

VISITOR

CONNECTING COLUMBIA UNION SEVENTH-DAY ADVENTISTS

FEBRUARY 2013 • VOLUME 118 • ISSUE 2



Getting to the Heart of the Matter

How Adventists are Chipping Away at America's Health Crisis

Contents



4 | Newsline

6 | Noticias

8 | Underscore

10 | Feature

Getting to the Heart of the Matter

Beth Michaels

Where do Americans turn for help when they want to make a healthy change? Adventist CHIP enthusiasts are offering a “hearty” solution.

15 | Newsletters

44 | Bulletin Board

GET MORE

NY13 BEGINS

New York City is the first of 650 cities the Seventh-day Adventist Church is targeting for evangelism in 2013. As part of the NY13 initiative, churches in and around “the big apple,” including New Jersey and Allegheny East congregations, will conduct 300 meetings this year. Visit NY13.org for news, updates and resources.



CELEBRATING CREATION

Have you noticed that this quarter’s *Sabbath School Quarterly* is about creation, just like our *2013 Visitor Calendar*? Both make great discussion-starters

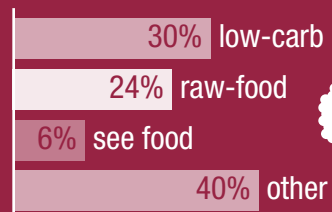
about Adventist beliefs. If you’d like to share our calendar with friends or neighbors, email requests to bweigley@columbiaunion.net.

ANNOUNCEMENTS, OBITUARIES, ADS

Do you have an event announcement, obituary for a loved one or classified ad to share with the 55,000 households in the Columbia Union family who receive the *Visitor* each month? Contact Sandra Jones, circulation manager, at sjones@columbiaunion.net or (888) 4-VISITOR.

SURVEY SAYS

Which diet are you more likely to try this year?



Source: [facebook.com/columbiaunionvisitor](https://www.facebook.com/columbiaunionvisitor)

WDYT?

How many years did you attend an Adventist school? None, PreK-8, 9-12, 13 or more. Weigh in at [facebook.com/columbiaunionvisitor](https://www.facebook.com/columbiaunionvisitor).



Celeste Ryan Blyden ■ Editor & Publisher
 Beth Michaels ■ Managing Editor
 Taashi Rowe ■ News Editor
 Kelly Butler Coe ■ Art Director & Designer
 Sandra Jones ■ Classified Advertising & Circulation Manager

PUBLISHING BOARD ■ Dave Weigley (chair), Celeste Ryan Blyden (secretary), Raj Attiken, Seth Bardu, Larry Boggess, José H. Cortés, William T. Cox, Henry Fordham, Ray Hartwell, Bill Miller, Rick Remmers, Rob Vandeman

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

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

SUBSCRIPTION SERVICES ■ To subscribe, change addresses or discontinue *Visitor* mailings, contact sjones@columbiunion.net or call (888) 4-VISITOR. Free to members. All others, \$21 annually.

COLUMBIA UNION CONFERENCE

Dave Weigley	President
Rob Vandeman	Executive Secretary
Seth Bardu	Treasurer
Frank Bonduant	Vice President/Ministry Development
Hamlet Canosa	Vice President/Education
Walter Carson	Vice President/General Counsel/PARL
Celeste Ryan Blyden	Asst. to the President/Communication
Rubén Ramos	Asst. to the President/Multilingual Min.
Harold Greene	Director/Information Technology
Curtis Boore	Director/Plant Services
Peggy Lee	Secretary-Treasurer/Revolving Fund
Carol Wright	Undertreasurer

CONFERENCES

ALLEGHENY EAST: Henry Fordham, President; Robert Booker, *Visitor* Correspondent; P.O. Box 266, Pine Forge, PA 19548. Tel. (610) 326-4610 ■ visitaac.com

ALLEGHENY WEST: William T. Cox, President; Bryant Taylor, *Visitor* Correspondent; 1339 E. Broad St., Columbus, OH 43205. Tel. (614) 252-5271 ■ awconf.org

CHESAPEAKE: Rick Remmers, President; Samantha Young, *Visitor* Correspondent; 6600 Martin Rd., Columbia, MD 21044. Tel. (410) 995-1910 ■ ccosda.org

MOUNTAIN VIEW: Larry Boggess, President; Monica Zill, *Visitor* Correspondent; 1400 Liberty St., Parkersburg, WV 26101. Tel. (304) 422-4581 ■ mtviewconf.org

NEW JERSEY: José H. Cortés, President; Paulo Macena, *Visitor* Correspondent; 2303 Brunswick Ave., Lawrenceville, NJ 08648. Tel. (609) 392-7131 ■ njcsda.org

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; Tamara 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

EDUCATIONAL INSTITUTIONS

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

WASHINGTON ADVENTIST UNIVERSITY: Weymouth Spence, President; Grace Virtue, *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

Published by the Columbia Union Conference of Seventh-day Adventists. Printed at the Review & Herald Publishing Association.

Adventist® and Seventh-day Adventist® are the registered trademarks of the General Conference of Seventh-day Adventists®.

Volume 118 ■ Issue 2

Why I'm Thankful for My Wife, Health Ministries and Green Drinks

Becoming the newly elected president of the Allegheny East Conference has already taught me one valuable lesson—I'm going to need all my body systems operating at optimum efficiency because the requirements of the job can take a detrimental toll on health.



I wondered why my wife started me on those not-so-appealing "green drinks," even before I was elected to serve, saying, "This will be good for you, Henry."

God has given us awesome bodies that function in ways most studied researchers fail to understand. Thankfully, the Seventh-day Adventist Church was given a resource in the writings and teachings of co-founder Ellen G. White. Listen to this statement my wife must have read before she started blending those green concoctions: "A desire to glorify God should be to us the most powerful of all motives. It should lead us to make every exertion to improve the privileges and opportunities provided for us, to use wisely the Lord's goods. It should lead us to keep brain, bone, and muscle in the most healthful condition, that our physical strength and mental clearness may help us to be faithful stewards" (*Lift Him Up*, p. 366).

God's plan for our health was laid out in the great planning room of heaven even before man sinned. Every law—physical or moral—is perfect because it has come from a perfect God. Were we to avail ourselves of the knowledge of these laws, we, like Daniel, would be 10 times healthier and wiser than all others.

The role of Health Ministries is to introduce the concepts and practices God laid out for keeping us from the scourge of the disparities that are wreaking havoc in our churches and communities. Are we using them?

While I am not yet a fan of green drinks, I have a new appreciation for Health Ministries because my mind is clearer, my mobility has improved and I'm happier than I have been in ages. I still have a ways to go to reach the level of health God desires me to have; however, I plan to take a new look at its role in my spiritual journey. I invite you to do the same. Give support to your Health Ministries leader. Better yet, give attention to God's instruction booklet on the human body, mind and soul.



Henry Fordham serves as president of the Allegheny East Conference, headquartered in Pine Forge, Pa.

Newsline

TAASHI ROWE

WGTS Manager Dies After Short Illness

John Konrad, 43, the former vice president and general manager of Washington Adventist University's (WAU) WGTS 91.9 FM Christian music station in Takoma Park, Md., died January 2 at the University of Maryland Medical Center in Baltimore. He had bilateral pneumonia of unknown origin, said his father, Al Konrad.



While Konrad contemplated following in his father's footsteps and becoming a fifth generation pastor, he also had plans to become a mechanic. It wasn't until his father convinced him to try at least one year of college, at what was then Columbia Union College, that he became interested in radio.

For Konrad, a member of Chesapeake Conference's New Hope church in Fulton, Md., radio presented him with a huge, non-traditional mission field. In 1996 he was appointed general manager. Within six months, he led the station through a transition from classical music to a contemporary Christian format. Under his leadership, the station's audience grew from 10,000 weekly listeners to more than 600,000. WGTS is one of the top three most listened to non-commercial, Christian radio stations in

the country. It also ranks among the top 10 stations in the Washington, D.C., market.

He expanded the station's mission by making numerous trips overseas, where he helped build new Christian radio stations and led communication workshops for church leaders.

At his memorial service held at Potomac Conference's Sligo church in Takoma Park, Ty McFarland, WGTS's senior program director, said, "Through the station, John wanted people to be a little bit closer to Jesus. We will continue with his vision."

Michael Kulakov, a religion professor at WAU, said, "John was an amplifier of God's love."

Al Konrad said of his son, "He was a special, unique, one-of-a-kind and sometimes exasperating individual. There were times when we asked God why he had blessed us with this boy, but mostly, we were glad He did."

Konrad is survived by Dawn, his wife of 18 years; Marina, their daughter; Al Konrad and Johna Sue Mason, his parents; Anni Hevener, his sister; Megan and Morgan Hevener, his nieces; Terry Johnsson, his brother of the heart; and countless friends.

The station's board formed a search committee for Konrad's replacement and named Doug Walker (below) interim general manager. Walker is a former WGTS board member, veteran communication professional and member of Potomac's Community Praise Center in Alexandria, Va.—WAU, WGTS and Visitor Staff



7,000

The number of *Message* magazines distributed on the National Mall last month at President Barack Obama's inauguration

WHAT'S THE BEST-KEPT SECRET ABOUT SEVENTH-DAY ADVENTISTS?

We asked presenters at last month's NY13 (ny13.org) communication training this question, and here's what some had to say. Share your thoughts at [facebook.com/columbiaunionvisitor](https://www.facebook.com/columbiaunionvisitor) or on twitter at @VisitorNews.



The greatest secret people don't know about Adventists is our optimism. Because we are anticipating the return of Jesus, our entire outlook is filled with hope.—*Rajkumar Dixit, administrative pastor, Chesapeake's New Hope church, Fulton, Md.*



Our message is not one dimensional—not confined to the religious realm. It's meant to make a difference in your whole life: vitality for your body and your relationships, spirituality for your connection with God and service for your impact on the world.—*Garrett Caldwell, DMin, director of public relations for the worldwide Seventh-day Adventist Church; member, Allegheny East's Emmanuel-Brinklow church, Ashton, Md.*



I wish that more people knew of the peace and hope that being an Adventist brings to your life. Having the knowledge of an eternal Father that created us, takes care of us and loved us enough to send His Son to die for us, is an amazing thing. Add in the joy of the Sabbath, our focus on education and health and being an Adventist can lead to a fulfilled life through Jesus' grace.—*Daniel Weber, associate communication director, North American Division; elder, Chesapeake's Spencerville church, Silver Spring, Md.*

Church-Owned Company Introduces Vegan Products to U.S. Markets

Granovita, one of several food companies owned by Seventh-day Adventists worldwide (in the U.S., Cedar Lake and Vibrant Life have Adventist owners), recently introduced the Elianni brand of organic, vegan, gluten-free and Kosher products to the United States. Granovita is an institution of the church's Inter-European Division with management offices in Germany, the United Kingdom and Spain.

"Granovita has been exploring the possibilities of exporting our products into the United States since the [General Conference] Session in Atlanta 2010," commented Oscar Bel, Granovita's general director. "The interest in our products, during that GC Session, was so overwhelming that our supply of product allocated for the complete session was exhausted in three days."

Elianni products, such as organic vegan patés, organic veggie rolls and veggie cutlets are now available at local Adventist Book Centers and other retailers. Lisa Myaing, general manager at the Potomac Adventist Book and Health Food Store in Silver Spring, Md., reports that after doing several demonstrations in the store, the Elianni products are moving fairly steadily. "The demos were received well," she said. "Customers comment that the flavor is great as well as the price."—*Hilario Chine*





DE LA BOCA DE LOS NIÑOS: Joshua Reyes, de 11 años de edad, fue uno de los tres jóvenes que recientemente habló en una vigilia organizada por la Sociedad de Menores Hijos del Rey de la iglesia hispana de Union City en New Jersey. El tema fue “los niños y el fin del tiempo”. Bryan Victoria (de 9 años de edad) y Nilda Martínez (de 15 años de edad) también predicaron.

EL GRUPO EMMANUEL VE UN CRECIMIENTO DE CIENTO POR CIENTO

Aunque el informe del Censo de los Estados Unidos indica que el número de hispanos que vive en Findlay, Ohio, es 5.67 por ciento de 41,200 ciudadanos, los líderes de Allegheny West Conference pusieron su vista en establecer una iglesia allí. El grupo hispano Emmanuel



nació en diciembre del 2011 con nueve miembros bautizados que creyeron que con Dios todo era posible. Así que establecieron el plan “cada uno alcanza a uno”.

Luego, en el otoño pasado, el pastor Walter Castro, director de los ministerios multilingües de la Asociación, condujo la primera campaña de evangelismo. La concurrencia fue de un promedio de doce visitas cada noche. Durante la segunda campaña en diciembre, esta vez dirigida por Rubén Ramos, asistente del presidente de Columbia Union para los ministerios multilingües, el promedio de visitas fue diecisiete por noche. Al finalizar ambas reuniones, la iglesia Emmanuel estaba emocionada de ver que un año después de establecerse el grupo, tenía once nuevos miembros bautizados, ¡lo que significa un crecimiento de más del ciento por ciento!—*Eleazar Rodríguez Bracamontes*

LA ORACIÓN ES LA RESPUESTA PARA LAS IGLESIAS HISPANAS DE ALLEGHENY EAST

Cuando la feligresía de las iglesias hispanas Bethel, Redención, y Philadelphia 1 de Allegheny East Conference llamaron a la puerta de sus vecinos en Philadelphia, hacían una sola petición: ¿Puedo orar por usted? Para su alegría, muchos de los vecinos estuvieron felices de que se orara por ellos. “Ofrecimos oraciones a los vecinos de habla inglesa e hispana, y no recordamos alguien que haya dicho ‘No’”, dijo Alejandro Zapata, pastor de la iglesia Bethel.

“Nos preocupaba nuestra comunidad y deseábamos ayudarlos de alguna manera”, dice Ramón Escalante, coordinador del concilio de iglesias hispanas de la Asociación. “Sabíamos que la mejor manera de ayudar era poniendo el asunto en las manos de Dios, y Él nos dio la idea de simplemente orar”.



Muchos vecinos compartieron sin reservas sus cargas y dolores con los miembros de la iglesia, que a la vez ofrecieron volver. Tras regresar, los miembros de la iglesia ofrecieron estudios bíblicos, invitaron a reuniones de evangelismo, y entregaron canastos de alimentos y literatura de carácter evangelístico. Sus vecinos compartieron historias de maravillosas contestaciones a las oraciones.

De los que aceptaron la invitación de estudiar la Biblia o asistir a las reuniones de evangelismo, cuarenta y cinco se bautizaron en la iglesia Adventista del Séptimo Día; todo por la oración.

¿CÓMO TE INVOLUCRASTE EN LA IGLESIA ARISE DE POTOMAC?

Los jóvenes juegan un papel importante en Arise, la primera iglesia hispana americana de habla inglesa en Potomac Conference en Temple Hills, Md. Lea más en inglés en columbiaunion.org/arise.



