

VISITOR

CONNECTING COLUMBIA UNION SEVENTH-DAY ADVENTISTS

JANUARY/FEBRUARY 2022 ■ VOLUME 127 ■ ISSUE 1

Randy Fishell

RISING ABOVE

My Unprescribed Medicine for Mental Illness

Plus: Four Ways Adventists
Are Supporting Mental Health

Keep Calm and Trust God



It's hard to believe we are still living through a pandemic. Despite all human effort, this virus is relentless and unwilling to relinquish its global grip and march of pain. When you consider the lives lost—more than 5 million worldwide—the families devastated and the economic impact, it's easy to wonder, *what's next?*

Last fall, as uncertain days dragged on, God set up a divine appointment to buoy my spirits. I visited with a colleague to see how he was doing and what kept him going.

Without hesitation, he pulled out a little book called *Keep Calm and Trust God* and began telling me about its contents. The book is a compilation of inspiring quotes, poems, Bible texts and prayers on many of the issues we face today: anxiety, fear, frustration, pressure, depression, crises, etc. No matter what is going on, he shared, we can keep calm and trust God.

His testimony encouraged my heart, and that very day I ordered a copy. In the introduction, I learned the origin of the now-famous slogan, “Keep Calm and Carry On.” In 1939, as the threat of World War II loomed, the British government coined the phrase and created posters to galvanize resistance against Hitler's evil aggression and provide much-needed encouragement. The introduction to the book notes that “the future of the free world teetered in the balance. And in those dark times, believers everywhere prayed fervently.”

Once again, we are living in dark times. Our world is rife with war, pestilence, natural disasters, poverty and political strife. In addition to this mutating virus, we are challenged on every side with family, financial, mental health and personal crises.

In *Prophets and Kings*, Ellen White sheds light on why: “We fight in a warfare, not against flesh and blood, but against principalities and powers, and against spiritual wickedness in high places. ... Our hope is not in man, but in the living God. With full assurance of faith we may expect that He will unite His omnipotence with the efforts of human instrumentalities, for the glory of His name” (p. 111.2).

As we commence this new year, no matter what each day brings, let us remember to keep calm and trust God, keep calm and pray, keep calm and carry on. God's got this world, He's got us and He will see us through!

Celeste Ryan Blyden serves as executive secretary of the Columbia Union Conference.



About the Cover: Randy Fishell was photographed by Brad Barnwell in Frederick, Md.

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Volume 127 ■ Issue 1

10 of the Most Spiritual Things You Can Do

“If we’re going to give ourselves over to the service of God, then we best position ourselves to do so by caring for our bodies,” said C. J. Cousins, associate pastor of Potomac Conference’s Vienna (Va.) church, speaking on spiritual health. He suggests the following are 10 of the most spiritual things you can do:

1. Exercise regularly
2. Drink 64 oz. of water daily
3. Get eight hours of sleep
4. Set healthy time and relationship boundaries
5. Guard your hearts against sin
6. Embrace limits, recognizing you're not a machine
7. Eat a healthy diet
8. Enjoy hobbies
9. Experience Sabbath rest
10. Take vacations regularly

Listen to the entire sermon on columbiaunionvisitor.com/10spiritualthings.



‘Relentless’ Camporee Registration Opens

Registration for “Relentless,” the Columbia Union’s Camporee, August 10–14, 2022, is now open! Follow @columbiaunionpathfinders on Instagram and TikTok to find registration information and to follow the adventures of Pathfinders Moraya Truman, Tigor Lettsome and Ethan Nudd as they prepare for the big event being held at Summit Bechtel Reserve, W.Va.



Cultivate a Year of Praise

The 2022 Columbia Union Calendar, themed “Cultivate a Life of Praise,” features Bible verses that honor God and highlight the beauty of His creation. Health tips from Adventist HealthCare staff are included every month, reminding readers to take care of their mental health. Extra calendars can be ordered, for the cost of shipping, by calling (800) 545-2449. Ask for the “2022 Columbia Union Calendar.”

CURF’s New Website Goes Live

The new Columbia Union Revolving Fund (CURF) website, columbiaunionrevolvingfund.org, is now live. A new account portal will also launch in January. “These new services will benefit our current borrowers and noteholders by providing easy access to documents and processes,” says H. Candace Nurse, CURF secretary/treasurer.

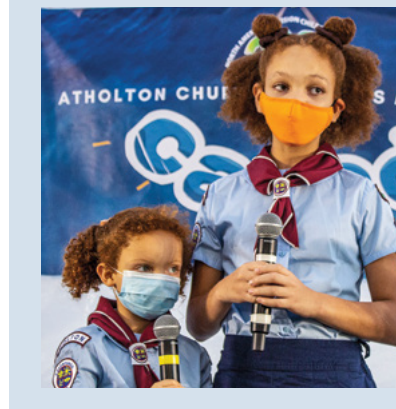
The Adventist Connection to French Creek Freddie



Did you know there is an Adventist connection to a famous groundhog? One of the first French Creek Freddie, West Virginia’s popular weather prognosticating groundhog, was found and raised by members of a Mountain View Conference church.

96 The percentage of people recently baptized during Hispanic evangelism efforts because of relationships formed with current members

—Rubén A. Ramos, vice president of Multilingual Ministries for the Columbia Union Conference



Atholton Children Called to Evangelize

Children from Chesapeake Conference’s Atholton church and Atholton Adventist Academy in Columbia, Md., recently led a tent evangelistic series, themed “Called.” Each night, children like Aubrey and Ashlyn Hastick led the program, which included singing, craft time, prayer and preaching.

Hey kids! Watch a video about the event, and get your parents to send stories and photos of you praising and sharing the love of Jesus to visitor@columbiaunion.net.

PHOTOS BY EUGENE SIMONOV AND MICHELLE GREENE

5 Things You Should Know

(columbiaunionvisitor.com/5Things)

- 1** Adventist HealthCare recently announced the appointment of Kristen Pulio as chief financial officer (CFO). James Lee, who served in this position for the past 20 years, primarily as executive vice president and CFO, has transitioned to the role of executive vice president and chief strategy and growth officer.
- 2** What do recent vaccine requirements mean for local Seventh-day Adventist churches? Find out in our interview with Lisa Saveikis Burrow, general counsel and vice president at the Columbia Union.
- 3** Download the Columbia Union Conference app for the latest stories, videos and the 2022 Scripture Memorization Plan, focusing on praising God.
- 4** There are 5,482 students enrolled in the union's 101 early childhood centers, elementary, junior and high schools this academic year, reports Donovan Ross, union vice president for Education.
- 5** Executive committee members recently approved the proposed 2022 budget, presented by Emmanuel Asiedu, union treasurer, who noted that tithe increased significantly from 2020 to 2021, up 11.92 percent. "God has continuously been gracious to us," said Asiedu. "We are thankful for the faithful giving of our constituents."

NEW EXECUTIVE SECRETARY NAMED



At its final meeting of 2021, the union executive committee elected Celeste Ryan Blyden to serve as executive secretary. She is the first woman to fill the role in the union's 114-year history.

