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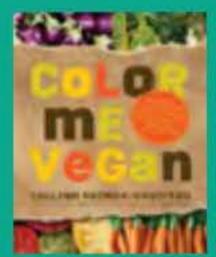
ON THE WEB

SONGS FROM THE HEART

Denise Josiah, a member of the Allegheny East Conference's Miracle City church in Baltimore, recently released



the album Songs From the Heart. Read our interview with Josiah to find out more about her passion for sharing her faith through music at columbiaunionvisitor. com/songsfromtheheart.



SUMMER

Spice up your summer dinner table with help from some new cookbooks.
We surveyed the book purchasers from Potomac Conference's

LivingWell in Silver Spring, Md., to find the best new vegan cookbooks. See their favorite picks at columbiaunionvisitor. com/summercooking.

CLEAN EATING

Heidi Shoemaker, founder of Clean Eating Cooking Class, is on a path to change and motivate men as well as women and children—



to eat healthier. Through her growing class, Shoemaker, the Ohio Conference's director of communication, is inspiring her students to regain their health and even help their waistlines. Read more at columbiaunionvisitor.com/cleaneating.



MORE RECIPES PLEASE

Don't just read about Shoemaker's healthy dishes, enjoy them and other favorites from Columbia Union Conference members. Visit

columbiaunionvisitor.com/recipes and get cooking!

CAMP MEETING ARCHIVES

Camp meeting season is almost over in the Columbia Union, but you can still listen to archives from several of the meetings at columbiaunionvisitor. com/2016campmeeting.



VISITOR

Beth Michaels = Editor

V. Michaelle Bernard = Assistant Editor, Digital Media Coord.

Kelly Butler Coe = Art Director, Designer

Sandra Jones = Advertising, Cacadation Manager

The Visitor is a monthly publication of the Columbia I taion Conference reacting approximately 61,900 Seventh-day Adventist homes in the mid-Atlantic area. The Visitor provides news and information, inspiration for effective ministry, and insight on issues with a spiritual focus to help engage members in experiencing the mission.

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PUBLISHING

Celeste Ryan Blyden - Publisher

Board: Dave Weigley (chain, Beth Michaels (secretary), Setin Bardin, Caleste Ryan Blyden, Larry Boggess, José H. Cortés, William T. Cox, Henry Fordham, Ron Halvorsen Jr., Ray Hartwell. Bill Miller, Rick Resonners, Rob Vandenian

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COLUMBIA UNION CONFERENCE

5427 Twin Knolls Road, Columbia, MD 21045 (410) 997-3414 • columbiausion.org

Oave Weigley = President

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Harold Greene - Cirector, Information Technology
Carol Wright - Undertressurer

CONFERENCES

ALLEGIENY EAST: Herry J. Fordham, President: LaTasha Hewitt, Vicitor Correspondent = Tel. (610) 326-4610 = visitaec.com

ALLEGHENY WEST: William T. Ook Sr., President: Bryant Smith, Visitor Correspondent - Tel. (614) 252-5271 - awroni.org

CHESAPEAKE: Rick Remmers, President; Samantha Young, Visitor Correspondent = Tel. (410) 995-1910 = ccosda.org

MOUNTAIN VIEW: Larry Boggess, President; Valerie Marikone, Visitor Correspondent = Tel. (304) 422-4581 = miviewcord.org

NEW JERSEY: José H. Cortés, President; Paulo Macena, Vicidor Correspondent = Tel. (609) 392-7131 = njoeda.org

OHIO: Ron Halversen Jr., President; Heidi Stoemaker, Visitor Correspondent - Tel. (740) 397-4685 - chicadventist.org

PENNSYLVANIA: Ray Hartwell, President, Tamyra Horst, Visitor Correspondent - Tel. (610) 374-8331 - Pagonference, org

POTOMAC: Bill Miller, President, Tiflany Dose, Visitor Correspondent = Te. (540) 886-0771 = pcsda.org

EDUCATIONAL INSTITUTIONS

KETTERING COLLEGE: Nate Brandstoter, President, Jessica Beans, Visitor Correspondent - Tel. (937) 395-8601 - hc.edu

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HEALTHCARE NETWORKS

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Thomas Grant, Visitor Correspondent
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Volume 121 ■ Issue 6

We're Big Kids Now

recall one day sitting on the steep, red oakstained, concrete front steps of our tiny, rural home in Jamaica on long, carefree days full of wonder and expectation. My twin brother, J. Olive, and I couldn't have been more than 3 years old because our younger sister was not yet born. On this fine day, mother gathered food for dinner from lush crops surrounding the house and firewood to cook in our homey, outdoor kitchen.



The fowls "cackled" as they lay eggs, the dogs playfully barked, somewhere a cow mooed, and the sound of water gushed over rocks in the nearby stream, invoking a mysterious flow of cool, shadowy air as the sun bore down upon our little faces—unforgettable scenes of childhood.

We noticed something troubling, though, as we sat blissfully gazing into the sky. God had made His nose much bigger than ours, and His mouth and ears so much bigger. We voiced our displeasure. It never dawned on our little minds that the awesome "figure" in the sky was the result of cloud

formation. We were taught that God is up there in heaven, so that day, when we saw that towering figure looking out at the world, that to us was God.

TIME TO GROW UP

We often draw conclusions about God based on our world experiences. Such was the nature of some congre-



gations to which the apostle Paul ministered through letters; and so often it is even today. Children do not grasp that their view of things is limited because their reasoning capacity is incomplete. Childhood is wonderful, but it is not natural or helpful to remain a child.

The Corinthian church divided over differing conclusions on various matters. In 1 Corinthians 13, Paul implies that divisiveness emerges from the absence of spiritual maturity in what really endures—love. In 11:9-12, he states: "Love never ends. For we know only in part, and we prophesy only in part; but when the complete comes, the partial will come to an end. When I was a child, I spoke like a child, I thought like a child, I reasoned like a child; when I became an adult, I put an end to childish ways."

Surrendering our limited view of things is not easy; but when we do, we begin to move past the distrust and intolerance that defeat God's purpose for us. Love is that spiritual discipline by which we remain in God's presence and grow together in hope. God does not change, but we must because we are, at every stage, limited in our grasp of things. So, as I like to say, "No more baby talk; we're big kids now."

Olive Hemmings is religion professor at Washington Adventist University in Takoma Park, Md., and a recent Columbia Union Notable Person of Honor.

Newsline

VISITOR EDITORPASSES AWAY

Beth Michaels, editor of the Columbia Union *Visitor*, who served the Seventh-day Adventist Church with distinction, passed away June 9 after a lengthy battle with cancer. She was 44.



"Beth was an incredibly gifted editor and had a burden to present relevant subjects in our union paper," says Dave Weigley, Columbia Union Conference president.

Beth Renee Schaefer graduated from Columbia Union College (Now Washington Adventist University) in Takoma Park, Md., and started her career at the Ellen G. White estate and later spent five years working for the Adventist Development and Relief Agency International. During those years, she met Bo Michaels on a blind date. They married in 1999 and later welcomed their sons, Kai and Jordan.

Barry Casey taught Michaels at Columbia Union College and talked to her about two months before she died. "After quickly bringing me up to date on her treatment, she asked how things were going for me. I'd been a bit discouraged, and suddenly [she shifted the conversation] to what the Lord had in store for me and the promises in the Bible that were written just for me and how much we have to be thankful for. ... That was Beth. She was generous, cheerful, exuberant and smart. All of us who knew her are the richer for it," he says.

Michaels, who served at the union for 10 years, was named editor and associate communication director in 2014.

WGTS APPOINTS NEW CHAPLAIN

WGTS 91.9 FM, owned by Washington Adventist University in Takoma Park, Md., welcomes Kumar Dixit as new station chaplain. He will oversee an active prayer network, outreach worship services, live music at local venues and more. Dixit starts in August and says he's eager to build on the station's momentum to develop "a deep and personal connection with listeners. ..."

Kevin Krueger, station general manager, comments, "We are excited to welcome Kumar with his energy, knowledge of D.C. and love for God."—Lisa Krueger



C.D. BROOKS PASSES AWAY

On June 5, retired Seventh-day Adventist evangelist Charles Decatur Brooks passed to his rest after a brief battle with pancreatic cancer. Brooks worked as a pastor, administrator, evangelist and chaplain for the church since 1951 and is believed to have baptized 15,000 people. He served for many of those years in the Columbia Union Conference, leading evangelistic meetings in Delaware, Pennsylvania, New Jersey and Ohio.

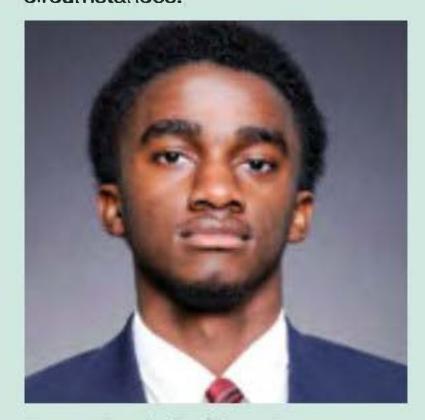
He continued to conduct meetings after taking on the role of church administrator for the Columbia Union, then at the General Conference in Silver Spring, Md. "Evangelism is the elixir that warms up a cold church," Brooks said, "the force that moves the members from standing on the premises to standing on the promises."



Dave Weigley, Columbia Union Conference president, says, "We have lost a giant in the Adventist church. Elder C. D. Brooks has left a powerful legacy of preaching and evangelism, touching the lives of literally millions of people with his ministry."-—North American Division Communication Staff

PERSPECTIVES

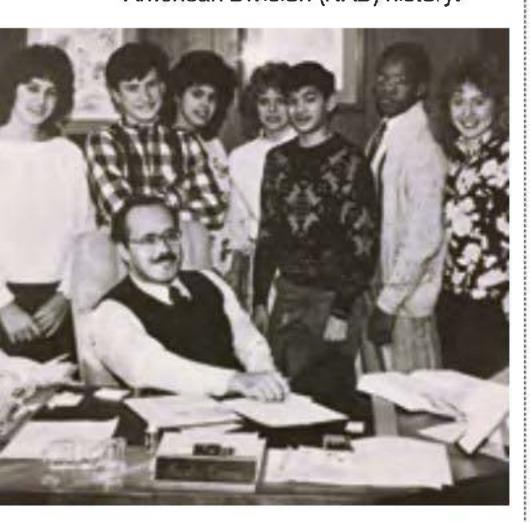
Jeffrey Wims, a recent graduate from the Potomac Conference's Takoma Academy in Takoma Park, Md., and one of the nine recipients selected for the Office of Education's annual Caring Heart Award, reflects on the recent honor: Just because you might be popular [doesn't mean] you shouldn't go out of your way to speak to others ... [because] you never know a person's circumstances."



Learn about all of the winners at columbiaunionvisitor.com/caringheart.

Hamlet Canosa, Longtime Education Administrator, Retires

amlet Canosa, EdD,
Columbia Union Conference's vice president of Education,
officially retired last month after
43 years serving the Seventh-day
Church. His career started in 1970 in the Chesapeake Conference. He went on to teach at every level of the Adventist educational system, from secondary school to college.
Canosa also led administratively at the academy, conference and union levels. He is believed to be the longest serving educational VP in North American Division (NAD) history.



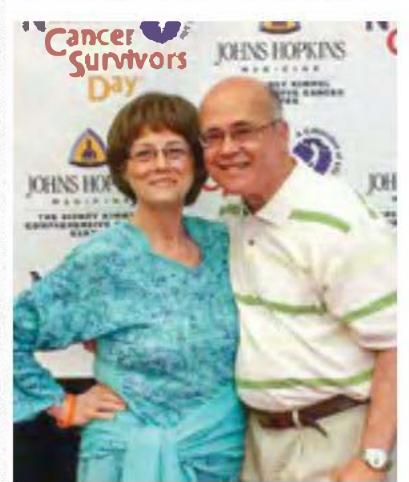
One of those posts was in the Pennsylvania Conference, where he served as vice principal and principal (pictured, above) of Blue Mountain Academy for four years. "Pennsylvania will never truly know the impact Hamlet Canosa had on Christian education in our conference because that's not his style," says Dave Morgan, BMA principal and former Pennsylvania Conference education superintendent. "I will be forever grateful that in my time of service in Pennsylvania, Ham Canosa was always in my corner. [He] can rest assured that in his service as BMA principal to lifting up the current principal of BMA, his impact on the lives of our young people has been enormous."

Canosa humbly reports that his accomplishments include completing a doctoral degree in Leadership

and Educational Administration 10 years ago at La Sierra University (Calif.). During his 20 years in the Columbia Union, he also initiated programs like the Academy Visioning Ad Hoc Group, which he established to restructure delivery of secondary education to the mid-Atlantic area. He says input from many talented, educational leaders buoyed this work. Some key elements of that initiative involved creating models on how to consolidate secondary boarding schools to reduce overall conference expenses, and exploring technological applications to enhance academic rigor, both of which are being applied and embraced across the NAD.

Canosa is grateful to have advanced instructional and leadership skills through chairing and serving on committees that fostered professional development, and working with philanthropic and other foundations. He concludes, "I have appreciated expressions of kindness given by those people and organizations I have tried to faithfully serve."

Dave Weigley, union president, calls Canosa a legendary leader: "Dr. Canosa has been a stalwart for education in our field, providing a steady hand during two decades of change and challenge." Weigley adds, "He helped the church navigate the needs of new generations, new times and a new era of technology, and we will surely reap





FUN FACTS

Canosa is known for making up fun nicknames for family members, performing silly songs and funny dances to entertain Kathy, and being an avid fan of Boston-based sports teams.



Hamlet Canosa visits with Carla Thrower, Takoma Academy principal, in her office.

the blessings of his dedication to Adventist education in eternity."

MOVING ON

In retirement, Canosa looks forward to he and wife, Kathy (pictured, left), spending many more rich moments with their four children and six grandchildren (pictured, above) in Tennessee. He also intends to write more—journal articles, devotional and kids books, and perhaps "the story of our personal journey through my wife's illness," he says. "I also look forward to continued service to the Lord and His church—volunteer work, serving on boards and committees, and perhaps some part-time teaching."

Noticias

FALLECIÓ BETH MICHAELS, EDITORA DE LA REVISTA VISITOR



Beth Michaels, editora de la revista *Visitor* de la Unión de Columbia, quien sirvió al Señor y a la Iglesia Adventista del Séptimo Día con dedicación y distinción, falleció el 9 de junio después de varios años de lucha contra el cáncer. Tenía 44 años.

