

VISITOR

CONNECTING COLUMBIA UNION SEVENTH-DAY ADVENTISTS

JULY/AUGUST 2019 • VOLUME 124 • ISSUE 6

From Stroke to Keystroke

Jessica and Quincy Sims
share their health quest online

Plus: Members open up
about miscarriage



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When three families shared personal struggles on social media, the prayer and support they received helped to turn their pain into purpose. Find out why they believe prayerful authenticity online can be a blessing and a witness, and why, thanks to social media, you never have to walk alone.

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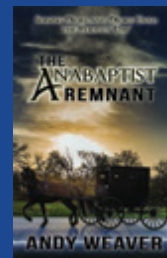
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About the Cover: Jessica and Quincy Sims were photographed at Arsenal Park in Pittsburgh by Jared Wickerham/AP Images.

ON THE WEB

THE ANABAPTIST REMNANT

In his recently published book, *The Anabaptist Remnant*, Andy Weaver, an Amish-turned-Adventist who now leads Ohio Conference's West Salem Mission, shares his personal testimony in depth. Read more at columbiaunionvisitor.com/theanabaptistremnant.



FOSTERING A CULTURE OF VULNERABILITY

"A lot of people have a theology that tends to discourage vulnerability," says Thomas Luttrell, who teaches psychology and counseling at Washington Adventist University in Takoma Park, Md. "When people have an emphasis on perfection, it discourages [them] from being vulnerable because then they admit they're not perfect yet."



Read more of Luttrell's thoughts on the pros and cons of being vulnerable at columbiaunionvisitor.com/vulnerablechristians.

DO'S AND DON'TS OF CHURCH SOCIAL MEDIA

Churches and schools need to be active on social media too! Visit columbiaunionvisitor.com/socialmediatips for advice on starting your online ministry.

SHARE YOUR #2019CHOSEN CAMPOREE MEMORIES!

This August members from around the world will gather in Oshkosh, Wis., for the 2019 International Pathfinder Camporee. Share photos, videos and memories from your club's trip by using the official event hashtag, #2019chosen, and also #columbiaunion. Follow the *Visitor* on social media for live coverage too!



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Called to Something More

After 37 years of service in the federal government, conventional wisdom said to remain for three more years to maximize my retirement income. But there was a call, a yearning for something more. To what, I was not sure, but the desire to answer was greater than my desire for greater retirement security.



So I retired, made myself available to God, and my life has not been the same since. While my response to Him has not been perfect—sometimes halting and even resistant—God took what I brought to Him, and, over the last five years, has given me incredible experiences.

He sent me with an evangelistic team to Kenya where we baptized more than 600 new believers; gave me the joys and challenges of starting two small businesses; placed me on conference and nonprofit executive boards; allowed me to become certified and train individuals nationally and internationally in biblical entrepreneurship; and called me to volunteer in a local correctional facility, where I have been privileged to help more than 60 young men prepare for re-entry into society.

All of that would have been enough for me, but not for God. He recently afforded me the opportunity to serve as the Columbia Union Conference chapter president of Adventist-laymen's Services & Industries (ASI), an international network of Seventh-day Adventist Church members, professionals, business owners and ministry leaders united with a common commitment and motto: "Sharing Christ in the Marketplace."

In the Columbia Union, we are blessed with many such individuals who run trucking companies and mechanic shops; salons and barber-shops; consulting firms and medical practices; insurance agencies and real estate development offices; and nonprofits and grassroots ministries that make local

and global impact. Our newly elected board for 2019–2021 is excited about the opportunity to connect and partner with members who wish to use their talents, time and resources to advance Christ's mission and build up His kingdom.

Are you experiencing a call to "something more?" ASI has been the answer to my yearning, and it could be the answer to yours. As you consider what role you will play, visit cuasi.org to see eight reasons to join us, how to receive our email newsletter and how to participate in our prayer teleconferences.

One of the greatest lessons I learned in my journey is that God is not necessarily looking at your ability; He is looking at your *availability*. To paraphrase Paul in 1 Corinthians 1:26–27, we may not have been much when we were called, but God has decided to choose the lesser things to confound the mighty.

Mark Brown, creator of the 3 Brown Boys granola brand and first elder at Allegheny East Conference's New Life church in Gaithersburg, Md., serves as president of the Columbia Union chapter of ASI, whose annual convention will be held April 3–4, 2020.



Members across the Columbia Union Conference recently gathered for annual camp meeting festivities, including attendees at Allegheny West Conference's Hispanic and Brazilian Camp Meeting in Marengo, Ohio.

ADVENTISTS HELP OHIO TORNADO SURVIVORS

Seventh-day Adventist members rallied to help the community following severe storms that included at least 14 confirmed tornadoes that killed one person in the Dayton/Miami Valley area of Ohio and left water and power outages in the aftermath. In the weeks after the June storms, Kettering Adventist HealthCare (KAHC) facilities treated some 175 people with storm-related injuries, while Adventist Community Services (ACS) leaders and their Disaster

Response teams provided support, food and prayers.

"Just being there and being able to lend a voice of safety is what makes working in the emergency room worth it! Prayers to all impacted by the storm!" shared Alicia Kempf, a nursing assistant in the Emergency Department at KAHC's Soin Medical Center in Beavercreek, Ohio, where staff treated many of the storm victims.

In addition to donations to The Foodbank in Dayton, and a contribution of \$50,000 to a fund to support impacted employees set up by KAHC's Grandview Foundation, KAHC provided meals for 700 people, four-nights-a-week for several weeks.

The Good Neighbor House (GNH) in Dayton, Ohio, supported by multiple Ohio Conference churches, and working with several Allegheny West Conference (AWC) churches and community members, helped impacted victims by supplying water, food, toiletries and cleaning supplies.

"This has been a devastating time," says Marcia Ehlers, GNH assistant director of Human Services and Outreach. "But as we open our day with prayer and watch

the circle get bigger and bigger with our neighbors so hungry to have someone connect them with Christ and His comfort, we know He spared our agency any major damage to allow us to be His hands and heart to our neighbors at this time."

Allegheny West Conference members trained in spiritual care assistance are also working with the Ohio Conference and KAHC to provide support. AWC's Ethan Temple church in Clayton, Ohio, and the Hillcrest church in Dayton provided temporary relief to residents as well. —Heidi Shoemaker and Visitor Staff

FORMER NAD PRESIDENT PASSES

Don C. Schneider, former president of the Seventh-day Adventist Church's North American Division (NAD) and New Jersey Conference, died May 23 in Texas, where he was living with Marti, his wife and partner in ministry. He was 76.

Schneider served as NAD president for 10 years. He was elected to the office in 2000 at the General Conference Session in Toronto, Ontario, Canada. Prior to this, he served as Lake Union Conference president for almost six years. He also served as New Jersey Conference president from 1978–1982.



"Don Schneider loved Jesus, he loved people and he loved life. He had a great sense of humor, and led with a lot of humor, but he was very serious about the mission. During his tenure, he led the division in a number of great initiatives in church planting and outreach,"



Thomas, Faith and Grace Oh, and fellow members of Ohio Conference's Dayton Korean church, help collect bottled water for those impacted by the storms.

STUDENTS RECEIVE CARING HEART AWARDS

Recent Takoma Academy graduate Adrianna Felder, pictured with Principal Carla Thrower, is one of the students from Columbia Union Conference’s full academies who recently received the Caring Heart Award, sponsored by the union’s Office of Education. The award gives students who demonstrate a personal commitment to service and witnessing a \$500 scholarship to a Seventh-day Adventist college or university of their choice or for a mission trip. See a full list of the awardees at columbiaunionvisitor.com/2019caringheartaward.—V. Michelle Bernard



shares Dave Weigley, Columbia Union Conference president.—NAD Communication and Visitor Staff

MEMBERS NAMED FULBRIGHT SCHOLARS

Two Columbia Union Conference members recently participated as Fulbright Scholars.



Kofi Adu, associate professor of physics at Penn State University in Altoona, Pa., and a member of Pennsylvania Conference’s State College church in Furnace, is studying at the University of Cape Coast in Ghana for nine months, returning at the end of August. Adu is working with the university’s Department of Physics to develop and teach a new degree program in nanoscience and nanotechnology.

When asked if his faith plays a role in his teaching, he responded, “I wholeheartedly believe that we are all God’s children irrespective of our make, our background and our beliefs. As faculty, my first responsibility is to treat everyone with respect ... and to help and guide every student that I meet to identify and reach their potential.”



Joy-Leilani Garbutt recently returned from France after working on her Fulbright project, Rediscovering the Organ Music of the Belle Époque from a Female Perspective, in which she studied French women organists and composers from 1872–1954.

Garbutt, the organist at Potomac Conference’s Takoma

Park (Md.) church and the choral accompanist at Chesapeake Conference’s Spencerville church, in Silver Spring, Md., says the majority of the women she researched from 1872–1954 played at churches, and that a lot of the music was written for church. “I’ll definitely be playing more of this [newly-discovered] music,” she says. “I love the connection to the idea that women have been doing this for a long time and bringing their voices forward and hearing them alongside the repertoire of music by men.”

Garbutt, a doctoral candidate in musicology at the Catholic University of America in Washington, D.C., is also the co-founder of the Boulanger Initiative, which works to raise the visibility of women composers.—VMB



Members of Allegheny East Conference’s First Church of Teaneck in New Jersey, led by Pastor Robert Smith, conference ACS director, recently traveled to Virginia Beach, Va., to comfort the grieving following a shooting at a municipal building that killed 12.



LOS ADVENTISTAS SE REÚNEN PARA SU TRADICIÓN DE VERANO

Peyton Summers, un visitante de la comunidad, participa en una tradición de verano de los Adventistas del Séptimo Día—Campestre en la Academia Highland View de la Conferencia de Chesapeake en Hagerstown, MD.

FALLECE EX PRESIDENTE DE LA NAD

Don C. Schneider, ex presidente de la Iglesia Adventista del Séptimo Día de la División Norteamericana (NAD) y de la Conferencia de New Jersey, murió el 23 de mayo en Texas, donde vivía con Marti, su esposa y compañera en el ministerio. Tenía 76 años. Schneider (en la foto con Marti), se desempeñó como presidente de la NAD durante 10 años. Fue elegido para el cargo en el 2000 en la Sesión de la Conferencia General en Toronto, Ontario, Canadá. Antes de esto, se desempeñó como presidente de la Lake Union Conference durante casi seis años. También se



desempeñó como presidente de la Conferencia de New Jersey desde 1978 hasta 1982.—*Personal de comunicación de NAD y Visitor*

LOS ADVENTISTAS SE REUNEN PARA AYUDAR DESPUÉS DE LOS TORNADOS DE OHIO

Luego de las tormentas severas que incluyeron al menos 14 tornados confirmados y la muerte de una persona en el área de Dayton / Miami Valley en Ohio y dejaron a su paso cortes de agua y electricidad, los adventistas del Séptimo Día se unieron para ayudar a la comunidad. En las semanas posteriores a las tormentas de junio, las instalaciones de Kettering Adventist HealthCare (KAHC) trataron 175 personas con lesiones relacionadas con las tormentas, mientras que los líderes de Servicios Comunitarios Adventistas (ACS) y sus equipos de Respuesta ante Desastres brindaron apoyo, comida y oraciones.

Además de las donaciones a The Foodbank en Dayton y \$50,000 a la Fundación Grandview de Kettering Adventist HealthCare para apoyar a los empleados afectados, KAHC

proporcionó comidas para 700 personas, cuatro noches a la semana durante varias semanas.

The Good Neighbor House (GNH) en Dayton, Ohio, con el apoyo de varias iglesias de la Conferencia de Ohio y el trabajo con varias iglesias y miembros de la comunidad de la Conferencia de Allegheny West (AWC), ha ayudado a las víctimas afectadas mediante el suministro de agua, alimentos, artículos de tocador y artículos de limpieza.

Los miembros de la Conferencia de Allegheny West entrenados en asistencia de cuidado espiritual también están trabajando con la Conferencia de Ohio y KAHC para brindar apoyo. La iglesia del Ethan Temple de AWC en Clayton y la iglesia de Hillcrest en Dayton también brindaron alivio temporal a los residentes.—*Heidi Shoemaker and Visitor Staff*

ESTUDIANTES RECIBEN PREMIOS CARING HEART

Peris Munene, recién graduada de Shenandoah Valley Academy, es una de las estudiantes de las academias de la Unión de Columbia que recibió recientemente el Premio



Caring Heart, patrocinado por la Oficina de Educación de la Unión. El premio se otorga a los estudiantes que demuestran un compromiso personal de servicio y testimonio y consiste en una beca de \$500 en un colegio o universidad adventista del séptimo día a elección o en un viaje misionero. Vea la lista de los ganadores en columbiaunionvisitor.com/2019caringheartaward.

—*V. Michelle Bernard*

DÉCÈS DE DON C. SCHNEIDER, ANCIEN PRÉSIDENT DE LA NAD

Don C. Schneider, ancien président de la Division Nord-Américaine (North American Division, NAD) et de la Fédération de New Jersey, est décédé le 23 mai au Texas, où il vivait avec Marti, son épouse et partenaire dans le ministère. Il avait 76 ans.