Blyden has served as vice president for Strategic Communication and Public Relations since 2014, when she made history as the union's first woman officer. She was re-elected at constituency sessions in 2016 and 2021.

"Celeste has demonstrated a real passion for mission and effective leadership and has been a pastor, shepherd and encourager to those around her," says Dave Weigley, union president.

Blyden, 51, has served the Seventh-day Adventist Church for 29 years, starting as a volunteer at the North American Division and rising to assistant director of communication before joining the union in 2002 as communication director and *Visitor* editor.



She is married to Austin, and they have two daughters, Larraina, 12, and Sarita, 10.

She replaces Rick Remmers, who is now assistant to the president at the North American Division, after serving for almost a year at the union.

Like Remmers, Blyden will serve as chair or vice chair for several union boards and

committees. She will also continue to lead the union's strategic planning process and provide oversight to communication and other initiatives.

FOUR STAFF PROMOTED

The union executive committee voted Greg Iverson (right) to serve as director of Information



Technology (IT) Services, following the retirement of Harold Greene, current IT director, in February 2022. Iverson has worked at the union since 2001, serving as both an assistant and associate director, with a portfolio that includes network/system administrator.

Christopher Araujo was promoted from assistant to associate director of IT. For the last



15 years, he has managed the network that supports the union office, conferences and schools.

At the same meeting, Ricardo Bacchus and V. Michelle Bernard, both assistant directors for Communication Services, were promoted to associate directors.

Bacchus, who has worked at the union for five years, serves as the *Visitor's* managing editor for print.



Bernard, who has worked at the union since 2013, served as *Visitor* features editor for

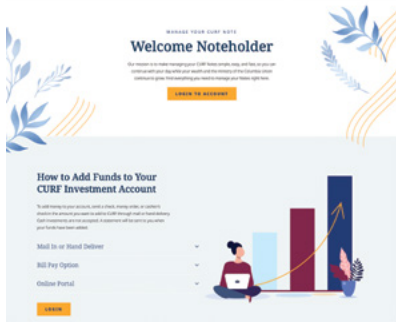


several years, and now serves as the news editor and managing editor for digital media.

THE REST OF THE STORY: Read full content at columbiaunionvisitor.com/upfront.

LANZAMIENTO DEL NUEVO SITIO WEB DE CURF

En diciembre, se puso en marcha el sitio web del Fondo Rotatorio de la Unión de Columbia (CURF), columbiaunionrevolvingfund.org. También se lanzará un nuevo portal de cuentas en enero. “Estos nuevos servicios beneficiarán a nuestros prestatarios y tenedores de notas actuales, al brindarles un acceso fácil a los documentos”, dice H. Candace Nurse, secretaria y tesorera.



NOMBRAN NUEVA SECRETARIA EJECUTIVA

En su reunión final del 2021, el Comité Ejecutivo de la unión nombró a Celeste Ryan Blyden como secretaria ejecutiva. Es la primera mujer en ocupar el puesto en los 114 años de historia de la unión.

Blyden se ha desempeñado como vicepresidente de Comunicación Estratégica y Relaciones Públicas desde el 2014, cuando hizo historia como la primera vicepresidenta mujer en la unión.



“Celeste ha demostrado una verdadera pasión por la misión y el liderazgo eficaz y ha sido pastora y animadora de quienes la rodean”, dice el presidente Dave Weigley.

CUATRO MIEMBROS DEL PERSONAL ASCENDIDOS

El Comité Ejecutivo de la Unión votó a Greg Iverson para que se desempeñe como director de Servicios de Tecnología de la

5 Cosas Que Debes Saber

(columbiaunionvisitor.com/noticias5cosas)

- 1** Descargue la aplicación Columbia Union Conference para obtener las últimas historias, videos y el Plan de Memorización de las Escrituras 2022, que se enfoca en alabar a Dios.
- 2** Donovan Ross, vicepresidente de Educación de la unión, informa que, en este año escolar, en toda la unión hay 101 centros de educación infantil, escuelas primarias, secundarias y preparatorias que están operando con 5,482 estudiantes.
- 3** ¿Qué significan los requisitos de vacunación recientes para las Iglesias Adventistas del Séptimo Día locales? Para averiguarlo, entrevistamos a Lisa Saveikis Burrow, consejera general y vicepresidenta de la Unión de Columbia.
- 4** ¡Están abiertas las inscripciones para el Camporee “Incansable” de la Unión de Columbia, que será del 10 al 14 de agosto del 2022! Siga a @columbiaunionpathfinders en Instagram para conocer las últimas actualizaciones y detalles.
- 5** ¿Sabía que eAdventist tiene una aplicación móvil gratuita y un servicio de mensajes de texto para las iglesias locales? Visite eadventist.net para comenzar.

Información (IT) a partir de febrero del 2022, luego de la jubilación de Harold Greene, actual director de IT. Iverson ha trabajado en la unión desde el 2001, sirviendo como asistente y director asociado, con una cartera que incluye administrador de redes y sistemas.

Christopher Araujo fue ascendido de asistente a director asociado de IT. Durante los últimos 15 años ha dirigido la red que apoya las oficinas de la unión, de las conferencias y de las escuelas.

En la misma reunión, Ricardo Bacchus y V. Michelle Bernard, ambos subdirectores de Servicios de Comunicación, fueron promovidos a directores asociados.

Bacchus ha trabajado en la unión durante cinco años y se desempeña como editor gerente de impresión del *Visitor*.

Bernard, quien ha trabajado en la unión desde el 2013, se desempeñó como editora de artículos del *Visitor* durante varios años y ahora se desempeña como editora de noticias y editora gerente de medios digitales.

CULTIVE UN AÑO DE ALABANZA

El Calendario de la Unión de Columbia 2022, con el tema “Cultive una vida de alabanza”, presenta versículos de la Biblia que honran a Dios y resaltan la belleza de Su creación. Todos los meses se incluyen consejos y desafíos de salud del personal de Adventist HealthCare, que recuerdan a los lectores que deben cuidar su salud mental. Se pueden solicitar calendarios adicionales, pagando solo el costo de envío, llamando al (800) 545-2449. Solicite el “Calendario de la Unión de Columbia 2022”.



Nouvelles

V. MICHELLE BERNARD

5 Choses à Savoir

(columbiaunionvisitor.com/nouvelles5choses)

- 1** Téléchargez l'application de la Conférence Union de Fédérations de Columbia pour découvrir les dernières histoires, les vidéos et le Plan de Mémorisation des Écritures 2022, axé sur la louange de Dieu.
- 2** Donovan Ross, vice-président de l'union pour l'éducation, rapporte qu'il y a 101 centres de la petite enfance, écoles primaires, élémentaires et secondaires qui fonctionnent avec 5 482 étudiants dans l'union durant cette année scolaire.
- 3** Que signifient les récentes exigences en matière de vaccination pour les églises locales des Adventistes du Septième Jour ? Pour le savoir, nous avons interviewé Lisa Saveikis Burrow, avocate générale et vice-présidente de l'Union de Columbia.
- 4** Les inscriptions sont ouvertes pour le Camporée << Relentless >> (Sans Relache) de l'Union de Columbia qui se tiendra du 10 au 14 août 2022 ! Suivez @columbiaunionpathfinders sur Instagram pour les dernières mises à jour et les détails.
- 5** Saviez-vous que eAdventist a une application mobile et un service de textos gratuits pour les églises locales ? Visitez eAdventist.net pour commencer.