"Beth era una editora increíblemente talentosa y sentía el llamado de presentar temas relevantes en la revista de nuestra unión", comenta Dave Weigley, presidente de la Unión de Columbia. "Ella quería tocar y ayudar a nuestros miembros en las situaciones que estaban atravesando y darles esperanza".

LLEGA UN NUEVO DIRECTOR AL CAMPAMENTO BLUE RIDGE

La administración de la Asociación Potomac informa que Eliasib Fajardo (en la foto con su familia), pastor de las iglesias hispanas de Arlington, Metro Nova



y Sterling, ha aceptado el llamado a servir como el nuevo director del Campamento Blue Ridge en Montebello, Virginia.

Para Fajardo, el Campamento Blue Ridge es un ministerio significativo ya que ha trabajado como voluntario y ha realizado varios retiros allí. "Mi mayor alegría es guiar a estos niños hacia un compromiso personal con Cristo", dice Fajardo. "Estoy emocionado por este reto".—Personal de la Asociación Potomac

MURIÓ C. D. BROOKS

El 5 de junio, el evangelista jubilado de la Iglesia Adventista, C. D. Brooks, pasó al descansó luego de una breve batalla contra el cáncer de páncreas. Desde 1951, Brooks trabajó como pastor, administra-



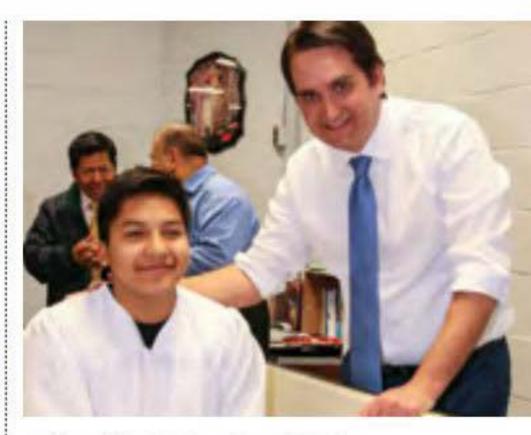
dor, evangelista y capellán para la Iglesia. Por muchos de esos años, Brooks trabajó en la Unión de Columbia realizando reuniones evangelisticas en Delaware, Pennsylvania, New Jersey y Ohio.

Dave Weigley, presidente de la Unión de Columbia, dice, "Hemos perdido un gigante de la Iglesia Adventista. El pastor C. D. Brooks ha dejado un legado poderoso de predicación y evangelismo. Llegó a tocar las vidas de millones de personas con su ministerio".

—Personal de Comunicación de la División Norteamericana

SIGUEN CRECIENDO LAS IGLESIAS HISPANAS EN CINCINATTI

Es imposible visitar alguna de las cinco iglesias hispanas en Cincinnati y no sentir la presencia



del Espiritu Santo, dice el Pastor Rafael Soto (en la foto bautizando a Kevin Gabriel Jiménez). Los lideres de las iglesias animan a que los miembros en Cincinnati "sean" Jesús para la comunidad en los alrededores de sus iglesias".

Debido al intenso deseo de tocar a cada familia hispana para Jesús, Soto desafió a sus iglesias a plantar otra iglesia para llegar a las áreas no alcanzadas.

Los miembros de una de las nuevas compañias, Pan de Vida, recientemente realizaron su primer culto en un nuevo edificio. Lea más en la página 18 en la circular de la Asociación Allegheny West.
--Sergio Romero

ARTICULO ESPECIAL DEL VISITOR

Por medio siglo, ningún otro lugar ejemplificó la frase "tan cerca y tan lejos" mejor que Cuba para los estadounidenses. A medida que Cuba continúa abriendo sus fronteras, los miembros provenientes del Atlántico medio aprovechan

nuevas oportunidades para compartir el amor de Cristo con un pueblo hambriento de esperanza. Lea el articulo completo en español en columbiaunionvisitor.com/cubamissions.

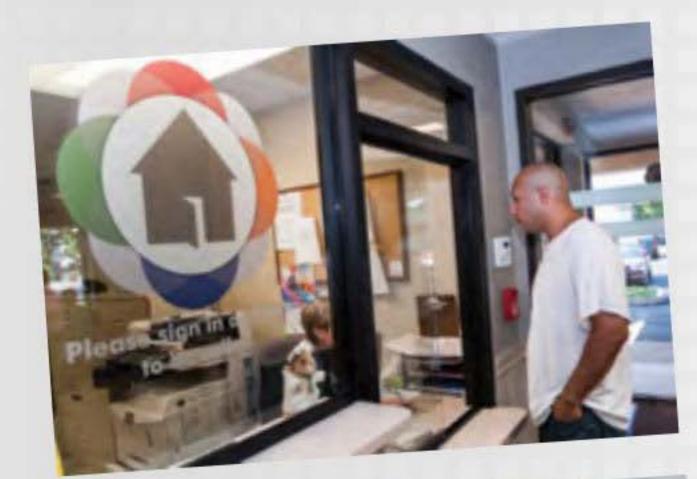
—Tompaul Wheeler



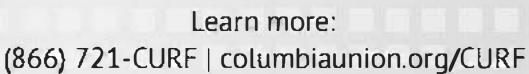
COLUMBIA UNION REVOLVING FUND

MAKING MINISTRY POSSIBLE

With a CURF loan, Ohio Conference's Good Neighbor House purchased and renovated an 11,105-sq.-ft. facility in Dayton that houses a food pantry, a department of clothing and household items and a community healthcare center with dental, medical and eye care for underserved and underinsured people. In 2014 this Adventist Community Services center provided health and human services to more than 20,000 neighbors in need.



By providing loans for more than 2,000 projects to date, CURF is helping the Seventh-day Adventist Church to be the hands and feet of Jesus in Southwest Ohio and all across the Columbia Union.







Since 1968 the Columbia
Union Revolving Fund (CURF) has
been providing low-interest loans and
financing for Seventh-day Adventist church and
school building and renovating projects so as to
facilitate growth. What started as a \$200,000 fund
with investments from members has grown to a \$168
million resource that makes ministry possible.



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Underscore

TIM ALLSTON

Men and Diet: Can Diehard Carnivores Become Vegetarian or Vegan?

oma Linda University's (LLU)
Adventist Health Study-2
(AHS-2), which includes
26,346 Seventh-day Adventist
men, recently published updates
about its findings on meat-eating's
link to prostate cancer, the second
most common male cancer.

The research team found that men who adopt a vegan diet (no dairy or eggs) are a third less likely to develop prostate cancer.

Gary Fraser, MD, a professor of medicine and epidemiology at LLU and principal investigator of AHS-2, says they found that, "Vegan diets showed a statistically significant protective association with prostate cancer risk."

In addition, the World Health Organization's International Agency for Research on Cancer listed processed meat as "carcinogenic" or cancer causing, and red meat as "probably" carcinogenic.

Interestingly, these findings

come some 120 years after Seventh-day Adventist church co-founder Ellen G. White counseled, "Flesh was never the best food; but its use is now doubly objectionable since disease in animals is so rapidly increasing. People are continually eating flesh that is filled with tuberculous and cancerous germs. Tuberculosis, cancer and other fatal diseases are thus communicated" (Ministry of Healing, p. 313).

Despite this and other evidence from many Seventh-day Adventist proponents of a plant-based diet, 48 percent of the 96,000 members enrolled in AHS-2 identify as "non-vegetarian."

CHANGE IS DIFFICULT

"Eating meat is a tough habit to change; I've been there personally," confesses Leah Scott, Health Ministries director for the Allegheny East Conference (AEC)

Get More

For additional recipes, like "Polly Dengel's Veggie Chicken Pot Pie," "Randy Nims Cottage Cheese Patties," and "Leah Scott's Oat Ball Dodgers," visit columbiaunionvisitor.com/recipes.

and coordinator for the Columbia Union. She says it was her husband who "suggested that we progressively lean toward a vegetarian diet after we were married. To this day, both of our sons practice a vegetarian diet and many of their friends ... recognize the value of a plant-based diet for better health."

Other respondents confirm their meat eating began in child-hood. Randy M. Nims, pastor of Pennsylvania Conference's New Castle church, shares, "I ate meat from birth to about age 10; then my parents were baptized and we became vegetarian. Probably around 16-17 years old, I had friends that I ate meat with. During college years until about age 39, I ate meat."

The pattern was reversed, however, with Pastor Dean Cinquemani of Ohio Conference's Christ Our Righteousness church in Olmsted. "I was raised vegetarian with the exception of fish—we were big into fishing—until I was 11, then was mostly vegetarian when at home. At 17 I became a full-time meat eater and did so for about 23 years."

Polly Dengel, a member of his church and an internist at the Cleveland Clinic in Cleveland says, "Along with every other way, we use food as comfort—not very differently from using alcohol or drugs. We love whatever comfort foods we

More Protein, Less Cholesterol

The U.S. Department of Agriculture recommends that adults consume between five to six and a half one ounce equivalents of protein a day. To get one ounce of protein, you could eat one ounce of cooked lean beef, which gives 60 calories and 2.7 grams of fat and 24.2 mg of cholesterol or you could eat the following options that contain zero cholesterol:

1/2 oz. of Almonds: 82 calories, 7 grams of fat

1/2 oz. of Unroasted Pumpkin Seeds: 180 calories, 2.1 grams of fat

1 T of Peanut Butter: 105 calories, 8 grams of fat

1/4 c. of Cooked Black Beans Cooked with Salt: 58 calories, .2 grams of fat

1 oz. Cooked Tempeh: 197 calories, 3.2 grams of fat

3 T Hummus: 170 calories, 2.2 grams of fat

Source: choosemyplate.gov/proteinfoods and myfitnesspal.com

grew up with, including meat and dairy; desserts especially use dairy and eggs."

It doesn't help, she opines, that "we have had the 'protein thing' pounded into our heads for so long without being taught how to use vegetables as protein. Men think they need protein for muscle building/maintenance and can't get their heads around any other way to get protein (other) than meat."

Pastor Cinquemani suggests another concern: "Despite our health message, I think we have done a bad job where it relates to food intake. Early on we put a lot of emphasis on Levitical laws as a guide—making it a religious issue—while it has really always been a better, healthier way to live. As a result, I think many men may still see it as a control issue and miss the practical realities of a vegetarian diet."

EATING TO LIVE

His church now runs a health outreach series called "Eating to Live." The free classes, which include cooking demos, a lecture and meal led by "Dr. Polly," draw some 60 to 80 registrants seeking to adopt healthier lifestyles, and she's had to add a second class.

"We began teaching the Forks
Over Knives diet at our community
center, and Dr. Polly did a wonderful job helping us understand the
health issues associated with eating
meat," says Pastor Cinquemani.
"Now I am trying to lose weight and
take better care of myself. Heart
disease and diabetes run in my family, and I want to prevent them from
taking hold, if at all possible."

Nims says his return to vegetarianism occurred after he fell and got a concussion. "That emotional strain was the worst I ever had. I felt like I was face-to-face with my mortality. I prayed more than I had ever prayed before.

"While in prayer, I felt God was challenging me to examine myself. One of those areas was caring for my body temple so He could dwell in me more than He currently was," Nims explains. "So, I quit eating meat 'cold turkey.' I believe the decision had to be the Holy Spirit. Anything else will be filled with failure(s)."

SOURCES OF SUCCESS

White wrote that "In order to know what are the best foods, we must study God's original plan for man's diet. Grains, fruits, nuts and vegetables ... prepared in as simple and natural a manner as possible are most healthful and nourishing." (Ministry of Healing, pp. 295, 296).

At the annual, two-week AEC fitness camp, Scott serves a gourmet vegan menu and shares this counsel through daily lectures. Some 60 attendees, including a handful of men each year, experience positive results. "Many men have success reducing meat consumption, resulting in reduced weight, lower cholesterol, an improved LDL/ HDL ratio and lower blood pressure. We have also seen a difference in their attitudes toward taking care of their health and reducing meat consumption. As a result, these men motivate other men to do the same!"

So does Pastor Cinquemani.
"I would and do encourage men to join me in the struggle; living healthier and longer is a good thing," he says. "Also, I encourage them to be honest about the struggle.

Scott concurs. "The journey to a plant-based diet is not always a sprint, but often a marathon! Take it in stride."

Nims agrees, adding, "There are stages to change: contemplating, making preparations, even being active in making change. But, it always comes back to 'my reason' for wanting change. Men must pray that the Lord reveals what He wants of them, and, when He answers, He will give them the strength to persevere.

"In order to have the ability to make these changes with sustainability, we need a power that we don't have in and of ourselves," Scott concludes. "That power comes from the One who said, 'My strength is made perfect in weakness" (2 Cor. 12:9).

Man-Friendly Burgers

Just in time for grilling season, here's a hearty and tasty burger recipe from Clara Iuliano, a member of the Pennsylvania Conference's Hamburg church, that packs protein and will add "meat to the bones."

Bella Burgers

16 oz. can of chickpeas

2 T olive oil

1 c. unseasoned breadcrumbs

3/4-1 c. water

4 T Bragg Liquid Aminos All Purpose Seasoning

4 minced garlic cloves

2 T The Vegetarian Express Saucy Ranch Seasoning (thevegetarian express.com)

1 c. vital wheat gluten

Safflower oil for browning

- 1. Grind the chickpeas in a food processor until homogenous.
- 2. In a mixing bowl, combine the chickpeas with the olive oil, breadcrumbs, water, garlic, and Bragg and ranch seasonings.
- 3. When well incorporated, add the wheat gluten and mix it in thoroughly with your hands.
- 4. Preheat a nonstick or well-seasoned, cast iron frying pan on medium high heat and add a small amount of oil.
- 5. Form a burger from 1/3 cup of the mixture and brown on both sides in the skillet, or brush the burgers with oil and bake on a cookie sheet in a preheated oven at 375°. (Note: A baked burger will be much drier.) 6. Serve on a bun with your favorite, healthy garnishes. (Note: Any uncooked mixture freezes well. From the freezer, brown on both sides in a skillet.)

Makes 7 burgers. Per serving: 219 calories, 5.8 g fat, 540 mg sodium, 23.8 g carbohydrates, 2.9 g fiber, 18.5 g protein



So NEAR, And Yet So FAR

As U.S. and Cuba relations begin to thaw, Columbia Union members seek new opportunities to share the love of Christ with a people hungry for hope.

Tompaul Wheeler

or half a century, nowhere has embodied the phrase "so near, and yet so far" for Americans more than Cuba. Cuba is only 93 miles from Key West, Fla., but for the average American, for decades it may as well have been on Mars. Home to 11 million people, the Caribbean island nation is the size of Virginia. Due to the travel and trade embargo imposed by the United States since the early 1960s, Cuba's colorful and dynamic culture, and its turbulent political scene have been shut out from much of the world.