Schneider (photo avec Marti) a été président de la NAD pendant 10 ans. Il a été élu au bureau en 2000 lors de la session de la Conférence Générale à Toronto, Ontario, Canada. Auparavant, il a été président de la Fédération de Lake Union pendant près de six ans. Il a également dirigé, en tant que président, la Fédération de New Jersey de 1978 à 1982.—*Equipe de Communication de NAD et le personnel de Visitor*

DES ETUDIANTS REÇOIVENT LE CARING HEART AWARDS

Joycelyn Hannah Williams, récemment diplômée à Pine Forge Academy, photographiée avec Jaymie Pottinger, directrice



PARTICIPATION AU CAMP MEETING

Participez au Camp Meeting Haïtien de l'Allegheny East Conference du 1er au 4 Aout à Pine Forge Academy à Pine Forge (Pennsylvanie). Visit visitaec.org pour plus d'informations.

adjointe, est l'une des bénéficiaires de bourse complète de l'Union de Columbia qui a récemment reçu le Caring Heart Award, parrainé par le Bureau de l'Education de l'Union de Columbia. Le prix offre, aux étudiants qui font preuve d'un engagement personnel au service, une bourse de \$500 qu'ils peuvent utiliser dans une école supérieure ou une université Adventiste du Septième Jour de leur choix ou pour un voyage missionnaire. Consultez la liste des gagnants sur columbiaunionvisitor.com/2019caringheartaward.—*V. Michelle Bernard*

DES ADVENTISTES VOLENT AU SECOURS DE LA COMMUNAUTÉ APRES LES TORNADES D'OHIO

Les récentes tempêtes violentes du mois de juin, comportant au moins 14 tornades, ont causé la mort d'une personne dans la région de Dayton / Miami Valley dans l'Ohio et laissé la population sans eau et sans électricité. À la suite de ces intempéries, des membres de l'Eglise Adventiste du Septième Jour se sont mobilisés pour venir en aide à la communauté. Dans les semaines qui ont suivi le mauvais temps, les cliniques de Kettering Adventist HealthCare (KAHC) ont porté une assistance médicale à 175 personnes avec des blessures liées aux tempêtes, tandis que les dirigeants des Services Communautaires Adventistes (ACS) et leurs équipes d'intervention en cas de catastrophe ont fourni soutien, nourriture et prières.

En plus des dons octroyés à la banque de nourriture de Dayton et une contribution de \$50 000 à un

fonds d'assistance aux employés victimes, mis en place par Kettering Adventist HealthCare de la fondation Grandview, le KAHC a fourni des repas à 700 personnes, quatre soirs par semaine, pendant plusieurs semaines.

The Good Neighbor House (GNH) de Dayton (Ohio), soutenu par plusieurs églises de la Fédération d'Ohio et travaillant avec plusieurs églises de Allegheny West Conference (AWC) et des membres de la communauté, a aidé les victimes en fournissant de l'eau, de la nourriture, des articles de toilette et des produits de nettoyage. GNH travaille également avec United Way pour coordonner les efforts des volontaires.

Les membres de la Fédération Allegheny West, formés en assistance spirituelle, travaillent également avec la Fédération de l'Ohio et le KAHC pour fournir assistance à la communauté. L'Eglise Ethan Temple de AWC à Clayton et l'église Hillcrest de Dayton ont également procuré un soulagement temporaire aux résidents.—*Heidi Shoemaker et le personnel de Visitor*



Kelly Parin, représentant la police de la région de Harrison, assiste Kirt Fourman, un employé du centre médical Grandview de KAHC, dans le chargement d'eau pour les victimes de la tempête.

FROM STROKE TO KEYSTROKE

Members find connection and community online
as they share life's harsh realities

by Tompaul Wheeler



For many people, the internet and social media are platforms to show an idealized version of themselves and rack up likes, hearts and emojis. But when Jessica Sims and other members bravely shared their struggles with the realities of life, they found meaningful connections, heartfelt prayers, much-needed support and opportunities to witness.

Quincy's Quest

When Jessica Sims gave birth to Quincy, her third son, in 2013, all seemed well. Then he started seizing. He was flown to Pittsburgh, where doctors determined he'd had a stroke shortly before his birth.

The stroke affected 60 percent of Quincy's brain. "He was given a very grim prognosis," Jessica remembers. "We didn't post anything online right away, but people were praying for us, and I feel like it was those prayers that kept us going."

Given the severity of Quincy's stroke, doctors were surprised he had lived through it. A genetic marker had predisposed Quincy to blood clots. "His MRIs kind of take my breath away," Jessica says. "It looks like a yin-yang. His whole left side [brain activity] is completely gone, and his frontal lobe is gone from the stroke." The unaffected portion of Quincy's brain has demonstrated incredible neuro-plasticity, as it adapts and reassigns neurons to compensate for what was damaged.

"We had our life planned out, and God had other plans," Jessica reflects. "I had to quit my fulltime teaching job to care for Quincy. We had been very comfortable, and we went from that to relying 100 percent on God for everything. Doctors told us he wouldn't live 10 days, and he's just celebrated his sixth birthday. They told us he'd be blind and deaf and would never walk or sit on his own. And just three months ago, he started being able to walk independently with a walker. He can see on the left side of both of his eyes. He has compensated amazingly. His hearing is exceptional."

Though Quincy occasionally stutters in his speech "when his brain can't keep up with what he wants to say," he's continuing to progress in that and other areas. "He can voice what he wants.

The Sims (left to right: Carter, Quincy, K. C., Jessica and Ike) value how social media enables them to share and connect when life keeps them apart.

He can have a whole conversation," Jessica says. This summer they're headed back to Pittsburgh for eight weeks of physical therapy, with the goal of building his strength and endurance so he can participate in a full-day kindergarten program and interact with his peers.

Jessica and her husband, K. C., have primarily shared their story through Facebook, on a page called Quincy's Quest. "Of course I keep some things private for the sake of Quincy and my two older sons," Jessica says. "The doctors and science said Quincy wouldn't live, but obviously God had another plan. We always try to make sure people know that we feel God intervened."

The family's decision to share their journey online has both raised awareness of pediatric strokes and plugged them into a broader community. "We've received a tremendous amount of support from people saying, 'Hey, if you need anything, I'm here.' It's that sense of community you might not otherwise have gotten if it weren't for social media.

For the Sims family, who attend the Pennsylvania Conference's Everett church, sharing their story online is a two-way street. "One of the things my husband and I said early on," Jessica reflects, "is that of course we didn't want this [illness] for Quincy; we didn't want our lives turned upside down. But our son has a very bubbly personality. People are drawn to him. I definitely think God has worked through him."

The Sims value how social media enables them to share and connect, especially when Quincy's therapy separates them for weeks at a time. "Even 20 years ago, I wouldn't have been able to quickly share a video with my family," Jessica says. "It's a blessing to me to know I'm not out in Pittsburgh by myself. I know there are people rooting for us and caring for us. And of course meeting other parents who are going through similar things. ... I see [social media] as a way



Going through some very hard things right now. In the midst of all of it, I keep thinking to myself ... what is the enemy trying to distract me from? ... Tricky, tricky. ... Wise to his schemes.

—Season Kimberly, May 16, on Facebook



Last year when our baby slipped away, we were gifted these beautiful shasta daisies. ... This is the first time they've come back up this year and we love them.

—Perla Niss, May 26, on Facebook



Quincy wore purple today for #pediatric-strokeawarenessday! While everyday is pediatric stroke day in our house, we wanted to honor all the others that have been [impacted] by stroke and their incredible journeys!

—Jessica Sims, May 3, on Facebook

of connecting with people, or people who might not otherwise be able to say, 'Hey I've been praying for you.' I know if I needed anything, all I'd need to do is send a quick message or Facebook post, because people are there for you."

Season's Journey

For Season Cromwell, sharing her journey with authenticity has been a part of her from the beginning.

"I was just a couple weeks sober when I became an Adventist," Cromwell remembers. "I spoke differently, I couldn't sit still in a room. I went to the most conservative church in the conference in my area, and people told me, 'You might want to pick a different one because I'm not sure they can handle your story.' [My experience] was the complete opposite—and I think it was because I was sharing my story. There were folks who struggled with me because I'd sit down and start clapping [in church]. But praise Jesus, there was a large group who surrounded me—pastor, youth pastor, ladies—and loved me back to life."

Today Cromwell attends Chesapeake Conference's New Hope church in Fulton, Md., and is co-host of the television program "Let's Pray" on the Hope Channel. Although following God has transformed every aspect of her life for the better, she still faces struggles, sorrow and disappointment—and is still determined to be genuine and honest about her life. One part of her journey she's chosen to share—including on her Facebook and Instagram pages—are her struggles with infertility, miscarriage and her son's injury during childbirth.

When Cromwell's son Gideon was born in 2016, he suffered a brachial plexus injury on his left side. From his shoulder to his finger tip, nothing moved. At seven days old, Season and her husband, Chris, had Gideon anointed. That night his thumb twitched. Two surgeries—a nerve graft, and a shoulder repair with a tendon repair—have helped Gideon recover strength and movement.

"He's doing wonderfully," Season says. "God continues to amaze us."

Season has a heavy heart, however, for those who continue to face such challenges in darkness. "A friend of mine runs a brachial plexis support group on the internet. There are people from all over the planet, and they say, 'No one ever told me why my child's arm didn't work.' And by then it's too late to take some of the steps to help their child heal. That's devastating to me. My friend [posts] videos and education on what to do and how to help their children."

After a difficult experience with infertility, this spring the Cromwells rejoiced to learn that they were expecting another baby, and shared the good news on Season's Facebook page, while asking for continued prayers. "I'm committed to our community to share our entire journey this second time around," Season said at the time of the interview for this article. "For three hours after I posted, I wanted to take it down. There

are some things I'm sacrificing so others can see. And if this pregnancy, heaven forbid, something should happen, I will post it as well. That's the point—it's a messy journey. It doesn't have a neat bow on the end for everybody."

Season explains, "Infertility and miscarriage is one of the biggest clubs nobody wants to be a part of. When I was first going through it, there was no way I could share it. It was hard to post that we had a positive pregnancy test because there's so much stigma about sharing your pregnancy early. In other countries, people share about pregnancy early so [friends] can support and celebrate. Then if something happens, we cry with you and love and support each other."

Soon after the interview, that something happened.

Season looks to Paul's words in Galatians 6:2 for guidance: "Carry each other's burdens, and in this way you will fulfill the law of Christ" (NIV). The

Bible also says God desires "truth in the inward parts" (Ps. 51:6, NKJV). Season admits, "That's the ugly stuff too."

She continues, "Sometimes when we're not honest with the things we're struggling with, people feel like you're trying to deceive them. Like, 'Why didn't you tell us?' As opposed to someone who just walks in and says, 'Hey guys, I need help.' And I think there's a part [of] the person to be honest for people to have a loving and kind response about it. But I feel like if we are open about our struggles, it builds a sense of community because it's a fact that we're not the only ones. That's not even a question. If you're breathing, you're dealing with something."

Though the sharing has sometimes been difficult, Season feels this is a calling. "I'm sure some people think 'she's telling everyone all her business,' but that's okay because that means what I'm sharing isn't for

How to be an Effective Digital Evangelist



Felecia Datus of the Center for Online Evangelism says what people post, "no matter how small it may seem," is very significant. "You may have [followers or friends online] who are Christians or not Christians, and they're watching you, and it's all a reflection of Christianity and Jesus—as far as they're concerned."

Datus and our other subjects shared the following tips on being a witness online:

Don't engage in heated debates: The majority of people don't change their minds after online debates, and many friendships are broken because of things said on a thread. So much nuance is lost when you can't see someone's face or hear their voice. If it's a critical issue, you might connect with someone through a personal, direct message, or even face to face, so you can see where their heart and mind lies.

Be careful of assumption: If you choose to respond to someone sharing their struggles, don't assume they're attention-seeking or haven't already tried a seemingly obvious solution. Withhold judgment as well, and just be supportive and offer encouragement. You might want to say, "I'm sure you've thought of this..." Qualify any advice with the assumption that they may already know or have tried it.

Beware of the echo chamber: When participating with or just "lurking" on an online support group/discussion forum, it can be easy to get caught up in groupthink. Consider, pray for and seek out different ways of looking at a contentious issue or situation.

Want more? For more digital evangelism tools and tips on what to post on your ministry social media accounts, visit columbiaunionvisitor.com/socialmediaministry. We'll also include social media posts that illustrate "how it's done."

them. They're not the tribe I'm trying to reach. I don't need everybody to like it or agree with it. I'm doing what the Lord told me to do, and I'm putting it out there because I'm being obedient. ... The enemy wants us to feel like we're isolated and we're the only ones struggling. He wants us to feel ashamed. ... There is just so much to be said about the community that we provide for each other."