LE NOUVEAU SITE WEB DU CURF EST EN LIGNE

En décembre, le nouveau site web de Columbia Union Revolving Fund (CURF), columbiaunionrevolvingfund.org, a été mis en ligne. Un nouveau portail web sera également lancé en janvier. << Ces nouveaux services profiteront à nos débiteurs et à nos détenteurs de billets en leur permettant d'accéder facilement aux documents et aux procédures >>, a déclaré H. Candace Nurse, secrétaire-trésorière du CURF.

NOMINATION D'UN NOUVEAU SECRÉTAIRE EXÉCUTIF

Lors de sa dernière réunion de 2021, le Comité Exécutif de l'Union a nommé Celeste Ryan Blyden au poste de Secrétaire Exécutif. Elle est la première femme à occuper ce poste en 114 ans d'histoire de l'union. Madame Blyden occupe le poste

de vice-présidente chargée de la communication stratégique et des relations publiques depuis 2014, date à laquelle elle est entrée dans l'histoire en devenant la première femme à occuper ce poste au sein de l'union.

Madame Blyden a servi l'Église Adventiste du Septième Jour pendant 29 ans. Elle a commencé comme bénévole à la Division Nord-Américaine et s'est élevée au rang de directrice adjointe de la communication avant de rejoindre l'union en 2002 en tant que directrice de la communication et rédactrice du magazine *Visitor*.

PROMOTION POUR QUATRE EMPLOYÉS

Le Comité Exécutif de l'Union a élu Greg Iverson au poste de directeur des services de technologie de l'information (TI), à compter de février 2022, à la suite du départ à la retraite de Harold Greene, actuel directeur

des TI. Greg Iverson travaille au niveau de l'union depuis 2001, où il a occupé les postes d'assistant et de directeur associé, avec un portefeuille comprenant l'administrateur réseau/système.

Christopher Araujo a été promu au poste d'assistant à directeur adjoint de l'informatique. Au cours des 15 dernières années, il a géré le réseau qui soutient le bureau de l'union, fédérations et les écoles.

Lors de la même réunion, Ricardo Bacchus et V. Michelle Bernard, tous deux directeurs adjoints des services de communication, ont été promus directeurs associés.

Bacchus travaille au niveau de l'union depuis cinq ans et occupe le poste de rédacteur en chef de la presse écrite pour le magazine *Visitor*.

Bernard, qui travaille à l'union depuis 2013, a été rédactrice en chef de *Visitor* pendant plusieurs années et occupe désormais le poste de rédactrice en chef de nouvelles et de rédactrice en chef des médias numériques.

CULTIVEZ UNE ANNÉE DE LOUANGE

Le calendrier 2022 de Columbia Union, dont le thème est "Cultivez une vie de louange", présente des versets bibliques qui honorent Dieu et mettent en valeur la beauté de sa création. Des conseils de santé et des défis lancés par le personnel de Adventist HealthCare sont inclus chaque mois, rappelant aux lecteurs de prendre soin de leur santé mentale. Des calendriers supplémentaires peuvent être commandés, moyennant les frais d'expédition, en appelant le (800) 545-2449. Demandez le << Calendrier 2022 de l'Union de Columbia >> .

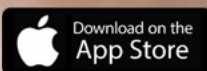


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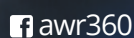
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RISING ABOVE

By Randy Fishell

Former Guide magazine editor and current member of Chesapeake Conference's Willow Brook church in Boonsboro, Md., shares his personal struggle with anxiety disorders and provides hope for those dealing with mental illness.

The first clue that something wasn't quite right in my brain happened one Saturday night when I was in third grade. While my family was downstairs watching TV, I was in agony trying to read a few pages of a book, *Nyla and the White Crocodile*. My third-grade teacher had made it clear that reporting honestly about my reading was essential. If I cheated on my report—even if nobody else knew—God would know!

Whether my teacher actually spoke the words, “You won’t make it to heaven if you don’t read every word,” is doubtful. But somehow my super-sensitive conscience got the message that, if I cheated, God surely wouldn’t be happy. So that night, I read a sentence in the book, and then reread it. Then I read it one more time, just to make sure I’d *understood* everything I’d read. By the time I heard the TV switch off downstairs, I’d made it

through perhaps half a dozen pages of the book. Fighting tears, I switched off my bedroom light and pulled the covers up around my neck. Something very wrong was going on upstairs—in more ways than one.

OCD AND ME

These days it’s trendy to say you’re “OCD” about something. But to an actual OCD (Obsessive Compulsive Disorder) sufferer, this is equivalent to saying you’re a leprechaun because you eat Lucky Charms cereal. While my own battle with OCD didn’t involve the repetitive behavior reflected in the book, *The Boy Who Couldn’t Stop Washing*, it was miserable enough. I constantly clicked my teeth (I often still do) and counted my footsteps (I don’t do that anymore). Just as agonizing as the OCD behaviors themselves is the angst that comes

with thinking you might never be able to stop them. In other words, you obsess about your obsessions. It can be a little taste of hell.

OFF-ROAD TACTIC

OCD was just the first of three anxiety disorder “monsters” to bare their threatening jaws. By young adulthood, panic attacks had become a regular and most-unwelcome visitor. Avoiding the horrific sensations that accompanied a panic attack became all-consuming. That’s how I became agoraphobic.

Agoraphobia is an overwhelming fear of panic itself. It’s an avoidance behavior. One of my early panic attacks took place on the Dan Ryan Freeway on Chicago’s South Side. Since my subconscious mind associated driving with panic, that same subconscious mind concluded that the solution was really quite simple: Don’t drive on freeways.

With this faulty reasoning in mind, I was well on my way to becoming agoraphobic. My driving avoidances began including more than freeways. Although I never became completely housebound, at night I was eventually unable to drive *alone* for a distance of more than about three blocks away from home. Things were different when I had a “safe person” riding along with me. I figured this person could rescue me from whatever bad thing might happen if I had a near-death panic attack. Sure, I’d learned that panic attacks are actually quite harmless, but just as with so many mental health challenges, sometimes mere knowledge isn’t enough.

Keeping a mental illness secret for decades can be exhausting. Still, somehow I managed to successfully navigate my way to undergraduate and seminary degrees. I’d accepted the invitation to become a youth and university pastor at the Green Lake church in Seattle, Wash. But how do you visit



Each year in the United States, about 1 in 4 persons experience a mental illness—the most common of these are anxiety and depression. Both can attack with a range of symptoms and vary in intensity.