"Cuba is beautiful, yet bizarre," says Cesar Gonzalez, pastor of Chesapeake Conference's Cambridge (Md.) church, who traveled to Cuba this past February with a group of Chesapeake pastors, administrators and lay leaders. "Havana is one of the most beautiful cities I've ever [seen]. But, it's just falling apart," he says.

Six people were baptized during a 2015 mission trip to Gibrara, Cuba, organized by members from the Potomac Conference's Seabrook church in Lanham, Md.





Frank Perez, retired CEO for Kettering Adventist HealthCare (KAHC) based in Kettering, Ohio, inserts, "It's like a time warp. Buildings have collapsed. There has been some reinvestment and refurbishing of those grand, old buildings but, where I grew up in Havana center, [it] hasn't changed in 50 years." He adds, "The most significant thing is the spiritual human nature, where people born under the communist system are yearning for that God experience in their lives. That is just so affirming to my faith, to what I knew, to what I have lived. It's so powerful."

Above: Yanet Amador translates during an evangelistic meeting in Consolacion del Sur. Left: Chesapeake Conference Pastor Ricardo Cala (wearing glasses), fellowships with a study group in Pinar del Rio.

NEW OPENINGS, OPPORTUNITIES

In 2009 the Obama administration opened the door for Cuban-Americans to freely travel to Cuba. In 2011 they expanded the list of sanctioned reasons for visiting Cuba to include academic studies and missionary work. Though the Cuban government had long persecuted religious people, without Soviet assistance, in the 1990s, Cuba became open to churches providing some of the social support it no longer could.

Don Noble, Maranatha
Volunteers International president,
and Tim Suarez, Cuban-born board
member, approached the government in 1994 seeking permission to
build churches.

"Before you build any new churches, we want you to fix the churches that already exist," the government told Kyle Feiss, Maranatha's vice president of marketing and projects. In the past 20 years, Maranatha built and rebuilt more than 200 structures, many of them house churches with an oversized living room and living space for the host family.

The Cuban government allowed the Seventh-day Adventist Church to keep some buildings it owned prior to communism, but didn't support proselytizing and growth. House churches then filled the need for worship space.

VOLUNTEERS RECEIVE BLESSINGS

In late May, Dianne Trickett, a member of Chesapeake's South Carroll church in Westminster, Md., traveled with Maranatha to help build a new church in Cardenas. The Cardenas congregation worked and prayed for more than 20 years for a new building, facing purchasing and permit hurdles.

Trickett expected such outreach as health education classes and Vacation Bible School (VBS). She said before leaving, "I like to give and help other people, and I know the Lord's presence more through it. I want to do things that honor His name and feel like I've gotten to know Him better through this."

Paulo Macena, New Jersey
Conference Youth Ministries director, led another group to Cuba this
July. Some 50 volunteers helped
remodel a church, conducted VBS
in multiple locations and connected
with the people. The group lodged
at the Adventist seminary in Havana.
Cuban pastors in New Jersey
helped organize the trip.

Macena first visited Cuba in 2004 to participate in an evangelistic campaign. Now he's taking this New Jersey group and wants to ensure participants have an authentic experience. "You can easily miss what Cuba really is if you just go to the tourist ... in places the Cuban people can't [afford]."

Despite the great needs in Cuba, Macena believes his volunteers



The Pathfinder Club, youth and children of the Villa Martinez church outside Pinar del Rio invite members of their community to an evangelistic meeting planned by Chesapeake Conference staff.

ultimately have more to gain. "Sometimes when you do a mission trip, you have this wrong mentality that you are going there to help this people," he reflects. "In reality, we are going to help ourselves more than them because we take our lives for granted. We are going to see people really struggling but they have a strong faith in God. When I get to go and see how people live, their struggles, you start to look at your own life in a different perspective."

BAPTISMS CAP A "SPIRITUAL FEAST"

Over the past 20 years, Adventist membership in Cuba has more than tripled, from 11,000 to more than 35,000. When the Chesapeake group led evangelistic meetings in February, they preached to standing-room-only crowds. They served 11 churches in the Pinar del Rio Provence, about two hours southwest of Havana, and donated a projector and computer to each congregation to assist in future evangelism.

"We had a spiritual feast," says Walter Alonso, a business owner and Columbia Union Conference Executive Committee member from Hagerstown, Md. "Our pastors came back so blessed, so overwhelmed with what they saw. Their churches in Chesapeake are reaping the benefits. I offered to go as a translator, and they put me in a church. It was a tremendous experience."

The house church where Alonso spoke recorded 480 visitors, many bused in. "One evening the pastor asked the members to [step outside] and observe the preaching through the windows because another bus was coming," Alonso recalls. "I had people sithing around me on the pulpit. ... It was wall-to-wall people."

Chesapeake's evangelistic series concluded with several dozen baptisms. The group is still learning of new baptisms resulting from hundreds of ongoing Bible studies in the wake of their meetings.

VOLUNTEERS IMPRESSED BY CUBAN INGENUITY

For Pastor Gonzalez, Cuba repeatedly defied his expectations. "I didn't think we would be welcomed like we were," he reflects. "Everywhere we went, people were tremendously gracious. One on one, they would open up and tell you all about their life and what it is like to live there."

Gonzalez was also surprised by the relatively high standard of living. "The vast majority of homes were concrete, with power and water, and built to survive storms," he says.

He continues, "The Cuban ingenuity is fantastic. If people don't have a tool to repair something, they'll make their own. Half or more of the cars on the road were from the '40s and '50s ... but they looked like they had come from the factory."

There are a growing number of union members responding to Cuba's needs. For instance, members from Potomac's Seabrook church in Lanham, Md.,

CUBA'S ECONOMY

As the Cuban economy continues to change, so does its monetary system. Here are some terms to know.

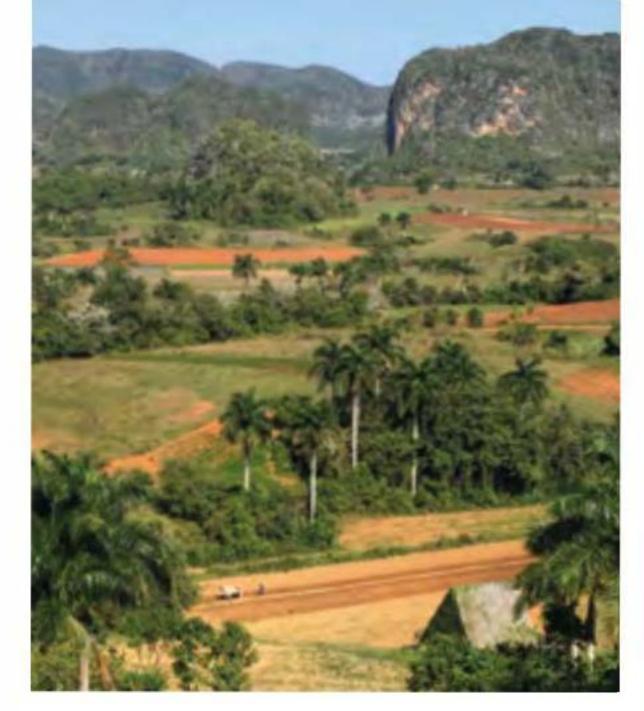
"The Special Period in Time of Peace"—

what the Cuban government called the economic stress brought on by the Soviet Union's collapse.

CUC—The Cuban convertible peso, or CUC, often pronounced "kooks," is used for all international transactions, its value pegged to the U.S. dollar.

Libreta de Abastecimiento—food rations distributed through a "supplies booklet" system.





have ministered there for more than three years. This summer member Gavin Simpson, who now attends the New Market (Va.) church, and 14 others from Seabrook, Pennsylvania, New York and Connecticut traveled for a fourth mission trip to host three evangelistic meetings and several health fairs in rural communities.

Simpson's group spent more than \$2,000 to purchase Bibles, tracts and various Ellen White books. The Cuban Union president reported that they were the first group of missionaries, that he knew of, to visit Cuba and invest in literature for the church. (Read more at columbiaunionvisitor.com/seabrook.)

GOING HOME, GIVING BACK

Perez immigrated to the U.S. at age 18, in 1962, a year after the failed Bay of Pigs Invasion and just two months before the Cuban Missile Crisis. He did not return until 2012,

In 2013 Perez, also vice president of the Emmanuel Bible Society (Sociedad Biblica Emanuel), delivered, with help from Columbia Union Conference funds, what many believe to be the first major shipment of Bibles into Cuba. "The word spread around the hotel where our delegation was staying that we were the Bible people," Perez recalls. "Even government security officers would come and say, "We have never seen a Bible. Can we have a Bible?"

Perez is especially focused on identifying needs for the Cuban seminary, including housing for teachers, a library and cafeteria. "Our latest project, which [has] been supported by [KAHC] and the Columbia Union, among others, is the acquisition of a 10-acre tract of land next to the seminary, the only land available," he reports. "It's critical because that's where the only working well in that area is located." Four other drilled wells came up dry, says Perez, adding they are in the midst of acquisition now.

"There is a window of opportunity open right now," says Perez. "It started about three or four years ago, and we have aimed, by God's grace, to take full advantage of that window."

SVA TEACHER TRAVELS BACK IN TIME

Strickland's Spanish teacher took his class on a short trip to pre-Revolutionary Cuba. Their tour included a visit to what was then Antillean Adventist College. Inspired, Strickland later attended for one semester. When he started teaching Spanish at Shenandoah Valley Academy (SVA) in New Market (Va.) in 1960, he took his own students to Cuba—twice—before and after the Batista dictatorship fell.

Strickland's first class trip to Cuba in 1960 occurred shortly before the new government under Fidel Castro clamped down on all religious institutions, including Antillean college. The school endured aerial assault during the Cuban Revolution and moved to Puerto Rico. Gerald White was a student on that class trip.

"I was kind of blown away by it," remembers White, who also went on to teach Spanish at several academies, including SVA. "It was my first time out of the southern middle United States, so it was a culture shock." He adds, "[I could tell that] people were glad to be out from under Batista. ... It was an improvement at first, but it got pretty bad, pretty quick."

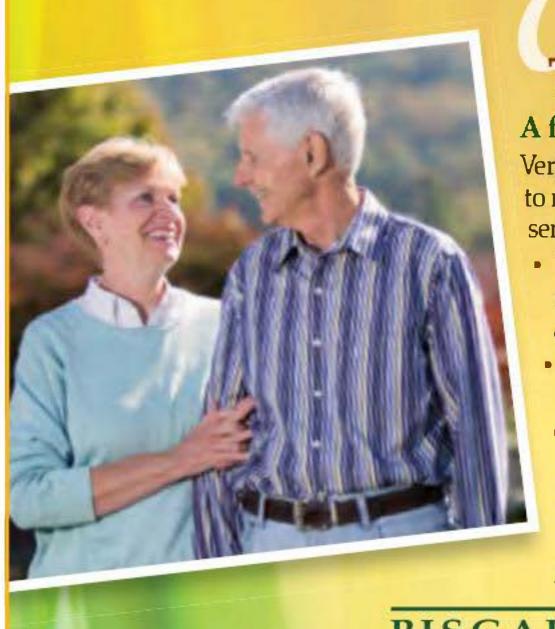
In February this year, Strickland finally traveled back to Cuba, along with a group of his former Spanish students and their families, including White. The group visited several Adventist churches, as well as the old Antillean college in the Bartle, Oriente Province. Having served for some decades as an agricultural station, the site today is in "terrible decay," White says, with walls barely standing and roofs caved in.

Without proper upkeep, the tropical heat and humidity have beaten down many structures across the country. "Places that were solid and prosperous looking in the '60s are now just really, really falling apart," says White.

Though private elementary, secondary and college-level schools are still illegal, the church now operates a thriving seminary in Havana. It opened on a limited basis in 1969. Maranatha built its current campus in 1996, in one of the earliest signs of Cuba's new openness to religion.



Bill Strickland (pictured in front) and his students from 1960 gather in front of the old Antillean College in Santa Clara, Villa Clara Province.



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President Encourages ACM Students

The Adventist Campus Ministries (ACM) organization at Penn State University in State College, Pa., recently invited Henry J. Fordham, III, Allegheny East Conference (AEC) president, to lead their Friday night Bible study and speak for their annual Student Sabbath.

"I encouraged the students to never give up and persevere. It's nice to have a strong start, but what's more important is to have a strong finish," says Fordham.

The ACM students hold the Student Sabbath once each semester, which is similar to a local church's youth day, but held on the college campus. The service consists of a time of praise and worship—and a sermon from a guest speaker.

"Throughout the semester our group has been through a lot of trials and tribulations, individually and collectively, and we needed to finish strong with the semester, classes and finals," says Sydni Jean, ACM events chair and member of the Ebenezer church in Philadelphia.



Henry J. Fordham (front, left) joins students and faculty at Penn State University during their annual Student Sabbath.

Metropolitan Church Hosts "Barren to Hope"

Why aren't you married yet?" "Why don't you have any children?" Single women dread having to answer the first question, and married women without children feel the same about the second. Linda Irizarry worked with the Metropolitan church's Women's Ministries department to host a "Barren to Hope" luncheon for the women at the church in Hyattsville, Md., She says she wanted them to have a safe space to talk about issues that make them feel "barren."



Novella Smith (right) prays with (left to right) Linda Irizarry, Danielle LaTouche and Shirley Cobb.

Irizarry, a social worker, says that women can feel barren about their relationships, family, jobs, etc. "The idea for the luncheon came [because I] was feeling barren in my professional life. I wanted to provide a safe place for women to discuss this topic that many deal with but no one wants to talk about," she adds.

About 70 women attended the luncheon that included two speakers, Danielle LaTouche, the new Women's Ministries director at Metropolitan, and Shirley Cobb, founder of the Virtuous Women's Ministry, an empowerment ministry for women, and pastor of the Word of God Baptist church in Baltimore.

LaTouche spoke about Hannah, encouraging attendees to remember that God would see them through any situation. Cobb used an acrostic of the word "barren" to share how feelings of barrenness affect women's lives, and what they can do about it by relying on God. She said that women should move from feeling betrayed, abandoned, rejected, ridiculed, embarrassed and numb to boldness, affirmation, redemption, restoration, encouragement and new life.