Season has felt a little pushback to her sharing. "I had someone tell me you really shouldn't try to help others until you've already been through it and can look back at it. And I thought, *No, absolutely not. God's given me a bit of a platform, and I feel it'd be a disservice to not share.*"

She also notes that there is a difference between dumping and sharing online, but says that counseling has helped her to "move through with stuff so that when I do share, it's to build community, not to lament so others will feel sorry for me." She says to ask yourself before posting, "Is it solution-oriented? Have you had a conversation with someone and you know they've taken it to Jesus first?" All the weight of their emotions is just dumped in your lap if they haven't."

Going Through it Together

"Social media has now blurred the lines of boundaries of what is intimate," says Felecia Datus of the Center for Online Evangelism, an independent ministry supporting the Seventh-day Adventist Church. They provide members with resources to act as "digital evangelists" who effectively share their faith online.

Datus says that sharing online can be a witness. "It gives an opportunity for people to see that Jesus Christ is able to help us with whatever the struggle is. It doesn't paint Christianity in a false light, as if once you become [a Christian] everything is perfect and dandy, and every day is sunny. Rather, as a Christian, you still have struggles, but you know a Savior who can walk with you through those struggles. It makes you more relatable, and you can say, 'Hey, they're going through this, and I can still relate to them. And because they're going through this struggle, I won't feel judged.'"

Datus also sees the negative effects. "Not everyone on social media will be kind regarding your struggles," she says. "People will take advantage of it, so we need grace and the wisdom of the Holy Spirit to know the kind of things to share."

She adds that engaging in so much social media sometimes takes away from our ability to communicate in person. "At the same time, we are aware of things happening in the world [in] real time and we can engage in that, and we have a lot of power ... to say things and stand up for things. We need to learn how to turn that online power into something tangible."

Social Media a Ministry Tool?

Heather Ripley Crews pastors Potomac Conference's Courthouse Road church in Richmond, Va. She's found social media valuable in helping her keep in touch with what's going on in her members' lives and in connecting with her church community. "I'll find out that they lost someone or [have] a challenge in their life, or they'll share something on Facebook before they'll share it with me. It's sometimes easier to say it online than it is to someone's face," she says.

Crews adds, "How I learn people's backstories has changed quite a bit over the years. I think the healthy part of it is that it's actually being said. Sometimes you don't understand what someone's sharing until you hear the backstory. [We find] more people that share the same issues. [But] I wish we had more face-to-face conversations that didn't have to start with, 'Oh, I saw your Facebook post.'"

Crews then sometimes takes the opportunity to build from there. "If we're going [to] be naming these issues, then we need to follow-up with a real-life conversation," she says.

There is also an opportunity for churches to minister online. On Facebook alone, Chesapeake Conference's New Hope church has an average of 500-plus viewers who watch their streamed services each week. Pennsylvania Conference's Bucks County church has



Thomas Luttrell



Hannah and Thomas Luttrell, pictured with their son, Caleb, have found community by chatting online about parenting issues.



80–250 weekly viewers and Allegheny West Conference’s Grace Community church in Euclid, Ohio, reaches 1,300-plus users with their sermons, inspiring quotes, etc.

We Need Support

Thomas Luttrell, who has a doctorate in Marriage and Family Therapy, teaches psychology and counseling at Washington Adventist University in Takoma Park, Md. After the birth of their son, Caleb, he and his wife, Hannah, started participating in online support groups for new parents, and has found they have their strengths and weaknesses.

“The problem with any lay-led group is you’ll have people expressing [potentially] nonprofessional opinions,” he says. But, “Sometimes people with all the training in the world don’t give the best advice. Sometimes they’re not as encouraging as [someone] who has ... had a similar experience.”

Luttrell, who has also served as a pastor, says one temptation people have is “when they see someone they think is attention-seeking is to ignore them or be condescending. The reality is that when people seek attention, it’s because they need attention or [don’t] get enough. They have a real need in their lives,” he says. “I think we can be helpful in getting people what they need. ... People need love, they need support.”

A Need to Grieve

In February 2018, Hector and Anissa Perla, who attend several churches in the Washington, D.C., area, were equal parts shocked and thrilled to learn that they were expecting their first child. They felt God had called them to begin a ministry and a family. Throughout the first trimester, they kept the news to themselves. Then, in the twelfth week, the pregnancy ended in miscarriage.

“Two weeks later, my last living grandparent passed away,” Anissa remembers. “It was a horrible, dark time in our life. I remember thinking, *I need to grieve and just let my opinions out.* I wanted to take it to another level in terms of sharing with other women and men. Miscarriages happen more often than we think; it’s [approximately] 1 in 4 women. We don’t talk about it. It’s like a sad, secret society.”

Anissa candidly posted her story on her and Hector’s ministry website—project126.org—sharing about her miscarriage. “I wanted to be open and candid about how God worked in our lives, that I have hope in Christ,” she says. “I know there are many women who suffer in silence. So many people responded. A lot of



Anissa Perla

Like Comment Share

Anissa and Hector Perla, education and immigration advocates, have also used social media to remind others they aren’t alone in their struggles with miscarriage.

Adventists [told me], ‘*This is me:* I’ve lost three babies. I’ve lost one. Thank you for sharing this. We need to speak about it more.’”

Anissa reflects, “There are many things we go through that we feel completely alone [in] because no one else talks about it, whether it’s a sin or a tragedy. There’s value in speaking up and offering that support to others. The silver lining is that I’ve now been invited to speak to groups of women and churches, or just a simple conversation with someone privately, offering support so they can move forward.” The Perlas also use their social media voices to educate and help organize immigration education events.

When Anissa and Hector announced that she was pregnant again, they were blessed with an outpouring of support. “Because of my being so open, when we announced we’re pregnant now, so many people have prayed for us and been there for us,” Anissa says. “I don’t think we would have received that much spiritual support if we’d just stayed quiet and suffered alone. Prayer is the best gift anyone can give you. ... When the baby is born, we’ll still have people praying for us.

“I feel like in my parents’ generation, everything was hush-hush,” Anissa explains. “We’re Latino, so I feel like people of color often feel they have to make sure everyone knows ‘we’re fine, we’re great.’ It’s all hush hush. ... But social media gives us a platform to share more widely. Sure I could have shared my story without social media, but it would be a little different. Now, there’s a wide audience. I get invited to speak, be part of a panel ... and provide comfort to women.”

She adds, “Yes, there are ugly places on the internet, but you can still choose whether to curse or bless people. I choose to bless. We need to share our struggles and how we get through them together. We’re not meant to walk this journey alone.”



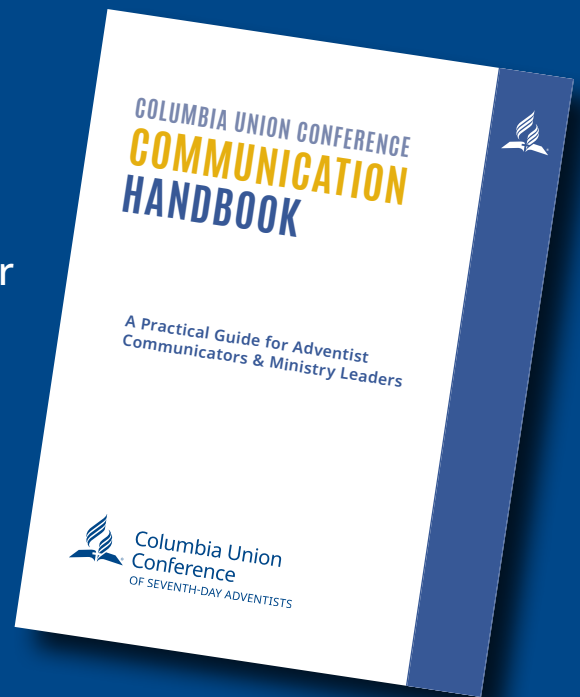
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ALLEGHENY EAST Exposé

Relationship Ministries Hosts Training Session

Nearly 100 Family Ministries leaders, pastors and church elders recently gathered at the Allegheny East Conference (AEC) headquarters in Pine Forge, Pa., to be trained in developing creative, inspiring and engaging programming for their local churches. The Relationship Ministries Department, led by David Defoe, presented the first five of the 10-module family life certification program. “Our time together was extremely important to make sure that local church leaders are thinking and planning strategically for wholistic ministry. We want to train local leaders to develop their own content for their own context,” says Defoe.

Among others, Pierre Quinn, pastor of the Breath of Life church in Fort Washington, Md., presented tools for effective communication in a presentation titled “Can We Talk?”; Armina Dominigue, a clinical social worker, shared a presentation on parenting in the 21st century; and Kelly Holder, a clinical psychologist, concluded the weekend training with a presentation on the impact of mental health in the church and family.

The second training will be held August 23–24, and will include topics on sex, conflict management, marital enrichment and the impact divorce and death has on families. For more information, contact Patricia Lewis at plewis@aecsd.com, or call (610) 326-4610, ext. 313.

Education Office Recognizes Student Achievers

Each spring, the Office of Education hosts annual events that allow students from the 10 Allegheny East Conference (AEC) elementary schools to compete with each other.

One is the Science Fair, where students showcase the science projects they have presented at their local schools that qualify them to be considered for the next round of judging. This year Baltimore Junior Academy (BJA) in Maryland hosted the fair as a result of winning first place in last year’s fair. Winners from this year’s fair were awarded in three categories: primary, elementary and intermediate.

Also this year, a conferencewide Spelling Bee gave AEC students the opportunity to showcase their mastery of 450 assigned spelling words. After nine rounds, three seventh-grade girls, Imani Yates (Dupont Park), Taylor Lawson (G. E. Peters) and Danashia Jimenez (Hillside) took home first, second and third place, winning \$100, \$75 and \$50, respectively.



Top to bottom: Primary winners Ilide IHEME, third place (BJA); Daniel Lightbody, second place (W. F. Mays); and Lawrence Talbert, first place (Dupont) display their medals. Elementary level awardees include first place, Lilian Tyler (Sharon Temple); second place, Akila Ford (Dupont Park); and third place, Gosife Uyanwune (G. E. Peters). Intermediate winners Danielle Johnson, first place (Dupont Park); Tony Scott, third place (BJA); and Azrielle Privette, second place (Calvary) smile for the camera.

CAMCON Communicates Purpose, People, Practice

Recently the Communication Department held its fourth annual Connection and Ministry Communication Conference (CAMCON) at Allegheny East Conference's campus in Pine Forge, Pa. Presenters used the theme "Crafting the Landscape of Communication: Purpose, People, Practice" to share on topics such as writing stories people want to read, using social media as an evangelism tool and learning how to create quality videos right from your cell phone.

One conference tradition is to work collectively on a puzzle to build teamwork and comradery among attendees. It provides an opportunity for them to learn from and motivate each other. During breaks, they were able to complete the 750-piece puzzle in just two days.

A new feature added to the conference experience was an anointing service, held Sabbath morning. Two of the pastors in attendance anointed each person and prayed over their life and ministry.

Another first for the conference was the CAMCON Awards Banquet, where churches who excelled in areas such as website, video production, bulletin and social media received special recognition. Every attendee received a certificate and accepted the commission to go forth and spread the gospel through communication.

"The conference covered all the areas of the role of a communication director, highlighting new tools to utilize in sharing the message," shares Doreen Coleman, an attendee and director of the communication team from the University Heights church in Somerset, N.J. "The presentations were rich, and the delivery was interactive, making the experience more interesting and memorable."

The CAMCON experience will continue with monthly webinars for communication leaders and pastors.



Carlos McConico, pastor of the Ebenezer church in Philadelphia, anoints D'Jenneth McClean, a CAMCON attendee and member of the Trinity Temple church in Newark, N.J.



At the CAMCON awards banquet, LaTasha Hewitt (right), communication director for the Allegheny East Conference, presents an award to Doreen Coleman of the University Heights church in Somerset, N.J., for one of the best church websites in the AEC.



Attendees of the fourth annual Connection and Ministry Communication Conference represent communication leaders and pastors from all over the conference.

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Phone: (610) 326-4610 ■ visitaec.com ■ President, Henry J. Fordham III ■ Communication Director, LaTasha Hewitt

Calvary Church ‘Loves on’ Mothers

We sometimes assume that on Mother’s Day—one of the most celebrated holidays of the year—no mother will be forgotten. But just in case, the Calvary church in Gordonsville, Va., didn’t take that chance.

The church hosted a Mother’s Day breakfast for the mothers and mother-figures both in the church and community. The men of the church cooked, prepared and served food to the women in attendance. Member Troy Foster read a special prayer from his mother’s prayer book. Another member, Lorena Foster, recited poetry. And Pastor Rene Cannon gave a devotional thought on the importance and role of mothers.

At the conclusion of the event, each woman received two roses. “I was so happy to see our church community honor mothers,” says Cannon. “It was exciting to see the men lead out in this initiative, and I am looking forward to seeing what God will do through this now annual event.”

10 Young Adults Share Jesus in Cuba

Earlier this year, the Allegheny West Conference Youth Ministries Department, sponsored in part by the Columbia Union Conference, partnered with the Young Adult Ministries Department on a once-in-a-lifetime mission trip to Cuba through ShareHim. Ten young adults from across the conference territory, including Ohio, Pennsylvania and Virginia, had the opportunity to speak and share Jesus through 11 doctrinal sermons all across the city of Holguin and the surrounding towns. They were blessed to have their youngest evangelist on the trip, little 8-month-old Addie Joy, who accompanied her

mother, Charde Hollins, AWC’s Young Adult Ministries director on the trip.