Después de casarnos, buscamos por dos años una iglesia. No queríamos solo asistir a una iglesia; estábamos acostumbrados a participar. No sabíamos que se estaba planificando esta iglesia. Solo oramos. Entonces el pastor [José] Esposito [director del ministerio hispano de Potomac Conference] nos preguntó a qué iglesia estábamos asistiendo. Cuando le dijimos que no teníamos una iglesia, nos pidió que participáramos.—*Sylvia y Fredy Urrutia, sirven como pastora de los adolescentes y director de audio visuales, respectivamente*



El pastor Esposito vio que las generaciones más jóvenes estaban dejando la iglesia. Esto fue un llamamiento a preparar a la iglesia y reclamar a nuestros hermanos y hermanas, miembros de nuestras familias y amistades que habían dejado la iglesia. Muchos de nosotros los líderes también deseábamos crear un lugar donde las personas se sintieran que podían adorar a Dios en un entorno americano contemporáneo. Todos somos hispanos pero americanos, y no siempre nos podemos relacionar con la iglesia de nuestros padres.—*Jacqueline Sanchez-Ventouris, anciana de la iglesia*



Deseaba adorar en un lugar donde las personas pueden llevar las cosas al límite y usar la tecnología. Esta no es la iglesia de nuestros padres. En mi iglesia muchos jóvenes se sentían excluidos porque intentaban hacer algunas cosas innovadoras y se los detenía. Sin embargo, Jesús fue un innovador, y aquí pueden cultivar sus talentos. Aquí se reciben todas las ideas, y por medio del Espíritu Santo, se pueden realizar.—*Héctor Perla, director de comunicación*

ARTICULO ESPECIAL DE VISITOR

Llegando al corazón del asunto

Las tendencias actuales indican que los americanos están deseosos y dispuestos a ser más saludables. Un programa que los adventistas ofrecen es CHIP, del inglés Complete Health Improvement Program [programa completo de mejoras en la salud] comenzó hace veinticinco años por Hans Diehl. Hasta la fecha, más de cincuenta mil personas en Norteamérica, el Reino Unido, Australia, y Nueva Zelanda, se han graduado y su salud mejorado grandemente—algunas han sido salvas—por el programa CHIP.

La librería bíblica adventista y centro de salud (ABC) en Silver Spring, Md., está aprovechando el éxito y simplicidad del galardonado programa CHIP. Abrieron dentro de la tienda un centro de estilo de vida y salón de clases en donde podrán influir hasta cincuenta personas a la vez. El gerente de la tienda espera que la localidad atraiga la participación de los doscientos visitantes que llegan a la tienda diariamente.—*Beth Michaels*



Underscore

CELESTE RYAN BLYDEN

Can Tofu Make You Live Longer?

Could eating tofu, keeping the Sabbath and having Job-like faith help you live longer and healthier? That's essentially what health officials at Loma Linda University's School of Public Health sought to find out when they launched Adventist Health Study-2 (adventisthealthstudy.com). Now, 10 years in, we asked principal investigators Gary Fraser, MD, and Jerry Lee, PhD, for an update:

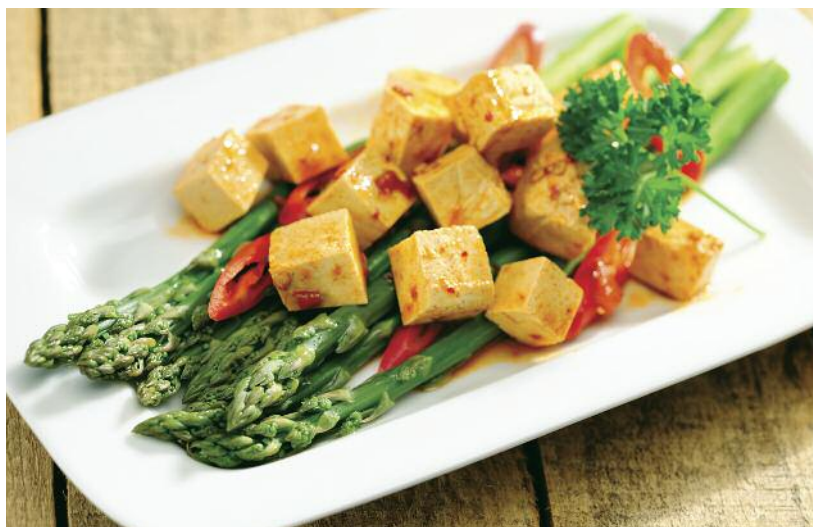
WHY IS THIS STUDY SO IMPORTANT TO OUR CHURCH?

Dr. Fraser: [Seventh-day] Adventists are a wonderful, unparalleled research population, mainly because of the widespread range of dietary habits, from vegans to non-vegetarians (see box). That's why we've attracted federal funding for over 50 years.

HOW'S IT GOING?

Dr. Fraser: We are in year 10 for a few people; it took six years to enroll the 96,000 people in this study. The Adventist Mortality Study began in 1958 with 23,000 people in California. In the mid-1970s there was Adventist Health Study-1, which involved 34,000 people in California for 20 years. Adventist Health Study-2 began in 2003 and is our largest study to date. We are looking for relationships between diet and health and are focusing primarily on cancers—colon, prostate and breast.

The thing that drives our ability to form answers in somewhat a macabre way is the cancers. There were about 7,000 participants who [initially] had cancer. With the addition of about 5,000 new cancers, we



can begin analyzing data. We expect to publish results next year.

SO OUT OF 96,741 PARTICIPANTS, ONLY ABOUT 12,000 HAD OR HAVE CANCER? IS THAT GOOD?

Dr. Fraser: Given that our study population is older, it seems less than would be expected. The quality of life that Adventists experience is above national norms. Adventists are not only living longer, we're having better quality of life at every stage.

WHAT QUESTIONS DOES THIS STUDY ADDRESS?

Dr. Fraser: Our Adventist population includes a wide range of diets—vegetarians, vegans, lacto-ovo vegetarians, pesco-vegetarians and non-vegetarians. First, we will look at how dietary patterns impact the three most common cancers—breast, prostate and colon.

The second question is along the same line, but more specifically

hones in on the direct impact of different kinds of meat—red meat, poultry and fish—on cancer development.

The third area relates to soy products because there is a great deal of controversy about soy. For instance, there is some evidence of soy and its relationship to particular cancers, like breast and prostate. It may be protective of those cancers; we will look at that. Our population is far and away the most informative population in the Western world because half of us eat soy at levels found in Asia and the other half does not, so we have a large contrast.

Fourth, we will look at the consumption of different kinds of fatty acids, particularly Omega 3s. It turns out that many Adventists have a fairly high intake of these as many of the soy products are fortified with it.

Fifth, we have about 25,000 black participants—African-American and West Indian (about 25 percent of this group)—so we have some interesting questions there. For example, black men have about twice the risk of

prostate cancer as white men, and we don't know if that's true among Adventists. Also, the evidence about diet and chronic disease in black subjects is quite scanty, so we have a special opportunity to look at that with this large research pool of subjects.

WHAT HAVE YOU DISCOVERED ALREADY?

Dr. Fraser: Vegans appear to have a 20 percent reduction and risk for cancer as compared to non-vegetarian Adventists. People keep asking me if it's better to be a vegan or lacto-ovo vegetarian. We'll look at that too.

Second, lacto-ovo vegetarians appear to have a 25 percent reduction in gastrointestinal cancer—stomach, colon, pancreas, etc. In another year, we'll have more information about those individual types of cancer.

Third, vegans appear to have a reduction in the risk of female specific cancers of organs, like uterus, cervical and breast.

DID YOU STUDY THE FAITH-HEALTH FACTOR?

Dr. Lee: The Adventist Health and Religion Study, a subset of AHS-2, involves 11,988 participants who completed an additional 512-question survey. We know from previous research that people who

attend church tend to live longer. Ultimately, we're trying to find out if it's just church attendance or is it something else about being religious? We are gradually getting more information on who dies, and we soon will be able to connect religious practices to actual mortality. In the meantime, we're looking at how all of this influences hospitalizations and how religious variables influence reported mental and physical health. When faced with a stressful event, how do Adventists use religion to help them cope? Positive religious coping includes thinking God has a lesson for me and working with Him to deal with it. Our data shows this yields better health and job satisfaction. We also know that the negative aspects of religion—thinking God is punishing you or thinking that it's all up to God—are associated with poor health outcomes.

IN ADDITION TO RELIGIOUS COPING, WHAT ELSE DID YOU STUDY?

Dr. Lee: We looked at divorce, fibromyalgia, diet and emotion, Sabbathkeeping and something called "risky family." People who reported that they grew up in child poverty were associated with greater risky family (living with abuse or chaos) and greater religious engagement. Those who

Dietary Habits of AHS-2 Study Participants:

8% are **Vegan** (No red meat, fish, poultry, dairy or eggs)

28% are **Lacto-Ovo Vegetarian** (Consume milk and/or eggs, but no red meat, fish or poultry)

10% are **Pesco-Vegetarian** (Eat fish, milk and eggs but no red meat or poultry)

6% are **Semi-Vegetarian** (Eat red meat, poultry and fish less than once per week)

48% are **Non-Vegetarian** (Eat red meat, poultry, fish, milk and eggs more than once a week)

Source: adventisthealthstudy.com

To date, the study found that:

- There was an association between vegetarianism—as a single category (and this was clearest in the vegan diet)—and all cancers, indicating mild but convincing protection for overall cancer risk;
- Vegetarians had less gastrointestinal cancer (i.e., colon cancer, pancreatic cancer, liver cancer, stomach cancer), especially among lacto-ovo vegetarians;
- Vegan women experienced fewer female-specific cancers;
- Pesco-vegetarians (fish eaters) seemed to have protection for cancers of the respiratory and urinary system.

Source: adventisthealthstudy.com

grew up in poverty were more religious and tended to use positive religious coping methods. The risky family variable led to greater negative emotionality but the religious engagement tended to counter that. More religiously engaged members had less depression, anxiety and negative affect (unhappiness).

As for diet and emotion, we found that those eating more vegetables, fruit, olive oil, nuts and legumes reported more positive and less negative emotions. Those who eat sweet desserts, soda and fast food had more negative and less positive emotions. Look for our report this month in the *Journal of Psychosomatic Research*.

In addition, Devon Superville, an Adventist graduate student at Bowling Green State University in Ohio, analyzed the data and found a favorable relationship between Sabbathkeeping and mental health. His findings will soon be published in the *International Journal for the Psychology of Religion*.

Getting to the heart OF THE MATTER

How Adventists are chipping away at America's health crisis

BETH MICHAELS * Humans have always been interested in retaining their youth, and while an actual “fountain of youth” may no longer be the literal goal, they are still willing to go to great lengths to live longer and more vibrant lives. * In addition to the billions they spend every year on plastic surgeries, skin care products and spa treatments to preserve “beauty,” Americans, in particular, are also increasingly more interested in improving themselves from the inside out. Online news sources predict that this year, Americans will be willing to get chased by zombies, dress in a wild assortment of costumes or slog through mud obstacle courses as they seek more interesting ways to get exercise. It's also expected that they'll spend upwards of \$10 million on fitness apps. * When it comes to diet, Americans are becoming more interested in how diet and nature affects their health—enter bee venom therapy and mainstream veganism. The International Food Information Council Foundation confirms that nearly all participants of their 2012 *Food & Health Survey* have given at least some thought to the healthfulness of their diet, physical activity and the safety of their food.

They report, “... Nearly all are trying to improve at least one of their eating habits.” Despite all their efforts, however, Americans remain in a health crisis, fighting the country's highest rates of obesity and numerous diet-related issues and diseases. * So the question is, where do Americans turn for help when they want to make a change?

A Health Message is Born

It seems common knowledge among Seventh-day Adventists that we have embraced progressive health and diet practices since our church's beginnings. In the 1850s and 60s, as Adventist pioneers sought to unite its factions into a unified transcontinental body (a General Conference), health and medicine was a significant concern in America.



In H. Douglass's book *Messenger of the Lord*, he explained, "At the beginning of the [19th] century, a remarkably standardized pattern for the treatment of disease relied 'mostly on bleeding, purging, and polypharmacy' ... Early Adventists were as physically afflicted as their contemporaries. Many of them, fearful of the prevailing medical practice, turned to prayer as their best hope" (pp. 279-280). He goes on to explain that it was through early visions given to church co-founder Ellen G. White—when shared with the growing church population—that Adventists converged in their stance on health and, as a result, became strong voices on how diet and temperance can affect overall health. The Adventist lifestyle soon became synonymous with health.

Over time we developed sanitariums and other institutions of health, we did and still do distribute literature about diet and exercise written by White and other church leaders, and continue to invite the public to our churches for health seminars and cooking demonstrations. But today, after more than 150 years of refining our knowledge and skills, can we claim to be a principal source people seek for information on healthy living? Some may think not, or at least not yet, but a resurgence of Adventist health outreach programs appears to be putting us back in the public eye.

Empowering a New Generation

One such impactful venture is the Complete Health Improvement Program (CHIP) started 25 years ago by Hans Diehl, DrHSc, MPH (pictured), director of the Lifestyle Medicine Institute of Loma Linda, Calif. CHIP (chiphealth.com), formerly the Coronary Health Improvement Project, is a 12-week course designed "to reduce disease risk factors through the adoption of better health habits and appropriate lifestyle modifications." During the course, participants get health screenings, meet for numerous information-packed sessions, watch cooking demonstrations and enjoy samples, and take home valuable resources.

"Coming out of the Lutheran church and discovering the wholistic concepts of health in the Adventist Church, I never fully understood why the church did not better market its health concepts provided as a sacred trust so many years ago to both its members and the community," Diehl says about why he started the venture. "My hope was to empower church members to deliver a scientifically



validated, church-inspired health improvement program that would bring health and healing and hope to the community and, in the process, strengthen the health practices of our own members."

To date, trained and certified facilitators have conducted the CHIP program in more than 350 cities across North America, the United Kingdom, Australia and New Zealand. Also, more than 53,000 people have graduated from and had their health greatly improved—sometimes saved—through the CHIP program.

Katia Reinert, Health Ministries director for the North American Division (NAD), explains that one reason CHIP is so unique and successful is that data from participants has been consistently recorded over the years and therefore can provide measurable, evidence-based outcomes. "Those outcomes have been very positive, and we have been able to publish articles that point to the benefits of the program," she says. Clinical results have also been published in more than 25 peer-reviewed medical journals, including the *American Journal of Cardiology* and *Preventive Medicine*.

Additionally, CHIP has gained the endorsement of organizations like the Physicians' Committee for Responsible Medicine and the International Nutrition Research Foundation as well as medical researchers like T. Colin Campbell, author of the national best seller *The China Study*. "I have often told audiences around the United States that the CHIP program is the premier community-based



health program in the country!” touted Campbell.

The South Pacific Division recently purchased CHIP with a plan to expand it under the direction of the church-owned Sanitarium Health and Wellbeing in Australia. Sanitarium staff hope to improve upon the already user-friendly, video-based materials and to continue enlarging the program’s impact. Diehl comments, “Being owned by the Seventh-day Adventist Church, the CHIP program is now uniquely positioned for global dissemination to effect people for time and eternity.”

NAD Health Ministries recently established a partnership with CHIP’s new owners to incorporate the NAD’s Adventists InStep for Life program into the CHIP curriculum. Reinert believes it’s a perfect fit since InStep also addresses health, especially Americans’ lack of physical activity and its connection to childhood obesity. “At the NAD, one of our goals is to provide resources for church communities to do health outreach. We encourage the use of the CHIP program to teach Adventist-based, evidence-based information,” adds Reinert.

Teaching the ABC’s of Living Well

One group that is building on the success and simplicity of the award-winning CHIP program is the Potomac Adventist Book and Health Food Store (ABC) located in Silver Spring, Md. Lisa Myaing, the store’s general manager, recently

Get More * To watch testimonies from LivingWell participants, visit livingwelllifestyleprogram.com/index4.htm. For more information about the program, click on livingwelllifestyleprogram.com.

joined forces with John Kelly, MD, MPH, medical director and co-founder of the Rocky Mount Lifestyle Health Center in Rocky Mount, Va., to start the LivingWell Lifestyle Program. The program will take place several times a year in a newly sectioned-off classroom in the back of the ABC that can accommodate as many as 50 people at a time. Myaing hopes the location will entice the store’s approximately 200 daily visitors to participate.

