How many friends do I have in my support system? What could I do to develop more friendships? Who could I connect with today?

**RESPOND** - Father, thank You for calling me Your friend. May I follow Your example in connecting with others to give and receive the benefits of friendship. Amen.

**RELATE** - I intentionally foster connections with friends as part of my strategy for good health.

**REMEMBER** - "Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another—and all the more as you see the Day approaching" (Heb. 10:25, NIV).

**RESOURCES** - Watch Chris VanDenburgh, MSN, RN, coordinator of Faith Community Nursing and Health Ministry for Kettering Adventist HealthCare in Kettering, Ohio, talk more about this topic at [youtube.com/user/ColumbiaUnion](http://youtube.com/user/ColumbiaUnion).

*Wellness coach Lilly Tryon is the principal contributor for the 2011 Visitor Calendar, expounded upon here each month.*



# homecoming sabbath

August 5 & 6, 2011

## TO YOUR HEALTH!

**Special Guest** Dr. Benjamin Carson

### Friday Evening, August 5

6:30 Welcome Reception  
7:30 Sligo Family Worship

### Saturday Morning, August 6

8:45 **The Church at Worship** with Ismael Gama,  
Associate VP for Mission Integration and  
Spiritual Care, Washington Adventist Hospital  
10:00 **The Church at Study** with Youth/Young  
Adults, Adults Children's Sabbath Schools  
11:15 **The Church at Worship** with Dr. Benjamin  
Carson, Director of Pediatric Neurosurgery at  
Johns Hopkins & the combined Sligo Choirs

### Saturday Afternoon, August 6

1:30 International Lunch  
1-5:00 Community Health Fair

# Sligo

SEVENTH-DAY ADVENTIST CHURCH

TO REGISTER for Sligo Homecoming Sabbath  
visit [www.sligochurch.org](http://www.sligochurch.org)