This event was the first time most of the young adults had ever preached, and many of them had to travel great distances each evening with their translators to get to their destinations each night.

“[The trip] was a wonderful experience all around. I had the opportunity to travel to a different site each night, and I was able to see the power of God moving and using all of our young adults,” says Jason Ridley, Youth Ministries director. “I was able to witness, not only the numerical growth that took place for the Seventh-day Adventist Church in Cuba, but also the spiritual growth that took place in the Allegheny West Conference young adults, as well as through their willingness to be vessels used by God.”

Following the last sermon, 82 people decided to be baptized, with another 83 taking their stand for baptism after Bible studies.



Sandro Miranda, Youth Ministries Director Jason Ridley, Courtney Cantrell, Carl McClatchie, Blissa Letang, Deja Dockery, Young Adult Ministries Director Charde Hollins (holding Addie Joy), Matthew Scone, Brittany Cantrell, Tara Carmen and Tanitoluw Ajaiyeboa stand in front of a church in Cuba where they preached.



A Story of Resilience, Faith and Hope

The Watoto Children Choir from Uganda travels around the world, sharing their stories and praising God through the beautiful sound of African beats and melody. Watoto, Swahili for “The Children,” is a ministry established in Uganda by Gary and Marilyn Skinner to help children, young people and women who are isolated by their society.

Some of these children are orphans or are living in difficult situations. Many have lost one or both parents, and they live in Kampala, a village in Watoto, Uganda. The choir started traveling in 1994, and covered six continents, performing in schools, retirement homes, hospitals, churches, state offices and even palaces.

The Columbus Central church has been hosting the choir for the last three years, under the leadership of Clarice Williams, the church’s Community Outreach director. They come each year to do a live concert for the church and community. Hundreds have attended their concerts, and this year was no different.

The Watoto Children Choir, through their songs and testimonies, speak on the violence and all the problems that other children in Africa and other parts of the world are daily facing. “Their moving testimonies always touch our hearts, and help us remember that poverty, hunger, violence against children are real, and there are millions of orphans ... who need a family and a place to live,” says Williams.

The choir concerts are free, but they collect an offering at the end of each event to help them with their expenses and help other children from their village who are also orphans and living in extreme poverty.



Youth from the Watoto Children Choir, a Christian ensemble from Uganda made up of orphans or kids living in difficult situations, sing songs of God’s love to members at the Columbus Central church.



Church members always assist in hosting the kids in their homes during their journey in Columbus.

“We always enjoy the beautiful music from the Watoto Choir, but we also see our God is using them to share the love of our Lord and Savior Jesus Christ. They bring a message of hope to the hopeless, and their resilience in pain and hardships is a proof of their faith and commitment,” says Williams. “Like the Watoto Children Choir who uses their voices and music to make a difference in others’ lives, let us commit our talents and gifts to serve others and to bring glory to the name of our God.”—*Marc A. FeQuiere*

Called to Leadership

Leadership is influence.” This simple definition, by noted author and trainer, John Maxwell, has significant implications for us as Christians. While many would not consider themselves leaders, they do exert influence on others. Every word we speak, each facial expression, even our presence or absence, has an influence on those around us.

So then, the question is, “What do we do with our influence?” How can we be intentional about the things we do so they have the maximum positive impact? If we accept the biblical premise to “do all to the glory of God” (1 Corinthians 10:31, NKJV), how can we be prepared each day to live out this instruction?

A priority of the Chesapeake Conference is a commitment to leadership development and training. God has given each of us spiritual gifts to be used in service for others. You likely have different gifts than the person sitting next to you in church, but whatever the gift is that God has seen fit to give you, He calls you to use it wisely for the enlargement of His kingdom.

The possibilities for learning and training today seem endless. There are books, classes, seminars, online videos, personal instruction, etc., to help us develop our gifts and use them for the benefit of others.

The question isn’t really about opportunities for learning. The bigger challenge is, are we willing? Will we take our God-given talents, learn and grow in our ability and then use them to serve others and share the good news of salvation in Jesus?

You are a leader! Use your influence to impact those around you in a new and dynamic way.



Rick Remmers
President

Chesapeake Pastors Visit Senators on Capitol Hill

Late spring 10 Chesapeake Conference pastors joined other clergy in attending a conversation session with U.S. Senator Ben Cardin (Md.) for inter-faith religious leaders. Held in the Member’s Room of the Library of Congress in Washington, D.C., additional pastors from the Columbia Union Conference and leadership from the North American Division (NAD) Public Affairs and Religious Liberty and Presidential departments also attended.

During his remarks, Cardin affirmed the priority of religious freedom and the importance of not allowing politics to compromise faith-based values. Senator Chris Van Hollen (Md.) and U.S. Congressman Steny Hoyer (Md., 5th Congressional District) also addressed the audience, both encouraging the faith community to stay vigilant and engaged in civic dialogue and care for their respective communities.

Patrick Reynolds, pastor of the Grasonville (Md.) and MOT church district in Delaware, saw this as a unique event he wanted to attend. “My motivation to be here was to see how the religious community is seen from the political realm. ... I thought this was a good opportunity to converse with the politicians,” he says.

Senate Chaplain Barry Black concluded the

gathering with a message encouraging faith-based leaders to be devoted to their work, letting excellence in leadership be a witness to the world. “If we will make a commitment to integrity ... people will have to acknowledge there is something about this man or woman that reminds me of the Transcendent. Then we will accomplish, even in this crazy world, more than we can ask or imagine,” says Black.



Chesapeake pastors and NAD leaders visit Capitol Hill for dialogue on religious freedom with Maryland state senators.

Chesapeake Spreads Hope in Honduras

Earlier this year, a team of 15 Chesapeake Conference pastors embarked on a mission trip to Roatan, Honduras, to share the Adventist message of hope. Daily meetings were held at 16 sites throughout the island, where each pastor delivered sermons from the Revelation Today series, sharing the hope and promise of Christ's return. Pastors visited and prayed with members and visitors, held nightly meetings sharing biblical doctrines, while calling all in attendance to give their hearts to Jesus.

The trip also gave pastors opportunities to do outreach and mission work outside of their usual district context. "My biggest takeaway [from this trip] is that God is still working in miraculous ways! Going to Honduras has greatly revitalized my passion for ministry," says Babawale Adepoju, pastor of the Prince Emmanuel All Nations church in Bowie, Md. "Being among the people and serving alongside the congregation greatly touched my heart. The mission field is great and the laborers are few. I hope God will continue to use me to serve his people both domestically and abroad."

The coordinated evangelistic meetings resulted in 48 baptisms with more than a dozen more who are studying the Bible in preparation for future baptismal commitments, but the work is not yet considered done. Eli Rojas, ministerial director and Roatan mission trip coordinator, shares that the conference plans on



Orlando Rosales, director of Hispanic Ministries, preaches during the Honduras mission trip.



Jerry Lutz, executive secretary for the Chesapeake Conference, baptizes a seminar attendee during a mission trip to Roatan, Honduras.



Kenneth Coleman, pastor of the Blythedale and Rising Sun (Md.) churches, shares an evangelistic message at an evening meeting.

returning to Honduras in the future. "We have three mission sites we are partnering with on a three-year cycle, visiting one per year. The local Roatan church leadership have plans to renovate and expand their schools and build new churches. There are sufficient mission projects for us to be engaged with on future visits," says Rojas.

MOUNTAIN VIEWPOINT

Mountain View Conference Re-Elects Officers

At Mountain View Conference's recent constituency session, delegates re-elected their top two officers and received good news about the financial picture of the smallest conference in the Columbia Union.

Delegates met at the Valley Vista Adventist Center in Huttonsville, W.Va., for Mountain View Conference's First Quinquennial Session and voted to re-elect Mike Hewitt as president and Victor Zill as secretary/treasurer. "I am excited about the upcoming quinquennium and the amazing potential that is before us," said Hewitt.

Attending her first constituency meeting, Dawn Wadsworth, delegate and member from the Charleston (W.Va.) church, said, "I was honored to be a part of this process, and it was exciting to hear the vision for the future of the Mountain View Conference. Despite my relative newness to the Adventist faith, this session felt like a family reunion!"

Zill informed the constituents that the financial position of the conference was currently healthy with 178 days of cash and 128 days of unrestricted net assets on hand in the operating fund to meet expenses at the end of 2018. This reserve enables the conference to better handle short-term financial changes and to pursue ministry opportunities with the goal of winning souls for Christ.

Zill also shared that tithe giving for the past five years increased 17 percent over the prior five-year period and that, in 2018, tithe giving per member was the highest in the North American Division. Zill described the challenge of membership numbers that have slightly decreased and how we all need to do our part to reach people for the kingdom of God. "I'm very positive about the finances of the conference and encourage continued faithfulness in returning tithe and giving to the Mountain View Mission offering," he said.

As the conference moves ahead, Hewitt said a major focus is on church planting, with four new congregations currently being planted, and the Williamson (W.Va.) congregation now holding weekly Sabbath services. Part of this focus is also working to revitalize the existing churches using the new Church Revitalization Team. Led by Walter Cardenas, the conference's associate ministerial director, the team is comprised



Delegates of the Mountain View Conference's First Quinquennial Session re-elect President Mike Hewitt (right, pictured with his wife, Brittan) and Secretary/Treasurer Victor Zill (pictured with his wife, Monica).

of Elaine Buchanan, conference prayer coordinator; David Donaldson, conference Bible worker who will train members for ministry; and Daniel Morikone, a conference pastor who will provide ministerial support for other pastors. Some team members have already worked with four congregations and experienced exciting results. Currently they are beginning to work with a fifth congregation.

"This team will work with our congregations to analyze, evaluate, train and prepare churches to receive new members. They will also ensure that each congregation has a mission focus and is ready to reach out to their surrounding community," shared Hewitt. "The future for the Mountain View Conference is very bright, if we continue to lean on Jesus and keep His mission our main focus."

The Abiding Fragrance

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October 4-6, 2019
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guest speaker**

Linda is the host of 3ABN'S children's program, "Tiny Tots for Jesus." She also is the Head Girl's Dean at Great Lakes Adventist Academy in Michigan.

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Regular - \$95 (now through Sept. 11)

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Questions? Call Mtn. View Conf. office (304.422.4581)

NEWS NEW JERSEY

I Will Not Forget You!

Growing up, I always believed that my parents had abandoned me, especially my mother. The oldest of four, and at the age of three-and-a-half, my father took me to my grandparents' house "just for the day." The afternoon came and went, then evening came. I asked my grandmother when my dad was coming to pick me up. She calmly put me to bed and said he would be back in the morning.

Many mornings came and went, and my father never returned for me. But the person I missed the most was my mother. Did she forget me too? Oh, how I cried at night for her! At the time, I didn't realize that my parents had divorced. As a result, I was placed in my grandparents' home, not only separating me from both my parents, but from my siblings as well.

Music was my refuge and antidote to heal the pain of the separation from my family. Thinking my parents didn't love me, I remember constantly singing the hymn, "The Love of God." One particular verse stood out: "Could we



with ink the ocean fill, and were the skies of parchment made, were every stalk on earth a quill, and every man a scribe by trade; to write the love of God above, would drain the ocean dry; nor could the scroll contain the whole, though stretched from sky to sky." This song gave me comfort that Jesus still loved me, even if my parents didn't. At a tender age, I understood that He was with me in the midst of my pain.

Now, as a mother, I understand the love of God even more! I would give anything and everything to swap places with my children to keep them from suffering, just as Jesus put Himself in my place and gave His life on the cross for me.

Although my father never came for me, I know my heavenly Father will! Jesus did not abandon me when I was a kid, and He will never neglect you or disappoint you. He will never forget you! Isaiah 49:15 says, "Can a mother forget the baby at her breast and have no compassion on the child she has borne? Though she may forget, I will not forget you!" (NIV). What great love is this?—*Sarah Capeles Frodelly*

El nunca te abandonará!

A l crecer, siempre creí que mis padres me abandonaron, especialmente mi madre. La mayor de cuatro, a la edad de tres años y medio, mi padre me llevó a la casa de mis abuelos "solo por el día". La tarde vino y se fue, y la noche llegó. Le pregunté a mi abuela cuando mi papá vendría por mí. Me acostó tranquilamente y me dijo que volvería a buscarme por la mañana.

Muchas mañanas también vinieron y se fueron, y mi padre nunca regreso por mí. Pero la persona a quien más yo extrañaba era mi madre. ¿Ella se olvidó de mí? ¡Oh, cómo lloré por las noches por ella! No sabía que mis padres se divorciaron. Como resultado, me llevaron a la casa de mis abuelos, no solo separándome de ambos, sino también de mis hermanos.