Why did they choose to build on the CHIP program? “CHIP is medically proven, ... well distributed among local Adventist churches who know how to run it, fully replicable and reproducible since it is a video curriculum, and lends itself well to spiritual emphases presented by ‘live presenters,’” expresses Dr. Kelly. “In essence, CHIP curriculum does the heavy lifting and allows us to focus on the individuals and their spiritual needs.”

Myaing and Kelly are currently hosting the ABC’s second 12-week LivingWell course, which marries

the CHIP curriculum with other health-related and biblical materials. For instance, Dr. Kelly taps into the book of Daniel, including a study of the antiquity diet outlined in chapter 1, and refers to the Daniel Plan, as made popular by Christian evangelist and author Rick Warren. These and other materials “introduce the Bible in an inoffensive, natural way,” shares Myaing. They also serve a Daniel Dinner, which Dr. Kelly reports always increases



◀ **ANDREW MYAING** (pictured with John Kelly), whose employer, Adventist Risk Management, subsidized his participation in the recent LivingWell course, was amazed by the immediate results he saw in the program. He also noted spiritual growth: “There’s a spiritual warfare going on ... but this program goes along with our health message so that we can think clearly.”

participants' curiosity in the Bible.

For each LivingWell session, the ABC also partners with a local Adventist congregation, like their current partners, the Triadelphia church in Columbia, Md. Some of the last weeks of the program are held at the host church, and participants are later invited to additional evangelical seminars. "The training we seek to do with local churches ... trains teams of lay members how to use CHIP and/or LivingWell to reach their own communities with health," explains Dr. Kelly. "In essence, LivingWell is a hands-on, health evangelism, field training experience."

Additionally, Myaing and Dr. Kelly plan to approach area businesses to encourage them to subsidize their employees' participation in the program, something they already accomplished with Adventist Risk Management employees during the first session.

As is common with CHIP programs, the first LivingWell participants saw their blood pressures, blood sugar and other measurements drop; they learned how to take better care of their bodies; and they earned a greater appreciation for our Heavenly Father. Two are currently taking Bible studies and plan to check in regularly with Myaing and her staff.

Reviving an Age-Old Tradition

CHIP is just one of several programs that are improving the Adventist Church's chance to positively enter America's consciousness, and giving members the ability to impact people's lives—physically and spiritually. These programs, in combination with the Adventist Health Studies being conducted by the Loma Linda University School of Public Health; the release of Martin Doblmeier's award-winning documentary *The Adventists*; and the mention of the Adventist lifestyle in recent reports supporting the benefits of a vegan diet (i.e., *National Geographic*) are all helping raise Americans' awareness of the Adventist's long-standing health message.

Reinert confirms that these exposures are partly why establishments like the World Health Organization and the White House's Health and Human Services department are connecting with NAD Health Ministries, "because the Adventist Church has information that helps people manage and treat health issues," she says.

Maybe the Adventist Church hasn't always loudly heralded our divinely inspired "secret" to longevity, maybe we even strayed from our own teachings for a while, but bold members and leaders in the church

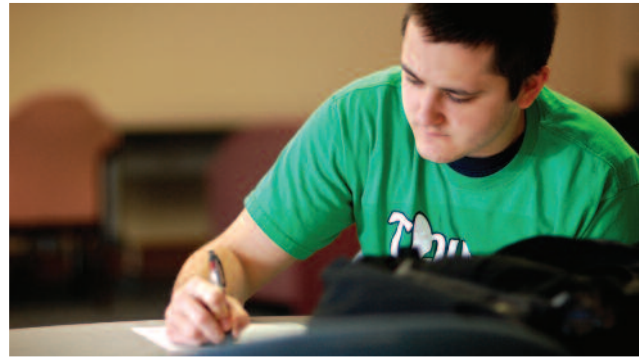
14lbs and Counting ...

MELVINA BROWN, who attends a community church, learned of the Potomac ABC's LivingWell Lifestyle Program while frequenting the Silver Spring, Md., store. Already a vegan, but facing prehypertension, she especially appreciated the course's cooking demonstrations. By the end of the 12 weeks, she lost 14 pounds and notably lowered her triglycerides and cholesterol levels. "I thought I knew a lot before I came into the program. ... It just made everything real."



are now stepping out and reviving this important arm of our last-day message. It may not be a fountain of youth, but our message sure gets to the heart of the matter and can offer people a better tomorrow. Are you helping share the good news?

Innovation. Superior graduates. Passion for service and health.



Kettering College has degree offerings in:

- Respiratory Care
- Nursing
- Physician Assistant
- Radiologic Technology
- Sonography
- Advanced Imaging
- Health Sciences
- Human Biology

 **KETTERING
COLLEGE**

KETTERING MEDICAL CENTER

Dayton, Ohio

Follow us:



www.kc.edu | 1.800.433.5262

Allegheny East Supports Black Clergy's Call to Action

Several pastors belonging to Allegheny East Conference's (AEC) Delaware Valley Ministerium recently joined hands in supporting the Black Clergy of Philadelphia in their plan to attack a legion of health disparities affecting the teeming thousands of minorities who compose the religious communities of Philadelphia. Terrence D. Griffith, pastor of the First African Baptist Church of Philadelphia and leader of the Black Clergy of Philadelphia, initiated this unprecedented collaborative effort.

The group enlisted Gwen Foster's help in forming a plan. The Seventh-day Adventist health educator, who

once served as the city's "health czar," proposed a three-pillar approach to resolving the dilemma. The first pillar involved inviting all city residents to a free health fair at the city's convention center that involved pastors, celebrities, state and city government officials, and health experts from near and far. Second, pastors, their wives and their staff committed to adopting a healthier lifestyle for 40 days; and third, members of the city's multiple churches, mosques and temples were invited to participate in a 40-day health overhaul.

Other AEC personnel also showed their support by attending the fair, including Henry Fordham, president; departmental directors such as Leah Scott with Health Ministries; Minnie McNeil with Adventist Community Services; Gary Banks with Youth Ministries; and Charles Williams with Media Ministries. Katia Reinert, Health Ministries director for the North American Division, also attended the kick-off event. AEC's Pathfinder drum corps posted the nation's colors and led the procession.—Robert Booker



Henry Fordham, AEC president, chats with Katia Reinert, Health Ministries director for the North American Division, at the recent citywide health fair at the Philadelphia Convention Center.

Prayer an Answer for Philadelphia Spanish Churches

When members of the Bethel, Redención and Philadelphia I Spanish churches knocked on the doors of their neighbors in Philadelphia, they had one request: "May I pray for you?" To their delight, many of the residents happily received their petitions to heaven. "We offered prayers to our English-speaking and Spanish-speaking neighbors, and I don't recall anyone saying 'no,'" said Alejandro Zapata, pastor of the Bethel church.

Why offer prayer? "We were concerned about our community and wanted to help them somehow," said Ramon Escalante, who coordinates the conference's Council of Spanish Churches. "We knew the best way to help was to put it in God's hand, and He gave us the idea to simply pray."

Many neighbors freely shared their burdens and pains with church members, who offered to return. During their return visits, church members offered Bible studies, invited their neighbors to evangelism

meetings and gave away baskets of food and evangelistic literature. The neighbors also shared stories of miraculous answers to prayer.

Of those who accepted invitations to Bible study or to the "Con Jesus, Si Tu Puedes" evangelism meetings, 45 were baptized into the Seventh-day Adventist Church. And it all started with prayer.



Ordination a Surprise for Metropolitan Pastor

During the 11 o'clock service on a recent Sabbath, Brenda Billings, senior pastor of the Metropolitan church in Hyattsville, Md., looked from her chair on the

podium to the back of her church and wondered, "Why is the [Columbia] Union president here?" She soon found out. Her associate pastor, Marquis D. Johns, planned a surprise ceremony that included union president Dave Weigley, executive secretary Rob Vandeman and treasurer Seth Bardu to celebrate her ministerial credentials, which were recently revised to indicate that she is an ordained Seventh-day Adventist minister.

These revised credentials were made possible after an historic vote at the Columbia Union Conference Special Constituency Session July 29, 2012, that approved "ordination to the gospel ministry without regard to gender." Prior to the vote, Billings gave a stirring presentation to the constituents about her calling to ministry and wore a cap and gown signaling her readiness for "graduation" by securing her ordination credentials. Weigley (left) and Bardu are pictured laying hands on Pastor Billings during the prayer.—*Melissa Andrews*



PHOTO BY CLAUDETTE SMITH

North American Division Commissions Hospital Chaplain, Bladensburg Member

The North American Division Adventist Chaplaincy Ministries (ACM) recently honored Chaplain Robin Patricia Walker during a commissioning service conducted at the First church in Washington, D.C.

When Walker assumed the church chaplain/administrative position at the First church in 2004, she was the first female member of the pastoral staff. She held the dual roles until December 2009. She holds a bachelor's from Washington Adventist University in Takoma Park, Md., a Master of Divinity from the Wesley Theological Seminary and residency at Georgetown University Hospital in D.C. ACM granted her ecclesiastical endorsement in 2009. Walker, a member of the Bladensburg (Md.) church, is the first Adventist chaplain on staff at Sibley Memorial Hospital, Johns Hopkins Medicine in D.C.

Chaplain Gary Councill, a U.S. Army retired colonel and ACM director, told Walker, "We are proud of you for persevering against the odds. You are now one of 48 female Seventh-day Adventist chaplains. I believe you will do much for the church, the public institutions in which you work and all the people you serve in your circle of influence. Go, be courageous in spirit and compassionate in service. Be assured of our prayers and support for your success."

Chaplain Walker thanked everyone for their support by concluding, "There are no words in the English language that accurately expresses the depth of my gratitude. I am so overwhelmed. ... Thank you for caring, journeying, listening and being present."—*Rhonda Moss Covington*



Hispanic Churches Reach Cincinnati Thru Radio

In 2012 one of the ways that the Seventh-day Adventist Church became known in Cincinnati, Ohio, was through radio evangelism. Wirelessly sharing the Word of God allowed Adventist members of Hispanic churches in Cincinnati to reach a large number of Hispanics in the various corners of this large city.

Throughout the year, God allowed the program *For Better Living* to air every Sunday at 10 a.m. on the city's only Hispanic station La Mega 97.7 FM. Many listeners called in to communicate their desires for Bible study or to address urgent needs.

"The blessing was so great that not only were we able to contact non-Adventist Hispanic persons in Cincinnati, but also in the vicinity of Dayton, a city 40 minutes away," reports Rafael Soto, pastor of the El Buen Pastor Hispanic church. As a result, he and two of his members started giving Bible studies to two families every Monday afternoon. "Soon, by the blessing of God, a worship group will begin every Saturday morning in Dayton," he projects.

To conclude their year of broadcasting *For Better Living*, the Cincinnati Central Hispanic and El Buen Pastor Hispanic congregations hosted a live program in December at the El Buen church, which seats up to 350 people. The night included a worship service with music, gifts, recognitions and the Good News shared by international evangelist Alejandro Bullón (top, right). The live program was the climax to a conference



Visitors attending the Cincinnati Central Hispanic and El Buen Pastor Hispanic churches' final, live evangelistic meeting, part of a yearlong radio program, prepare to give their lives to Christ through baptism.



preaching tour organized by the Multicultural Ministries department, led by Walter Castro. The evening ended with 10 baptisms in front of more than 50 first-time visitors, many of whom came forward in response to Pastor Bullón's call to give their lives to Christ.

"It is interesting to note that radio communication is a great tool for God's work, even when we have no evidence of the number of people who are listening," comments Soto. "The radio can [transmit] the message of hope and eternal life to people and households that perhaps are impossible to reach otherwise."—Walter Castro

Conference Opens First Korean Church in Cleveland



After sending up many prayers heavenward, the Lord recently blessed the Allegheny West Conference by helping them plant the first Korean church in the city of Cleveland, and only the third Korean Adventist church in the state of Ohio. Chong Lee, pastor of the Korean Central church of Columbus, helped lead the church-planting effort. To locate a shepherd for the quickly growing congregation, simply named the Korean Adventist church, conference leaders expanded their pastoral search to Korea. That's where they found Pastor Chang Moonho, who recently immigrated to the United States with his family to support and lead in the new endeavor.

Walter Castro (far right), Multicultural Ministries director, poses with Chang Moonho, the new pastor for the conference's first Korean congregation, and his family.

Philadelphia Haitian Church Flourishes Thru Outreach

Robert Moore, conference executive secretary, only officially organized the Philadelphia Haitian church last year, but the busy Columbus, Ohio, congregation barely paused for the celebration. The members were blessed with a full calendar of activities—weeks of prayer, clothing drives, and more—that continued to connect them to the local Haitian community. Pastor Merciu Barionette also hosted an impactful four-week evangelistic effort titled “Jesus the World in Diverse Turmoil” that included guest evangelists Elwin St. Rose



The Adventist church regularly welcomes visitors from the local Haitian community to their steady flow of special events.



Pastor Merciu Barionette (left) and his leadership team at the Philadelphia Haitian congregation proudly display the certificate that verifies their new status as a church.

from the Central church in Columbus and Ernst Thervil of Florida. Four people joined the church through baptism and four others through profession of faith, bringing their current membership to 72.

The church has already filled their 2013 calendar with major evangelistic efforts and other outreach activities—such as concerts, community services events and kids' activities—to attract more visitors. They also continue to assist 2011 earthquake victims in this country with clothing donations.—Walter Castro

THE CHALLENGE

chesapeake conference newsletter

FEBRUARY 2013

Walk With God! Share His Grace!

Few things truly qualify as being self-producing. The construction of a building requires resources. Manufacturing of products calls for raw materials. Scientific discoveries reveal already existing laws of nature. Even artists, writers and musicians are indebted to God for their ability to craft new works.

The Scriptures make it clear that God is the source of love and grace. “Beloved, let us love one another, for love is of God; and everyone who loves is born of God and knows God” (1 John 4:7, NKJV). We have the privilege of representing God to others.

“Christians are set as light bearers on the way to heaven. They are to reflect to the world the light shining upon them from Christ. Their life and character should be such that through them others will get a right conception of Christ and of His service” (*Steps to Christ*, p. 115).

A reflector does not produce light. Instead, using satellite dish shapes to reduce the scattering of light, it is reflected back to the original source creating a glowing effect. As our own lives are transformed by the grace of Christ, we become better reflectors. We are able to focus the light of God and give glory to Him by the way we treat others. The beauty is that everyone is blessed in the process. We benefit from the light of God’s love in our lives and our acts of “reflection.” Others are helped by our service to them. Finally, God receives glory and pleasure from our faithfulness. It all originates from God, but we have the honor of playing a pivotal role in God’s incredible plan.



Rick Remmers
President

Area Churches Share the Hope of Jesus Christ

Suzanne Ollry’s spiritual life began a downward spiral when her mother died in 2011. Recently she prayed and asked God to give her something in which she could really find hope. That same day, she received a handbill announcing the “Unveiling Hope” evangelistic series at the Hagerstown (Md.) church. Suzanne and her husband, Kevin, attended the meetings—not missing one night—and in December were baptized.

“By the end of the meetings, many decisions were made to live for Jesus Christ,” reports Chris Holland, senior pastor of the Hagerstown church. “We continue to pray for God’s outpouring of His Holy Spirit.”