"I learned that God fashioned me to accomplish something, that He'll reveal it to me when the time is right, and remember me when I consistently call on Him," says attendee Jeida Dujon.—*Melissa Andrews*



Pine Forge Academy Celebrates Milestone

This year the Pine Forge Academy (PFA) and the Allegheny East Conference community in Pine Forge, Pa., celebrate a milestone—300 years of iron and steel in Pennsylvania. In 1716, on the banks of the Manatawny Creek in Douglass Township, Berks County, Thomas Rutter started the region's iron industry. In 1945 the Allegheny Conference purchased the property as an educational haven for black youth to learn and grow spiritually in a safe environment.

To honor this history, the Pine Forge Historical Society (PFHS) and Thomas Rutter Foundation hosted a two-part event at the Manor House and AEC's Conference Center I. Participants shared information on the legacy of Thomas Rutter and his descendants, the underground railroad involvement, the making of boiler plates for locomotives during the Civil War and the establishment of Pine Forge Institute, which later



became Pine Forge Academy. The PFA choir also shared a collection of songs.

Phyllis Mitchell, president of the PFHS,

Phyllis Mitchell, president of the Pine Forge Historical Society and Thomas Rutter Foundation, talks about preserving Pine Forge's rich history.



Charles Battles, former PFA teacher and historical society president, talks about the Allegheny Conference's purchase of land in Pine Forge.

seeks to preserve her husband's love for his alma mater. "He always said that Pine Forge made him the person he came to be, and when he died in 2007, Pine Forge was on his lips, asking me to make sure that I did not forget the kids!"

In their monthly family programs, the Thomas Rutter Foundation presents subjects on various topics that are not necessarily historical, but have an impact on daily life, such as a LEGO club, crocheting, knitting and an oratory class (coming in the fall).

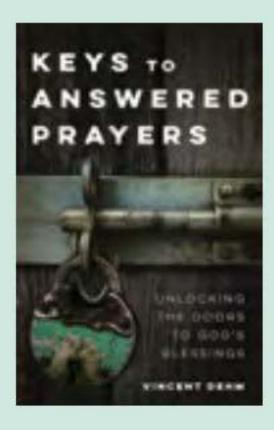
For more information, please contact Phyllis Mitchell at tutorphyl@gmail.com.

Recreation Pastor Releases New Book

In his book Keys to Answered Prayers, Vincent Dehm, pastor of Recreation church in Baltimore, challenges readers to believe that God wants to bless them beyond measure. He shares 46 life-changing words that lead to prayers being answered.

"It has taken me decades to genuinely believe in the power of prayer. Even though I was a Bible-believing Christian for many years, it was not until I came upon 2 Chronicles 14 that my life was changed forever," he says.

Dehm's revelations can be found in his book, available for purchase at keystoansweredprayers.com.



Allegheny East Exposé is published in the *Visitor* by the Allegheny East Conference ■ P. O. Box 266, Pine Forge, PA 19548 Phone: (610) 326-4610 ■ visitaec.com ■ President, Henry J. Fordham ■ Communication Director, Laliasha Hewitt



Ramah Junior Academy Gets New Bus

Students screamed and cheered this spring when Kevin Cameron, principal of Ramah Junior Academy in Cleveland, surprised his staff, students and their parents with a new bus. The 14-seater bus is wrapped in school colors and pictures of current students.

William Cox, Allegheny West Conference (AWC) president, Marvin Brown, AWC executive secretary, and Bryant Smith, AWC communication director, attended the blessing ceremony. Cox prayed for traveling mercies for the students and staff, then Brown and Cox performed the ceremonial ribbon cutting. Students smiled





and almost cried as they toured the bus, dreaming of trips they will go on in the near future. Kindergarten teacher Juanita Walker gave her stamp of approval and requested the bus for her students' graduation trip.

The purchase of the new bus derives from many transportation issues Ramah has had for its student teams and field trip needs during the years. Staff purchased the bus using money raised by Ramah parents and the community, and a sizeable donation from the Allegheny West Conference. Cameron envisions a fleet of buses for the school as the school grows and transportation needs become greater.

Smyrna Blankets Community in Prayer

The Smyrna church in Lynchburg, Va., recently engaged the community with prayer. They focused their campaign on College Hill, an apartment complex close to the church. Church members divided into five teams with the purpose of praying with the three communities in the complex. They also distributed information about the church's services for the community.

One of the groups had the opportunity to pray for one family. The mother of the family had just gotten home from the hospital. Group members said they felt grateful for the opportunity to pray for someone in need and expressed that was a feeling they had never before experienced.

"It was a great success. And the community now knows that we are here for them and that we have a Pathfinder club that will assist their children in learning life skills and the Word of God," says Pastor Reginald Robinson. "This is just the beginning of what God has in store for us as we go [forth] for Him."



Cynthia Robinson speaks to a community member about Smyrna's Pathfinder club.



Columbus Central Goes Multicultural

After one year of praying and planning, Pastor John T. Boston II and Sergio Romero, Allegheny West Conference (AWC) multicultural/church growth director, flew to Campeche, Mexico. They drove Pastor Roman Lopez and his wife, Karina, back to Columbus. Lopez now serves as the pastor for Hispanic ministries



Central church elders lay hands over Roman and Katrina Lopez as Sergio Romero prays.

at the Columbus Central church.

The trip from Mexico took five days, and the church welcomed the Lopez family with tremendous support. "The Central church believes that the world should know us by our love. The division that sometimes exists in our church because of ethnicity and language is a barrier for those seeking Christ," says Boston.

Lopez and Boston speak in different parts of the facility for the English and Spanish-language worship experiences, but communion and baptisms are bilingual services. All young adult, youth, teen and Children's Ministries programs will be held in Spanish and English.

Central has already experienced growth because of this multicultural/multilingual approach to ministry in a diverse city. After the church's first bilingual evangelistic effort in April, 13 people from the African-American and Hispanic communities were baptized.

"We dream of many churches in many more cities following the same idea and concept, in such a way that we will have color-, culture-, race-blind churches," says Romero.

The Central church also plans to launch a Haitian, Amharic and deaf language worship experience.

Cincinnati Hispanic Churches Keep Growing

It is impossible to visit any of the four Hispanic churches in Cincinnati and not feel the presence of the Holy Spirit, says Pastor Rafael Soto. Church leaders encourage Cincinnati members to "be" Jesus for the community that surrounds the church buildings.

Because of the intense desire to touch every Hispanic family for Jesus, Soto challenged his churches to establish another church to reach those areas that weren't touched.

Members of the newest company, Pan de Vida (Bread of Life), recently held their first service in a new building. To confirm their goal and mission, the service concluded with the baptism of two teenagers who gave their lives to Jesus. "This is just the beginning," said one of the members after the service.

One of the visitors said, "I've been looking for a church close enough to my house because we don't have a car; now we can walk to this church every week. I'm excited that my kids will learn values and vital principles for their lives, and, more important than

that, we can learn more about Jesus."

After the service, Soto shared "We are ready to plant the fifth and sixth church here in Cincinnati. We need your prayers and support."

Church leaders aim to reach out to every family in their area, and bring to them the message of salvation through Jesus.



Spirit is published in the *Visitor* by the Allegheny West Conference ■ 1339 East Broad Street, Columbus, OH 43205 Phone: (614) 252-5271 ■ awconf.org ■ President, William T. Cox ■ Communication Director, Bryant Smith



chesapeake conference newsletter

JULY/AUGUST 2016

Eastern Shore Initiative Reaches Youth

The Eastern Shore peninsula, also known as Delmarva (Delaware, Maryland and Virginia) has a unique heritage and community atmosphere that sets it apart as culturally different than the surrounding areas. These factors make traditional evangelism a challenge as residents have deeply established and often hard to change views on religion.

Understanding the unique Eastern Shore mindset has helped us tailor our youth ministry initiatives. Over the past seven years, the FLAG (Fun Learning About God) Camp ministry at various locations during the summer months has made positive inroads for community bonding and service recognition. Our goal is to introduce children and youth from each community to a Christ-centered, recreational experience and to bridge the young people into our local churches, schools, VBS programs, Adventurers, Pathfinders and youth groups for further discipleship.

To achieve those goals, we implemented a support system called the Eastern Shore Youth Advisory. A representative from each local church serves on a planning committee to help organize yearly events. The committee helps the local churches work together and provide wholesome, recreational and spiritually focused activities. The Chesapeake Conference also purchased a 55-passenger bus, and trained several bus drivers to transport the young people to different recreational and spiritually focused events.

Recently, a special grant allowed us to hire a youth pastor, Rosangpuia Fanai ("Puia"), for one year, to help with youth evangelism efforts and follow-ups. Puia will work with the youth advisory committee and the local pastors to foster growth and the spiritual development of our young people. The North American Division, Columbia Union and the Chesapeake Conference all contribute to the initiative.



Youth and Young Adult
Ministries Director

Spanish Federation Gala Draws 118 Youth

The Chesapeake Conference recently hosted a Spanish Federation banquet in Baltimore for youth and young adults, where about 120 elegantly dressed young people, representing 14 churches, accepted awards, ate a meal and participated in a singing contest. Carl Rodriguez, Youth Ministries director, says the formal affair gave the members an opportunity to enjoy a sophisticated social occasion in a Christian setting.

The Spanish Federation, started five years ago, is a conference-sponsored youth advisory comprised of 17 young, Hispanic leaders. The federation's long-term objective is to integrate the youth and young adults attending Spanish-speaking churches with primarily English-language initiatives such as Pathfinders, Adventurers and re:generation, the conference's young adult group.

Federation leaders plan spiritual retreats, sports and recreation activities such as ski trips and soccer matches, as well as social events like the recent gala. Rodriguez reports that the strategy is working. He has observed young married couples from five area churches enroll their children in Pathfinder and Adventurer clubs and participate in camp meeting.



Gala participants display their awards.

THE CHALLENGE



Highland View Academy Welcomes New Principal

Effective July 1,
Highland View Academy
in Hagerstown, Md.,
welcomes Erik Borges as
principal. Borges comes
from California where
he has been principal at
Armona Union Academy
since 2007. He has many
years of experience as an
educator and administra-

tor and enjoys organizing mission trips. He and his wife, Kirsten, a nurse, have two daughters—Luci, is entering seventh grade, and Lili, is entering fifth.

"We look forward to working with Mr. Borges. His many years of education administration experience and deep spiritual commitment will prove to be a great blessing to HVA," says Rick Remmers, conference president.

Read more about Borges in the Highland View Newsletter on page 32.

Wilmington Junior Academy Celebrates 90 Years

Current and former students and teachers recently gathered at the West Wilmington church in Wilmington, Del., to commemorate the 90th anniversary of the continuous operation of Wilmington Junior Academy. Some traveled from as far as Tennessee and Oregon to attend.

The celebration began Friday evening with a devotional presented by Michael Waters, school board chair.



School pioneer Dolly Sterndale shares a history of the school, explaining that the school operated at three different locations throughout the years.

Keith Aker, former youth pastor at the West Wilmington church, shared the Sabbath message, "Things That I learned at Wilmington Junior Academy," and students performed music during the service. On Sabbath morning crowds overflowed into the aisles and hallways.

Nadine Murtaugh, a teacher who coordinated the program, presented gifts of appreciation to several church members and past teachers.

On Sabbath afternoon, former students and teachers shared their memories. They also expressed how the school and its teachers helped them to build the foundation for their own personal, spiritual growth.

"This weekend has been the culmination of [much] preparation and organization," said Murtaugh. "It is most affirming to see how many people have arranged their schedules so that they could worship and fellowship with our current staff and students."—Mark Walker

Crest Lane School Hosts Community Festival

Crest Lane School recently hosted an international festival themed "Around the World in 180 Minutes" on their campus in Westminster, Md. The Sunday afternoon event featured music by local recording artist Monte Leister, a moon bounce, games and prizes for best cultural attire.



The Martinez family—Anthony, Natalie, Valia and Pastor Robert Martinez, Sr.—manned the Mexico booth at Crest Lane's festival.

Attendees sampled international cuisine of Italy, Panama and the Philippines, as well as Mizoram cooking from booths set up in the gym. Winning participants in the "cake walk," a game similar to musical chairs, took home freshly baked cakes.

"We just wanted to get to know the community and make them aware of our church and school," says Nancy Thomas, a school board member.

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

MOUNTAIN ON THE WAY TO SEE THE SECOND SECOND

Buckhannon Sows Seeds, Reaps Baptisms

The stories of six new members of the Buckhannon (W.Va.) church show that sometimes it takes many exposures to Bible truths for someone to make a decision," says Pastor Richard Cutright.

In the fall of 2012, George Walker, who was born into a Seventh-day Adventist family, and his wife, Nancy, attended meetings at the church after receiving an advertisement. Two and a half years later, the Walkers came to additional meetings. At the church's most recent series, *The Midnight Cry*, the Walkers made a commitment to obey Bible truth and join the Buckhannon church. "We must begin keeping God's Sabbath," Nancy said. George agreed.

One day Cutright received a phone call from Mike Zembelli, who had been watching the 3 Angels' Broadcasting Network (often referred to as 3ABN). Zembelli wanted to find out when Buckhannon held their services. After that conversation, Zembelli began coming to prayer meeting and Sabbath services.

Over the next several years, Zembelli attended four



George and Nancy Walker make a public declaration to follow the Lord through baptism.

evangelistic outreach meetings, making his decision to join the Adventist Church at the conclusion of *The Midnight Cry* series. "Mike, who is serious about witnessing, has a special love for his Savior and shares that love wherever he goes," says Cutright.

Mary Stauffer and Rose Brown, sisters of new church member Mike Stutler, began attending prayer meeting with Mike, and his wife, Sandi. For more than a year, the two sisters faithfully attended various evangelistic outreach meetings.

Each night after helping with registration for *The Midnight Cry* series, Stauffer and Brown quietly slipped into the sanctuary for the sermon and then returned to the foyer to distribute literature for the night's lessons. At the completion of the meetings, both ladies pledged to join the church through a profession of faith. They are both eager to learn and willing to serve, reports Cutright.

Angie Scott grew up in an Adventist home and has been a part of the Buckhannon church from birth. Scott had contemplated baptism for the past few years, but because she was shy, she never made the commitment. Last November, however, through the leading of the Holy Spirit, Scott made the decision to be baptized. She gathered her courage, and willingly declared her love for Jesus in public.

"We should not become discouraged if there are not decisions right away," says Cutright. "Our job is to sow the seed and the Holy Spirit brings about the harvest. We are called to be faithful to present God's message."

Members Gather for Prayer



The conference-wide prayer convocation, held at the Charleston (W.Va.) church, brought people from throughout the Mountain View Conference for a 24-hour time of focusing on prayer and the Holy Spirit.