La música fue mi refugio y antídoto para curar el dolor de la separación de mis padres. Pensando que no me querían, recuerdo constantemente cantar el himno: "Oh amor de Dios" ... el párrafo en particular que dice: "Si fuera tinta todo el mar, y todo el cielo un

gran papel, y todo hombre un escritor, y cada hoja un pincel, para expresar su gran amor, no bastarían jamás. Él me salvó, y me lavó y me da el cielo además." Este himno me daba consuelo de que Jesús todavía me amaba aunque mis padres no lo hicieran. A una tierna edad comprendí que Jesús estaba conmigo en medio del dolor.

Ahora, como madre, entiendo, aún más, el amor de Dios. Daría todo por ponerme en el lugar de mis hijos para que no sufran, así como Jesús se puso en mi lugar y dio su vida en la cruz por mí.

Aunque mi padre nunca vino por mí, ¡sé que mi Padre celestial lo hará! Jesús no me abandonó cuando niña, y Él no te descuidará ni te decepcionará ... ¡Él no te olvidará! Isaías 49:15 (RVR1960) dice: "¿Se olvidará la mujer de lo que dio a luz, para dejar de compadecerse del hijo de su vientre? Aunque olvide ella, yo nunca me olvidaré de ti." ¡Qué amor es ese!—*Sarah Capeles Frodelly*

Educators Attend School Safety and Security Training

It has become painfully clear that there is a great need for school safety and security training in this country. As my wife, Malou Saint-Ulysse, principal of Meadow View Junior Academy in Chesterfield, and I sat through the school safety and security training presentation by Thomas Gambino from the New Jersey State Department of Education, we quickly realized that every principal, teacher, substitute teacher and school staff needed the same training. So, I invited Gambino to our Spring Teachers' In-service, so that our entire New Jersey Conference school personnel could receive the same instruction.

It has become necessary for educators to be trained in school security matters as much as it is necessary for them to learn CPR. Tammy Danitz, Early Childhood Education director at the Tranquility Adventist School, says, "I understood the urgency of the training I received and the importance of preparation and preventative measures."

Gambino's presentation to our educational family (pictured) was much needed, describes Anna-Gayle Hemmings, a teacher at Lake Nelson Adventist Academy in Piscataway: "It opened my eyes more to safety concerns and how every individual is responsible for the safety of the school." Melanie Freeth, vice principal of Meadow View Junior Academy, shares, "Dr. Gambino's message was a real wake-up call for



everyone. ... The devil will use anyone whose mind is not guarded by a close relationship with the Lord. ... This is just another reason why we need to raise our children to know and love the Lord."

Violeta Molina, a teacher at the Vine Haven Adventist School, was also grateful for the training: "It doesn't matter if we are a small school or a private school. At any time, we can be faced with a situation like this, and we need to be prepared. Caring for those simple details can definitely save our students' lives." Furthermore, Ruth Nino, principal of Waldwick Adventist School, comments, "Safety is our number one priority, and I pray that God continues to keep us in His safe keeping."—*Sadrail Saint-Ulysse*

Choir Conductors Get Schooled in Music

Aligned with New Jersey Conference's (NJC) "Get Connected" theme for the year, the biblical concept of one's well-being involves community. Hebrews 10:25 commands believers to not give up meeting together. Thus, the NJC's Music Department recently provided a unique opportunity for choir conductors to learn through a Choral Leadership Workshop by William Chunestudy, a retired Adventist professor.



Chunestudy encouraged and equipped attendees to lead not only a choir but a congregation in worship. The second workshop, held at the Lake Nelson church in Piscataway, focused on Praise and Worship with Edgar Luna Torres, the assistant conductor of the Andrews University Symphony Orchestra. The guest clinician showed up with his worship team, Missio Dei (pictured with other worship leaders), and shared practical tips through seminars and breakout sessions. Attendees learned to hone their skills in singing, guitar and piano, as well as how to start their own praise ministry team.

Disciple Ohio Rekindles Church Enthusiasm

In the early months of 2018, the Ohio Conference launched an initiative designed to help congregations regain their focus on growing spiritually. The program, known as Disciple Ohio (DO), began as an idea and hope of conference President Ron Halvorsen Jr., to have a practical and tangible way to help churches become more effective in reaching their communities in Ohio.

One congregation, located in Elyria and pastored by Marius Marton, became the focal point of DO in the Greater Cleveland area. Randy Barber, pastor of the Disciple Ohio initiative who is highly experienced in discipling, church planting and evangelism, began guiding members throughout the discipling process. He sees DO as activating “church members to get out of their routine and make witnessing and church growth a priority.”

This is something Elyria members were challenged to do last fall while going door to door inviting neighbors to begin Bible studies. During the first Sabbath outreach, 18 people signed up for studies. Earlier this spring, Barber conducted a three-week evangelistic series in the Elyria vicinity where 18 people joined the church through baptism or profession of faith (some pictured below). Many more continue to study.

Marton sees God working wonderfully through DO and the Elyria members. “The new members are like a breath of fresh air to the life of the congregation,” he notes, as many are reminded of “where they came from and their first love.” Church attendance has now doubled to around 100 people each Sabbath.



Randy Barber, pastor of the Disciple Ohio initiative, guides Elyria church members through the discipling process.

According to Barber, the church is “on fire for the Lord,” and the momentum isn’t stopping anytime soon. Members have led the congregation in a 40 days of prayer and fasting journey. Another member is preparing and training young people on how to give Bible studies. Being a disciple is now the lifestyle of not just a few, but the entire congregation. The church is now making plans to plant a church in a neighboring city.

DO is actively working with four congregations, and more are planned in the coming months. Halvorsen is absolutely thrilled “with how God has been working through the Elyria church family under the leadership of Randy Barber and Marius Marton,” he says. He sees God answering “many prayers in the outreach trainings, visits, Bible studies and evangelistic meetings. I’m praising the Lord for what He has accomplished and continues to accomplish in and through the Elyria congregation and the Disciple Ohio initiative. Let’s all praise the Lord and continue to pray for those still making decisions for baptism.”

For more information about Disciple Ohio’s goals and principles, visit ohioadventist.org/disciple-ohio, or contact DO coordinator Michael Stough II, at (740) 397-4665, ext. 105.



95 Couples Attend Hispanic Marriage Retreat

A record 95 couples from across the Ohio Conference recently met at Salt Fork State Park (Ohio) to celebrate the second annual Hispanic Marriage Retreat, titled “Families of Faith—Matrimonies in Victory.”

Miguel and Delia Adonia from the Caribbean Costa Rica Mission and marriage specialists with more than 40 years of experience inspired the entire audience to learn and laugh at the same time through their enthusiastic and charismatic presentations. Seven visiting couples invited by church members were part of this unique activity, and one couple decided to surrender their lives to Jesus through a special baptismal ceremony held on Sabbath afternoon. Three more couples decided to get married as a public testimony of their love for each other before God.



Wilson Baca, pastor of the Youngstown Spanish church, baptizes couple Lorena Cruz and Alfredo Gallardo during a special ceremony Sabbath afternoon.

“We feel like we are starting over in our marriage relationship,” shared one couple. “God made a miracle in our lives this weekend,” said another couple. Other attendees echoed these comments, visibly excited after every seminar session.

“We strongly believe that by having stronger marriages, we have a stronger church,” shared Peter M. Simpson, Hispanic Ministries coordinator, as he concluded the weekend with the final prayer. “To God be the Glory!”

250 Students Encouraged to Stay Focused on God

Nearly 250 students from all 11 Ohio Conference schools recently participated in the 2019 Ohio Conference Education Department Music Festival, held at Spring Valley Academy’s new Performing Arts Center. The Friday night vespers program on



the campus in Centerville featured Kwadwo (Kojo) Twumasi (pictured), the associate pastor of the Clifton church in Cincinnati. “I shared that this is the way to live a life of praise, since we have been chosen to praise,” says Twumasi.

Talking about Samuel’s experiences and his continual focus on God, Twumasi explained how he relied on God’s strength and immersed himself in service initiatives, not selfish initiatives. “The life of Samuel points to the life of Jesus because the two of them are described in the same way. Therefore, Jesus is the ultimate human that remained focused. Despite distractions, He focused on His mission to the cross, and He accomplished it.

“When sin’s chokehold leaves you powerless, you must call on Jesus. He is that friend who is bigger, stronger and more powerful than sin, and He will set you free,” Twumasi concluded.

Pennsylvania Pen

Students Invited to Strengthen Their CORE

This summer young adults will gather at Blue Mountain Academy in Hamburg, Pa., to participate in CORE, the Pennsylvania Conference's new discipleship and evangelism training program that focuses on strengthening the CORE of attendees' Christian identity and faith. CORE is a life-transforming experience for young adults filled with ministry, missions and miracles. Students will understand why they are Adventists, see Christ at the heart of every Adventist teaching and learn how to effectively share this beautiful message with others.

Whether someone is thinking of taking a gap year after high school, a mission-focused year while in college or a year to centralize their faith sometime after college, CORE is a great opportunity to revitalize one's Christian experience and to root oneself in the Adventist message.

Bible classes are an essential component of CORE. Some excellent teachers this year include Dwight Nelson, Gary Gibbs, James Rafferty, Steven Grabiner,



Dee Casper, director of CORE, Pennsylvania Conference's new discipleship and evangelism training program, leads a nine-month curriculum starting this summer.



Jay Rosario, Nathan Renner, Rico Hill, Paul Coneff, Skip MacCarty, Israel Ramos, Don Mackintosh, Randy Siebold, Dee Casper and more.

Active Christian service is one of the best ways to revitalize your faith, and CORE provides numerous opportunities for hands-on experiences in a variety of ministry areas. During the nine-month program, attendees will be engaged in:

- personal and small group Bible studies
- literature evangelism
- digital media evangelism
- community health outreach
- farmer's market outreach
- foreign missions

Through organic agriculture and literature evangelism, CORE offers work-study options for attendees to make the program as affordable as possible. This allows students to dramatically decrease tuition costs, if not completely cover them.

"Having spent the last seven years investing in youth and young adults all over the U.S., it's so awesome to be a part of a program that addresses the real issues that I believe can keep our young people in the church and empower them to participate in the finishing of the Great Commission," shares Dee Casper, CORE director. "Anyone who is looking for a great option for young people to be rooted in their faith and to get on fire for the Adventist message should consider CORE."

To register for this year's CORE program, or for more information, visit paconference.org/CORE.

Galera Takes Final Bow at Blue Mountain Academy

At the conclusion of *The Great Controversy: Origin of Evil* performance, Lawrence Galera, Blue Mountain Academy's (BMA) music director, took a final bow. For eight years, Galera impacted the lives of many students on BMA's campus in Hamburg. Galera announced he has accepted the position of music director at Collegedale Academy (Tenn.)

Galera wrote the lyrics, composed the music, directed and produced the musical production based on the book *The Great Controversy*. "It is my hope that a renewed spark of interest will be created in the listener and they will turn to *The Great Controversy*, written by Ellen G. White. As Seventh-day Adventists, we believe this story is God-inspired!" he shares.

Beginning July 1, Flora Trevino will join the BMA team as the new music director. Trevino, a music education graduate of The University of Montemorelos (Mexico), most recently served as the Fine Arts coordinator for the American Institute of Monterrey, Mexico, and directed the Central church children's choir at the university.

"Flora is a highly skilled administrative musician who will build on the tremendous success that Lawrence has built within the music department," states Burney Culpepper, principal.



2019 Pennsylvania Conference Fall Camp Meeting

Last Day Battles

September 20-21, 2019
Laurel Lake Camp
Rossiter, Pa.

Founder and speaker for Belt of Truth Ministries, Scott Ritsema is passionate about sharing the truth about God, the truth about media, and last-day 'present truth' wherever God leads. Join him at fall camp meeting as he effectively exposes Satan's last-day strategy to prepare the world for his final deception. This message is vital for everyone to hear. It will help you understand part of Satan's strategy in the last days, and how to best protect yourself, your family and find something better in the character of Christ.

A small portrait of Scott Ritsema, a man in a suit and tie, smiling.

Register at www.paconference.org.



Beltsville School Bids Farewell to Principal Pega

For 31 years, Principal Wendy Pega was often the first one to arrive and the last one to leave Beltsville Adventist School (BAS) in Maryland. This summer Pega turned off her computer, handed her keys to the new principal, Jerson Malaguit (pictured with Pega), and closed the door for the last time. After more than three decades, Pega has retired.

“We teach students the importance of respect, how to make good decisions and guide them in their walk with God,” Pega says. “I know wherever our students go, they will be prepared. The thoughtful partnership between families, school and church members makes this school special. We work well together because the focus is always on what’s best spiritually, socially and academically for the student.”

Kris Flo, an alumnus, fondly reminisces, “My first day of kindergarten was Mrs. Pega’s first day as principal. It’s ironic that her last day as principal [was] my daughter’s last day of kindergarten. As principal, she strove for excellence and pushed the bar.”

Alumnus Ricquel Bell and parent of first-grader says



she’ll miss seeing Pega every morning welcoming each child by name. Bell echoes the sentiments of hundreds of parents: “She will be greatly, greatly missed.”