Diego Boquer, pastor of the Glen Burnie and Brooklyn (Md.) churches, says the churches in his district welcomed five new members following their “Encounter With the Savior” meetings.

Many congregations are involved in outreach activities that range from health awareness programs, baby dedications, children’s programs and community service efforts to traditional and satellite evangelistic seminars.

The Atholton church in Columbia, Md., held meetings by youth for youth. Evangelist Tony Moore conducted a series at the Wilna church in Joppa, Md., and the ever-popular Alejandro Bullón returned to preach in several Hispanic churches. This is just a sampling of the

many endeavors of local congregations to share the love of Jesus with those around them. Members also spent many months in advance of reaping meetings cultivating relationships with their neighbors and engaging them in church life.



Hagerstown senior pastor Chris Holland (left) baptized Kevin and Suzanne Ollry following a series of evangelistic meetings.

Chesapeake Members Aid Superstorm Sandy Victims

When Superstorm Sandy hit the East Coast, the Chesapeake Conference's Adventist Community Services and Disaster Response (ACS/DR) teams quickly mobilized to help families displaced by flooding in Crisfield, Md., and parts of Virginia and New York. Within days, the conference's supply of personal care kits and bedding were exhausted, according to ACS director Evelyn Gates.

Kitty Juneau, conference Disaster Response coordinator, and Gates set up donation sites for critically needed items, and gifts of blankets, coats and boots poured in. "We deeply appreciate the wonderful generosity of our members," said Gates. ACS volunteers set up a food trailer at the Martinsburg (W.Va.) church and served 550 meals daily to local residents for several days.

John Belliveau and Greg Scott, members of the Spencerville (Md.) church, collected goods from the donation sites and delivered a truckload of supplies to an ACS distribution center in Toms River, N.J.

"Our focus has shifted to long-term recovery," says Juneau. Want to help? Get info and view photos at acsdr.org.



Kitty Juneau, conference Disaster Response coordinator; Evelyn Gates, conference ACS director; and Hilda Henson, a volunteer; organize donations for distribution.

PHOTO BY SAMANTHA YOUNG

Not been to church lately?

Reconnect to Worship



Sabbath, April 6

Life is busy with family, work, travel, and more. Because it is a rare privilege to have everyone at worship at the same time, the churches in Chesapeake Conference are hosting a special *Reconnect to Worship* day. Experience an extra special worship service and fellowship where no one asks, "Where have you been?"

For a church near you and to learn more, visit www.ccosda.org/Reconnect2Worship

We Train “Mountain Movers”

I have often wondered if Jesus might have been thinking of teenagers when He said, “Truly I tell you, if you have faith as small as a mustard seed, you can say to this mountain, ‘Move from here to there,’ and it will move. Nothing will be impossible for you” (Matt. 17:20).

I love working with teenagers because their energy is practically endless and their optimism boundless. I’m convinced that mustard seed faith is found more often in teenagers than any other age group. Teens tend to take God at His Word when He said that, with Him, all things are possible.

Focusing all that energy and optimism into programming and leadership is often an exhausting job, but also a work that has eternal rewards. Here at Highland View



Students show off the Christian symbols they carved into pumpkins last fall.



A student praise band leads worship at *The Way*, the Sabbath services HVA students regularly lead at the Highland View church.

Academy (HVA), we have many ways in which our students are channeling their interests and energy into leadership experiences. Here are just a few examples:

ROCK (Reaching Out for Christ’s Kingdom) is our Campus Ministries organization. This student leadership team is comprised of our Student Association pastor, class pastors and the Boy’s Club and Girl’s Club pastors. The group is responsible for planning and implementing all of HVA’s religious activities.

Adventist Christian Theatre (ACT) is our touring drama team. ACT has been touring for more than 20 years and performed for audiences of 50 to 50,000 at schools and churches of all denominations. Read more at adventistchristiantheater.com.

The Way Church—Once a month the students plan and conduct the worship service at our Highland View church. The focus is training students to lead people in worship and to get them comfortable up front. Plus, teens tend to listen to other teens. That’s why we believe peer-to-peer ministry is so important.

So, while Seventh-day Adventist education includes academic excellence to help students become lifelong learners, equally important is training, support and opportunities we give students to be in charge so they can become lifelong leaders. We’re making mountain movers!



Brett Hadley
Bible and Campus
Ministries Teacher



Jefferson McCain, Wyatt Worthington, Emily Mills and Elyssa Harrison, members of the Adventist Christian Theatre, perform in the skit “Passions.”

Students, Pathfinders Help International Refugees

In early December, the Willow Brook Pathfinder Club from Boonsboro, Md., which includes 12 students from Highland View Academy, became aware of a unique need of their sibling club, the Westvale Warriors, in Syracuse, N.Y. The Warriors needed assistance helping refugee families that immigrated to Syracuse last summer from the Republic of Congo, Myanmar and Burundi. Although the government provided them a place to stay, the newcomers, many of whom are Seventh-day Adventists, still needed help with food and clothing.

The local Adventist community stepped in to help with personal needs, and nearby Parkview Junior Academy agreed to sponsor the education of more than 30 children as well as two free warm meals a day. Adventist families also sponsored the participation of 20 of the refugee children in the Warriors club.

As winter arrived, however, local Adventists could no longer afford to address an additional need: these children did not own winter clothing. At this point, the Willow Brook Pathfinders Club heard of their plight and responded. The

A young tribal leader and refugee from the Congo holds a pair of shoes donated by Adventist in the Hagerstown, Md., area.

PHOTOS BY GLEN MILAM



HVA students and Willow Brook Pathfinders help the Westvale Warriors sort donations for refugees.

Pathfinders spent several weeks collecting donations from local churches and schools. Finally, January 6, four HVA students—Ethan Fishell, Zach Westfahl, Faith Wootton and Tyler Milam—two Willow Brook Pathfinder directors and two staff members made their way to Syracuse with more than 100 pairs of shoes and well over 2,000 items of clothing and bedding.

The Willow Brook club plans to continue fundraising so they can purchase new waterproof snow boots for the children.—Tyler Milam

NEWS

Interim Principal Takes the Helm

LeRoy Snider (below) generously left retirement to join the HVA team as interim principal. Although he is new to HVA, he is by no means a stranger. Snider served as the principal of Mount Aetna Adventist Academy (now an elementary school), from 1996 to 2004, where many current HVA students used to attend.



During his short time at HVA, here is what he already notices about the students: “The singing and the praying, the studying and the playing, all have witnessed to me, the newcomer, that Jesus is truly recognized and accepted here.”

Junior Wins Creative Writing Contest

Junior Alyssa Royster (right) claimed a first-place prize in the senior-high division at a recent writing

contest sponsored by the Christian Storytelling Café in Hagerstown, Md. The competition included participants in the tri-state area, as well as two parochial schools and the Washington County School System.

Faith Crumbly, café founder and director and a member of Allegheny East Conference’s New Joy Fellowship congregation in Hagerstown, announced the winners during an awards ceremony at the café. Royster also accepted the invitation to spin her winning composition into storytelling mode for a later café meeting.

“Through God’s Eyes’ was meant to show people that beauty isn’t all about the makeup and the looks. Beauty is what is on the inside,” explains Royster, who’s very active at the New Joy Fellowship church.—Faith Crumbly



MOUNTAIN VIEWPOINT

FEBRUARY 2013

How Internet Dating Brought Me to Love and the East Pea Ridge Church

When I met Negero Djalata on a Christian website, one of the very first subjects I wrote about was my involvement with the Kairos Prison Ministry. It is my God-given passion, and I knew that if any relationship could even begin to develop, he would have to understand and support me in it. I have spent and will continue to spend many hours as a Kairos volunteer. He was overjoyed with what I had written. He wrote back telling me he was a chaplain at the Southern Ohio Correctional Facility in Lucasville, and one of his duties was to take care of the Kairos volunteers. Needless to say, we both felt God was bringing two hearts together on some very important common ground.



While the Internet may have brought Nancy Jameson and Negero Djalata together, it was their love for prison ministries that led to them meeting and marrying.

So, right from the start, we began to talk about our church families and our first and greatest love, Jesus. Negero told me about the Seventh-day Adventist Church. Because of the importance of my church family and my relationship with Jesus, I began to research about his church.

As my research continued and our relationship grew, we decided to meet and worship together in an Adventist church in my local area. I was so moved by the way I was received. Everyone made both of us feel completely welcomed, the first time we visited but each time thereafter. I soon began studying with Justin Howard, pastor at the East Pea Ridge church in Huntington, W.Va. When I had questions, and I did have a few, Pastor Justin always answered me with solid biblical truth. I spent my whole life in church ... but now it was as if there was a whole new revelation of the Word. I was excited and challenged at every level. I had been baptized as a young adolescent in my Methodist church, but after studying, I knew how important it was to be baptized in the same method of my Savior, Jesus. When Pastor Justin began to tell me how it would take place, I was overcome with excitement and responded enthusiastically, "You mean I will get to wear a robe? Yippee!"

My new birth took place last fall, and it was a glorious day! My new church family showered me with many acts of love that day. Soon after Negero and I were married. We are both convinced that God has work for us to do, not only as individuals but as a couple. One of those areas is to continue in the Kairos Prison Ministry. And, we are both open to His leading in other areas of ministry too. You see, when God brought us together, He also brought two countries closer as my husband is from Ethiopia and I am from the United States. Already our marriage is such a testimony to the power of the gospel. God's love truly is a universal language.

At 62 years of age, I began a new and enriched life with my new Adventist church family and will continue to share Christian fellowship with all my Christian brothers and sisters.—Nancy Jameson

SPIRIT

MOUNT VERNON ACADEMY

FEBRUARY 2013



Development Director Says Goodbye

It has been said that you may know a person by the gifts that they bear," says Daniel Kittle, Mount Vernon Academy (MVA) principal. "If this is the true indicator of the character of a person, then I know Margaret Sutton as a blessing. Her passion, creativity and love for teenagers has been an anointing of grace for all she has served at MVA."

Sutton, who for 11 years served as the school's development director, finished work at the school in December. She returns to her previous employer, State Farm. Colleagues say Sutton has been the guiding force behind MVA's annual campaign and the professionalization of the school's alumni events.

"We will miss her gifts, her smile and her passion for MVA," Kittle says. The school board is seeking a new development director.

Acronics Perform at NBA Game

There was an air of excitement and nervousness as Mount Vernon Academy's (MVA) Acronics gymnastics team boarded the bus for Cleveland. During the previous months, they worked extremely hard preparing for this night. They were about to provide the pregame entertainment for the NBA game between the Cleveland Cavaliers and Chicago Bulls.

The excitement also spread throughout the school and among friends and family. Students emptied both dorms to attend the game as well as 70-plus friends, family and some alumni.

When the time came, the Acronics ran on to the court, where all the nerves and adrenaline turned to action as they performed for the crowd. Afterward, the Cavaliers staff offered compliments to the team and immediately talked about next year and moving the team into the halftime slot. "The team did an amazing job," said Daniel Kittle, MVA principal. "A hearty thanks goes out to Coach Ashley Morris for not only preparing the team, but also making the contacts to provide this opportunity."—Jeff Morris



Kiwanis Club Names Senior Student of the Month



The Kiwanis club of Mount Vernon recently named MVA senior Kaydra Bailey as their student of the month. She received their Award of Academic Excellence, which also recognizes Bailey's exceptional involvement, citizenship and character.

Bailey attended the club's weekly meeting, where she enjoyed lunch and got to know a few of the members of the local business community. "Kaydra is a very fine example of what our academies are all about, and we are extremely proud of her," said Jeff Morris, MVA registrar, who is pictured with Bailey and Cindy Higgs, president of the Kiwanis Club of Mount Vernon.

SPRING VALLEY ACADEMY_{.ORG}

CONNECTIONS

INSPIRING STUDENTS TO KNOW FOLLOW SHARE JESUS

FEBRUARY 2013

Sophomores Dedicate Themselves to Writing



Sophomore English students at Spring Valley Academy (SVA) recently wrote more than 400,000 words in one month. The students were participants in the National Novel Writing Month (NaNoWriMo) sponsored by the Office of Letters and Light, which has a special program just for schools called the Young Writers Program. It offers resources for teachers, such as lesson plans on developing plot, character and tension. Additionally, pep talks from famous writers arrived in the students' email boxes every week.

"I was amazed that my students showed up every day to class and sat down to write. Just the fact that they were able to master that discipline was amazing to me," says English teacher Lisa Moller.

While several SVA students came close to completing the 30,000-word goal set for NaNoWriMo completion, sophomore Nicolas Chaij (pictured with Moller) met and exceeded that goal. He wrote more than 40,000 words.

Students Attend Model United Nations Conference

For 34 years the University of Dayton in Dayton, Ohio, has hosted a number of local schools in an annual simulation of the United Nations. Spring Valley Academy was one of approximately 25 high schools invited to take part in the simulation. They joined students that came from as far away as Tipp City and Cincinnati.

Each school is assigned countries to represent, along with the issues and councils with which these countries are involved. SVA represented Guatemala and Myanmar. This event enabled all students to learn how the United Nations functions and to experience some of the triumphs and frustrations that a real delegate faces. Most had the chance to share their views on the situations facing the world today, as well as learn the views of others. Erin Galloway, history teacher, arranged for her students to participate. Team members included the following nine high school students, four of whom also participated last year. Pictured left to right are (first row) Garrett Brockman ('16), Anthony DeFranco ('13); (second row) Sonny Moretta ('16), seniors Cheyenne Silvers, Kerstin Smith and Jacob Muhlenbeck; (back row) Martin Clayton ('14), Erin Galloway and seniors Ryan Bovee and Matthew Doucette.



SVA Launches Healthy Living Program

The Home and School Association at Spring Valley Academy is proud to announce their participation in the Get Up! program, starting this month and ending with the annual Fun Run held April 21. Get Up! is a county-wide obesity prevention program (see getupmc.org) designed to increase healthy eating and active living. They work in six sectors, including schools, early childhood, after school, healthcare, workplace and community, to reach children and families where they live. Students and faculty submitted names for SVA's program and they selected "Move IT." The motto is the acronym CHOICES, which stands for Committed Health Options Involves Creating Environment for Success.



Harvey Hahn, MD, and his wife, Joyce, select the "Move IT" name from a suggestion jar, along with Heidi Shull, president of the Home and School Association.

Connections is published in the *Visitor* by the Spring Valley Academy ■ 1461 Spring Valley Pike, Centerville OH 45458
Phone: (937) 433-0790 ■ springvalleyacademy.org ■ Interim Principal, Vern Biloff ■ Editor, Vicki Swetnam

NEWS NEW JERSEY

FEBRUARY 2013

Building Bridges

People all around the world seem to be fascinated by the end of the world. So much so that many paid attention to a prediction that the world would come to an end December 21, 2012. As you know, we are still here. A new year just started and, as Seventh-day Adventist believers, we know what the Bible says about the end of this world and the second coming of Jesus Christ. It is our duty to share the Good News and communicate it to those around us. That's a mandate that Jesus Himself left to all His followers.

The New Jersey Conference communication staff is committed to using every communication tool available to fulfill Christ's mandate and to build bridges that will reconnect the lost with the Savior. Building bridges through communication will also connect members to each other and facilitate the spreading of Christ's message—a message of hope and salvation—to every corner of our Garden State.

Many think that sharing the Good News is a daunting task; however, when we are connected to heaven and to our fellow church members, we realize we are not alone. Ellen White says, "Thousands upon thousands, and ten thousand times ten thousand angels are waiting to cooperate with members of our churches in *communicating* the light that God has generously given, that a people may be prepared for the coming of Christ" (*Testimonies*, vol. 9, p. 129). The angels want to cooperate with us as we share the good news of salvation!