SOURCE: HEALTHYPEOPLE.GOV/2020/LEADING-HEALTH-INDICATORS/2020-LH-TOPICS/MENTAL-HEALTH

anyone in the Emerald City when you can’t drive down I-5 or practically anywhere else without having a panic attack? My mental misfiring would be a key factor in my early exit from pastoral work. I told only

FOUR WAYS ADVENTISTS ARE SUPPORTING MENTAL HEALTH

1
2
3
4

- Potomac Conference’s Seabrook (Md.) church offers free counseling. Their professional volunteers provide faith-based, confidential assistance and support to individuals, couples and families facing emotional challenges. Visit seabrooksa.org/get-connected/#growth.
- Allegheny East Conference’s Capitol Hill church in Washington, D.C., has established the Capitol Hill Counseling and Resource Center right across the street. This organization offers evidence-based therapy from clinically licensed mental health professionals integrated with a Christian perspective. It also provides resources that include speech therapy, nutrition workshops, healthy eating coaching, life skills coaching and youth empowerment. For more information, visit chcarc.org, or call (202) 812-0261.
- One Team Mental Health, a resource by the Youth and Young Adult Ministries of the North American Division (NAD), is a website designed to educate youth on mental health material such as depression, anxiety, suicidal thoughts and wellness. For those seeking help, visit oneteammentalhealth.org.
- Register for Restored: NAD Virtual Mental Health Symposium, March 31–April 3, at nadhealth.org/calendar/#4129.

a couple of close confidants that the real reason for my departure had more to do with mental illness than the explanations I'd shared in public. Just a little over a year after beginning my ministry, I was awash in shame, an emotion with which I'd become painfully familiar.

Time passed, and questions swirled in my mind. Why hadn't God answered my heartfelt cries to turn this thing around? After all, wasn't I "doing His work"? I knew mental illness was part of a broken, sinful world, but come on, I had lives to change!

GRACE AND HOPE

A few months later, seemingly out of the blue, I received an invitation to apply for the assistant editorship of *Guide*, the Seventh-day Adventist Church's magazine for 10- to 14-year-olds. A meeting with the senior editor, Jeannette Johnson, proved to be a turning point in my life. During the interview, I knew I had to spill the proverbial beans about my anxiety disorders. As tears flowed down my cheeks, I thought, *Surely this is what every boss is looking for in an employee—an emotional wreck who doesn't know how to fix his own problems!*

Looking me in the eyes, she said, "Randy, one thing I've learned through the years is that a person's pain makes you that much more sensitive to others' struggles." Then she added, "I don't see a problem here."

I was stunned. What I saw was an angel in disguise and God's providential hand moving in a beyond-mysterious way.

My time with *Guide*, most of it at the Review and Herald Publishing Association in Hagerstown, Md., extended to more than 27 years. I might have filled Jeannette's shoes as senior editor sooner than I did, but I continued battling anxiety disorders for another 10 years after being hired. Promotions were offered, and I declined.

Finally, in desperation, I called a psychiatrist. Toward the end of the one-hour session, Dr. Wagner suggested we try a combination of medication and psychotherapy. Until then, I'd resisted pharmaceutical intervention. After all, wasn't God more powerful than a little pink pill? But nothing else had helped, so I left that day with a prescription in hand.

Resistance can run deep, however. *Was this really the right thing to do? What if I became someone I really wasn't?* It took my wife, Diana, to get me moving in the right direction.

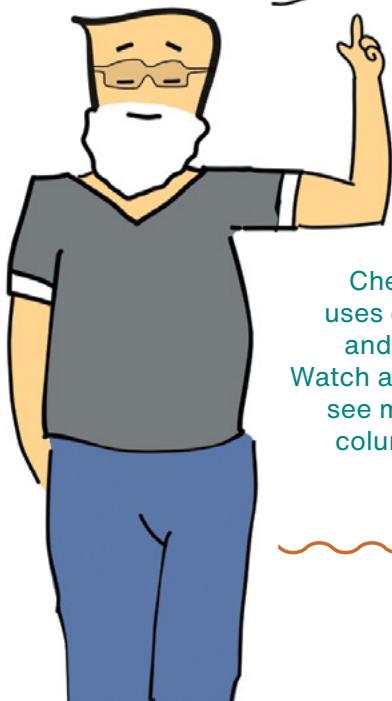
"Randy, if you had a heart problem, would you take medication for it?" she asked. I nodded my head. By then I'd stepped with both feet into the trap she'd set for me. If I'd take a helpful medication for a *physical* illness, why wouldn't I explore the same possibility for my *mental* illness?

In the end, the right medication turned out to be the missing ingredient in helping me to rise above my mental illness. Combined with the right therapist, God used the "miracle" of psychotropic medication to enable me to live joyfully as never before. My first solo trip driving alone to Dulles International Airport (Va.) and the ensuing trip to Orlando, Fla., are etched deep in my mind as memories of God's ministering touch.

No, I do not consider myself "healed" from anxiety disorders. I'm still on medication, and I probably will be for the rest of my life. I've been off pills, and it didn't work.

Well-intended people have shared this and that "natural" alternative, and those options may work fine for some. But their head is not on my shoulders. So, at least for now, I know what works for *me*, and I'm choosing to stick with it. I still get anxious sometimes, and I've even battled

I DESERVE
to love myself.



JOSUÉ SÁNCHEZ,
a former pastor of the
Chesapeake Conference,
uses creativity to cope with
and battle his depression.
Watch a video of his story and
see more of his cartoons at
[columbiaunionvisitor.com/
josuesjourney](http://columbiaunionvisitor.com/josuesjourney) and
josuesanchez.com.



FEELING ANXIOUS? TRY THE RELAXATION RESPONSE

God designed the human mind, body and spirit to work together. That means when something goes wrong in one area, it can affect another part of the body—including the brain. This integration has a positive side: We can also tap into one area to stimulate relief and healing in another part.

Herb Benson, M.D., has shown how the “relaxation response” can calm a person’s anxiety. This technique uses slow breathing that immediately slows the heart rate and soothes the nerves.

Similarly, the right kind of “mind relaxation” can be extremely helpful. While the term “meditation” has negative associations, the Bible is clear about turning thoughts toward Him and His Word during times of distress.

There are also muscle relaxing techniques such as progressive muscle relaxation that can help train the entire body to respond in more peaceful ways. There’s no “hocus-pocus” or Eastern religion involved in these therapies, so readers may wish to consider them as helpful additions to a healing protocol.

Find Herb Benson’s demonstration of the relaxation response at columbiaunionvisitor.com/relaxationresponse.



depression—while on an antidepressant! I’ve also experienced spiritual burnout—another mental health challenge. But compared to getting up in the morning, knowing that mental illness would rule yet another day, I’m in a very good place.

Several people were essential in helping me to rise above anxiety disorders. Also key were having the right treatment protocol and staying committed to God, even when I couldn’t see His hand. But something else also made a huge difference: *I never gave up hope that someday things would be better.* I won’t know until heaven where this unremitting sense that I must never give up hailed from. Maybe it came from God, or maybe I simply got the “stubborn” gene from one of my parents. Either way, hope was an unprescribed medicine that somehow persuaded me that things could and would eventually change. And they did, far beyond my expectations.