VIEWPOINT

Healthy Communities in Mountain View

Churches in the Mountain View Conference are committed to offering health education in their communities.

The Franklin, Moorefield and Romney (W.Va.) churches recently rented a gymnasium in Romney and invited Thomas and LaVerne Jackson, who both have Ph.D.'s, from M.E.E.T. Ministry (Tenn.), to present a weekend program. The Jackson's delivered a health lecture. They helped attendees understand the gospel and God's love. Pastor Rubi Pimentel shared, "We had 33 visitors from the community, who responded to our newspaper ad. Thomas Jackson did a wonderful presentation and we are doing follow-up."

With the goal in 2016 of a health education class every two months, the Parkersburg (W.Va.) church hosted a cooking class in January. Community members look forward to attending this class, say leaders. In March a local couple taught a class about GMOs, gardening and more. The church also hosted a natural remedies class in May.

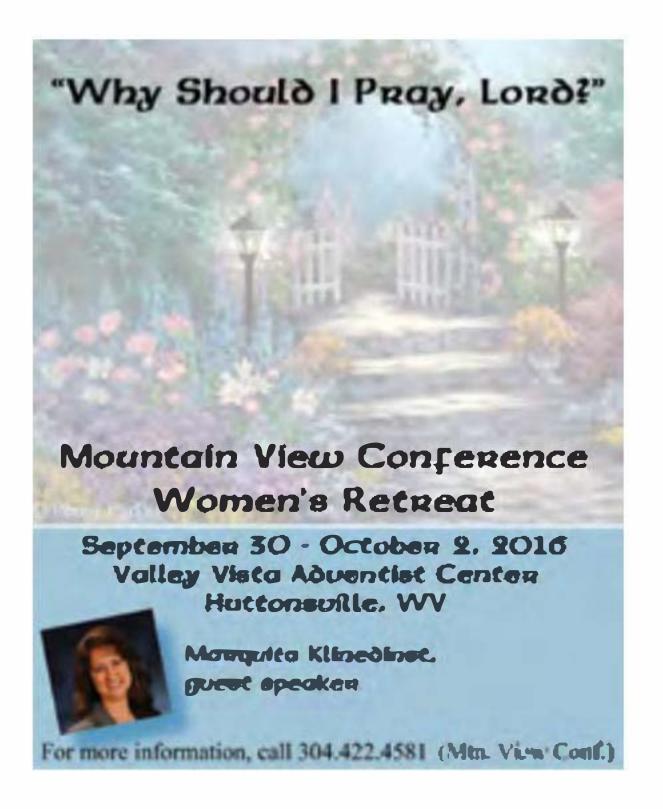
Both the Toll Gate church in Pennsboro, W.Va., and the Grafton (W.Va.) churches held health expos this year. Toll Gate partnered with area groups to offer health education stations and freebies from local businesses. Grafton geared their event for a younger crowd, offering fun and games that taught children about natural remedies.

"Come on, let's do it!" challenged Jessica Lusamba, to other motivated walkers as she considered the steep hill to an overlook of Wheeling (W.Va.) Park's Good Lake. It was an exhilarating end to a group Let's Move! Day walk last year and, according to Amy Garvick, Wheeling church's communication director, was designed to encourage physical activity among members and their friends in the community. At the completion of the walk, Annabel Murphy, Health Ministries leader, shared a cooking demonstration with the walkers.

Several conference churches are preparing for the upcoming Let's Move! Day September 18, a day when the North American Division promotes health and exercise through church and community activities. To get involved with this annual event, visit adventistsinstepforlife.org.



Community children learn about healthy choices at the Grafton church's children's health expo.



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Schools Adopt Bullying Prevention Program

ew Jersey Conference (NJC) principals, teachers and staff recently partnered with the Center for Conflict Resolution at La Sierra University (Calif.) to host a two-day Olweus Bullying Prevention Program (OBPP) training. The program claims to be the most researched and best known bullying prevention program available.

"In order to provide a safe environment conducive to learning, principals, teachers and staff must be trained to address bullying behaviors," says Sadrail Saint-Ulysse, New Jersey Conference superintendent of schools.

Dulce Gabriel, principal at Vine Haven Adventist
School in Vineland, found the two-day training "very
useful and educational." She says, "When we can better
educate ourselves as a school team about a sensitive
issue such as bullying, we can truly come together to
effectively address it and not miss teachable moments
throughout the school day to mold our students' character to one that could better reflect the love of our Savior."

Sara Roy, a school nurse at Vine Haven, expressed her thankfulness for attending. Before attending, she says, "I had to use background knowledge and experience, but the training has helped me to reinforce and strengthen that knowledge base. The fact that we are in a Christian environment helps me to also use God-given principles."

Marisol Drayton, administrative assistant at Lake Nelson, says, "Olweus teaches respect for the beliefs and feelings of others. [It is a] Christ-centered seminar and promotes the golden rule in Luke 6:31 to 'Do to others as you would have them do to you'" (NIV).

The New Jersey Conference education executive



Nita Connell (center) accepts a completion certificate from José Cortés, Sr., and Debbie Pershing.



Sadrail Saint-Ulysse hands Vine Haven teacher Violeta Molina an Olweus Bullying Prevention Program completion certificate.

committee voted to implement the Olweus Bullying Prevention Program in all the schools, effective the 2016-17 school year. Staff will survey students at the end of the school year as part of program implementation.

Principals, teachers and staff began sharing their newly-acquired knowledge with students as soon as they returned to their schools. Nrta Connell, principal at Tranquility Adventist School in Andover, and Malou Saint-Ulysse, principal at Meadow View Junior Academy in Chesterfield, say they have already started implementing the Olweus program at their schools. Tranquility Adventist School has already conducted class meetings as part of the program.

Malou adds, "We are now able to look at the happenings at our school through new lenses. We are able to identify bullying behaviors and address them immediately."

Ruth Nino, Waldwick Adventist School principal, says she is looking forward to the positive impact that will result from implementing the program at her school.

Sadrail notes, "Based on reports received thus far, we are certain that we are now providing a safer learning environment for our students. It was surprising to note that some students did not know that they had been displaying bullying behaviors toward their peers. This awareness will help us create a better learning environment for our precious students."



Conference Hosts Elder Training

The New Jersey Conference recently held its 2016 elder training programs for Spanish- and English-speaking elders at conference headquarters. More than 300 elders and pastors attended the separate events. With the theme "Get Involved," leaders challenged the elders to form a plan of action to involve each church in conference planned events, and, more importantly, to be completely involved with the mission of sharing the gospel through compassion.

Attendees participated in several seminars on how to perform effective visits to church members, how to perform special ceremonies such as anointing of the sick and performing funerals and children's dedications. Conference directors from Personal and Family Ministries, Prison Ministries and Youth Ministries, talked to the elders about future events and shared information and flyers so that elders can invite their fellow church members to participate.

"We praise God for all the dedicated elders we have in our conference, and we pray God will continue to lead and guide them as they take what they learn during this training and share it in their respective churches,"



English-speaking elders listen during an elder training session.

says organizer Jorge Aguero, Personal and Family Ministries director. "We hope the results can be seen in a church that is completely involved in sharing the good news of salvation through Jesus."—Raquel Guevara

Women's Retreat Draws 550

Tive-hundred and fifty women recently gathered at the Wyndham Hamilton Park Hotel in Florham Park, N.J., for the New Jersey Conference women's retreat. The event, themed "Live Life More Abundantly," based on John 10:10, encouraged attendees to praise and worship the Lord and be blessed by the sisterhood fellowship and the wonderful presentations.

Pastor Wanda Davis, chaplain from Florida Hospital, presented to the English speakers on how "Dr. Jesus" wants people to have a life more abundant—and to be able to enjoy "what He is already giving us and make us victorious through His grace." Speaker Annie Perez



Attendees enjoy a moment of prayer during the Sabbath School program in an English-speaking session at the women's retreat...



Hispanic women answer the call to live life more abundantly at the recent retreat.

presented messages in which she reassured the Spanish speakers that no matter the difficult circumstances, they can still have an abundant life through Jesus.

Cristina Macena directed a vibrant Sabbath School class, including prayer times. Pastor Tacyana Nixon, Alina John, Nicole Downer and Trio Hallel performed music that attendees say was an inspiration. To see the testimonies from attendees, visit njcsda.org and click on the video tab.—*Amalia Aguero*

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Educational Evangelism Grows Clarksfield School

Carksfield Adventist Academy, known as "the school in a comfield," is one of the oldest in the Ohio Conference. Built in 1897, this school once boasted nearly 100 students when the town of Clarksfield was a stop on the railroad for nearby farms and their families. The school has produced countless Adventist missionaries, teachers and conference leaders.

But by 2012, as the population of the area declined, enrollment in the school was reduced to five students. That year teacher Leona Bange came to the school, wondering if this might be the final year. She quickly reached out to the community and, together with local church support and involvement, enrollment in the K-12 school grew from five students to 49 students in May 2016. The majority of students are now transported in from the greater Cleveland area.

Bange began making connections in the community and created a homeschool co-op. Then she began collaborating with pastors and members of Adventist churches as far away as Brooklyn. Soon she and her family were involved with Pathfinders and Adventurers at the Westlake church, where she recruited a friend, a credentialed music teacher, to volunteer at the school. Before long the Brooklyn and Elyria churches became connected through their Pathfinder and Adventurer programs. Due to these relationships with children and their families, parents felt they knew the Clarksfield school leadership team, making it easier for the children to transition to the school.



Leona Bange teaches Bible to several of her academy-aged students.



Students at Clarksfield utilize the online APLE High School program through Griggs International Academy to help supplement course instruction provided at the school.

Not all students or their families are Adventist.

This provides an enlarged mission field for the school staff. "We're here to support our families—whether in Clarksfield, homeschool, or public school—that's how we build connections," says Leona Bange.

Ken Knudsen, superintendent of education for the Ohio Conference, adds, "It has been [this] philosophy, which has allowed the school to use education to minister to their community. We are in a prime time for educational evangelism."

Bange shares countless stories of connections Clarksfield has made. Most notable is the story of 16-year-old Jacob Hunka who wanted his family to return to church. After Bible studies last fall with the local pastor, he expressed interest in Adventist Christian education. "What do I need to do to go to your school?" he asked Bange at their first meeting. Soon Hunka enrolled, followed by his two siblings, and now the family attends church regularly. "This is the mission field," noted Bange.

Prayer has been front and center for Bange, the students and her dedicated team of volunteers. Throughout this journey they have identified needs, prayed faithfully and shared news of God's blessings before praying about their next need. "Where God takes it from here, I haven't a clue," says Bange. "We struggle to not lead ahead of God."

Columbus Ghanaian Church Installs New Pastor

Earlier this spring, the Columbus Ghanaian church celebrated two significant events on one Sabbath: Ghana's Independence Day and the installation of Sampson K. Twumasi, the new senior pastor. Twumasi accepted the call from Greater New York Conference to join the Ohio Conference after the church conducted an extensive 18-month search to replace Isaac B. Boateng, who accepted a new position in Ghana after 14 years in Columbus.

The service was standing room only, with members of the Ghanaian diaspora and Ohio Conference Bible Bowl contestants also present for their annual Bible Bowl competition. Many from the Ghanaian community wore cultural attire, showcasing the rich Ghanaian cultural heritage.

Twumasi delivered a sermon titled "In Spite of This There is Hope," to assure the congregants that God has not deserted His people in spite of their sin. He also spoke about how to move on with hope that God's work will soon be finished.

Ron Halvorsen Jr., Ohio Conference president, officiated the installation service. Halvorsen used the occasion to challenge the church to work faithfully and to support Twumasi, so his ministry will be a success to both Ghanaians and non-Ghanaians in Ohio. Following the potluck, Pathfinders participated in the conference Pathfinder Bible Experience.

Twumasi previously served as a district pastor in the Greater New York Conference, and Bible teacher, academic dean and acting vice chancellor while serving as a missionary at Bugema University in Uganda, East Africa. "Our plan is to plant more Ghanaian churches here in the Ohio Conference to reach many who have no knowledge of the three angels' messages," says Twumasi.--*Krofi Adjei*



Pastor Sampson K. Twumasi, and his wife, Felicia, and their children (back) Kofi, Afia and Kojo join the Columbus Ghanaian church.

Medina Women Devote 120 Years to Community Service

A fter working for several years as director of the Medina Community Services Center, Michelle Hitchcock came to understand the challenges of



such a ministry position. "It became my fervent desire to honor former director Janet Kramer, who is the epitome of the godly woman of Proverbs," Hitchcock says. As she was making plans, she realized three more "Dorcas" women who should be recognized. These four Medina church members—Janet Kramer, Marlene Mack, Julie Been and Dorothy Thomas—all volunteered for more than 30 years at the Medina Community Services Center.

Pastor Chester Hitchcock planned a special Sabbath service around the theme of biblical characters honored for caring for the poor and needy. Michelle presented custom-written tributes to each woman, along with a certificate of appreciation. The service concluded with the words "Janet, Marlene, Julie and Dorothy—these few words, the certificates and gifts, could never express the appreciation, nor adequately describe the impact your commitment has had to 'the least of these.'"

Mission Ohio is published in the *Visitor* by the Ohio Conference ■ P. O. Box 1230, Mount Vernon, Ohio 43050 Phone: (740) 397-4665 ■ ohioadventist.org ■ President, Ron Halvorsen Jr. ■ Communication Director, Heidi Shoemaker

Pennsylvania JULY/AUGUST 2016

Adventist City Ministries to Hold Second Meeting

The second annual Adventist City Ministries (ACM)
Conference will be held October 7- 9 at Blue
Mountain Academy in Hamburg, Pa. ACM was formed
to be a vehicle to connect all interested inner-city
ministries—and born out of a need for a forum to bring
together organizations dedicated to urban ministry.
Planners want those involved in reaching the cities for
Jesus to share information, discuss strategies and learn
from each other how to share the gospel more effectively.

By the standards of the early 20th century, when the Seventh-day Adventist Church was still in its infancy, a city with a population of 50,000 people was considered large. At that time, Ellen White urged people to do a greater work in the cities. Today there are some 727 cities in the United States alone that have populations in excess of 50,000, many of which exceed that number by millions. The call to reach them for Jesus remains a significant challenge.

This year's ACM Conference will focus on the synergistic utilization of God's three agencies for reaching the multitudes—the gospel ministry, medical missionary work and literature evangelism (Letter 54, 1903).

Presenters will discuss these agencies from a contemporary perspective and analyze how they might be more effectually used in today's rapidly changing technological world.