Despite all the technology available for communicating God's message, nothing is more powerful than using person-to-person contact. Christ invites each one of *us* to go out and communicate His truth, His hope, His plans, His mercy and His immeasurable love to the people around us. What a great privilege!



Paulo Macena
*Communication and Youth
Ministries Director*

Adventurers Participate in Investiture Service

After a year of hard work and dedication, members of Adventurers and Pathfinders clubs from all across New Jersey had their annual investiture service. The service for the Zone 4 Adventurer clubs was held at the Lake Nelson church in Piscataway. More than 80 Adventurers from the Carteret Shalom Adventurer Club, Lake Nelson Gold Finch Adventurer Club, New Brunswick English Alpha Adventurer Club, New Brunswick Spanish Jardin de Jesus Adventurer Club and Rahway Bethel Adventurer Club sang the New Jersey Adventurer theme song for 2012 "Be

Bold, Be Strong." They also had the opportunity to show families and friends their love for Jesus and their hard work.

"Tonight we reached our objective of having our children involved in the clubs, doing their best, learning about Jesus and having fun. I'm really proud of our New Jersey Adventurer clubs," said Paulo Macena, conference Youth Ministries director. After the program, all were invited to visit an exhibit that the club directors prepared with photos of Adventurer activities and works from the year.



Youth Lead End-Time Vigil at Union City Church

The King's Children Adventist Junior Youth Society from the Union City Spanish church recently hosted their second vigil themed "Children and the End of the Times." The objective of the vigil was to bring to light the final events in a way that children could understand.

Children were in charge of leading all special music. A panel of junior youth, aged 9 to 15 years, discussed the importance of keeping the Sabbath in the end times as it is a sign of being one of the Lord's followers. The preachers were all junior youth: Bryan Victoria (9), Nilda Martinez (15) and Joshua Reyes (11).

Attendees shared that it was a night of great spiritual blessings filled with prayers, vibrant praise to the King of Kings, personal testimonies and inspiring messages.



The King's Children Adventist Junior Youth Society from the Union City Spanish church recently participated in a vigil.



The vigil ended at midnight on the church's sidewalk with a prayer, where all the youth held hands. Samuel Rojas played his guitar while everybody sang and released colorful helium balloons (pictured). Liliana Rojas, the Adventist Junior Youth Society director, was deeply moved to see so many balloons filled with prayers flying away to heaven. At that special moment, children and adults alike had renewed hope in Jesus' soon coming.

Luzo-Brazilian Members Share Christ's Story

Members of New Jersey Conference's Luzo-Brazilian church in Newark recently used their talents to touch the community through a Christmas program called "Born in Me." The production told the story of Jesus' birth and ministry from the angels' point of view. Members of the church—who, for one night, became actors and actress—brought the old story alive.

The program coordinators were really excited to see how touched all the members of the church and the visitors were by the story of the Savior's birth and life. "Our plan was to share the message of the birth and life of our Savior Jesus Christ with our community, and to present to them the importance of not only knowing Jesus as a person who divided history, but as the One who needs to be born in every person's life," said Pastor Eduardo Monteiro.

"It was rewarding seeing the dedication and love demonstrated by all the volunteers. They joyfully sacrificed their weekends and time with their families to

rehearse. Everybody was in a great mood and had a great attitude. We thank God for them!" said Sisera Martins, an elder and one of the play's writers.



Christian Motorcyclists Ride for Charity

Imagine pulling up to a local Toys“R”Us to shop only to find nearly 400 leather-clad motorcyclists in the parking lot, or heading down to a small town square and finding dozens of motorcycles and their riders. Such sights are difficult to ignore, and that is precisely what the Rolling Prophets of Newark, Ohio, count on.

Pastor Tom Hughes of the Newark church founded the Rolling Prophets (pictured, right), a chapter of the Christian Motorcyclists Association (CMA), and is the group’s chaplain. Hughes partners with members from his church and staff from their New Horizons Community



During the Fair on the Square, Newark church member Matthew Brown (right) visits with Zach Morrison, who is considering baptism.

Learning Center (NHCLC) and Adventist Community Services (ACS) center to participate in community charity drives. He also launches his own initiatives.

The largest of these was the eighth annual toy run, where 400 riders helped collect and distribute 3,000 toys to children in the Newark area. The Rolling Prophets, who meet monthly, set up a table and shared hundreds of *Steps to Jesus*, *The Ride of Your Life*, a special issue of Ellen White’s *Steps to Christ*. Twelve Newark members helped staff the table, where they collected names of interested people and answered questions of passersby.

“I believe in working within the Christian biker community to lead the unchurched to Christ,” said Hughes, who regularly witnesses to bikers as part of his Bible Biker Ministry and for the CMA.

A new project late last year was Newark’s first Run for the Hungry, followed by their inaugural Fair on the Square and Motorcycle Show. Despite brutally cold temperatures, wind and rain, they raised \$6,000. All proceeds went toward the purchase of 12 new computers for the NHCLC and their community classes, and to help stock the ACS food bank, where approximately 400 people each month get food and clothing. “As the new director of our Adventist Community Services center, I was thrilled to see everyone work together so successfully!” said Donna Goodell.

The group’s continued efforts have paid off. According to Pastor Hughes, “Neil Reese was the first biker to accept Jesus through the Rolling Prophets ministry in Newark. He now serves Jesus joyfully and is the vice president of the group.” Reese has asked Hughes to baptize him sometime this spring.



About 400 motorcyclists line up to begin the Rolling Prophets’ eighth annual toy run.

New Pastors Lead Ohio's Fold



Pastor Andrew Clark is the newly appointed Adventist Missions coordinator for the conference. He is also shepherding the Youngstown district in northeast Ohio, which includes the Evergreen, Warren, Ravenna and East Liverpool congregations. Clark previously worked in the Pennsylvania Conference as a pastor in the metro Philadelphia

area and as a missionary in the greater Pittsburgh metropolitan area. He and his wife, Mayda (pictured with their son, Michael-Kellan), developed a social service agency, youth ministry, café and church plant in the Pittsburgh suburb of Carnegie.

Clark has experience in metropolitan and creative ministries, as well as community service. He is presently working on a master's degree in Urban Studies at Eastern University.

According to Monte Sahlin, the conference's director of research and special projects, "As a pastor, Andy

is most noted for his creative mission approach to kingdom building and a passion to share the teachings of Jesus in a way that leads to transformation."

Jeremy Wong is the new youth pastor for the Centerville church. He transferred from the nearby Kettering church, where he briefly served as the youth and children's intern pastor and as a Bible worker. He is excited to join the Centerville team and minister alongside Winston Baldwin, senior pastor, and Bill Hrovat, evangelism pastor.

"I have a passion for today's youth and for evangelism," comments Wong. "One of my goals is to help the youth develop a personal, genuine and real relationship with God."

Wong's new wife, Brooke, also took a position in the area. She is the new chaplain at Spring Valley Academy in Centerville. They are both eager to see how God will use them in Ohio.



NEWS

Conference Goes Online for Town Hall Meeting

In lieu of the annual town hall meetings traditionally held at venues across the state, this year the Ohio Conference administration and staff will hold a "virtual" town hall meeting. Scheduled for Thursday, March 21, at 7 p.m., the online meeting will include prerecorded reports from various departmental directors, as well as a live Q-and-A segment with conference officials.

Additional details will be mailed to all Ohio churches. Local church leaders are encouraged to broadcast the meeting at their churches for members who may not have access to computers or high-speed Internet. For more information, visit ohioadventist.org.

Dates Set for Ohio Ministry University

What kind of reputation does your church have in the local community? It has always been true that word-of-mouth is the most powerful outreach tool, and the reputation of a messenger determines how a message is understood. If a mother is thinking about letting her child attend VBS at your church, what does her neighbor say?

These questions and more will be addressed at Ohio Ministry University, March 23-24, at the Embassy Suites Columbus-Airport. The keynote speaker will be Ray Tetz (pictured), the president of Mind Over Media, who helps churches and faith-based organizations build effective strategies for strong reputations.

Kevin Kuehmichel, DMin, and Pastor Andrew Clark will share two case studies of Seventh-day Adventist impact on urban communities. There will be workshops on Children's and Youth ministries, and ministry with senior citizens will also be offered. To download an event brochure, visit ohioadventist.org. To register, contact your local pastor or call (740) 397-4665, ext. 165.



Pennsylvania Pen

FEBRUARY 2013

Grace in the Remnant Church: An Attitude of Grace

"A brother offended is harder to be won than a strong city: and their contentions are like the bars of a castle"
Prov. 18:19.

The word "ineffable," which means incapable of being expressed or described in words, surely explains the meaning of God's grace. Grace is truly a word that goes beyond description. Grace is not God's "a little bit more." Grace is God's "so much more!" How much more? More than you could ever ask for, more than you could ever think about, more than you could ever grasp. Ephesians 3:20 calls it "exceedingly and abundantly more than you can think or ask."

What, therefore, is our personal obligation when applying an attitude of grace toward our non-Christian brother? "The church of Christ is God's appointed agency for the salvation of men ... And the obligation rests upon all Christians. Everyone, to the extent of his talent and opportunity, is to fulfill the Savior's commission" (*Steps to Christ*, p. 81).

Jesus promises, "My grace is sufficient for you." It is our personal obligation to extend an attitude of grace in everyday living to the Christian and non-Christian alike.



Jeannette Dare
Adventist Community
Services Director

Grace Outlet Members Fill 18-Wheeler for Sandy Victims

Juanita Taylor, a member of the Grace Outlet church in Reading, spoke to Pastor Kris Eckenroth about an idea God planted in her heart—to have the church participate in a Superstorm Sandy collection project. Eckenroth selected Kathy Ludwig and her sister to assist Taylor in the collection project, and God's idea began to grow.

The Pennsylvania Conference provided an 18-wheel truck. The Goggle Works, the facility where Grace Outlet meets for worship, provided space for the truck

in their parking lot. Eckenroth also asked radio station WEEU-AM to partner with the church and they agreed. The idea began to take shape.

Through generous donations from church members and others, the team found great bargains at department stores for much needed items, such as thermal underwear, blankets, pillows, flashlights with batteries, sleeping bags and socks. God's message went out over the airwaves of WEEU into the homes and hearts of caring people. God also touched the hearts of all who volunteered to help sort, pack and load the truck on Friday afternoon and Sabbath and Sunday mornings, and those who held signs directing donors to the truck. Their hands, feet and noses may have been cold, but their hearts were warm.

"I must admit, when I first saw that huge semitrailer, I thought, 'How are we ever going to fill it?'" shares Bonnie Doll. "Then I remembered we weren't filling it, God was. It was He who planted the seed."

Thanks to many local businesses, institutions and neighbors, the trailer was packed full. "Praise the Lord for the amazing response to the Sandy effort!" states Eckenroth. "God did more than just fill the trailers. Two people who donated ended up attending worship the following Sabbath. The Lord sent at least five individuals who had recently lost a loved one to donate their loved ones' clothes. We were able to then minister to them through prayers and hugs."



Hispanic Women “Grow to Serve”

More than 240 women attended the “Creciendo para Servir (Growing to Serve)” missionary congress organized by the Philadelphia I Hispanic church under the leadership of Yolanda Elías and Adriana Durango. Susana Chaskelis de Schulz, editorial coordinator for the *College and University Dialogue* magazine published by the General Conference Education department, was the main speaker. She shared topics related to spiritual growth and emphasized that personal growth comes from developing an intimate communion with Jesus.

The weekend also featured sessions that led participants to revalue, establish and organize a hospitality ministry in their local church. They reminded attendees of the importance of organizing teams and training them to offer the best impression of the love of Jesus at all programs and events of the local church.

Hispanic churches from across Pennsylvania participated in the event by leading music and special features. Denny Rengifo of the Chambersburg Hispanic church presented a seminar on family life, while Lasby



Women from the Lehigh Valley Hispanic church were among scores of women from Hispanic churches across the Pennsylvania Conference who attended a recent missionary congress.

Cubero from the Maranatha Hispanic church in Philadelphia presented a seminar called “With Open Arms.”—*Saúd E. Elías*

Pennsylvania Conference Youth Leadership Convention

Be Transformed: Unleashing Your Inner Potential

March 8-10, 2013

Blue Mountain Academy, Hamburg, Pa.

Essential leadership training for anyone involved with Adventurers, Pathfinders, Master Guides, teens, youth, and young adults.



For more information, contact the Pennsylvania Conference Youth Department, at 610.374.8331 ext 212 or email pa-youth@paconference.org.

Potomac People

FEBRUARY 2013

EQUIP Training Event Draws 600 Members

Potomac members report that they often look for new approaches to ministry, so on a Sabbath afternoon, more than 600 representatives from 101 churches in the Washington, D.C., metropolitan area participated in a four-hour training session. The event, titled EQUIP, gave Pastoral Ministries department staff a way to provide critical, church-focused training in key areas of ministry. The meeting, hosted by the Capital Memorial church in northwest D.C., also allowed members to share ideas.

“The purpose of this event is to ‘equip’ ordinary people to serve extraordinary ministry for the kingdom of God,” said John Cress, Pastoral Ministerial director. “Christianity is not a spectator sport. One of the worst things any churchgoer can do is to be a hearer, not a doer,” he added, referring to James 1:22-25. “That is why the Apostle Paul writes that it is essential ‘to equip [italics added] God’s people for works of service, so that the body of Christ may be built up’ [see Eph. 4:12]. EQUIP training will infuse people with passion and knowledge—the will and the skill necessary for serving.”

Participants could select four of 14 offered topics, such as how to give effective Bible studies, how to build healthy relationships and how to be an effective church administrator. One participant stated, “I could have attended every presentation and received something of value. I’m hoping to attend the next event to hear what the other speakers have to share.”

The conference is preparing two similar events this year. One will be held in the Shenandoah Valley area at



The EQUIP training event drew some 600 Potomac members.



Conference staff encouraged attendees to engage in lively discussions.



Karen Cress, assistant to the Potomac president for strategic initiatives, teaches attendees that conversations help develop healthy environments.

the New Market (Va.) church on August 24, and the final event will be in the Richmond area on October 5 at a location to be determined. For additional information, visit pcsd.org.

While EQUIP is held in different regions of the conference, all members are invited to any event. To see the topics being offered for both upcoming events, which could continue to change, simply go to pcsd.org, click on the “Events” tab, and look for the EQUIP logo.

Potomac People

Culpeper Member: From Prisoner to Prison Minister

He looks out of place standing next to the white-washed sign in front of the Coffeewood Correctional Center in Mitchells, Va. One would never guess this unassuming man once called this facility home.

To inmates inside the facility, he says, “Good afternoon. My name is Johny Carmouche, and I’m a convicted felon.” Thus begins the telling story of a man who went to prison for a crime he admits he committed—a crime of passion. Carmouche continues, “God chose to use me in prison ministry, which I never saw myself doing. In 1991 I was convicted of first-degree murder. I committed a crime that had to do with my former wife, who was having an affair. I went to prison and was given a 20-year sentence. Because of my age, education, as



Johny Carmouche, a member of the Culpeper (Va.) church, stands outside the Coffeewood Correctional Center where he fulfilled the last part of his prison sentence.

well as my ability to do the right thing in prison, I only spent 10 years in the correctional center.”

He was originally sent to the Staunton Correctional Center, where he served out the majority of his sentence. After nearly eight years, he requested a transfer from Staunton to Coffeewood, an odd request considering Staunton is a level-two center and Coffeewood is level-three, maximum security. But, that’s where he wanted to be, and they approved his request.