Today, solutions to address mental health crises are more abundant than ever. Whether your challenge is an anxiety disorder, a food or pornography addiction, depression or something less common, *please* believe me: There is hope. I know, because it’s part of my story. Now it’s time for you to begin a new chapter in *your* life story or help someone else begin to write theirs. Either way, be aware that a ministry may lie ahead. God has a mysterious way of using woundedness to bring healing. This time, the wounded healer might be you.

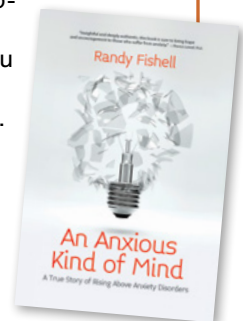
*Randy Fishell has written about his story of battling anxiety disorders in *An Anxious Kind of Mind*, available at adventistbookcenter.com and amazon.com. A member of the National Alliance on Mental Illness, visit randyfishell.com for free mental health resources.*



WHAT MENTAL HEALTH MEANS TO ME

Want to meet Randy Fishell? On the next *Visitor News Live* (VNL), he will dive deeper into his story, explain what spiritual burnout is and provide tips on what

to do when mental illness hits you or a family member. Watch the episode January 28, at 7:30 p.m. on Facebook and YouTube. Also, watch the past VNL episode on mental well-being, “Protecting Your Mental Health Like an Olympian,” at youtube.com/columbiaunion.



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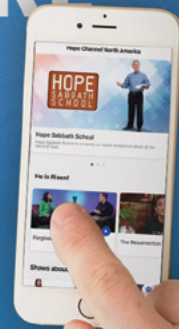
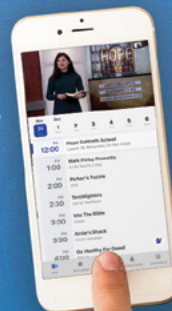


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ALLEGHENY EAST *Exposé*

Easton Spanish Church Recognizes Diversity

The Easton Spanish (Mahanaim) church in Maryland recently celebrated the different nationalities that comprise its congregation, with representation from Guatemala, Mexico, United States, Venezuela and El Salvador. An organized parade displayed traditional attire, and attendees sampled food from the various countries.

Special guests Pat Maxwell, sheriff of the Oxford Police Department (Md.), and Jimmy Jaramillo, commissioner of Talbot County, attended the celebration. The church gifted Maxwell with *The Desire of Ages*. He later reported to Josue Prada, pastor of Easton, that he had started reading the book and was enjoying it. Maxwell then extended an invitation to Prada to serve as chaplain for the Hispanic people of Talbot County.

"I gladly accepted the role and am looking forward to other ways to serve the community and share the Word," says Prada.



Easton Spanish church members, along with Pat Maxwell, city sheriff of Oxford (center), and Jimmy Jaramillo, commissioner of Talbot County (third from right), celebrate the church's diversity.

Johnson Appointed Director of New Jersey Equity Office

Jayné Johnson, first lady of the Metropolitan church in Plainfield, N.J., was recently appointed as the director of the new Office of Diversity, Equity, Inclusion and Belonging in the New Jersey governor's office. "I'm honored to carry out this purpose-driven work and grateful for the support of my family and church community," says Johnson.



Johnson will aim to dismantle inequity within state government, based on race, ethnicity and other protected characteristics. She will also seek to expand opportunities for communities of color and other underserved New Jerseyans.

"This position means that our governor sees the work of our office as part of building a stronger, fairer and more equitable New Jersey," shares Johnson. "The hard work and tireless efforts of many paved the path to make this opportunity possible, and my aim is to advance the work they began."

She is looking forward to what her department will do to assist the community where she serves. "I'm most excited about helping New Jersey win—the people of New Jersey, our communities and state government. We all win when we strive toward equity and inclusive excellence," says Johnson.

Johnson previously served as a senior policy analyst at The Council of State Governments Justice Center (N.Y.), where she provided strategic direction in launching the federally supported Justice Reinvestment Initiative.

Calvary Church Relaunches Grocery Giveaway

With the newly renovated Dorcas building, the Community Services Department at the Calvary church in Newport News, Va., recently reinstated their community grocery giveaway, providing bags of groceries to many local residents. At the relaunch,



members served more than 29 families and distributed 70 bags filled with groceries and literature.

Members welcomed representatives from the Newport News Police Department, as well as several volunteers. They also met many neighbors and extended a special invitation to worship at the church. Calvary plans to maintain contact with each participant.

“We will be inviting them to various programs designed to inspire and empower them to better living and a better community,” says DuWayne Privette, pastor.

Calvary church elder Rudolph Ortega, who is the church’s outreach coordinator for Street Ministries, Prison Ministries and community service, stands alongside Newport News police officers at the grocery giveaway.

Pine Forge Church Celebrates 75th Anniversary

During a recent Sabbath jubilee service, the Pine Forge (Pa.) church celebrated its 75th anniversary. Witnessed by members, guests and supporters, Pete Palmer, Allegheny East Conference (AEC) president, and his wife, Dahlia, also attended.

The church, situated on the Pine Forge Academy (PFA) campus, was directly involved in PFA’s establishment. The school opened in September 1946, and the church formally organized in November with John H. Wagner, Allegheny Conference president, presiding and George E. Peters, General Conference secretary of the Negro Department, preaching the church service message.

During the jubilee service, several members received recognition for 50 years of membership, including Robert and Audrey Booker, Vivianne Jones and Arlene Ellison. Members also honored 90-year-old Gloria Davis, a special invitee, who was among the first to be baptized that school year.

Stephen Richardson, Pine Forge pastor, preached a sermon titled, “Treasure Perceived as Trash,” reminding members of their first worship site: a livestock barn transformed into a chapel. He paralleled that idea with God’s divine vision, which sees the value of every segment of humanity, even when

others perceive them as worthless.

Robert Booker, head elder, comments, “I can look back on my youth when I arrived as a student in 1954 and trace the valuable impact of Pine Forge church through the years.”

As part of the worship service’s litany, the congregation appealed to God in unison, “May we spend eternity with Thee in jubilee!”



Pine Forge church members celebrate the church’s 75th anniversary with a Sabbath jubilee service.

Grace Community Finds Its Place

While at their previous location, the Grace Community church in Cleveland desired to expand their ministry reach by looking for more impactful ways to serve their community.

“We felt like just doing Sabbath worship was not enough for Cleveland. We had a vision that we needed to expand to more of a seven-day-a-week ministry that met people’s needs, and our facility at the time could not provide that,” says MyRon Edmonds, lead pastor at Grace Community.