Sponsored by Simplicity Urban Ministries and supported by the Pennsylvania Conference, the ACM Conference is designed for anyone actively involved in urban ministry, as well as those who might be considering beginning a new city ministry.

A breakout session and Q&A period will allow attendees to interact and share experiences and information.

To obtain additional information on registration and hosting an exhibitor booth, visit adventisticityministries. com.—*Robert McAuliffe*

Become a Missionary in Pennsylvania



This fall "Faith for Family" will target Pennsylvania with an aggressive outreach effort to reach souls in the city of Pittsburgh and the surrounding areas. The Pennsylvania Conference is looking to hire 10 individuals for a one-year ministry opportunity as field Bible workers to help local churches. As part of the team, individuals will earn a salary and receive training and housing. The Bible workers will work with a specific church family, helping them as they seek to connect with people in their area who are searching for and growing in a relationship with God.

To schedule an interview, call Tim Bailey at (610) 374-8331.



Lay Leadership Strengthens Across Conferences

The Conference Lay Pastor and Lay Leadership Training program graduated another 29 spiritually fit men and women this spring. The group received their certificates during Pennsylvania Camp Meeting. For some, active ministry placement has begun across the conference.

"The goal of the training program is to enrich the spiritual and leadership strength within our churches and ministries. [We do this] by training willing men and women to act on their ministry call and to support district pastors in the gospel work as we joyfully anticipate the second coming of our Lord," says Pastor Lance Moncrieffe, Pennsylvania Conference lay pastor coordinator.

This year's graduating class also included members from the Allegheny East Conference. Richard Brooks, West Philadelphia church head elder, desired to grow the leadership capability of his new elders and enrolled himself, the new elders and another member in the program. After almost a year of committed training, church leaders ordained the elders upon course completion.

Chesapeake's Middletown Valley church also enrolled several members for the next 10-month program that begins this August. The curriculum includes



Richard Brooks, Devon Simpson, Beverly Gordon and Dave Brooks, members from the West Philadelphia church, receive their certificates from Pastor Lance Moncrieffe and Ministerial Director Tim Bailey.

courses on spiritual vitality, Christ's leadership methods, emotional intelligence in leadership, spiritual coaching, sermon preparation, leading spiritual decisions and organizational leadership.

Learn more about the program online at paconference.org/lay-pastor-ministry or email Moncrieffe at Immoncrieffe@paconference.org.



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Potomac People July/August 2016

Richmond Academy Filmmakers Receive Awards

sing only their smart phones, eight aspiring filmmakers from Richmond Academy (RA) in Richmond, Va., recently created an original film narrative that didn't include a spoken dialogue. Hosted by the communication department at Southwestern Adventist University



Landon Brown, Rebekah Eley, Darren Joseph and Chrizette Sullano won the Best Editing award for their mockumentary at the SWAU Film Festival.

(SWAU) in Keene, Texas, the 48-Hour Film Festival challenge is designed to encourage students to test their teamwork, creativity and problem-solving skills.

After arriving Wednesday afternoon, RA students split up into two groups and received assigned genres—film noir and mockumentary. "All filming had to be done on the SWAU campus during the 48-hours of the festival," explains Kristie Dillon, English teacher and sponsor. "Each group was assigned a computer, and had access to editing software and everything on campus for filming. They roamed the campus night and day, getting little sleep and only stopping for meals, until the deadline on Friday evening."

On Saturday night after attendees and participants walked down a red carpet, they watched the films.

"The films were judged on the spot by a panel," says Dillon. "In the end, our group that was assigned film noir won third place for best cinematography and our mockumentary group won best editing."

RA leadership and students say the experience exceeded their expectations. They hope to participate again for years to come.

Camp Meeting Schedule Released

In the fall of 2015, the Potomac Conference Executive Committee voted to suspend camp meeting for one year to allow time for a blue ribbon committee to study the current practice of camp meeting, understand its meaning with clarification from Ellen White's instruction and explore creative ideas to enhance the experience. The executive committee recently approved the committee's recommendations.

"Camp meeting is an important part of fellowship and growing together in faith," says Bill Miller, conference president. "For the past year, we have focused on finding ways to preserve and grow the celebration of mission and sense of connection this event brings."

General camp meeting will now be held every five years, with regional camp meetings held in each area of the conference within that five-year period. Office staff, local pastors and members will plan and support these regional meetings. They will also choose the event's theme and duration.

Conference leaders will encourage members to attend General Conference sessions, though one regional camp meeting will still be held in those years.



Hispanic camp meeting will continue to be held in different locations and focus on church planting. Overall, camp meetings will be mission focused and the executive committee will vote on all budgets.

"We are looking forward to engaging more members in mission and partnering in what God has called us to do," says Miller. "It's sure to be a renewing spiritual experience."

Potomac People

ACSGW Holds Grand Re-Opening, Celebrates History

This spring, Adventist Community Services of Greater Washington (ACSGW) celebrated its 33rd anniversary with a grand re-opening to show off renovations and to celebrate renewed possibilities. "Our goal is to empower those in need through compassionate emergency care, life education and community development," says Ken Flemmer, director of ACSGW in Silver Spring, Md., and a member of the Sligo church in Takoma Park, Md.

In the late 1970s, the Silver Spring, Sligo and Takoma Park (Md.) churches joined forces to establish the community service organization. It has since grown to include the support of many Seventh-day Adventist churches in the area, including those in conferences outside Potomac. The center was built in 1983 and the building and programs offered continue to evolve to best serve the community. Today, the center's Holiday Giving Project is one of the largest food programs in Montgomery County (Md.), which, in 2015 alone, helped provide more than 1,400 families holiday baskets.

Each year ACSGW serves more than 6,000 disadvantaged families with monthly food and clothing. Training offered at the center has a reputation in the community for being exceptional and relevant to current needs. The training is designed to empower participants to attain long-term solutions to their economic



Ken Flemmer joins Kate Stewart, Takoma Park mayor, and Allan Manuel, ACSGW Board of Director's chair, as Stewart presents a proclamation from the city to recognize the center's outstanding accomplishments.



Churches and organizations rally behind the mission of the center and provide funding for renovations.

health and well-being, says Flemmer. "We believe that empowering the individual with knowledge, skills and abilities to attain self-sufficiency creates healthy, thriving communities," he adds.

"Youth development is another important component of our mission. We provide activities and programs that hold students' long-term interest and teach necessary life skills."

Churches and organizations rallied behind the center when two plumbing disasters threatened to compromise operation. Donations allowed for the appropriate repairs, in addition to replacing the roof, carpeting and overhauling the parking lot.

"We believe that having a respectable facility is an important piece of reality," comments Flemmer. "It conveys a positive and uplifting aura. If a building is shabby, with signs of neglect, it suggests that the programs and services are of similar quality."

"The center has come a long way from its humble beginnings," says Susan Harrington Carey, the first Community Services Director at the [then] Sligo Church Community Services Center. "I worked alongside Pastor Herb Thruber, the driving force behind the center. He was a diligent worker for the Lord in getting this center to become a reality.

Look where it is today and how much good has come from his efforts! Carey adds. "I will pray that ACSGW continues to be a light in the community, showing Jesus's sweet love and compassion for those closest and dearest to His heart."—ACSGW and Potomac staff

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Education You Can't Afford to Miss

the beginning of an exceptional academic experience, but a spiritual investment as well. Many of us have heard the statement, "It takes a village to raise a child." It is truly the same when it comes to our Seventh-day Adventist educational system. BMA staff recognizes that it is important to not only provide a highly academic Christian education, but to make it affordable. We have many scholarships available to positively recognize

School Offers Scholarships



Blue Mountain Academy staff presented several academic scholarships to graduates at Reading Seventh-day Adventist Junior Academy, Lehigh Valley Seventh-day Adventist School, Gettysburg Seventh-day Adventist School, Blue Mountain Seventh-day Adventist Elementary, Harrisburg Adventist School, Huntingdon Valley Christian Academy, York Adventist Christian School and Wyoming Valley Seventh-day Adventist Elementary School. Devonte Haughton (pictured), one of the graduates from the Harrisburg Adventist School, receives a scholarship from Alex Bolanos, Blue Mountain Academy coach.

students for the things they already do—from good academics to playing an instrument to involvement in the church.

We have lowered tuition, recognizing that we need to continue to partner with our families to make Christ-centered education affordable. Our school has concentrated on creating efficiencies without cutting the quality of education. When we save, we want to share the savings with our families.

Many are not aware that BMA also has a variety of other opportunities for students to decrease the tuition even further. Many Pennsylvania Conference churches participate with the school in a matching grant plan that provides funding for constituent students who need financial assistance. Matching grants are also available from other churches and certain conferences. A student accepted in any of these programs is simply expected to meet and maintain average or above average grades in scholarship, work and citizenship.

Blue Mountain Academy has a number of additional scholarships based on leadership, academics and musical talent. The academy has been blessed with highly academic students who receive extensive scholarships for good grades and scoring well on the lowa placement tests. Students are able to take these tests at the beginning of the school year and receive significant funding in return for high scores. BMA staff also encourage students to choose to participate in Pathfinders, summer camp programs or literature evangelism during their summer breaks. The academy will evaluate these summer programs and give a percentage of matching aid to help with tuition. A list of all available scholarships and a tuition calculator are available online at bma.us.

Students also have the option to work on campus during the summer. "There's a definite benefit to the summer work program," shares Matt Wlasniewski, business office manager. "It allows for students to take ownership of their education and invest in the themselves before the school year even begins."



Stephen Reese Vice President of Finance

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www.highlandviewacademy.com

School Welcomes Erik Borges as New Principal

Incoming principal Erik Borges comes to Highland View Academy (HVA) eager to be part of the close-knit community. He says that he was attracted to the school by "the positivity of the student body, the unity of the staff and the willingness of the area pastors to be involved with the school and students." Coming from central California, he says he was also drawn in part by the green grass on HVA's campus.

Borges says he looks forward to meeting students, staff and everyone involved with the school, and to making new friends. He also anticipates organizing mission trips and engaging in the sports program. He is "a fan of almost every sport, especially baseball, football and basketball," he adds.

Borges says he sees "potential" in HVA: "I hope to be able to help the school continue to grow in many different ways. I will be honored to be part of the process."

He aims to help make HVA "a place that is a shining light for the community, a place where students dream about coming to school, a place where the students will grow spiritually, academically and physically." His goal is to "help students be productive citizens here on earth and in heaven," an aim that aligns with HVA's mission statement, "to inspire and mentor our students to excel in all Christ calls them to do."

Borges comes to HVA from Armona Union Academy in Calif., where he has been principal since 2007. He has a passion for teaching and coaching. As a principal, he says he enjoys "being able to be a part of





everything" at school and "being able to help in a variety of different areas." He most enjoys working with students, he says, "helping them prepare for college and life after school, and helping them overcome whatever is standing in their way."

Registrar Shannon Brown looks forward to working with Borges. "As we talk about plans for HVA I am deeply impressed by his commitment to Adventist education. He holds true to our values of providing a strong spiritual environment where our children can grow to know Jesus as their Friend and Savior. He also has an excellent history of fostering a strong academic environment while providing excellent music and sports programs as well," she says. "I see a wonderful year ahead for Highland View Academy."

Borges is married to Kirsten, who is a nurse. Their daughter, Luci, is entering seventh grade, and their daughter, Lili, is entering fifth grade.

Calendar

August 11 Community Student Registration

August 14 Dorm Student Registration

Highlander is published in the *Visitor* by the Highland View Academy ■ 10100 Academy Diive, Hageistown, MD 21740 Phone: (301) 739-8480 ■ Fax: (301) 733-4770 ■ highlandviewacademy.com ■ Principal, Malcolm Hutchinson ■ Editor, Loi Zerne



Broadcast Students Win Film Award

Spencerville Adventist Academy (SAA) seniors
Cory Shim and Colin Powell recently won the best
high school film award for *The Bible Worker* at the
North American Division's SONscreen Film Festival in
Chantilly, Va. They told the story of Justin Montero,
a Bible worker who worked at the Chesapeake
Conference's Spencerville church in Silver Spring, Md.
Shim and Powell condensed a 90-minute interview into
seven minutes with b-roll from students in the broadcast
class. "It was very hard because of the time constraints," says Powell, film editor. "However, in the end it
was very rewarding to tell such a powerful story of how
God can work in someone's life."

Shim directed the film and says, "It was a fantastic experience. We met a lot of people and made a lot of connections. It was an honor to win. Now, it's just about continuing our growth and making sure we make high-quality films for Christ."

Three other films by Spencerville students were also



Cory Shim accepts the SONscreen award for directing the best high school film at the SONscreen Film Festival.

shown at the event. Watch *The Bible Worker* at vimeo.com/157813344.

Middle School Students Attend Space Academy

Recently, 45 seventh- and eighth-grade Spencerville Academy students and their teachers visited the Johns Hopkins University Applied Physics Laboratory in Fulton, Md., to learn about NASA's Messenger Project, which launched the first spacecraft to orbit Mercury. The



Seventh- and eighth-grade students and teachers wear "clean suits" at the Johns Hopkins University Applied Physics Laboratory.

lead project scientists and engineers participated in the discussion panel, sharing how their team contributed to the mission and answered student questions.

Students observed and helped with experiments illustrating concepts important to the Messenger mission. Jack Faehner, an eighth-grader, says "I enjoyed the unexpected results of the science experiments. When the chemicals caused the balloon to pop, it was really loud!"

Eighth-grader Michael Brown took part in the interactive experiment session held in the actual lab where space vehicles are made. WBAL-TV 11 reporters also interviewed Brown in a story that appeared on the evening news.

Laboratory employees gave each student a "clean suit" that scientists wear to keep small particles of dirt, lint, etc., from getting into the intricate spacecraft machinery. Eighth-grader Natasha Weber volunteered to be the first person in the group to wear the suit. "I couldn't imagine having to wear that suit every day due to the fact that there were so many layers and it was so complex to put on," she says.

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2502 Spencerville Road, Spencerville, MD 20868

Phone: (301) 421-9101

spencervilleacademy.org

Principal, Brian Kittleson

Editor, Heidi Wetmore

SPRING VALLEY ACADEMY. CONNECTIONS INSPIRING STUDENTS TO KNOW FOLLOW SHARE JESUS

JULY/AUGUST 2016

Students Participate in Science Fair

This spring Cali Campillo, Alison Jobson and Sam Joseph's fifth- and sixth-grade students participated in a science fair focused on the human body. The day began with the local fire department arriving aboard their fire engine alongside an ambulance with paramedics. The Kettering Med flight helicopter also landed on the school's back lot.