Once released from prison for serving his time, he says he “had no desire to have anything to do with the prison system whatsoever.” Unbeknownst to Carmouche, who now attends the Culpeper (Va.) church, God had other plans.

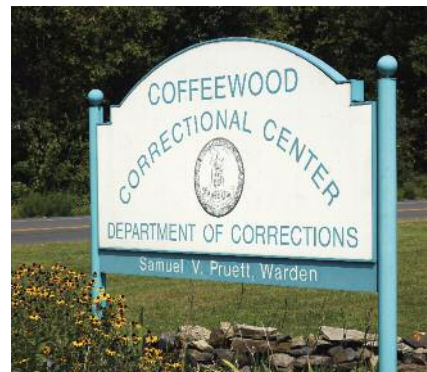
He soon learned of a young man who had been charged with involuntary manslaughter, and was now in the same position as Carmouche had been. He felt impressed to set his feelings aside and make contact with the young man.

The young man eventually shared with Carmouche that there was a group within the prison, a group of Messianic Jews, who wanted to worship and needed a sponsor. “I was not interested in helping them, but there was a little voice inside of me that kept prompting me to help them,” Carmouche reports.

Initially, the prison turned down Carmouche’s request to enter the facility since he is a previous felon. After some time, he resubmitted his petition, and that time it worked. Carmouche entered the prison he once called home in order to visit and minister to the prisoners of Coffeewood.

Carmouche has now been ministering to the Coffeewood prisoners for nearly a decade. Today he and other volunteers regularly hold services for the Messianic Jewish and now Seventh-day Adventist inmates. From Carmouche’s small initiative, outreach to the inmates has evolved to include five ministries that involve volunteers from churches in Danville, Orange and Culpeper (Va.). Volunteers go to Coffeewood, and now the adjacent Culpeper Juvenile Correctional Center, every Friday evening to minister to those who desperately need to hear about the love of Jesus Christ.

Read more at pcsda.org/JohnyCarmouche.



No Great Student Will Be Denied

A family's lack of adequate financial resources will not stand in the way of their child or children receiving a Takoma Academy (TA) education. My goal and motivation as I develop our Income Development Department is that no great student will be denied access or ever have to leave this school because of financial reasons.

To assist me with this goal, I have assembled some of the brightest minds, including TA alumni and business and community leaders who now sit on the academy's most innovative and exciting team, the Foundation Committee. Committee members already demonstrated their commitment by each donating no less than \$3,000. The committee also recently joined the Board of Trustees to develop a process that will realize maximum participation from the community. All of these individuals continue to be passionate about their roles and contributions to this much-needed cause.

Christian education has been the only choice for many families, and a "saving grace" for others. Academic excellence, willingness to be of service to the community and preparation for the life hereafter are core to Takoma Academy's mission. If Seventh-day Adventist education is to thrive, not merely survive, we have to address the ticking time bomb called money, or, more importantly, the lack of it. We have to make sure that money isn't the obstacle that causes families



The new Foundation Committee is committed to making sure that any student who wants to attend Takoma Academy will not be faced with financial obstacles.

to shy away from enrolling in an Adventist educational institution. As a matter of fact, we intend to make that scenario permanently extinct.

Through our video newsletter *The Globe* and other outreach efforts, we keep our alumni, donors and community informed of the current revitalization that Takoma Academy is experiencing and to solicit their support for continued growth.

We are here to make Adventist education a reality for the families that step out in faith to get their child a positive educational and spiritual experience. Through the various initiatives we have embarked upon to meet our primary goal, the Foundation Committee members are resilient in fulfilling our mission, that no great student will be denied access or ever have to leave this school because of financial reasons.



Ronnie Mills
*Assistant to the Principal
 for Fundraising and Alumni*



The new foundation allows students to focus on academics without the worry of financial burdens.

New Initiative Creates Campus of Reflective Learners

One of Takoma Academy's major objectives this school year is to create a community of reflective learners, from its administrators and teachers to its students. According to the Webster's Dictionary, reflective practice is "the capacity to reflect on action so as to engage in a process of continuous learning." For TA it means that as they strive to be a learning community, the school as a whole needs to continually reflect on all of its programs, and how actions and decisions they make uphold the school's vision and mission.

The primary tool TA has implemented to improve the educational experience is the Common Core State Standards, which has been adopted by 45 states. The organization's website defines it this way, "The Common Core State Standards provide a consistent, clear understanding of what students are expected to learn, so teachers and parents know what they need to do to help them."

One process of reflecting on instructional practices involves teachers sharing more of their classroom practices and accepting peer observation. At a recent student forum, Yekaterina Unnikumaran, vice principal of academics, presented a brief overview of the standards. At the end of her presentation, she asked students to write the answer to two questions on the their way out: 1) What is the one thing that stuck out to you from the presentation, and why? and, 2) What did you think of the presentation, and how would you rate her as a presenter? "I wanted to know exactly what students got out of what I presented. What did they



Tom Ballard, social studies teacher, and Virginia Mathis, computer teacher, discuss student progress and how instruction can improve the educational process.



Todd Gentilcore, English teacher, and Lulu Mupfumbu, music teacher, share teaching strategies and gain feedback from peers during a brainstorming session.

learn?" explains Unnikumaran. "I also wanted to know how they view me as their administrator. How am I influencing them? I need to know what I can improve in order to service our school better. As a school, we want to model to our students what we mean by being reflective and that we are committed to their learning."

Nora Ramos, TA's Spanish teacher, confirms that adding the self-evaluation piece to her class projects has made a difference in student learning. "Students are as interested in mastering the concepts as they are in the actual grade," she explains.

Students recently commented on how the changes in instruction are impacting them. Junior Mariah Gray said of her English class, "It helped me get an 'A' because I was able to correct my mistakes. When I corrected my mistakes, I was able to see what I needed to work on, what my strong points are [and] what my weak points are."

As TA continues to strive for excellence, Unnikumaran reports there is excitement among the entire school community about the learning process. "Proverbs 15:14 states, 'The heart of him who has understanding seeks knowledge ...' which summarizes what TA prays to instill in its students."

Reflecting on Our Former Station Manager's Legacy

As general manager, the late John Konrad transformed our campus station WGTS 91.9 FM into a media powerhouse that now provides a daily source of hope and inspiration to local, national and international listeners. His philosophy was to use media to reach out to people who are searching for comfort, hope, joy, peace and love. His commitment was not to get listeners attracted to a religion, but to get them connected to Jesus Christ, Who is the dependable and everlasting source of joy, hope, peace and love.

When he died last month, John left us with a well-rated, Christian radio station that is "Family Safe and Kid Friendly." On any given day or night while at home, work or play, more than 600,000 individuals hear that Jesus is our Creator, Redeemer and Friend. What a legacy!

On behalf of the Washington Adventist University (WAU) Board of Trustees and the entire university community, may the grace and comfort of our Lord Jesus Christ be with his family, friends and people that John's ministry touched. I encourage those of us who mourn him to focus on the words of John 3:16, "For God so loved the world that he gave his one and only Son, that whoever believes in Him shall not perish but have eternal life" (NIV).



Weymouth Spence
President

Hundreds Pay Tribute to WGTS' John Konrad

Last month hundreds of people gathered at Sligo church to celebrate the life of John Konrad, who since 1996 served as vice president and general manager of WAU's contemporary Christian music station, WGTS 91.9 FM. After a short illness, Konrad, 43, died at the University of Maryland Medical Center in Baltimore on January 2.

Konrad led the station through a transition from classical music to a contemporary Christian format in the late 1990s, doubled the station's coverage area and grew the listening audience from 10,000 weekly to over 600,000. The station ranks among the top 10 in the Washington, D.C., market.

Pastor Al Konrad, John's father, spoke in loving memory of a son whom he said approached life with a special kind of exuberance. "He was a special, unique, one-of-a-kind and sometimes exasperating individual," he said. "There were times when we asked God why he had blessed us with this boy, but, mostly, we were glad he did."

Gregory Ingram, WAU's vice president for information technology, said he and Konrad had been best friends since the seventh grade and that Konrad made a difference in his life. "John taught me how important life is and to stay focused on one's beliefs," Ingram said.

Konrad's humility and kindness, his talented leadership and love of radio, gadgets and dogs were common themes among those who paid tribute to him, including Seventh-day Adventist Church leaders, WAU professors, his staff members, staff at other radio stations and his family and close friends.

For those who wish to, the family asks that donations be made to a cause close to Konrad's heart, All Shepherd Rescue, P.O. Box 23231, Baltimore, MD 21203, or online at allshepherdrescue.com.



New Website Launched

In keeping with its thrust to improve services in every area, Washington Adventist University recently launched a bold, contemporary and colorful new website. Under construction since June of last year, the new wau.edu is easier to navigate, with information immediately available to users. For example, more than 80 percent of the information students need is immediately visible from the home page.

“There are visible links to apply online, information about tuition, visiting the campus and viewing courses and programs,” said William Jackson, vice president for marketing and recruitment. “There are also links to information about vehicle registration, residences, health services, athletics and the student handbook.”



Work continues on the site to enhance social media, blogs, videos and smart phone apps. It will also link heavily as a digital path to guide students through their careers.

To support the new site, the university hired Natalie Stark (left) as webmaster. For the first time, a dedicated staff person will manage Web development and work with advocates to update and maintain each section. Stark has a bachelor’s in graphic design from Indiana State University and is pursuing a master’s in Web design and new media through the Academy of Art University in California.



President Receives Notable Person of Honor Award

Weymouth Spence, EdD, president of Washington Adventist University, is one of five recipients of the inaugural Notable Person of Honor Award from the Columbia Union Conference of Seventh-day Adventists.

“Before Dr. Spence came to the university, WAU was on a downward spiral, but thanks to Dr. Spence we have seen an overall financial turnaround, capital improvement and the second highest enrollment in the school’s history this fall with 1,402 students. He is loved by the students,



respected by the board and challenged by the faculty,” said Rob Vandeman, the union’s executive secretary.

WAU experienced its highest enrollment ever during the 2011-12 academic year with a total of 1,493 students. Spence, in his response, said he was surprised to be named an honoree. “This [honor] goes to the entire learning community,” he said.

The Notable Persons of Honor Award is a new recognition designed to spotlight Adventists in the mid-Atlantic region for their contribution to the cause of Christ. Other 2012 honorees were Joyce Newmyer, president of Washington Adventist Hospital in Takoma Park, Md.; Larry Boggess, president of the Mountain View Conference; José H. Cortés, president of the New Jersey Conference; and Josephine Benton, a retired pastor.

“People who have grasped the legacy of hope speak up and make a difference in their communities,” said Ken Denslow, assistant to the president of the North American Division, in his devotional. “So why not take the opportunity to thank people during their living years for the work they did to advance the legacy of hope in the Seventh-day Adventist Church?”

Dave Weigley, president of the Columbia Union, told the honorees, “Thank you for your contribution to the cause of Christ. You’ve made a difference!”—*Taashi Rowe*

Profiles in Caring

“...Verbal communication still gets my vote as most important, most effective, and most critical to success in communicating...”



Washington Adventist Hospital
Shady Grove Adventist Hospital
Hackettstown Regional Medical Center
Adventist Rehabilitation Hospital
of Maryland
Adventist Behavioral Health
Adventist Home Care Services
The Reginald S. Lourie Center for Infants
and Young Children
Adventist Medical Group
LifeWork Strategies
Cytology Services of Maryland

Just Say It

There are websites now where you can create a message and send it to someone you care about—a sort of digital greeting card. Birthdays, anniversaries, graduations—those and many more situations can be addressed by these services. It’s even a way to send along condolences. Or express your dissatisfaction or disappointment. I suppose you can break up with someone this way and end a relationship.

You can add pictures, music, even animation to your cards. You can attach links to online videos of great musicians belting out tunes that express your sentiments. If you don’t know what to say, you can choose quotes from famous authors. On some sites you don’t even have to type in what you want to say. Just fill in a few unique factoids, and the computer will write the copy for you.

Sorry—I’m just not impressed. As convenient as it all sounds, it’s not the same as just saying it, is it? Given a choice between a fancy digital card and a simple face-to-face conversation or phone call, I’ll choose the live conversation every time.

Texting has overtaken voice messages as the primary use of mobile devices. Particularly among younger generations, texting is the preferred method for communication. Phone companies are bracing for the “end” of voice calling, which probably means they’ll think of a way to make a voice call a “premium” service with an extra fee.

Texting is a very helpful tool and one I use every day. So are those PowerPoint presentations that present a lot of data in an organized way. E-mail is an excellent way to communicate directly about a specific topic. And the mail still brings old-fashioned letters that I look forward to receiving and reading (usually).

But as useful as all these tools are, verbal communication still gets my vote as most important, most effective, and most critical to success in communicating, especially when it is face-to-face—whether in personal or professional relationships. Through verbal communication we learn to listen to what others are saying (and meaning). We learn to ask the questions that help us understand what other people are thinking and clarify the way we understand the world around us. We become skilled in presenting ideas logically and concisely. We learn to read body language and gestures (and get to see people smile).

We learn to argue and negotiate and persuade. We become aware of how to state difficult ideas and bring to the surface things we disagree with. We learn to express appreciation and give praise and encouragement. We learn how to argue without destroying one another. We learn how to collaborate and build ideas into realities.

When my phone indicates a text from my son, I’m quick to read it. When he e-mails me about something, that e-mail rapidly finds its way to the top of my list. A phone call from him, even when there are other things happening, is rarely refused.

But none of those comes close to being with him, seeing his face, watching him move his hands excitedly and hearing his voice. That’s about as good as it gets.

So just say it. Sure, learn to use those other tools, and keep on writing, texting, and e-mailing. But if you can, let me hear your voice. Let me see your face. Let’s just sit down and talk about it.



William G. “Bill” Robertson
President & CEO of Adventist HealthCare

Adventist Home Health Named to 2012 HomeCare Elite in the U.S.

Adventist Home Health has been named to the top 500 of the 2012 HomeCare Elite, a compilation of the top-performing home health agencies in the United States. The HomeCare Elite identifies the top 25 percent of agencies and further highlights the top 100 and top 500 agencies overall. Adventist Home Health is the only agency in the Maryland suburban area and one of only two agencies in the state of Maryland to achieve this level of recognition.

HomeCare Elite winners are ranked by an analysis of publicly available performance measures in quality outcomes, process measure implementation, patient experience, quality improvement and financial performance.

“We are honored to receive this recognition, which is a testament to the quality of care that our dedicated clinicians provide to our patients every day,” said Keith Ballenger, Vice President of Adventist Home Care Services, which oversees Adventist Home Health.