BAS will kick off the 2019–20 school year with Malaguit, who brings with him nearly two decades of experience and most recently served as vice principal for Mile High Academy (Colo.).

Vida GPS Brings 300 Baptisms, More to Come

More than 300 baptisms and hundreds of Bible studies have culminated as a result of Vida GPS’ (Healthy Small Groups) recent weeklong evangelistic campaign in Hispanic home churches. This initiative,



Roberto Moran, pastor of the Damascus (Md.) Spanish church and the Seneca Valley (Md.) Spanish Company, baptizes one of five new members at the close of Vida GPS.

organized in partnership with Tony Anobile, vice president of Multilingual Ministries for the North American Division and Rubén Ramos, vice president of Multilingual Ministries for the Columbia Union Conference, brought a harvest that Jose Esposito, Potomac’s Hispanic Ministries director, says could not wait.

“Already hundreds of new souls have integrated in our churches through baptisms,” says Esposito. “Many people have begun Bible studies who are planning on being baptized in the coming months.” Esposito says it’s important to note a Muslim man who attended meetings at a home church in Northern Virginia and asked to be baptized as a Seventh-day Adventist. Now he wants to share his new faith with his family.

This initiative included more than 600 home churches in Potomac alone. With fellowship, hospitality and the gospel at its core, Esposito says the home churches regularly meet once a week, and some have been meeting for more than 20 years.

Prior to this mega-evangelism campaign, leaders attended training meetings, equipping themselves with practical knowledge and tools, as well as videos prepared by international evangelist Alejandro Bullón.

Far West End Members Seek Evangelism as Lifestyle

Evangelism is a lifestyle. This motto drives many Far West End church members to seek opportunities to help their Rockville, Va., community. Recently 21 eager sewing students spent an afternoon learning how to make pillowcases to be donated to a local nursing home. The ministry, dubbed “Bed of Roses”—as each pillowcase illustrated flowers—yielded nearly 120 cases to be distributed to residents on Mother’s Day (pictured).

“We do a once-a-month singing ministry at a local nursing home, and one member mentioned that she wanted to do something for the residents. That’s when Jillayne Hevener and I had an idea,” explains Dorcas Sweeney, co-leader of the project. “We’re both passionate about sewing and had been looking for a group project. We felt this would be a great introductory class and mission project.”

After receiving fabric donations from members, Sweeney and Hevener prepared stations in the church for ironing, cutting and laying out the pillowcases to be constructed. Sweeney says she expected 10 people to show up and was shocked when more than 20 arrived. She began by demonstrating basic “how-tos,” and once volunteers got the hang of it, some made six or seven cases. Sweeney says that aprons or totes may be the next item she teaches.



Twenty-one experienced- and beginner-student sewers, including co-leader Dorcas Sweeney (left), display some of the 120 pillowcases they donated to a local nursing home.

“My mother said sewing would come in handy,” Sweeney recalls. “She worked in a factory after she came from Cuba. Each Tuesday she would bring fabric scraps from the factory to the local Dorcas center located at the Adventist Spanish church they attended, and make dresses to be donated. The ministry meant so much to her that she said if she ever had a little girl, she would name her Dorcas. Ministering like this is part of my namesake.”

In addition, members donated 30 purses filled with personal items to two women’s shelters in the area and regularly volunteer to feed residents and family members at Doorways (pictured, left, bottom), a facility that provides an “at-home” feel for patients who need to be in close proximity to the hospital.

“I was visiting patients when I noticed the large kitchen where residents can cook their own meals,” explains Junnie Pagunsan, the pastor of Far West End. “I opened the pantry and refrigerator to discover that a lot of donated food was being thrown away because people didn’t have the time or energy to cook for themselves. We decided to use the food to prepare a homecooked meal once a month. On average we feed between 50 and 65 people.”

“We are dedicated to our community and finding ways to introduce them to Jesus as their Savior. We want the work that God has placed in front of us to belt the Richmond Metro Area and beyond,” adds Pagunsan.



Music Students ‘Sing to the World’

For several years, David Niño, Highland View Academy’s (HVA) music director, has pondered how to share with the rest of the world what he and his students do in the classroom.

Traditionally, the music curriculum emphasizes music standards that focus on students’ artistic, cognitive, creative and spiritual aspects. While the goal is always to provide a sound educational program, HVA also generates valuable opportunities for students to make an impact on the lives of others.

Throughout the school year, music students visit several schools and churches in the area. They share with the community what they have learned, and experience music’s ability to inspire audiences and performers. However, as the school year comes to a close, the only thing to show for their hard work is good memories.

Niño was convinced that with the use of media resources, the Music Department could not only preserve the good memories of their achievements throughout the year, but could also keep these music performances “alive” and share them with the world in a video project titled *Sing to the World*.

“While this idea sounds a little ambitious, one cannot deny the power of media and the impact it can make on an audience behind a screen,” Niño says.

To film, they hired One Creative Studio and collaborated with local authorities who granted them permission to film at the Harpers Ferry Historical National Park (W.Va.).



They were instructed to not make loud noises, so the film crew and students worked hard to create the “River Jordan” music video (pictured), one song included in their video project. Without causing too many distractions to visitors and tourists, passersby still could not resist watching the musicians as they worked on the project.

At the end of the day, the group answered some questions from curious tourists and shared with them about the school and its mission. Niño says, “Quality music should primarily serve to proclaim the gospel to the world.” This project allows HVA’s Music Department to do just that.

To view the video project, visit hvamusic.org/sing.html.





the LEGACY

OUR JOURNEY

A MONTHLY PUBLICATION OF LAKE NELSON ADVENTIST ACADEMY

High School Students Honored

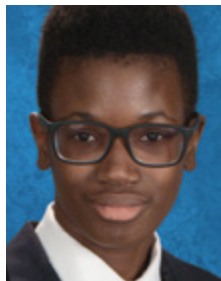
Two high school students at the Lake Nelson Adventist Academy were recently honored for their achievements at the 29th annual Paul Robeson Youth Achievement Awards. The Paul Robeson Institute for Ethics, Leadership and Social Justice sponsored the event. This institute, located at the Raritan Valley Community College (RVCC), was founded in 1999 to preserve Paul Robeson's legacy as a role model for excellence. The students who received the awards attained a GPA of 3.0 or higher and excelled in four areas: Scholarship, the Arts, Community Service and Athletics.



Guidance counselors, teachers and administrators nominated 85 students from middle and high school students in the Somerset and Hunterdon counties. A special committee of RVCC faculty and administrators selected the award recipients. Junior Jaya Gibbons (pictured) won the Community Service

Award, and sophomore Nolan Peters (pictured) the Scholarship Award. RVCC's website states that "the institute envisions a global community of diverse cultures that embodies, through attitudes and behaviors, Paul Robeson's ideals, beliefs, values, and vision for a world of justice and peace."

Another award-winner, Yamil Kas-Danouche, was the recipient of the Caring Heart Award, sponsored by the Columbia Union's Office of Education. This award for Christian service has been established to give recognition to those secondary students who have demonstrated a personal commitment to making the world a better place and sharing the love of God through active participatory service and witnessing/service activities.



Chaplain W. Sterling gives a prayer of dedication for the Class of 2019 during graduation.

"Kas-Danouche has a passion for God and sharing Jesus with everyone. As a colporteur, he takes every opportunity to talk to people about the love of God. No matter the place or occasion, you will find him talking to strangers on the street, flea markets, businesses and school," says Elisa Maragoto, principal.

Lastly, 20 students from the Class of 2019 received their high school diplomas. For some, it culminated 13 years of studies at LNAA; for others, four years of high school. No matter how long or short they were enrolled at the academy, they are prepared for the next chapter of their lives.

LNAA's commencement ceremony recognized 20 college-bound, high-school seniors who received college scholarships and awards from more than 17 different colleges, worth a record total of about \$1 million; of which \$324,000 was awarded by Washington Adventist University in Takoma Park, Md.

To view the 2019 commencement ceremony, visit <https://m.youtube.com/watch?v=B3yg-5exhws>.

PFA POST



Visit us online at PINEFORGEACADEMY.ORG. *Excellence is no accident.*

Academy Hires New Principal



After a yearlong search, the Pine Forge Academy (PFA) Board of Trustees is pleased to announce the newly appointed principal for the 2019–20 school year, H. Clifford Reynolds, III. Serving as the 22nd principal of the boarding academy, Reynolds will be joining the PFA community with his wife, Charlyce, and

two children, Carissa and Hayden, from Ohio.

With 23 years of combined experience as an educational administrator and educator, covering a broad spectrum of school systems, including both public and private, Reynolds is poised to add his own personal and professional touch to the rich legacy of the institution. “I am committed to expanding the legacy of academic rigor at Pine Forge Academy while providing students with the opportunity to develop into the leaders they were created to be,” says Reynolds.

Reynolds is a graduate of Wright State University (Ohio), where he earned a master’s degree in Education, and Ohio State University, where he earned his principal certification. A product of Christian education, he is also a proud alumnus of Oakwood University (Ala.).

Reynolds shares that he believes Christian education is one of the greatest gifts God has given the Church as a tool to prepare children for His service. He understands the positive impact Christian education has on the life of students, and one of his goals is to ensure that PFA remains viable.

The PFA Board of Trustees would like to thank Kris Fielder (pictured), a stalwart leader and consistent figure to the school community, who served PFA as headmaster and principal for the 2018–19 school year.



Choir Records Live Concert

One of the major milestones of the 2018–19 school year came out of the Music Department with the long-awaited PFA live recording. The last time the PFA choir had a live recording was in 2008, under the leadership of Jason Ferdinand.

After the students completed the planning and fundraising, scores of alumni, parents and community members traveled to Girard College (Pa.) to witness a concert and live recording, under the leadership of Jarrett Roseborough.

Vivian Washington, a proud graduate of the Class of 1979, shares, “I could not afford to miss this live recording. The choir produces such a rich sound, and Pine Forge Academy means a lot to me.”

Roseborough, PFA’s choir director, says that the distinct sound and the journey that led up to the event was “evidence of God’s power to be able to produce such a quality sound and to be able to have this live recording.”

With a highlight such as this, PFA looks forward

with heightened anticipation and expectation to the future of the institution, fully cognizant of the fact that *excellence is no accident* but rather the result of intentional effort that lays hold on the hands of God for direction and power, Roseborough adds.



Spotlight

on Spencerville

Highlights from Spencerville Adventist Academy

Mission Trip Brings Light to Peru

Earlier this year, Spencerville Adventist Academy (SAA) partnered with the Spencerville church in Silver Spring, Md., and Adventist Development and Relief Agency (ADRA) Connections on a mission trip to Peru. Thirty-nine students and 11 adults spent their spring break at the Chuquicahuana Camp, an ADRA compound complete with llamas, alpacas, sheep and cows.

The first Sabbath, the group headed to a nearby town where they attended the Cusipata church. In the afternoon, they distributed rice and Bibles to the locals.

On Sunday they installed solar panels on houses in the mountainous communities. “Some of the people had never had light in their houses until that week,” says Andrea Jakobsons, Spencerville church youth pastor. “We brought light to the mountains in Peru.”



Seniors Amar Sudhaker and Joshua Welch play with two local children in Peru.



On the first day of work, there was a powerful hail-storm. They were high in the mountains with lightning striking all around them, but God protected them. “It was both a scary and beautiful experience,” recalls Isabele Arteaga ('19).

The group also visited schools, held VBS events and played with the children. SAA Russell Benjamin ('20) donated his guitar to the administrators at one of the schools (pictured left, center). The staff member was so grateful that the school gave him a book in Quechua—their native language.

The group was fortunate to spend their second Sabbath at Machi'vu Picchu. “I was so excited that we got to see one of the Seven Wonders of the World,” says Eloise Tran ('19). “[This trip] gave me a challenge physically, emotionally and spiritually.”

Others on the trip agreed that they were greatly impacted by this experience. They were not only touched because of the difference they made in people’s lives, but also because they witnessed the power of God. “We saw God’s faithfulness every single day,” says Jakobsons.

Nathan Chhakchhuak ('19) says, “Listening to a sermon is different from being the sermon. By being in the field, I become His hands and feet to do His will for my life. By going to Peru on this mission trip, my faith in Christ has grown to new heights and opened up new perspectives on His great plan.”



Elementary Vice Principal Judie Rosa, Izzy Touma ('22), Jackie Whitsett ('20), Erin Beers ('20) and Isabele Arteaga ('19) take a break after installing solar panels on a one-room adobe home that never before had electricity.

SPRING VALLEY ACADEMY^{ORG}

CONNECTIONS

INSPIRING STUDENTS TO KNOW FOLLOW SHARE JESUS

Dynamic Duo Honored With Classroom Dedication

Recently Spring Valley Academy (SVA) students and faculty gathered for a K-12 assembly to dedicate the kindergarten classroom in memory of Zelda Dunn, who taught at SVA from 1994–2011, and kindergarten aide Stephanie Oberer (affectionately known as “Mrs. O.”) Together they established the foundation of the school’s early childhood kindergarten program, in accordance with counsel from the Spirit of Prophecy.