Throughout the morning, elementary students from all grades met the firefighters and watched the EMT/ paramedics give safety and first aid demonstrations. The students also boarded the vehicles and sat in the helicopter, an experience they said they wouldn't forget.

Inside the classrooms, 55 students engaged in a peer-to-peer review of their human body science fair projects, many of which involved a demonstration and/or experiment.

Sixth-grader Matthew Milks conducted an experiment on how the genetic code impacts the ability to taste Phenylthiocarbamide (PTC), a chemical with the unusual trait of tasting bitter or virtually tasteless, depending on the genetic makeup of the taster. "I enjoyed conducting this experiment of being able to figure out who could taste the PTC chemical. I discovered



Spring Valley Academy fifth- and sixth-graders gather in front of the Kettering Med flight helicopter.

that 12 out of 54 students could not taste it, while 42 out of 54 could," says Milks.

All students did a wonderful job in researching and presenting their science fair projects, which made this event a great success, says Darren Wilkins, principal.

Students Host First Poetry Café



Senior Alivia Cowin stands with the painting of Adam and Eve she created during the poetry café.

Campillo's fifth- and sixth-grade students hosted their first poetry café featuring "Creation of the World," a performance narrated by Ron Halverson Jr. Ohio Conference president.

Campillo reports that students enjoyed the ambience of a café environment as they recited their various poetry styles, including rhymes, limericks, sonnets, Haiku, and others for family and friends who responded with finger "snapping" to demonstrate their appreciation.

During the reading, off to the side of the stage, senior artist Alivia Cowin painted a picture of Adam and Eve in the Garden of Eden that she completed by the end of the poetry recital. Sixth-grader William Oldham shares, "When Alivia was drawing while we spoke, it was so beautiful that I almost lost my words!"

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SHENANDOAH VALLEY ACADEMY HAPPENINGS

JULY/AUGUST 2016

www.shenondoohvolleyocodemy.org

School Honors Dale Twomley

Dale Twomley recently presided over the final graduation of his notable 55-year career. Graduate Andrew Moore introduced Twomley as commencement speaker, explaining "Dr. Twomley has been a teacher, treasurer, business manager, principal, CEO, university department chair and business school dean. ... There is no place he has made more of a difference than here at Shenandoah Valley Academy (SVA)."

In 1974 Dale (pictured, below), and his wife, Connie, answered his first call to SVA as principal. Twomley increased enrollment from 240 to 398; supervised a \$2 million plant expansion: including an administration building, pool and church; and expanded Shenandoah's reputation for excellence, spirituality, academics and fun.

He left SVA in 1978 to chair the Andrews University (Mich.) Business Department, establishing its school of business. In the following 14 years, Twomley led Worthington Foods, increased sales \$158 million, tripled the workforce and took the company public. Twomley says, "Running the 'small village' of Shenandoah Valley Academy is the best preparation I received for working at Worthington."

The Twomleys' 16 year post-retirement has been dedicated to strengthening Adventist secondary boarding education. Dale shares, "I just haven't figured out how to succeed in this retirement thing." They've attempted retirement five times, each time returning to help "troubled" academies.

Returning to SVA in 2006, Twomley oversaw capital improvements of \$4.5 million, including dorm, student center and ballfield renovations. He solidified a quality program, communicated a clear school vision and





Dale and Connie Twomley cut the ribbon at the Dale E. Twomley Hall dedication ceremony.

provided sound financial management. Enrollment increased 30 percent each year as Twomley partnered with churches, foundations and alumni to help families afford an SVA education. "To my knowledge, no qualified student since has been turned away because of finances. That's our policy." states Twomley.

In 2014 Twomley answered his third call, refusing salary. SVA faced significant challenges, including crippling payments on \$1.4 million of debt. In 18 months, applying the principles of school stabilizations he has led, Shenandoah has all but made a complete turn-around. With generous donations from alumni and friends, the debt was eliminated in 14 months—for the first time in 40 years. School spirit is strong; students are choosing Jesus and baptism; another enrollment increase is anticipated in August; alumni and individual giving is at an all-time high; and a new administration is in place with Twomley mentee Donald Short becoming principal June 1.

Honoring God's accomplishments through the work and faith of Twomley, the SVA Board named the administration building "Dale E. Twomley Hall," and established the "Dale E. Twomley Pillar Award," recognizing the significant impact of Twomley's "vision, leadership, humility and love" as "a disciple of Jesus who faithfully answered the call to serve, support and sustain the people and educational ministry of Shenandoah Valley Academy." Dale and Connie Twomley are the first recipients of the award.

Happenings is published in the Visitor by Shenandoah Valley Academy ■ 234 West Lee Highway, New Market, VA 22844 Phone: (540) 740-3161 ■ shenandoahvalleyacademy.org ■ Principal, Date Twomley ■ Editor, Janel Haas Ware

News you can use from Takoma Academy

Mentoring Weekend Deemed a "Success"

This weekend showed me that fear is only a feeling; it is not reality," says freshman Simone Gallion-Wideman. "Before I was scared to be a doctor. But, because of Success Weekend and the educational sessions provided by Florida Hospital, I now see that being a doctor could actually be fun."

Forty-three Takoma Academy (TA) students attended the 2016 Success Weekend, a positive, life-changing, mentoring event founded by Steve Silver ('71) and his wife, Nancy. The genesis of the event came after Silver spoke to TA students during the school's alumni-speaker series two years ago. He was so impressed with their desire to improve their lives that he dedicated himself to giving back by helping the students in a mentoring program. In the program, he would be able to provide students from all grade and scholastic levels mentoring by the nation's leading CEOs, deans of universities and other thought leaders.

Some of the past speakers have included Jerry Rhodes ('79), former CEO of CRC, a leading provider of mental health services; Charles McMillian ('73), director of Los Alamos National Laboratory in New Mexico; and E. Albert Reece, dean of the University of Maryland Medical School in Baltimore.

For the past two years, the event has been held in Rehoboth Beach, Del., but this year, David Greenlaw,



Steve and Nancy Silver pose with the Takoma Academy student essay winners.



president of the Florida Hospital System, asked Silver, who serves on the board of trustees of Adventist University of Health Sciences, to host this year's event in Orlando, Fla. Once informed of the event and its mission, Florida Hospital leadership provided all ground transportation and meals for the students. Silver and an anonymous donor flew all 43 students and their chaperones free of charge, from Baltimore to Orlando.

Pastor Wintley Phipps; David Greenlaw, M.D.; Alric Simmons, M.D.; Daryl Dixon, former CEO of NovaCare in Pennsylvania; Lars Houmann, CEO of the Florida Hospital System; Eric Stevens, CEO of Florida Hospital; Sue Bond, executive assistant to Lars Houmann; and film producer, Jordan Cholletpoke, spoke at the event.

During one of the sessions, all the students participated in an essay competition in which they used information learned from the presenters. Some of the truths they shared included: "Wintley Phipps made it clear that you don't have to compromise to be recognized"; "I must treat everyone as if they were a child of God"; "Excellence and performance out weigh everything"; and "Self-doubt or negative self-talk will diminish who I am."

Silevers says he was pleased with the results of the 2016 Success Weekend. He adds, "Previous Success Weekend events have been a tremendous success, but nothing compares to what was done by the Adventist University of Health Sciences/Florida Hospital team. ... The essays demonstrate that the students were listening very closely."

TA Today is published in the *Visitor* by Takoma Academy ■ 8120 Carroll Ave., Takoma Park, MD 20912 Phone: (301) 434-4700 ■ ta.edu ■ Principal, Carla Thrower ■ Editor, Ron Mills

A Message from President Spence

Greetings! As Washington Adventist University enters its



Weymouth Spence

113th year, it's a good opportunity to rejoice in our many blessings. Among them is being on target to achieve excellence at all levels of this institution through

our **Vision 2020** – *Growing with Excellence* plan.

In case you missed them, here are highlights from our Spring Semester:

- On Commencement Day, WAU
 conferred 90 master's degrees, 154
 bachelor's degrees and 9 associates
 degrees;
- The new Gail S. and Bruce E.
 Boyer Health Professions and Wellness Center broke ground;
- WAU was included in the "Best Value Colleges in Maryland" and "Most Affordable Online MPA Degre es;"
- Mission trips were conducted to Flint, Michigan and Havana, Cuba;
- Honors Students participated in an inaugural study on location program.

Visionaries Gala on September 18. For tickets, go to www.wau.edu/gala or call 301-891-4133.

This Is WAU!

-Weymouth Spence, Ed.D., R.T. President

Honors Students Travel to UK for Innagural Study on Location Experience

returned from studying on location in the United Kingdom as part of an inaugural collaboration with Newbold College, WAU's sister institution near London. The students enrolled in a pair of WAU hybrid courses taught by Newbold professors, "Shakespeare" and "Reformation to Revolution," and leamed about early modern England through play performances and visits to historic sites such as Windsor Castle,



Top row: Richard Grant, Christopher Welmore, Rhode-Jefferly
Toussaint, Christyana Kawar, Akeiva Thomas, Karina Beebe,
Tabitha Osindo. Jonathan Boram, Emity Touch Bottom row: Alexa
Minesinger, Clarissa Portillo, Alexandra Engelhemier, Beatrice
Serban, Kerstin Smith, Sydney Portella, Aidalina Martinez

Hampton Court Palace, and Shakespeare's birthplace in Stratford-Upon-Avon.

In addition to on location learning in England, these courses also allowed students to study Shakespeare and early modern culture through performances and exhibits in Washington, DC. Over the course of the semester, the students had the opportunity to attend three productions of "A Midsummer Night's Dream" — one at the Folger Shakespeare Theatre in DC, and two in London at the Globe and Barbican theatres.

"I feel like I'm better able to understand some of how Shakespeare makes jokes and plays with language, or even how he uses metadrama, and all of that helps with future readings of Shakespeare," said sophomore Christyana Kawar.

Fourteen Honors students performed for an examiner from the Royal Academy of Dramatic Art (RADA), and each earned the academy's Shakespeare Bronze Award. Three of the awards were presented with distinction to Wendell Phipps (senior), Sydney Portela (junior), and Kerstin Smith (junior). The opportunity to perform for the Newbold community and the RADA examiner not only allowed students "to become familiar with the text in a way that a traditional literature class would not have," said sophomore Alexandra Engelkemier, but "it also allowed for academic growth in public speaking and insights into modern interpretations of Shakespeare's writings.

As part of the Shakespeare theme during the year, the WAU Honors Students also collaborated with the English Department, Director of Nursing Nancie Crespie, her husband Todd Crespie, and Weis Library in hosting an event and ongoing exhibit celebrating Shakespeare's 400-year legacy. The exhibition is ongoing through the summer during library hours, Monday-Thursday, 1-8 p.m.; and Friday, 9 a.m. – 12 Noon. Weis Library is located on the WAU campus near the intersection of Flower and Carroll avenues in Takoma Park, Maryland.

The Washington Adventist University Honors Program is an interdisciplinary general education program dedicated to providing unique academic and co-curricular experiences for students and community members. Honors offers students a wide variety of opportunities such as play performances, concerts, art exhibitions, and guest presentations on campus.

KETTERING COLLEGE

BOONSE









How can two human biology majors make a difference in the lives of at-risk teens in Dayton's inner city? The answer is simple: through friendship.

Kettering College Students Serving from the Heart

By Leigh Wilkins

For the past year, Kettering College students Ricardo Chujutalli and Abigail Lesoine have been volunteering at Victory Project, a ministry that offers at-risk teenage boys a home-cooked meal five nights a week, as well as mentoring, tutoring, Bible study, and employment opportunities.

Lesoine and Chujutalli went to Victory Project every
Monday for dinner and hang-out time. "We help with
homework if needed and share stories," says Chujutalli, 21.
"It's a great time, nothing stressful. In fact, I think helping
out at Victory Project relieves stress in my life."

"Some of the boys opened up to me about their lives," says Lesoine, 19. "I realized pretty quickly that while I can't solve their problems. I can definitely listen and be a friend. Sometimes that's all a person needs."

Serving at Victory Project is just one outlet for service for Chujutalli and Lesoine. Over the years, they have volunteered at network hospitals, local churches, and nonprofit organizations.

"I was surprised by how supportive Kettering College administrators and professors are," Chujutalli says. "They are always willing to get behind student ideas and help us take something small and make it big. For instance, the school's recruitment office donated sweaters to Victory Project that helped keep the boys warm last winter."

Chujutalli and Lesoine graduated in May, and even though their time at Victory Project has come to an end, they say they hope that doesn't mean the end of other student's involvement in this high-impact ministry.

"Last semester, a few more students from Kettering
College – including my sister. Gissel, who is a physician
assistant student – came along with us on Monday nights,"
Chujutalli says. "I think a lot of people here want to be part
of what's happening at Victory Project."





Profiles in Caring

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Not So Simple Acts of Kindness

Very often when I am approached by someone who has been a patient in one of our Adventist HealthCare facilities – or by one of their family members – they will relate a specific detail about the care they received that was particularly meaningful or significant in their recovery. I'm frequently surprised at how many times the detail that becomes so memorable and important is a simple act of kindness.

Quite a bit has been written lately about the importance of kindness in patient care. The evidence that kindness has a tangible and positive impact on health outcomes becomes more persuasive with every new study. And kindness has been shown to be a factor in how likely patients are to seek treatment again from the same physician or hospital. Furthermore, in every industry, an attitude of kindness toward co-workers has been shown to have a tangible impact on effectiveness and personal job satisfaction. Intentionally choosing to practice kindness triggers what John Ballatt and Penelope Campling describe as a "Virtuous Circle." It looks something like this:

- The choice to be Kind directs us to observant and increases our Attentiveness.
- This helps us become more focused and enables our Attunement with the needs of the one we are relating to.
- Being attuned to those needs helps to build Trust.
- Shared trust helps generate the Alliances that focus on improved Outcomes.
- This shared process boosts the connections we feel with one another, and reinforces a sense of Kinship.
- And a sense of kinship also predisposes us to be more Kind.
- Then the circle starts again.*

We all know how it feels to be treated with kindness. It comforts us and makes us feel safe. It increases our sense that we are respected and that our perspectives are acknowledged and are being heard. Kindness is a demonstration of respect.

In our work each day, practicing kindness goes beyond being a technique used in our interaction with patients – although it may start there. Kindness impacts our thinking about how we do our work, and the routine ways in which we do it. It becomes part of the energizing force for every interaction with each other, our patients, and their families and loved ones.

Perhaps Henry James was right when he wrote, "Three things in human life are important: the first is to be kind; the second is to be kind; and the third is to be kind."