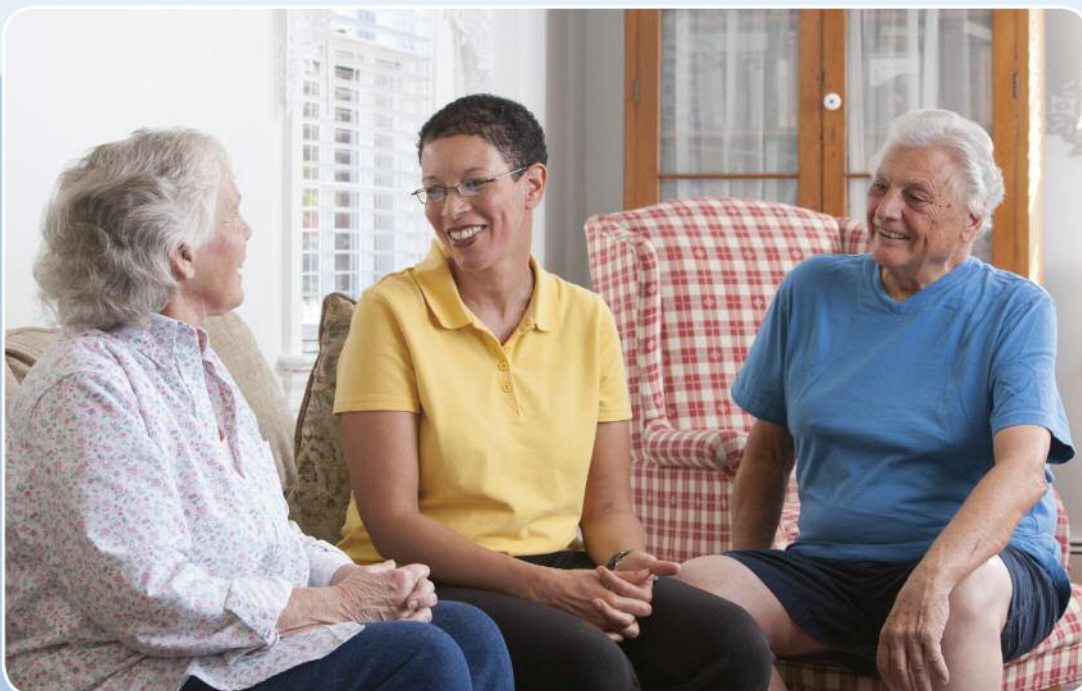
The 2012 HomeCare Elite is co-sponsored by National Research Corporation (also known as OCS HomeCare), the leading provider of cross-continuum health-care metrics and analytics, and DecisionHealth, the publisher of the industry’s most respected independent newsletter, Home Health Line.

“The 2012 HomeCare Elite winners demonstrate a commitment to providing patient-centered care and serving as leaders in the home health community,” said Susan L. Henricks, President and COO of National Research Corporation. “We congratulate Adventist Home Health on being one of the top 500 home care agencies in the country.”

Adventist Home Health, headquartered in Silver Spring, Md., serves the Maryland suburban area including Montgomery, Prince George’s, Charles, Calvert, St. Mary’s, Howard and Anne Arundel counties. This is the third year the agency has been awarded the HomeCare Elite distinction. It is part of the Rockville, Md.-based Adventist HealthCare and has served the community for almost 40 years.

“Home health agencies that have earned recognition among the HomeCare Elite demonstrated that they not only can adapt to an evolving marketplace but continue to excel in clinical, patient experience, quality improvement, and financial outcomes,” said Marci Heydt, Product Manager for the post-acute care business group of DecisionHealth.

*To learn more about
Adventist Home Care
Services, please call
1-800-610-2447 or visit
www.AdventistHomeCare.com*



With some encouragement, a healing environment and compassionate caregiver Jill Harper (center) from Adventist Home Care Services, Robert Colish (right), 72, of Silver Spring was able to regain his independence just two weeks after bilateral knee replacement surgery.

Shady Grove Adventist Hospital Recognized as State Leader in Breastfeeding Policies

The Maryland Department of Health and Mental Hygiene (DHMH) in November unveiled its Hospital Breastfeeding Policy Recommendations for all hospitals in the state to encourage and support breastfeeding for newborns. The announcement took place at Shady Grove Adventist Hospital, which is a leader in Maryland for breastfeeding support and best practices, according to health officials.

“Supporting and encouraging mothers and babies to breastfeed is associated with long-term health benefits, and these policy recommendations will help hospitals do everything they can to provide that support,” said Frances Phillips, R.N., Deputy Secretary of Public Health Services with the Maryland Department of Health and Mental Hygiene.



Frances Phillips, R.N., Deputy Secretary of Public Health Services with the Maryland Department of Health and Mental Hygiene, announced Maryland's new breastfeeding guidelines at a November news conference at Shady Grove Adventist Hospital.

The new recommendations provide a structure for hospitals to offer breastfeeding education, promotion and support to parents. The guidelines also position hospitals to attain “Baby-Friendly” status through the World Health Organization (WHO) and the United Nations Children’s Fund (UNICEF).

The Baby-Friendly Hospital Initiative (BFHI) is a global program that encourages and recognizes hospitals that offer an optimal level of care for infant feeding. Shady Grove Adventist Hospital in Rockville is on path to become one of the first “Baby-Friendly” hospitals in Maryland.

State officials saluted the work done by the clinical team at Shady Grove Adventist Hospital to provide a supportive and educational environment around breastfeeding and cite Shady Grove as an example for other hospitals in the state.

“Shady Grove Adventist Hospital is pleased to be recognized as helping to lead the way in Maryland by employing all ten of the state’s recommendations as we pursue Baby-Friendly status,” said Skip Margot, Vice President of Patient Care Services and Chief Nurse Executive. “This is a reflection of the commitment of our Birth Center’s team to advancing the health of our community.”

The new DHMH policy and BFHI, which are both supported by research, promote breastfeeding as one of the most effective preventive health measures for both infants and mothers. Not only is breast milk the optimal food for infants, but breastfed babies have a lower risk of SIDS (sudden infant death syndrome), diabetes, respiratory and ear infections, skin allergies and obesity later in childhood.

“As part of our commitment to help new moms get breastfeeding off to a good start, we are working extensively with families, physicians, nurses, lactation consultants and our hospital executive team to provide exceptional education and encouragement for breastfeeding,” said Terry Francis, R.N.,



Terry Francis, Director of Perinatal Services, speaks at the news conference about Shady Grove Adventist Hospital implementing Maryland's breastfeeding recommendations as the hospital pursues the international Baby-Friendly designation.

Director of Perinatal Services at Shady Grove Adventist Hospital. “We ensure this expert support is given to all mothers, regardless of how they choose to feed their babies.”

Shady Grove Adventist Hospital’s support for breastfeeding also has been recognized with the gold-level Breastfeeding-Friendly Workplace from the Maryland Breastfeeding Coalition, as well as the International Board of Lactation Consultants (IBCLC) Care Award. The IBCLC credential is the only one globally-accepted for professional lactation services and requires a rigorous recertification process every five years.

Shady Grove Adventist Hospital delivers 5,000 babies each year and is home to a Level IIIb Neonatal Intensive Care Unit, one of the highest designations granted to these units.

For more information on the guidelines, please visit <http://dhmh.maryland.gov/publicrelations/pr/Lists/Posts/Post.aspx?ID=322>

Adventist Home Health mencionada en el 2012 HomeCare Elite de los Estados Unidos



Una cuidadora compasiva, Jill Harper (derecha), de los servicios de Adventist Home Care, alentó a Robert Colish (izquierda), de 72 años de Silver Spring, a que recobrar su independencia después de solo dos semanas de haberse sometido a una operación bilateral de reemplazo de rodilla.

Adventist Home Health ha sido nombrada dentro de las 500 mejores agencias de 2012 HomeCare Elite, una compilación de las mejores agencias de salud de los Estados Unidos. HomeCare Elite identifica el 25% de las mejores agencias y además menciona a las mejores 100 y a las mejores 500 en general. Adventist Home Health es la única agencia en el área de Maryland Suburban y una de solo dos agencias en el estado de Maryland que logra este nivel de reconocimiento.

Los ganadores de HomeCare Elite se clasifican mediante un análisis de medidas de desempeño públicas en cuanto a resultados públicos, implementación de medidas de proceso, experiencia de los pacientes, mejoras en la calidad y rendimiento financiero.

“Tenemos el honor de recibir este reconocimiento, el cual es una prueba de la calidad de atención de nuestros dedicados médicos día a día,” dijo Keith Ballenger, Vicepresidente de Adventist Home Care Services, la cual supervisa Adventist Home Health.

El 2012 HomeCare Elite está patrocinado por la National Research Corporation (también conocida como OCS HomeCare), el proveedor líder de métricas y analíticas de atención de salud, y DecisionHealth, la editorial del boletín independiente más respetado de la industria Home Health Line.

“Los ganadores del 2012 HomeCare Elite demuestran el compromiso de brindar atención especializada en el paciente y desempeñarse

como líderes en la comunidad de salud,” dijo Susan L. Henricks, Presidente y COO de National Research Corporation. “Nuestras felicitaciones para Adventist Home Health por encontrarse dentro de las 500 mejores agencias de atención en el hogar en el país.”

Adventist Home Health, con sede central en Silver Spring, Md., presta servicios al área de Maryland incluyendo los condados de Montgomery, Prince George’s, Charles, Calvert, St. Mary’s, Howard y Anne Arundel. Este es el tercer año que la agencia ha recibido la distinción HomeCare Elite. Es parte de Adventist HealthCare con base en Rockville, Md. y presta servicios a la comunidad desde hace 40 años.

“Las agencias de salud que lograron este reconocimiento entre las agencias de HomeCare Elite demostraron que no solo pueden adaptarse a un mercado en constante cambio sino que también pueden superar los resultados clínicos, la experiencia del paciente, la mejora de la calidad y los resultados financieros,” dijo Marci Heydt, Gerente de Producto del grupo comercial de cuidados intensivos de DecisionHealth.

Para obtener más información acerca de los servicios de Adventist Home Care Services, comuníquese al 1-800-610-2447 o visite www.AdventistHomeCare.com



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

www.AdventistHealthCare.com



Hazle fan de Adventist HealthCare: facebook.com/AdventistHealthCare

Personal spirit. Shared values.

Glen Scott is one of the people who help to make us a center of clinical excellence and supportive faith-based care.

Associate Professors (2)

Department of Health Promotion & Education at LLU, School of Public Health. Requires PhD or DrPH, track record of research & publications, & 3-5 years teaching experience. Apply online & email CV to: nmodeste@llu.edu



*Glen Scott
Clinical Therapist
Ocean Lover*

Many Strengths. One Mission.

If you are an individual who understands and embraces the mission and purpose of Loma Linda University and its entities as premier Seventh-day Adventist Christian institutions, please visit careers.llu.edu or call 1-800-722-2770. EOE/AA/M/F/D/V



LOMA LINDA UNIVERSITY
HEALTH



19 Adventist Channels
Plus more than 50 other FREE Christian Channels and 4 News Channels



Automatic Channel Updating
One-Room System
Only \$199
plus shipping

Do you have an old receiver?
Do you want to view
all 19 Adventist Channels?
UPGRADE FOR ONLY \$99
new satellite receiver
expires 02-28-13
Use Promo Code **SAVE26**

**No Monthly Fees
No Subscriptions
No Credit Checks**

- Make this gift a blessing
- To Loved Ones
 - To Friends
 - To Neighbors
 - To New Members



ADVENTIST **sat.com**
A Glorystar Network

866-552-6882 toll free www.adventistsat.com

ADVENTIST WORLD RADIO **annual offering**
March 9, 2013

Your mission radio:
**Bringing light
to the world**

"In our city and country that has been torn apart by war, where there is no peace or trust among the people, where everyone is worried if they can keep themselves alive for one more day, the message of Jesus Christ is our only light."



12501 Old Columbia Pike, Silver Spring, Maryland 20904 USA
800-337-4297 | awr.org | [@awrweb](https://www.facebook.com/awrweb) | [facebook.com/awrweb](https://www.facebook.com/awrweb)
AM/FM radio • shortwave radio • podcasts • on demand

AWR Listener in the Middle East

Bulletin Board

VISITOR ADVERTISING AND SERVICES

Advertising ■ The *Visitor* does not guarantee the integrity of any product or service advertised and does not accept responsibility for typographical or categorical errors. For advertising guidelines and rates: columbiaunion.org/advertising

Display ads: bmichaels@columbiaunion.net

Classified ads: sjones@columbiaunion.net

Obituary Submission ■ Obituaries are posted free of charge for members of the Columbia Union. To submit an obituary: columbiaunion.org/obituary

Subscriptions ■ Nonmembers of the Columbia Union may subscribe to the *Visitor* for a fee. For more information: columbiaunion.org/subscription

Contact Us

Columbia Union *Visitor*
5427 Twin Knolls Rd
Columbia, MD 21045
(888) 4-VISITOR/(888) 484-7486
visitor@columbiaunion.net

EMPLOYMENT

SOUTHERN ADVENTIST

UNIVERSITY seeks professor of film to teach directing, screen-writing and film theory. MFA in film production preferred. Broad knowledge of field, advanced technical skill, professional production experience and strong storytelling abilities are requisite. Must be a Seventh-day Adventist Church member in good and regular standing. Send cover letter, curriculum vitae, statement of teaching philosophy, portfolio samples and at least three references to Randy Craven, Dean, School of Visual Art/Design, Southern Adventist University, POB 370, Collegedale, TN 37315-0370.

SOUTHERN ADVENTIST

UNIVERSITY'S School of Social Work seeks full-time faculty. Candidate must have MSW degree from a CSWE-accredited program and a PhD in related field. Candidates should be able to demonstrate CBT skills. Must have a strongly expressed commitment to Jesus Christ and the teachings and mission of the Seventh-day Adventist Church, and be a Seventh-day Adventist church member in good and regular standing. Please submit a curriculum vitae via email to René Drumm (rdrumm@southern.edu), Dean, School of Social Work, Southern Adventist University.

SOUTHERN ADVENTIST

UNIVERSITY'S School of Education and Psychology seeks faculty for counseling programs. Qualified candidates must have an earned doctorate in counseling or counselor education, preferably from a CACREP-accredited program, with a concentration in school or clinical mental health

counseling. The candidate must have a strongly expressed commitment to Jesus Christ, and be a Seventh-day Adventist church member in good and regular standing. Submit curriculum vitae and cover letter to John McCoy, School of Ed/Psych, POB 370, Collegedale, TN, 37315-0370.

WALLA WALLA UNIVERSITY

seeks applicants for a full-time faculty position focusing on medical-surgical nursing on the Portland, Ore., campus to begin September 2013. For more information and to apply, please visit: jobs.wallawalla.edu.

WALLA WALLA UNIVERSITY

seeks applicants for a full-time faculty position as dean of the School of Education & Psychology to begin July 2013. For more information and to apply, please visit jobs.wallawalla.edu. The position will remain open until filled.

WALLA WALLA UNIVERSITY

seeks applicants for full-time, tenure-track faculty positions in art, biology and mathematics to begin September 2013. For more information and application process, please visit jobs.wallawalla.edu. All positions will remain open until filled.

SEVENTH-DAY ADVENTIST

GUAM CLINIC is seeking individuals in internal medicine, family medicine, orthopedic surgeon, nurse practitioner, rheumatologist, dermatologists, pediatricians, hospitalist, physician assistant, physical therapist, OB/GYNs, urologist, surgeons, cardiologist, dental director and professional recruiter. Call to learn about the benefits and opportunities at 1(671) 646-8881, ext. 2; email: hr@guamsda.com; visit: adventistclinic.com.

ADVENTIST UNIVERSITY

OF HEALTH SCIENCES is seeking applicants for the position of program director for a new physician assistant program. A master's degree is required; doctoral degree preferred. Adventist University is a faith-based institution, which seeks candidates who fit the unique culture and mission of the college. Please email CV to Dr. Len M. Archer, Assoc. VP for Academic Administration, Adventist University of Health Sciences, 671 Winyah Drive, Orlando, FL 32803; len.archer@adu.edu.

ADVENTIST UNIVERSITY

OF HEALTH SCIENCES, Orlando, Fla., is seeking a physical therapist program director beginning 2013. The program director will provide overall academic leadership developing this program and salary will be competitive. Requirements: doctoral degree from regionally accredited school; PT academic experience; and eligible for Florida PT licensure. Preferred: senior faculty status. Submit letter of interest, curriculum vitae, three references and/or letters of recommendation to Dr. Don Williams, Sr. VP, Academic Administration, Adventist University of Health Sciences, 671 Winyah Drive, Orlando, FL 32803; don.williams@adu.edu.