At the assembly, SVA also celebrated Oberer’s retirement, recognizing her 35 years of faithful, dedicated service. Chaplain Justin Janetzko wrote a song about her, and, as he sang and played the guitar, high school Campus Ministries song leaders led everyone in singing this tribute of love to her.

Oberer was surprised when she discovered that the kindergarten room was being dedicated to both Dunn and her, as Principal Darren Wilkins unveiled the plaque. She graciously shared humble words of thanks and recalled fond memories. “Over the years, I have known many children that have come and gone



Stephanee Oberer, alongside her husband, Chuck, stand in front of the dedication plaque that will be posted next to the kindergarten classroom door.



Chaplain Justin Janetzko and the praise team lead students and faculty in singing an original song Janetzko wrote to honor Stephanie Oberer and her dedication to SVA.

at SVA. ... I simply just love children, and now you are all my children!” exclaimed Oberer. She and her husband, Chuck, who serves as SVA’s bus driver, have three children of their own and are blessed with seven grandchildren.

An especially meaningful highlight was when Wilkins asked Oberer to close the assembly with the same prayer she and Dunn recited with the students at the close of every classroom day:

“Up in Heaven, God is listening to each word I say,
For He loves me, and He listens to me as I pray.
May the Lord watch between me and thee
As we are absent one from another. Amen.”

Wilkins says, “Following the chapel, many students lined up to give and receive a loving bear hug from Mrs. O, who will forever be loved in SVA’s hearts.”



IMPACT Shenandoah

Serve God – Value Knowledge – Accept a Life of Service

Class President's Address: 'To the Glory of God Alone'

On graduation day, the 2019 Class President, Sierra Anderson, delivered a speech to her peers, teachers, family and friends. Here is an excerpt from her address:

While much has changed over the last four years, some things have stayed the same, like our class determination, perseverance and faith.

"An example of determination, Kendra Fairbank was studying very hard for a test freshman year. As she studied, she read if you chew the same type of gum while you are studying and then while you are taking the test, you will better remember the facts. Kendra was *determined* to pass her test, so she pulled out a piece of gum and chewed as she studied. Later a few friends straightened her out about it not having to be the same exact piece of gum! Like Kendra, this class works hard to succeed through each struggle.

"Our class also has perseverance. Jill Herbert, Jeannelle Green and Tommy Retz were the only seniors to take both physics *and* calculus the entire school year. They spent hours each day working through problems. When it seemed the homework would never end, they persevered.

"Kelly Ramirez tore her ACL the end of our junior year. However, her goal was to play soccer the next spring. She worked hard after surgery, going to physical therapy and doing her exercises. Kelly met her goal because she persevered.

"Lastly, our class has developed a strong faith in God. Freshman year we worked hard to form a praise team, blossoming into several teams. From there, classmates began leading worship, speaking for Week of Prayer and creating new ways for students to grow closer to God. Our class aim is *Soli Deo Gloria*, meaning "To the Glory of God Alone." Lory Serrano brings God glory through writing songs; Peris Muene creates videos of events that inspire; Benjamin Adjei glorifies God by leading the boys' club and as a resident assistant. Safiyya Phillip, Tia Jones, Jill Herbert, Brittany Murillo, Johana Villatoro, Gideon Nyambiya, Henry Ware and Kingsley Ackah use their gifts of organization and teamwork to glorify God through many class officer projects, and this list could go on to include each classmate.

"Earlier this week, our class was at Nosoca Pines Camp in South Carolina for our class trip. We had a



wonderful time water tubing, horseback riding, swimming and being together. However, a classmate stayed at school to take a test to determine if she could graduate. At the exact time of the test, things came to a standstill at Nosoca. Seniors flooded into the dining hall and formed a prayer circle, each head bowed as we prayed for our classmate and the test. The next morning, vice principal Dorenda Dodge leaned her head into the room and said, "She passed." Shouts of joy filled the camp as we thanked God for our classmate's success. The situation had been turned into something for God's glory.

"Determination, perseverance and faith. These are not characteristics that we can simply leave here at SVA as we go our separate ways. As you each pursue God's plan for your lives, ask God to help you continue to grow in these areas. Hebrews 12:1-2 says, "Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus" (NIV).

"I want to see each of you in heaven after we have finished the 'race marked out for us.' Continue to work with determination to persevere through trials. Continue to have faith in Christ."

www.ta.edu **TATODAY**

News you can use from Takoma Academy

Mission Accomplished During Our Week of Prayer

This spring Takoma Academy family accepted a mission that some might view as impossible. The Week of Prayer's overall theme was, "What's God Got to Do With it?!" As each youth faced this question, Lola Moore Johnston, senior pastor of the Woodbridge (Va.) church, challenged the students to figure out how God fits into the personal lives of young people. She also shared that all of us should be "Living for 1 Like."

In an age where social media "likes" are on the rise and we follow friends by peering into their lives daily, Johnston asked TA students if they "would recognize God's acceptance of [His people] and live for His 'like' by tailoring their goals, pursuits, behaviors and attentions to pleasing only Him as a response to receiving His love," even if that meant a departure from popular culture. How free would you be if you didn't have to do anything to earn the only "like" you'll ever need?

Johnston admonished everyone with analogies and stories that made God's role in everyone's lives clear. "Don't jump alone," she stated, as she shared her "jump story" with the students. "If you had to jump out of a plane for the first time, would you do it without a trained jump instructor strapped to your back? Then why make decisions without God?" Johnston questioned.

Students participated in games and activities that enhanced the messages. They watched as volunteers



Pastor Lola Moore Johnston shares the word and reiterates to TA students, "Don't jump alone."

tried to build a catapult without instructions. The students were left to ponder why they try to live without their Basic Instructions Before Leaving Earth (BIBLE). In addition, sophomore Tashyanna Simpson (pictured, below) sung special music to honor the memory of her grandmother.

From students to faculty, staff and administration, the entire campus was ignited with the challenge of living for just one "like."

So, what *does* God have to do with this? The Spiritual Life committee at TA believes a message has been sent: When no one else likes you or thinks you're talented, when no one else sees or respects you, when no one else stays no matter the circumstances, Jesus always will. You don't need to try to prove your worth. Jesus is the one "like" that will set you free from people-pleasing, dangerous pleasure-seeking and feeling lost and alone.

The metaphorical shackles left behind in TA's chapel are not the only indication that it was successful week. The students are now equipped to tell others exactly what God's got to do with it. Mission accomplished!

—Shari Loveday



KETTERING COLLEGE



Congratulations to the 2019 graduates of Kettering College!

Kettering College 2019 Commencement Celebrates Graduates and 50th Anniversary of First Graduating Class

By Lauren Brooks

Kettering College conferred degrees and certificates to 270 students at the commencement ceremony on April 22, 2019, at the Benjamin and Marian Schuster Center. This year's ceremony featured Carl Wilkens, former head of Adventist Development and Relief Agency International in Rwanda, as the keynote speaker. In his address, he spoke of his time in Rwanda during the 1994 genocide.

"Some of our greatest learning comes in unmeasurable beauty," Wilkens said to the graduates. "As health care providers, you will be bright spots for people. Your compassion will take the bricks down that people may have put up." Wilkens was the only American that stayed in Rwanda during the genocide and helped bring food, water, and medicine to people trapped around the city.

Wilkens encouraged the graduates to learn to hold on to goodness. "Goodness is the essence of life, remove goodness completely and life would cease to exist," Wilkens said. "Trust goodness beyond all reason."

The College also celebrated the 50th anniversary of the Class of 1969—Kettering College's first graduating class. Ruthie Gohl, a nursing graduate from the Class of 1969, and six others were honored during the commencement ceremony. Gohl was recognized for starting a free clinic in Battle Ground, Washington, where she is the executive director. Her clinic served 1,700 patients last year.

Kettering College President Nate Brandstater granted 26 Associate of Science degrees and 155 bachelor's degrees, including 94 Bachelor of Science in Nursing degrees. Twenty-eight students graduated from the Occupational Therapy Doctoral program and 58 students graduated from the Master of Physician Assistant Studies program.



KETTERING MEDICAL CENTER



WAU ENACTUS TEAM PLACES THIRD IN NATIONAL EXPOSITION

The Washington Adventist University (WAU) Enactus Team received a 3rd place award in the Opening Round of the 2019 Enactus National Exposition held in Kansas City, Missouri held May 5-7, 2019. The competition featured 86 universities who for three days presented their entrepreneurial-based projects aimed at empowering their communities.

Led by Andrea Baldwin, Ph.D., the WAU team presented its annual report on two (2) year-long projects. The first focused on consultancy services and business planning for the formation of a new Healthy Foods and Wellness Center to be located in Damascus, MD. The second project focused on the first international undertaking in Chirilagua, La Estrechura, in El Salvador.

Working on an idea initially submitted by Dr. John Wilbur and Pastor Debbie Eisele of the Potomac Conference of SDA, Dr. Baldwin and her team conducted several meetings with Dr. Wilbur and Pastor Eisele and together they formulated the major goals for a restaurant that would offer affordable, healthy meals and a wellness program. Their target audience will be those suffering from chronic diseases such as diabetes and high blood pressure. Additional services offered by this establishment may include exercise programs, food subscriptions, and cooking classes.

The El Salvadoran project developed into four sub-projects dealing with diabetes management, high blood pressure management, water sanitation management, and time management for high school juniors and seniors. These projects will be continuing in the upcoming year to expand WAU's involvement and service orientation for community transformation.

WAU's Enactus chapter has been involved in our local community for many years. Previous projects included assisting women-owned businesses in the Long Branch area of Takoma Park with new marketing initiatives; and First Step, a Women Empowerment Project helping them acquire the skills and support needed to land a job and enter the workforce.

In 2016 the group was recognized for their Flower Facelift project which helped to improve the operations of small businesses through marketing and renovations. Rainbow Coin Laundry, a small business within a mile of the university received a facelift with students painting, cleaning, and rebranding the company. Enactus members also developed an after-school tutoring program on site for the children of customers, providing them with a safe environment to do their homework.

In 2017-18, the team launched an initiative in Langley Park with the aid of the deputy Attorney for Prince George's County to assist women who were at risk of becoming involved in human trafficking or who were trying to move on from this lifestyle. This effort led to the publication of their story Traffic Stop in a newly released book entitled Blessed are They by Versacare Pacific Press Publishing in March 2019.

"Our goal with WAU's Enactus team is to harness the potentials our students bring and contribute to their professional development as agents of social entrepreneurship," expressed Dr. Baldwin. "Each year our WAU Enactus chapter takes interested students and engages them in a transformative process for self and community empowerment. The work will continue in 2019-2020 with our next trip to El Salvador and the build out of this new burgeoning concept in health and wellness."



A WAU MEMORIAL TO HONOR OUR VETERANS

A year ago Charles Shyab approached President Weymouth Spence with an idea; he wanted to recognize others like himself: Veteran alumni of Washington Adventist University, formerly known as Columbia Union College (CUC), and Washington Missionary College (WMC) with a special commemorative piece on campus. During the 2018 Alumni and Parents Weekend, he helped to kick off what would serve as a campaign to raise awareness and funds for a Veterans Memorial Bench.

Charles Shyab was drafted by the US Army from 1967 to 1969 and served as a Conscientious Objector Senior Medic with the 4th Infantry Division 1/22 Battalion C Company. Most notably he served in Vietnam in the 1968 Battle of Chu Moor Mountain near the Cambodian border. He graduated from WAU (then known as CUC) in 1970 with a Bachelor of Arts in History.

“Ever since graduating from CUC in 1970 and having passed the Gateway to Service Arch over the years, I have thought of a way to honor the military service of my classmates and the many others who attended the school and were willing to give their all in service to our nation,” expressed Shyab.

On April 12, during the 2019 Alumni and Parents Weekend, what was once an idea became a reality. The Office of Advancement and Alumni hosted the ribbon cutting ceremony featuring keynote speaker U.S. Army Surgeon General and Commanding General of the U.S. Army Nadja West. Also present were representatives from the United States Department of Veterans Affairs, and the Comptroller of Maryland’s office, the John F. Kennedy High School NJROTC Color Guard Cadets, and many veterans. The bench was made possible by donations from individuals and the Vietnam Veterans of America Montgomery County Chapter.

“Our veterans have committed their lives in ways we may not all understand, shared West. “We appreciate their service and total commitment in terms of time away from family, exposure to hardship and potential for injury and illness that may take years to recover from.”



John F. Kennedy High School NJROTC Color Guard Cadets



Attendees and veterans salute the flag during the national anthem.



Charles Shyab greets U.S. Army Surgeon General Nadja West.



U.S. Army Surgeon General Nadja West reads the inscriptions.

A Level Eye

A small child about 5 years old was preparing to go home following a minor procedure at Adventist HealthCare Shady Grove Medical Center in Rockville, MD. The surgery had been successful, and the child was seated in a wheelchair, his parents standing beside him. The nurse was starting the discharge process.

Instead of speaking directly to the parents, the nurse knelt down so that she was eye-to-eye with the child. Carefully, she began to go over the instruction sheet with him, using words that he could understand. She helped focus his attention by showing him what was written on the instruction sheet and skillfully and methodically she engaged him in the explanations of each point.