*The explanation of the Virtuous Circle is based on the description by John Ballatt and Penelope Campling in "Intelligent Kindness Reforming the Culture of Healthcare."



Liberian Refugee Soccer Players Receive New Limbs and Rehabilitation

Five Liberian amputees, who play on an international disabled soccer team that has won three world championships, received prosthetic legs and expert rehabilitation care this spring thanks to Adventist HealthCare Physical Health & Rehabilitation (Adventist HealthCare PH&R).

Adventist HealthCare PH&R and one of its partners, Medical Center Orthotics and Prosthetics (MCOP), donated new prosthetic legs and rehabilitative care to the five Liberian refugees, who have not had access to prosthetic legs or comprehensive treatment.

"At Adventist HealthCare Physical Health & Rehabilitation, we are constantly working to help patients get back to life by helping them return to the activities that they loved before their injury or illness," says Dr. Terrence Sheehan, Chief Medical Officer at Adventist HealthCare PH&R. "These men have already demonstrated that they can play soccer following limb loss. Now, our team is helping them become active and capable with their new prosthetics."

The team at MCOP, which has extensive experience working with amputees through the Wounded Warriors Project, custom fit a prosthetic limb to each amputee.



Samuel Eastman, one of the five Liberian amputees, examines his new prosthetic leg before returning to the soccer pitch.



Dr. Terrence Sheehan, chief medical officer for Adventist HealthCare Physical Health & Rehabilitation, watches as Samuel Eastman tries out his new prosthetic.

After being fitted with new prosthetics legs, the men attended specialized physical therapy sessions focused on amputee training and care at Adventist HealthCare PH&R. "It is a dream come true," says Samuel Eastman, one of the soccer players. "We could not have afforded this by ourselves."

The five refugees suffered war-related traumatic injuries in their native Liberia. They made their way to the United States and were put in touch with Adventist HealthCare and MCOP through connections with the Little Workers of the Sacred Hearts in Washington, D.C.

Adventist HealthCare PH&R and MCOP use a team-based approach combined with a commitment to community service to provide world-class amputee care. Weekly specialized clinics and coordinated rehabilitative care ensure all amputees receive prosthetic services and physical rehabilitation that ranks second to none in the region.

Adventist HealthCare PH&R is one of the only facilities in a five-state region to be accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF) International in all four specialty areas – brain injury, spinal cord injury, amputation and stroke.

Learn more at www.AdventistRehab.com.

A Chaplain's Journey to the Adventist Faith

When Judith Mufuh sat down to watch a video about the Seventh-day Adventist Church for her new job, she had no idea how profoundly it would impact her life. Judith recently started working as a chaplain at Adventist HealthCare Shady Grove Medical Center in Rockville, Md., and her manager, Dr. Shelvan Arunan, gave her the video to learn more about the faith-based roots of the hospital.

"When the video ended, my husband and I sat in silence and awe of how inspiring and moving it was," Judith said. "Having studied theology, I was familiar with the history of many denominations, but I was very intrigued by the uniqueness of the Adventist faith."

Dr. Arunan, executive director of Mission Integration and Spiritual Care at Adventist HealthCare, gives every employee who enters his department the video in order to help them better understand the mission of Adventists.

Judith, who was raised Lutheran, was also interested to learn more about the Adventists because of her goddaughter's positive experience with the faith.

"She had recently married an Adventist man and told me how warm and welcoming the church had been to her," Judith said. "I trust my goddaughter very much, so after watching the video and thinking about her experience, I was curious and wanted to know more."

Judith began asking questions. So many, in fact, that Dr. Arunan provided her with more videos and books, and they began having regular bible studies. Eventually, Judith met Dr. Arunan's wife, Rajee, who invited her to visit Adventist churches in the community.

"When I met Rajee, she was beyond goodness, and so friendly and nonjudgmental," Judith said.

Judith and her family attended services at various churches in the area before connecting with Hyattsville Seventh-day Adventist Church in Prince George's County.

"The moment I walked into the church, I remember thinking that it felt like home," Judith said. "Later on, when I learned the mission of the church is 'A Place that Feels Like Home,' I knew it was going to be part of my path." When her children expressed an enthusiasm to return to the church, they agreed as a family that it was time to join.

"It has been the most blessed, wonderful journey I have ever had," Judith said. "It's a sense of peace and calm that I had not experienced for a long time, and it's beautiful to have people who surround you and understand you."

She and her husband, Christopher, were baptized into the Seventh-day Adventist faith on December 26, 2015.





Chaplain Judith Mufuh takes time to talk with and comfort patients at Adventist HealthCare hospitals.

Judith says her experience has enabled her to better connect with her patients on a spiritual level.

"I want them to leave the hospital feeling that they are not alone and that there is something special and unique about Adventist HealthCare and its employees," Judith says. "The ability to hold someone's hand without judgment and journey with them is very powerful."

Dr. Arunan says that he was simply doing his job and, because Judith was curious, he helped her study and answered her questions. "We do the best we can, but God does the rest," he says. For Judith, his guidance was invaluable in her journey.

"The most amazing thing was just coming for a job and not knowing how it would change my life. Dr. Arunan didn't push me – he just let me experience the goodness of God and, when that takes place, it transforms," she reflects. "Sometimes all it takes is one person to inspire change."

Jugadores de fútbol refugiados procedentes de Liberia reciben extremidades nuevas y rehabilitación

Cinco amputados liberianos, que juegan en un equipo de fútbol para discapacitados ganador de tres campeonatos mundiales, recibieron piernas ortopédicas y atención de rehabilitación experta esta primavera gracias a Atención Física y Rehabilitación de Adventist HealthCare (Adventist HealthCare Physical Care & Rehabilitation, Adventist HealthCare PH&R).

Adventist HealthCare PH&R y uno de sus socios, el Centro Médico de Ortopedia y Prótesis (Medical Center Orthotics and Prosthetics, MCOP), donaron piernas ortopédicas nuevas y atención de rehabilitación a cinco refugiados liberianos, los cuales no han tenido acceso a piernas ortopédicas ni a un tratamiento integral.

"En Adventist HealthCare Physical Health & Rehabilitation, trabajamos de manera permanente para ayudar a los pacientes a recuperar su vida al asistirlos para que retomen las actividades que amaban antes de su lesióno enfermedad," señaló el Director Médico Dr. Terrence Sheehan.

"Estos hombres ya han demostrado que pueden jugar al fútbol luego de perder sus extremidades. Ahora, nuestro equipo los ayuda para que vuelvan a ser activos y capaces con sus prótesis nuevas".

El equipo de MCOP, que goza de una vasta experiencia con amputados incluido el proyecto Wounded Warriors Project, diseñó una pierna ortopédica a medida para cada amputado. Luego de que se les colocaran las piernas ortopédicas nuevas, los hombres asistieron a sesiones de terapia física especializadas centradas en la capacitación y atención de amputados en Adventist HealthCare PH&R.

"Es como un sueño hecho realidad", manifestó Samuel Eastman, uno de los jugadores de fútbol. "No podríamos haberlo logrado por nuestros propios medios".

Los cinco refugiados sufrieron lesiones traumáticas relacionadas con la guerra en su Liberia natal. Llegaron a los Estados Unidos y fueron puestos en contacto con Adventist HealthCare y MCOP a través de conexiones con Little Workers of the Sacred Hearts en Washington, D.C.

MCOP y Adventist HealthCare PH&R aplican un método basado en el trabajo en equipo combinado con un



Cinco jugadores de fútbol liberianos prueban sus prótesis nuevas fuera de Adventist HealthCare Physical Health & Rehabilitation.

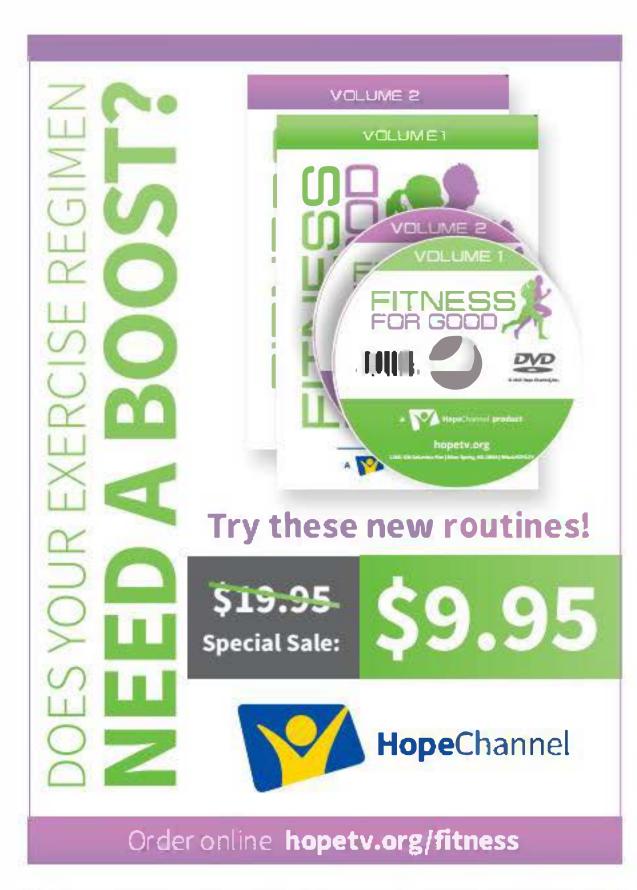
compromiso por el servicio a la comunidad para brindar atención de primera categoría a los amputados. Las clinicas especializadas semanales y la atención de rehabilitación coordinada aseguran que todos los amputados reciban servicios ortopédicos y de rehabilitación física, que son inigualables en la región.

Adventist HealthCare PH&R es uno de los pocos establecimientos en una región compuesta por cinco estados que cuenta con la acreditación de la Comisión Internacional de Acreditación para Centros de Rehabilitación (Commission on Accreditation of Rehabilitation Facilities International, CARF) en nuestras cuatro áreas de especialización: lesión cerebral, lesión de la médula espinal, amputación y apoplejía.

Para más información, visite www.AdventistRehab.com.

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ISRAEL TOUR WITH PASTOR JIM GILLEY AND FRIENDS:

Two trips this fall, September 26-October 4, \$3,099; November 28-December 6, 32,499. Includes all tips, taxes, air and breakfast and dinner buffets daily. From New York, but other departure cities available. Call Jennifer at (602) 788-8865, or Pastor Jim at (530) 368-3301. Join us!

OBITUARIES

REBICH, Josephine, of Euclid, Ohio, beloved wife of the late Mike Rebich, was born November 28. 1927, in Cleveland, Ohio; died May 19, 2015, after a protracted illness of several years. As a young woman she was a gifted seamstress and fitter in some of Cleveland's well-known dress shops—a talent that she still exhibited even in later life. Josephine's introduction to the church was through her future husband, Mike, who had been handed an ingathering tract in a tavern. They were married in 1952, and after Bible studies were baptized into the Cleveland First Church the following year. God's providential leading was revealed

in their conversion story in the Review of October 26, 1961, along with that of other family members as well. Besides being a loving wife and mother, Josephine was also an excellent hostess, always going out of her way to show exceptional cordiality and kindness to the many visitants of the family home. Through the years, she served in various church positions: children's division assistant, Sabbath School secretary, head deaconess and greeter. She is survived by her son Michael Rebich, and his late wife, Debra. who died in February; and a sister-in-law, Mary Mardovin.

ANNOUNCEMENTS

HARDING HOSPITAL 100TH **ANNIVERSARY CELEBRATION:**

Sabbath, September 3, 9 a.m. and 11:30 p.m. at the Worthington Seventh-day Advertist Church, 385 E. Dublin Granville Rd., Worthington, OH 43085. Former Harding physicians, staff, Worthington church members and friends are invited to attend this heritage celebration. Contact Harding Heritage Foundation at (614) 885-4426, hardingheritagefdn@att.net, or the Worthington AdventIst Church at (614) 885-7812, for details.

EIGHTH ANNUAL/ATTORNEY PRE-LAW STUDENT DINNER

Hosted by The Center for Law and Public Policy Washington Adventist Una'versity

September 25 at 6.90 p.m.

on the campus of Washington Adventist Uni'versity Wilkinson Hall, Dining Hall

Business Attire

The dinner will connect Adventist undergraduate students interested in a legal career and current law stusdents with practicing attorneys and members of the profession.

To RSVP, please email prelaw@wau.edu or call (301) 891-4572

Sunset Calendar

	July 1	July8	July 15	July 22	July 29	Aug 5	Aug 12	Aug 19	Aug 26
Baltimore	8:37	8:36	8:33	8:28	8:22	8:15	8:06	7:57	7:47
Cincinnati	9:08	9:07	9:04	8:59	8:53	8:46	8:38	8:28	8:18
Cleveland	9:04	9:03	8:59	8:54	8:48	8:40	8:31	8:21	8:10
Columbus	9:05	9:03	9:00	8:55	8:49	8:42	8:33	8:24	8:13
Jersey City	8:31	8:30	8:27	8:22	8:15	8:08	7:59	7:49	7:39
Norfolk	8:28	8:27	8:24	8:20	8:15	8:08	8:01	7:52	7:43
Parkersburg	8:57	8:55	8:52	8:48	8:42	8:34	8:26	8:17	8:07
Philadelphia	8:33	8:32	8:29	8:24	8:18	8:10	8:02	7:52	7:42
Pittsburgh	8:54	8:53	8:49	8:45	8:38	8:31	8:22	8:12	8:02
Reading	8:38	8:36	8:33	8:28	8:22	8:14	8:06	7:56	7:46
Richmond	8:35	8:34	8:31	8:27	8:21	8:14	8:07	7:58	7:48
Roanoke	8:44	8:43	8:40	8:36	8:31	8:24	8:16	8:07	7:58
Toledo	9:13	9:11	9:07	9:02	8:56	8:48	8:39	8:29	8:18
Trenton	8:33	8:31	8:28	8:23	8:17	8:09	8:01	7:51	7:41
Wash., D.C.	8:37	8:36	8:33	8:29	8:23	8:16	8:07	7:58	7:48





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Cynthia Jeremiah, International Student

Ms. Jeremiah was initially nervous about coming to another country to pursue a BS in Healthcare Administration. However, with family living nearby and the university's welcoming and supportive environment, she quickly adjusted and is pleased with her decision. She plans to return to her home country to share her new knowledge and skills at a hospital there.

"As an international student from Malaysia and an Adventist, I appreciate that there are no classes on Saturday, which is our Sabbath. The professors are supportive, always willing to help, and relate the lessons to real life work experience. I feel that I have the guidance and encouragement that I need to be

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