ADVENTIST HEALTH SYSTEM

is seeking a law student for a six- to eight-week summer clerkship in 2013. This position is limited to students who have finished only one year of law school. Ideal candidates would be in the top 25% of their class. Duties include legal research and other projects. Please send résumé and transcript to david.gordon@ahss.org.

SHILOH SEVENTH-DAY

ADVENTIST CHURCH, Cincinnati, Ohio, seeks classroom teacher for its Early Childhood Learning Center. Must have prior classroom teaching experience, CDA, associate's degree in early childhood or bachelor's degree preferred. Teaching assistants must have high school diploma. For more information, contact Kenneth Price at kenfindme@hotmail.com or (513) 961-6870.

MISCELLANEOUS

EARLITEEN AND YOUTH:

ELLIOTDYLAN.COM for the *Undercover Angels* book series for Christian teens that builds on biblical principles and reinforces integrity. Great for Sabbath reading, church schools, home schools and gifts! Youth will enjoy these Christian novels filled with action, character-building lessons and Bible truths. Kindle and large print editions available.

THE WILDWOOD LIFESTYLE

PROGRAM can help you naturally treat and reverse diseases, such as diabetes, heart disease, hypertension, obesity, arthritis, osteoporosis, fibromyalgia, lupus, multiple sclerosis, chronic fatigue, cancer, substance abuse, stress, anxiety, depression and many more. Invest in your health and call (800) 634-9355 for more information, or visit: wildwoodhealth.org/lifestyle.

REAL ESTATE

MARYLAND HOME ON 3.02

ACRES W/SCENIC MOUNTAIN VIEWS: 3BR, 2.5BA, cathedral ceiling, breakfast room and formal dining room, den with large stone working fireplace, sunroom, and 2-car garage. Well water. Churches, private schools, state parks, lake and near Appalachian trails. Shopping in Hagerstown and Frederick. (423) 619-9391.

HOUSE FOR SALE NEAR BLUE

MOUNTAIN ACADEMY. Beautiful brick ranch house on one-acre, wooded lot in northern Berks County, Pennsylvania, with 4BA, 2BA and two kitchens. All appliances included. \$239,900. Call Tom Roth, Keller Williams Real Estate, (484) 225-9942.

PHYLLIS NEWMAN

Realtor, GRI, CRS

(800) 586-4669

Email:

phyllisnewman@realtor.com

Websites:

MDsmartbuy.com
homedatabase.com/
realestate

Website allows you to search MD MLS database by price, zip code, and have new listings emailed to you.

Serving Maryland

Ask about our buy/sell program: Special pricing when you both buy and sell with Phyllis.

Recipient of
RE/MAX Hall of Fame
and
RE/MAX Platinum Sales
Awards

RE/MAX Realty Centre, Inc.
(301) 774-5900

Selling Maryland homes
since 1987.

SERVICES

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 a 10% discount on all services, excluding third-party payers. We welcome new patients.

SINGLE AND OVER 40? The only interracial group exclusively for Adventist singles over 40. Stay home and meet new friends in the USA, with a pen pal monthly newsletter of members and album. For information, send a large, self-addressed, stamped envelope to ASO 40, 2747 Nonpareil, Sutherlin, OR 97479.

PLANNING AN EVANGELISTIC SERIES OR HEALTH SEMINAR? Have questions? Need affordable, professionally prepared handbills, brochures, signs, banners and mailing services? Call toll-free: (800) 274-0016 and ask for HOPE Customer Service or visit: hope-source.com. We invite you to experience the Hopesource difference.

ADVENTISTSINGLES.ORG: Free 14-day trial! Join thousands of active Adventist singles online. Free chat, search, detailed profiles and match notifications! Two-way compatibility match, photos and confidential online mail. Witnessing opportunities to the world through articles, friendships, chat and forums. Since 1993, Adventist owners. Thousands of successful matches. Top ranked.

RELOCATING FROM ONE STATE TO ANOTHER? The move counselors at Stevens Van Lines can help! With special pricing for all Seventh-day Adventist families, and recommended by the General Conference for over 14 years, quality is inherent. Call the Clergy Move Center direct for a no cost or obligation estimate at (800) 248-8313. Or email us at stevensworldwide.com/sda.

MARYLAND ADVENTIST PODIATRIST: Dr. Scott Nutter, highly trained, experienced and board certified, is available in several locations to help your foot/ankle problems, including arthritis, heel pain, spurs, diabetes, callouses, ingrown nails, sprains, fractures, warts, bunions, etc. Surgery, if it is needed, at Adventist hospitals. Laurel: (301) 317-6800; Greenbelt: (301) 345-5200; or Columbia: (410) 531-6350.

MOVE WITH AN AWARD-WINNING AGENCY: Apex Moving & Storage partners with the General Conference to provide quality moves at a discounted rate. Call us for your relocation needs. Adventist beliefs uncompromised. Call Marcy Danté at (800) 766-1902 for a free estimate. Visit us at apexmoving.com/adventist.

HAVE YOU WRITTEN a children's book, life testimony, story of God's love, or your spiritual ideas and would like them published? Contact TEACH Services: (800) 367-1844, ext. 3; or email: publishing@teachservices.com, for a FREE manuscript review.

PREPAID PHONE CARDS: Regularly featuring new card for continental USA or international countries. NOW 2.4 c per minute. No connection fees or other taxes. Do you want a card that is trouble free or does not expire? Benefits personal ASI projects/Christian education. For information, call L J PLUS at (770) 441-6022 or (888) 441-7688.

LEGAL NOTICE

QUADRENNIAL SESSION OF THE ALLEGHENY WEST CONFERENCE OF SEVENTH-DAY ADVENTISTS
Notice is hereby given that the third quadrennial and 16th regular session of the Allegheny West Conference of Seventh-day Adventists will convene at 9 a.m. on Sunday May 19, 2013, at the Ephesus Seventh-day Adventist Church, 3650 Sunbury Rd, Columbus, Ohio 43219. This meeting is called for the purpose of electing officers, departmental directors and committees; to amend the constitution and bylaws; and any other business that may properly come before the session at that time.

*William T. Cox, President
Robert Moore, Secretary*

ALLEGHENY WEST CONFERENCE CORPORATION MEETING

Notice is hereby given that the legal meeting of the Allegheny West Conference Corporation of Seventh-day Adventists will be held in connection with the third quadrennial and 16th regular session of the Allegheny West Conference on Sunday, May 19, 2013, at the Ephesus Seventh-day Adventist Church, 3650 Sunbury Rd, Columbus, Ohio 43219. The purpose of this meeting is to elect a Board of Trustees for the ensuing four-year period and to transact any other business that may properly come before the Corporation at that time. The delegates of the third quadrennial and 16th regular

Sunset Calendar					
	Feb 1	Feb 8	Feb 15	Feb 22	Mar 1
Baltimore	5:26	5:34	5:43	5:50	5:58
Cincinnati	5:58	6:06	6:14	6:22	6:30
Cleveland	5:42	5:51	6:00	6:08	6:17
Columbus	5:50	5:59	6:07	6:15	6:23
Jersey City	5:13	5:22	5:30	5:39	5:47
Norfolk	5:30	5:37	5:44	5:52	5:59
Parkersburg	5:46	5:54	6:02	6:10	6:18
Philadelphia	5:19	5:28	5:36	5:44	5:52
Pittsburgh	5:37	5:46	5:54	6:03	6:11
Reading	5:21	5:30	5:38	5:47	5:55
Richmond	5:33	5:41	5:49	5:56	6:03
Roanoke	5:44	5:51	5:59	6:06	6:13
Toledo	5:49	5:58	6:07	6:16	6:24
Trenton	5:17	5:25	5:34	5:42	5:50
Wash., D.C.	5:29	5:37	5:45	5:53	6:00

session of the Allegheny West Conference are delegates for this session.

*William Cox, President
Robert Moore, Secretary*

ANNOUNCEMENTS

WASHINGTON ADVENTIST UNIVERSITY ALUMNI WEEKEND, April 12-14. You are invited to attend. Visit wau.edu/alumni or call (301) 891-4133 for more information. We look forward to seeing you!

UNION COLLEGE HOMECOMING, APRIL 4-7. Alumni, friends and former faculty are invited. Honor classes are 1943, 1953, 1958, 1963, 1973, 1983, 1988, 1993 and 2003. Special events to remember the people of Jorgensen Hall. Contact the alumni office at (402) 486-2503, 3800 S 48th St., Lincoln, NE 68506 or alumni@ucollege.edu.

FREDERICK SEVENTH-DAY ADVENTIST CHURCH invites you to their Spring Concert, Saturday, April 6, at 4 p.m. Featuring the extraordinary talents of young musicians Mathew Daley, piano, and James Brostrom, organ. Church address: 6437 Jefferson

Pike, Frederick, MD 21703; (301) 662-5254; fredericksdachurch.org.

MYSTERIES "THE MARK OF THE BEAST REVEALED": Author/evangelist/producer/radio show host, Steve Wohlberg (Newport church), will conduct an evangelistic series explaining end-time prophecies and events at the Restoration Praise Center located at 10411 Greenbelt Road, Greenbelt, Md., March 15 at 7 p.m. and March 16 at 11 a.m., 3 p.m. and 5 p.m.

BROADVIEW ACADEMY ALUMNI WEEKEND, April 26-27. Mark your calendars, call your classmates and start planning for this weekend now. Honor classes: 1943, 1953, 1963, 1973, 1983, 1988, 1993 and 2003. Where: North Aurora Adventist church, North Aurora, Ill. Friday night vespers, Sabbath School and church. All ideas and information are welcome. For communication purposes, we need your email address. Send to Ed Gutierrez, edjulie1@att.net, or call: (630) 232-9034. More information to come.

HAGERSTOWN (MD) CHURCH SABBATH SUNDOWN SERENADE CONCERTS: (11507 Robinwood Dr.) All are invited to these Sabbath-ending

Bulletin Board

concerts, designed to begin approximately one hour prior to sunset. February 23 at 5 p.m., the New England Youth Ensemble will perform, under the direction of Preston Hawes. March 2 at 5 p.m., Derek and Ashley Boyce, a couple currently on staff at Highland View Academy, will perform instrumental duos and solos (flute and trombone), accompanied by Jeff Dunn, who is currently pursuing a degree in piano performance. And, March 9, a DVD presentation by Louie Giglio, entitled "How Great is Our God." Come and be re-awakened to your true value.

OBITUARIES

BROOKS, Irma, born June 20, 1929, in Davidson, Tenn.; died December 16, 2012, in Spencer, Ind. She was a member of the Hagerstown (Md.) church, where she served for many years as the local church clerk. Irma worked at the Southern Publishing Association (Tenn.) before moving to Maryland in 1981. She then began employment at the Review and Herald Publishing Association, located in Hagerstown. She is survived by her daughters: Karen Hansen and Latricia Whitlow; and several grandchildren. She was preceded in death by her husband, Ray, and her son, Danny.

Obituary Correction:

STEWART, Doris H., born June 18, 1918, in St. Helena, Calif.; died June 15, 2012, in Dayton, Md. She was a member of the Sligo church in Takoma Park, Md., for 40 years and Spencerville church in Ashton, Md., for 12 years. She served as partner to her husband in ministry in California, and as a deaconess, a pianist and Sabbath School teacher in later years. She loved Bible study and "Wordwise" and was greatly blessed by the outstanding worship music and Evensong programs at the Spencerville church. She is survived by her son, John (Carolyn) Stewart of Portland, Ore.; her daughter, Beth (Bill) Van Meter of Spencerville; four granddaughters; and four great-grandchildren. She was preceded in death by her husband, Elder Arlyn Stewart.

CORRECTION

In the December 2012 feature "Ministry in Motion," Ina Farrell's production company, Heavensong Entertainment (myheavensong.com), is called "a place" (see p. 10). Instead her plays are featured in local theaters. We regret the error.

**Engaging Minds,
Transforming Lives**

For more information:
www.wau.edu
enroll@wau.edu
 800-835-4212

**WASHINGTON
ADVENTIST UNIVERSITY**
 7600 Flower Ave., Takoma Park, MD 20912



NAD Health Ministries is excited to announce our amazing line up of keynote speakers and great array of seminars from fitness and lifestyle to mental and emotional health. Prepare to be inspired and taught by leaders in the faith and health movement.

- 20 workshops of training on a variety of programs
- A track for pastors and clergy
- All tracks with practical information for outreach
- A track for nurses
- Hands on experience on health evangelism
- Health Expos for the community (adults and children)
- Evening health sessions to the community

Limited space available so register today!

Keynote Speakers



Special Guests and Presenters



Featured Musician



NAD Health Summit
 March 13 - 17, 2013
 New York, NY

Sheraton LaGuardia East Hotel, Flushing, NY

For more information and to register visit www.NADhealthsummit.com
 Sponsored by the Health Ministries Department of the North American Division of Seventh-day Adventists

EQUIPPING HEALTH LEADERS TO REACH OUT

MAKING MINISTRY POSSIBLE

Columbia Union Revolving Fund

IN THE LATE 1960s, the Seventh-day Adventist Church inside the Columbia Union territory was growing, but there was little space to house new believers and school their children. Without funding, building and renovating worship and educational facilities would essentially come to a standstill.

Union leaders created a program whereby members could invest in a "revolving fund." The funds raised from these investments were then loaned to conferences, churches, schools and other Adventist institutions. Members responded, and within a year invested more than \$200,000 in what became known as the Columbia Union Revolving Fund (CURF). CURF, in turn, provided a valuable source of funds to help keep the work of the church growing within the union.

During the past 40-plus years, CURF has provided some 1,800 loans to union entities and continues to be their first choice in lending. CURF makes ministry possible.

**Columbia Union's
Lender of Choice**

(866)721-CURF

This advertisement does not constitute an offer to sell nor a solicitation of an offer to buy securities. Any offer to sell securities issued by CURF is made only through its Offering Circular. No one should consider any investment in CURF Notes other than by careful reference to the Offering Circular. Neither FDIC, SIPC nor any other government agency guarantees or insures repayment of CURF Notes.

EMPOWERED TO COMPETE AND SUCCEED



BEYOND SCHOLASTIC ACHIEVEMENTS

Pine Forge Academy continues to inspire and challenge students to achieve and excel spiritually, academically, and socially. Motivated by strong spiritual values and high academic standards, the Academy's goal is to make excellence a tangible reality for each student who traverses its sacred grounds. The student's ambition for success in the various areas of school life parallels the high expectations of the faculty and staff. The curriculum is designed to forge our students into mature young adults who are articulate, independent thinkers, empowered to compete and succeed in all areas of our society.

Pine Forge Academy boasts of being:

- One of four African-American coed boarding academies
- Ethnically and culturally diverse
- Intimate in size to accommodate many learning styles
- A high school that graduates 100% of its seniors
- A high school where 100% of seniors are accepted into one or more colleges/universities of their choice

Come and experience the legacy of high academic standards we embrace. **You will Succeed! You will Love it!**
Visit our website at www.PineForgeAcademy.org or call us today at **610-326-5800** for more information.

excellence is no accident...



PINE FORGE ACADEMY

P. O. BOX 338, PINE FORGE, PA 19548
MAIN OFFICE: 610-326-5800 FACSIMILE 610-326-4260
WWW.PINEFORGEACADEMY.ORG