Members learned that the building they occupied could not be altered because it was a historical landmark, so they began looking for a facility they could renovate. “We started looking for other facilities and found a former Kmart building in Euclid. It’s a massive 120,000-square-foot building, and we got a great deal on the purchase price,” Edmonds continues. “The building had the space we needed to do church differently. There was a general sense from many that we’d have to do something different if we were going to reach Cleveland. That difference was the idea of not building a church but rather a community center and seeing ourselves as the church. The philosophical shift was important for us.”

The church plans to impact 10,000 families by 2026 by using the community center as a community school. Edmonds says, “This is not a traditional



Pastors Regina Johnson and MyRon Edmonds tour the new Grace Community building site.

school where you come and get a degree, but a resource center that helps people achieve their hopes and dreams. We’ve excelled in Christian education as a Seventh-day Adventist Church, but mainly in elementary, high school and university. We thought, what if we made a community school with courses in family, health, spirituality, finance, business and entrepreneurship to add value to the community and have that be the evangelistic strategy for building a relationship?”

Edmonds believes the counsel of “Christ’s method alone,” found in the book, *Ministry of Healing*, is more relevant now than ever before: “I think Jesus’ entire life and ministry reveals a timeless principle. Nothing can change [unless you] touch people at the core of their existence and meet them at their point of need. If anything, the pandemic has shown us that people have needs, especially people of color in our urban areas, where it’s made a bad situation worse, in many instances. ... We should use caution and follow the guidelines [to not get infected or infect anyone]—but there’s a lot of ministry to be done. If we can go to the mall, concerts ... then certainly we can feed, educate and help those in need.”

The new Grace Community church is scheduled to open this month.



Church and community members write prayers for the building project on the church’s prayer wall.

Pastor's Music Submitted for Grammy Consideration

After listening to Ndubuisi Nwade's latest single, "The Lord Is Great," a member of the Recording Academy expressed to Nwade how much he loved the song and informed him that it was being submitted for consideration to the Grammy Awards nominating committee.

"When I got the news, I was like, 'Wow! That's great. Thank you! What do I need to do?'" says Nwade, associate pastor at the Ephesus church in Columbus, Ohio. "I was told to submit information on the song, such as the writer, producer, background vocalists and title. A month later, I got another call with the exciting news that the song had made it past the first round ballot selection."

First round Grammy voting is what determines the nominees for the annual Grammy Awards. If nominated, Nwade would join a list of many well-known and internationally recognized recording artists.

"The names on the list with me are monstrous—artists with huge names, budgets and supported by huge labels!" expresses Nwade. "I know that even a nomination would be big, so I'm believing God ... will do whatever He wants to do."



Opting not to promote his single to members of the academy, Nwade is trusting God to open doors for his music in the industry. Acknowledging God as the reason for his success, Nwade says, "I don't have the clout to campaign members of the academy, names to send my music to, know how to find voters or who's voting in my category. I've told God that if He's going to do it, He'll do it."

Smyrna Holds Youth and Young Adult Day

According to Ian Jerome, pastor of the Smyrna church in Lynchburg, Va., COVID-19 has had a significant impact on church youth. "Church life, school and social interactions have all been impacted," he says, noting the need for a young adult event.

"Our young people are accustomed to spending

time with one another in a safe, Christ-centered environment during an Adventist Youth Service (AYS) and other church events. [As a result], Smyrna leadership felt impressed to remind our young people that God loves them and they are valued in the church. Youth and Young Adult Day was a huge blessing. We have amazing youth who are incredibly talented and are using their talents to be a blessing in the church and community."

Jason Ridley, youth director for the Allegheny West Conference, delivered the Sabbath sermon, using the story of the prodigal son to encourage the listeners. The day ended with a joint AYS, attended by youth leaders, youth and young adults from churches across Virginia.



Smyrna member Patricia Jerome, flanked by Roanoke members Daniel Clarke, Ryan Long, Ren Robinson and Ron Robinson, interact during the Youth and Young Adult Day.

Re-establishing a Vital Habit

You've heard it said, "Old habits die hard." It's a phrase that is sometimes used to convey how difficult it can be to stop doing things one has been doing for a long time. If you have ever tried breaking a well-established habit, you know how challenging and frustrating it can be. Neuroscientists graphically describe habits as pathways in the brain that are made by connections between neurons (nerve cells). These neural pathways, they say, are like grooves in the road maps of our brain. So, the more frequently the pathway is traveled, the stronger and more "second nature" the behavior.

We've been living under the life-changing circumstances of a pandemic for nearly two years. During this time, some good new habits have been developed, out of necessity, for health safety reasons that help prevent the spread of the virus (and other pathogens too). But there have been other habits established as well, also out of necessity, that have affected our corporate worship behavior and patterns.

While there's no doubt that online worship services are a tremendous blessing when we can't get together, the convenience of worshipping at home has created some habits that need to be broken for the sake of re-establishing the good habit of in-person worship and fellowship. We agree that Bible study, prayer, witnessing, giving and serving others are all important to our spiritual growth and well-being. Just as important is regularly gathering with our church family to worship and praise God. The spiritual and physical benefits of corporate worship are many. So, as we emerge from the social restrictions caused by the pandemic, let us reaffirm the importance of not "forsaking the assembling of ourselves together" (Heb. 10:25, KJV) by resolving to commit to the faithful practice of this vital spiritual discipline (also known as habit). May God bless us all in this new year!



Jerry Lutz
President

Enrollment at Dover First Spins Up After Tornado

It was the summer of 2020. The pandemic was raging in full force. Chelsea Calhoun, principal and head teacher of the Dover First Christian School (DFCS) in Delaware, worked with the school board to develop safety protocols for a planned return to in-person learning in the fall. The two-teacher school was facing a significant problem: They only

had 11 students enrolled for the upcoming school year—far short of what they needed. And then a tornado hit the school.

The tornado, generated by Hurricane Isaias, tore down an exterior brick wall of the school. Fortunately, it left the rest of the building intact. Despite the damage, DFCS returned quickly to in-person learning—but still with only 11 students.

The school board prayed that God would bring more students to the school, and their prayers were soon answered.

"We definitely saw God show up in a big way," says Calhoun. "By the [end of the] first month, we had doubled our enrollment."

After finishing last year with 22 students, the school board decided to remove an interior wall to create a more spacious classroom to accommodate the growing student body. This year, they have a record 35 students.



Watch the video to get more of the story!

Chesapeake Churches Focus on Evangelism

Churches across the Chesapeake Conference recently held public evangelistic meetings, as they redoubled their efforts to proclaim the Seventh-day Adventist message in a post-lockdown world. For many churches, it was the first in-person evangelistic meeting to be held since the pandemic began.

“We didn’t do any online option this time,” says Shawn Paris, pastor of the Willow Brook church in Boonsboro, Md., which hosted a monthlong prophecy seminar that featured interactive roundtable discussions. “We wanted people to be here to build relationships.”

The Westminster (Md.) church presented “Forecasting Hope,” featuring speaker David Klinedinst, Chesapeake’s Evangelism and Church Growth director. The weeklong series at Westminster represented the first time Forecasting Hope (the name of two conference-wide online prophecy series last year) was presented to a live audience. The series finished with 10 decisions for baptism.