She asked him if he had any questions and, after a bit of discussion back and forth between them, she handed him a pen and ask if he would be willing to sign the discharge papers indicating that he understood.

It was a very solemn signing, and when he was done and had given her back the pen, she said, "Now I'm going to repeat these instructions to your parents to make sure they understand everything I told you."

It was a moment of perfection. The look on that child's face spoke volumes. The nurse had assured him that he was not helpless in a strange and complex situation. She had reminded him that he was not alone. Using his natural curiosity, she had reassured him and helped relieve his uncertainty. She had helped him focus on recovery and getting better. And she had turned a routine moment into an iconic example of what it means to show great care and respect for every patient and family within our care.

Terry Forde
President & CEO
Adventist HealthCare



John Sackett, Executive Vice President and Chief Operating Officer for Adventist HealthCare, and Ann Roda, Vice President of Mission and Spiritual Care for Adventist HealthCare, accept the Interfaith Works 2019 Philanthropic Champion of the Year Award from CEO Shane Rock during an April breakfast.

Adventist HealthCare Honored for Service to the Community

Adventist HealthCare is committed to caring for people – both patients who seek our award-winning care and also people throughout our community who are in need of physical, mental and spiritual healing. That's our Mission that we live every day. In fact, we are one of the largest providers of community benefit and charity care in the region. Recent recognition of our outreach includes:

Manna Food Center recognized Adventist HealthCare as a **2019 Corporate Hero Against Hunger** for providing a three-year grant to further eliminate hunger in Montgomery County, MD. The first goal will be to help Manna establish a hub this year in the eastern part of the county to expand their outreach to Burtonsville and Colesville. Previously, our contributions in 2018 helped Manna distribute 3.5 million pounds of fresh, healthy food to Montgomery County families and gave over 3,000 schoolchildren access to nutritious meals.

Interfaith Works selected Adventist HealthCare to receive their **2019 Philanthropic Champion of the Year Award**. Our long-standing partnership has included financial contributions, volunteerism and highly successful donation drives. Interfaith Works is a coalition of more than 165 diverse congregations uniting to meet the needs of the poor and homeless in Montgomery County. Impacting more than 16,000 county residents each year, Interfaith Works helps equip both individuals and families in crisis to lift themselves out of poverty.

The Montgomery County Coalition for the Homeless gave their **2019 Distinguished Service Award** to Adventist HealthCare to recognize our significant efforts to end homelessness in Montgomery County. The coalition honored Adventist HealthCare's commitment to underserved, including a successful pilot program that provides permanent housing to people experiencing homelessness who were also frequently in hospitals and jails. This program has improved health outcomes for hundreds of individuals while reducing hospitalization and corrections expenses.

New Technology Aims to Lower Stress for Breast Cancer Patients

A new, innovative procedure called the SAVI SCOUT® is helping to reduce physical and emotional stress for women diagnosed with breast cancer.

"This is the newest technology when it comes to locating areas of abnormal tissue in a breast prior to surgery," said Sonya Kella, MD, medical director of Women's Imaging at Adventist HealthCare. "It enhances the patient experience with easier scheduling and less stress."

The procedure is an alternative to the traditional wire localization methods, which must be performed on the same day as surgery.

SAVI SCOUT uses a reflector, no larger than a grain of rice, inserted at the site of the abnormal or cancerous tissue days or weeks prior to surgery. The reflector is then located on the day of surgery, using a device similar to an ultrasound probe, leading the surgeon directly to the area of abnormal tissue. Because of this flexibility, patients can schedule the SAVI SCOUT® placement procedure in an outpatient setting – such as the Adventist HealthCare Shady Grove Breast Center.



Breast surgeon Surupa Sen Gupta, MD, and Colette Moore discuss Colette's breast cancer treatment plan that included using the latest technology to improve care and reduce stress.

One Patient's Story

Colette Moore, 57, of Rockville, was one of the first patients to take advantage of the SAVI SCOUT procedure at the Shady Grove Breast Center and Adventist HealthCare Shady Grove Medical Center.

Colette couldn't believe how simple the placement of the SAVI SCOUT was. "I didn't feel a thing," she said. "I came home and hosted a dinner party that same night."

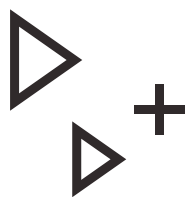
Colette had her lumpectomy two days after the SAVI SCOUT was placed. Now, after her surgery and treatment, Colette is cancer-free and feeling great.

"With this new technology, the day of surgery is now much easier for women because there is one less procedure," said Surupa Sen Gupta, MD, with Shady Grove Medical Center and Colette's breast surgeon. "It reduces anxiety, wait times and procedure pain."

Adventist HealthCare provides this advanced technology that helps our ability to improve outcomes in part by generous donations from previous grateful patients and corporate sponsors who support our high-quality, compassionate care.

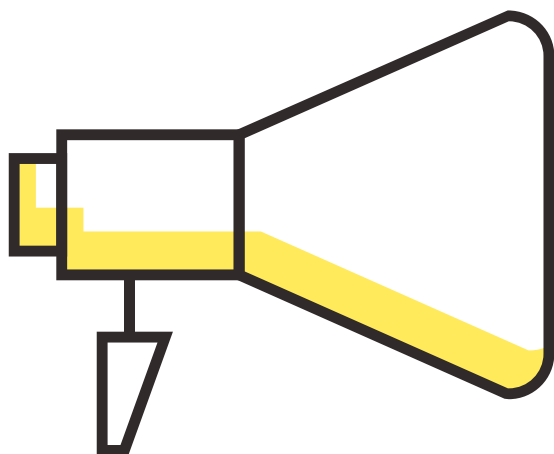
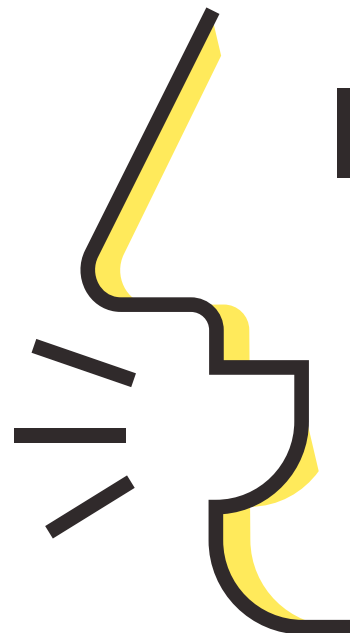
Learn more about Adventist HealthCare's Breast Health Program at [AdventistHealthCare.com/Services/Breast-Health](https://www.adventisthealthcare.com/Services/Breast-Health)

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science (MLS) faculty for a NAACLS accredited MLS Program with skills to effectively teach university courses for undergraduate and graduate students and participate in appropriate scholarly and service activities consistent with the mission and philosophy of the Department of Medical Laboratory Sciences. Candidate should demonstrate competence in both didactic and clinical education and curriculum development. Advanced degree preferred. Individual with extensive clinical laboratory experience may also be considered. Visit Andrews.edu/admres/jobs/show/faculty#job_6.

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SOUTHERN ADVENTIST UNIVERSITY seeks Dean of Graduate Studies. Candidate will assume a leadership role in all aspects of graduate education and provide academic, administrative and strategic direction to Graduate Studies. For a complete list of responsibilities, requirements and qualifications, visit southern.edu/jobs.

SOUTHERN ADVENTIST UNIVERSITY seeks Vice President (VP) for Spiritual Life, who will oversee all areas of spirituality on campus, provide spiritual mentoring and

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SOUTHERN ADVENTIST UNIVERSITY seeks Director of Records and Advisement, who will have direct supervisory responsibility for management of all aspects of the Department of Records and Advisement. For a complete list of responsibilities, requirements and qualifications, visit southern.edu/jobs.

SOUTHERN ADVENTIST UNIVERSITY seeks to fill a faculty position in the School of Journalism and Communication (SJC). Candidate will bring his or her creativity, energy and academic and professional excellence to the SJC. For a complete list of responsibilities, requirements and qualifications, visit southern.edu/jobs.

SOUTHERN ADVENTIST UNIVERSITY seeks Website Development Manager. The Website Development Manager works closely with the Director of Marketing and University Relations to create and implement the strategy and goals for the university website, digital advertising and social media efforts. As a full stack developer, this position requires a high level of website design and development proficiency. For a complete list of responsibilities, requirements and qualifications, visit southern.edu/jobs.

MISCELLANEOUS

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ANNOUNCEMENTS

MANASSAS ADVENTIST PREPARATORY SCHOOL in Manassas, Va., will be celebrating 50 years of service to their community and church October 12. Festivities will begin at 9:30 a.m. Please invite all former staff and alumni by sharing the event page on Facebook: facebook.com/events/319882628794471.

OBITUARIES

RUTH, Eva Mae, born December 27, 1933, in Sykeston, N.D., the daughter of Carl Rexin and Otila (Hochstetter) Rexin; died July 25, 2018, at home in Westerville, Ohio, surrounded by her loving family. She was a faithful member of the Eastwood church in Westerville. Eva Mae graduated from the Sheyenne River Academy (1951) in Bismarck, N. Dak.; then attended Union College in Lincoln, Neb.; and graduated from Valley City State University (1953) with a

teaching degree. She taught in three schools in North Dakota. Eva Mae's brother, Emil Rexin, became a close friend with Erwin Ruth while they were serving in the Korean War. Erwin began corresponding with Eva Mae, and they married December 27, 1955. Survivors: her husband, Erwin; their four sons: Brian (Bridgett), Bradley (Shirley), Brent (Lois), and Bryce (Brenda) Ruth; nine grandchildren: Brittany Ruth, Brianne (Seth) Bartlett, Sarah (Vijay) Veerula, Jacob Ruth, Alex Ruth, Andrew Ruth, Laura Ruth, Jacklyn and Christopher Ruth; and one great-grandson, Nathaniel Veerula; her three brothers: Jim (Marilyn) Rexin, Jerry (Martha) Rexin and Russell (Fonda) Rexin; and many nieces and nephews. Eva Mae was preceded in death by her parents; an infant daughter, Violet; a sister, Virginia (Lester) Olson, and two brothers: Emil (Rose Marie) Rexin and Harry (Jean) Rexin.

TRUXAL, Carol A., born March 27, 1938, in Conestoga, Pa.; died December 22, 2018, in Lancaster, Pa. She was an active member of the Lancaster church, serving as a soloist, group singer, assistant treasurer, assistant Sabbath School teacher and assisted with the weekly bulletin. She is survived by her husband, Jay Truxal of Lancaster.

Sunset Calendar

	July 5	July 12	July 19	July 26	Aug 2	Aug 9	Aug 16	Aug 23	Aug 30
Baltimore	8:37	8:34	8:31	8:25	8:19	8:11	8:02	7:52	7:42
Cincinnati	9:08	9:05	9:02	8:56	8:50	8:42	8:33	8:24	8:13
Cleveland	9:04	9:01	8:57	8:51	8:44	8:36	8:26	8:16	8:05
Columbus	9:04	9:02	8:58	8:53	8:46	8:38	8:29	8:19	8:08
Jersey City	8:31	8:29	8:24	8:19	8:12	8:04	7:55	7:44	7:34
Norfolk	8:28	8:26	8:23	8:18	8:12	8:05	7:57	7:48	7:38
Parkersburg	8:56	8:54	8:50	8:45	8:38	8:31	8:22	8:12	8:02
Philadelphia	8:33	8:30	8:27	8:21	8:14	8:07	7:58	7:48	7:37
Pittsburgh	8:54	8:51	8:47	8:42	8:35	8:27	8:18	8:08	7:57
Reading	8:37	8:35	8:31	8:25	8:28	8:10	8:01	7:51	7:41
Richmond	8:35	8:33	8:29	8:24	8:18	8:11	8:03	7:53	7:44
Roanoke	8:44	8:42	8:38	8:34	8:28	8:20	8:12	8:03	7:53
Toledo	9:12	9:09	9:05	9:00	8:52	8:44	8:34	8:24	8:13
Trenton	8:32	8:30	8:26	8:20	8:14	8:05	7:56	7:46	7:36
Wash., D.C.	8:37	8:35	8:31	8:26	8:20	8:12	8:03	7:54	7:43

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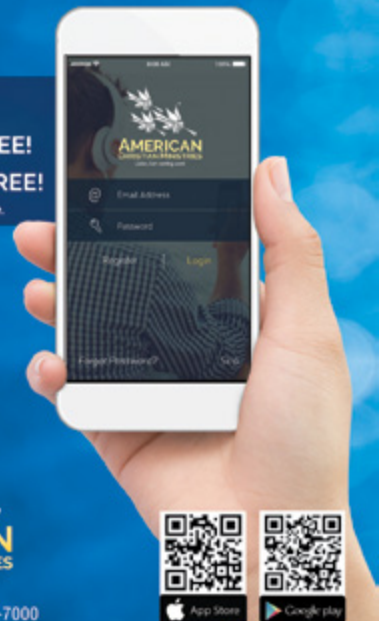
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