Four Chesapeake Hispanic churches located in Wilmington, New Castle and Claymont, Del., and two in Goldsboro and Providence, Md., celebrated 12 baptisms/professions of faith and 30 decisions for Christ after a week of fall meetings.

“It was a great experience,” says Orlando Rosales, Hispanic Ministries director for Chesapeake. “We’re already planning to return for more baptisms [early in 2022].”

The Ellicott City (Md.) church hosted a hybrid in-person and online prophecy series titled the “Revelation Project” aimed at helping young people understand Bible prophecy through simple, Christ-centered messages.



Gary Blanchard, world youth director for the Seventh-day Adventist Church, speaks during the opening program of the Revelation Project.



Rubén A. Ramos, Columbia Union vice president for Multilingual Ministries, officiates a baptism in Wilmington, Del.

The 12-part series featured nine different speakers, including Gary Blanchard, world youth director for the Adventist Church. Other speakers included Carl Rodriguez, Patrick Graham, Novella Smith, Josant Barrientos, Paul Graham and Ellicott City church pastors Paulo Macena, Debbie Rivera and John Rengifo.

“Variety is important for this young generation,” says Paulo Macena, former lead pastor of Ellicott City. “We don’t want people to just connect with one speaker; we want people to connect to the message.”

The Atholton church in Columbia, Md., put kids in the pulpit for its weeklong “Called” series, held in a tent on the church grounds. According to Anastacia Ferguson-Bansie, associate pastor for Children’s and Youth Ministries, the series highlighted the importance of the role of children in ministry.

“Our children are the future leaders of our church,” says Bansie. “Their voice needs to be heard, not only on the playground, but on the pulpit as well.”

The success of evangelistic meetings across the conference has reinvigorated church members for mission. Klinedinst hopes more churches will focus on public evangelism efforts.

“If people are open and something has just happened in the world that hasn’t happened for generations and people are asking questions, why would now not be a good time for evangelism?” Klinedinst asks. “If you’re nervous about COVID-19, then take whatever social distancing precautions you need to take, but do something. Don’t use COVID-19 as an excuse.”

PHOTO BY EDSON TANAKA

MOUNTAIN VIEWPOINT

‘Tell Somebody About Jesus’

“Tell Somebody About Jesus” is the marching order the Mountain View Conference (MVC) pastors and executive committee have chosen for the remainder of this quinquennium. Everything our conference is doing and planning will revolve around telling somebody about Jesus.

In the past, the General Conference promoted “Total Member Involvement,” followed by the “Reach the World” strategic plan and now the “I Will Go” initiative. We’ve been challenged to go and “Tell Somebody About Jesus.” None of these are new directives, however. Two thousand years ago, Christians were called to go and tell somebody about Jesus. In fact, in Matthew 28—the Great Commission—it is clear that everyone is to be disciple-teaching, preaching and baptizing as many as are willing.

We’re seeing beautiful things happening. Baptisms are on the rise, giving is increasing and pastoral enthusiasm and passion for extraordinary things is growing. When you begin to add up some of the “great and mighty acts of God” in the MVC, it is amazing to witness.

In the last few months, our operating budget has improved, a former mayor and clergy have accepted God’s Sabbath truth, and we’ve witnessed



Jim Buchanan, pastor of the Cumberland/Frostburg (Md.) church district, wears the new “Tell Someone About Jesus” baptismal robe—provided by the Mountain View Conference—while baptizing Matthew Bennett into the Frostburg church.



D. W. West, assistant pastor for the Point Pleasant (W.Va.) church, reach out via virtual meetings to 60 nonmembers who now attend God’s Sabbath-keeping church in Uganda. (As Seventh-day Adventists, we support world missions not only with our tithe and offerings, but through physical and digital missionaries.)

Beginning this month, each of our pastors have accepted the challenge of leading a minimum of five Bible studies per week. The pastors are praying that many of their members will join the ranks as lay Bible workers for Jesus. That’s why the MVC will be sponsoring a one-week lay Bible work training school, March 27–April 1, at Valley Vista Adventist Center in Huttonsville, W.Va.

Equipping our lay members is a top priority. We will continue sourcing and teaching all our members how to reach others for Jesus in their sphere of influence. Imagine if each MVC member had at least one Bible study interest to interact with on a weekly basis, sharing that Jesus is their best Friend.

God has given the pastors, teachers and members of the MVC the privilege to reach the almost 2 million people within our territory with the gospel of Jesus Christ. By His grace, we will rise to the challenge.



Tim Bailey
President

Conference Ministry Goals for 2022



Children's Ministries—The Children's Ministries Department now has a CORE team who have completed extensive training to provide North American Division Certification Training to all local Children's Ministries leaders. In the spring, training sessions will be scheduled in every church district.

The new Vacation Bible School (VBS) program, titled "Jasper Canyon," will be available to all churches desiring to host a VBS program this summer.

Several programs have been designed to reach children in the communities: VBS, Neighborhood Bible Club, Adventurer Club and the Children's Health Expo.

This department focuses on training, equipping and providing materials to local church Children's Ministries leaders to help grow their programs.

—Diane Gregg, Director

Health Ministries—This year's Wellness Camp will be held at Valley Vista Adventist Center in Huttonsville, W.Va., from August 7-19. It'll be a blessing to spend almost two weeks in a quiet, country setting to learn from experienced professionals, enjoy healthy meals, exercise outdoors, fellowship and more. Register at wellnessmountainview.com.

—Ginelle Edmondson, Director



Pathfinders—Some goals this year include visiting more than half of the conference churches to promote Pathfinders within their congregations and communities; helping new leaders begin Pathfinder clubs; and to form at least 10 new Pathfinder clubs in 2022. Some events include Pathfinder Ski Weekend, February 25-27, winter



camping trips, the Pathfinder Fair, community service projects, and the Columbia Union Camporee, August 10-14.—Beth Ackman, Director



Prayer Ministries—Some objectives include working with the Prayer Ministries coordinators of each church to have a powerful, effective and meaningful prayer ministry and to inspire and motivate them with unique ways of reaching, not only church members, but the surrounding community. Each quarter,

coordinators will receive an e-mail for encouragement and fresh ideas for prayer ministry.

—Elaine Buchanan, Prayer Coordinator

Women's Ministries—The Women's Ministries Department serves a twofold purpose: 1. To facilitate a group that not only forms friendships but provides Christian support for one another. 2. To help women develop a closer, personal walk with God and become better equipped to "Tell Somebody About Jesus."

The Women's Retreat, October 7-9, at Valley Vista Adventist Center, will feature Elizabeth Talbot, speaker/director for the Jesus 101 Biblical Institute.—Liz Bailey, Director



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NEWS NEW JERSEY

What If It Were Today?

As I write this editorial to start the new year, I can't stop thinking about the sorrow, pain and suffering left by the COVID-19 pandemic and the relentless natural disasters that affected us last year. If I could only promise that this year would be the year of "no more night, no more pain, no more tears, never crying again," as the beautiful song expresses.

I grew up singing the hymn, "What If It Were Today." The song mentions that "Jesus is coming to earth again," something I strongly believe. And since God has allowed us to start a new year, He has given us the opportunity to proclaim His Son's soon coming. Jesus says: "Behold, I say to you, lift up your eyes and look at the fields, for they are already white for harvest!" (John 4:35, NKJV).

Nowadays, people are more inclined to hear the Word of God because there is no other hope for human beings. People are tired of nightmares, pain, tears, viruses and hurricanes. They need to know that Jesus is coming again to put an end to this dying world.

The signs of Jesus' return are multiplying everywhere. Let's make the words of Jesus a reality in our lives at the beginning of this year so that we may share the hope of Jesus with others.

Jesus says, "Do not let your hearts be distressed. You believe in God; believe also in me. There are many dwelling places in my Father's house. Otherwise, I would have told you, because I am going away to make ready a place for you. And if I go and make ready a place for you, I will come again and take you to be with me, so that where I am you may be too" (John 14:1-3, NET).

The last phrase of the hymn resounds in my mind: "Faithful and true would He find us here. ... Watch, for that time is drawing nigh, what if it were today?"



Jorge Agüero
President

¿Y si Fuera Hoy?

Mientras escribo este editorial para comenzar el nuevo año, no puedo dejar de pensar en la pena, el dolor y el sufrimiento que dejó la pandemia del COVID-19 y los implacables desastres naturales que nos afectaron el año pasado. Si pudiera prometer que este año será el año de "no más noche, no más dolor, no más lágrimas, nunca más llanto", como expresa la hermosa canción.

Crecí cantando el himno "Y si fuera hoy". La canción menciona que "Jesús viene a la tierra de nuevo", algo en lo que creo firmemente. Y ya que Dios nos ha permitido comenzar un nuevo año, nos ha dado la oportunidad de proclamar la pronta venida de su Hijo. Jesús dice: "He aquí os digo: Alzad vuestros ojos y mirad los campos, porque ya están blancos para la siega". (Juan 4:35, RVR1960).

Hoy en día, la gente está más inclinada a escuchar la Palabra de Dios porque no hay otra esperanza para el ser humano. La gente está cansada de pesadillas, dolor, lágrimas, virus y huracanes. Necesitan saber que Jesús viene de nuevo para poner fin a este mundo moribundo.

Los signos del regreso de Jesús se multiplican por todas partes. Hagamos que las palabras de Jesús sean una realidad en nuestras vidas al comienzo de este año para que podamos compartir la esperanza de Jesús con otros.

Jesús dice: "No se turbe vuestro corazón; creéis en Dios, creed también en mí. En la casa de mi Padre muchas moradas hay; si así no fuera, yo os lo hubiera dicho; voy, pues, a preparar lugar para vosotros. Y si me fuere y os prepare lugar, vendré otra vez, y os tomaré a mí mismo, para que donde yo estoy, vosotros también estéis." (Juan 14:1-3, RVR1960).

La última frase del himno resuena en mi mente: "Fiel y verdadero nos encontrará aquí. ... Velad, porque ese tiempo se acerca, ¿y si fuera hoy?"—*Jorge Agüero*

Christ's Real Concern About the End-Time Church

The year 2021 has ended, and we are still fighting COVID-19. None of us would have expected it would've taken so long to say goodbye to the pandemic.

Our world is not only facing hardships due to COVID-19. In the United States alone, we see wildfires and hurricanes leaving behind many deaths and homeless families.

Being part of the end-time church, we watch these events unfold and realize things are not getting better. As time passes, we see more and more changes in nature, society and the governing power of the world. "Where should we go to be safe?" some ask. "Is this the time to go out of the great cities?"

Pondering these questions, we must remind ourselves that the Word of God has the answer for all our past, present and future concerns. The book of Revelation brings a letter addressed directly to us. The letter written to the church in Laodicea is also a prophetic message for us today.

What is Christ's true concern about His people living in the last days of the world's history? When we read the letter in Revelation 3:14-22, many see it as a letter of rebuke and reproof. However, if we look more in-depth, it is a letter of love and invitation to the realization of our personal situation.

The letter describes how desperately Jesus is calling His people to see that they have become indifferent. Only Jesus can bring us out of this situation. He offers us three things that only He can give: 1. True gold (our faith) refined in fire (1 Pet. 1:7); 2. White garments, which are Christ's perfect justice; and 3. Eye salve (the Laodiceans were spiritually blind), which is the Holy Spirit, Who can give us true spiritual sight (Eph. 1:17-18).

Let's use the present situation our world is facing to break our icy hearts and ask Jesus to remove us from this lukewarm condition. He will do it. His letter in Revelation tells us so.—*Eduardo Monteiro, Director of Evangelism*



NATHAN DUMLAO/UNSPASH

Conference Inaugurates First Nature Center

The New Jersey Conference (NJC) recently inaugurated its first ever nature center on the grounds of Tranquility Camp in Andover. After the idea of

opening a nature center was proposed, it became a reality in less than two months.

Eliasib Fajardo, youth and camp director, his staff and volunteers worked tirelessly to renovate the old ABC building. The Mount Aetna Nature Center (Md.) provided taxidermy animals, Pastor Robert Holbrook (aka Nature Bob) and his wife, Lonnie, drove from Oklahoma to New Jersey twice to help and bring items to display. Carlos Portanova, Jr., NJC treasurer, also lent several items from his personal collection. It was a team effort from all areas of the country.

"The transformation of the building is beautiful, and the nature center started out with more items on display than expected," says Portanova. "Now church members and the community can enjoy seeing God's creation up close."



President Jorge Aguero; Treasurer Carlos Portanova, Jr.; Pastor Robert Holbrook, Nature Center director for the Oklahoma Conference; and Executive Secretary Mario Thorp take part in the ribbon cutting ceremony.

Scan code to read articles from New Jersey News (and other news) in Spanish.



Entering a New Year With Gratitude

As we reflect on 2021, we are both saddened by the great losses the global pandemic has brought to many families and thankful that the Lord has led us through the challenges of ministry amid crises.

As conference youth director, it has been especially encouraging for me to witness the blessings God continues to pour out on us. Here are some of the highlights from the past year for which we praise God:

We are thankful for the 11 churches striving to become more intergenerational in their worship and fellowship. As a part of the Growing Young Adventists initiative, congregations both large and small across our state are finding that, through intentionality, new generations are finding a home in faith.

We are thankful for the new team members who have completed our Youth Department staff. Pastor Mariya Marton joins us as associate director, leading in Pathfinder and Adventurer ministries, and Elias and Lizandra Esquivel, along with their two wonderful children, Elijah and Lilah, come to us from the Florida Conference to serve at Camp Mohaven as ranger and administrative assistant, respectively.



We are also thankful for all the staff, campers and families who attended and worked at Camp Mohaven this year. Our 2021 camp numbers were similar to pre-pandemic seasons, and for that we are grateful. Most important, however, are the 40 children and youth who made decisions for Christ through baptism at Mohaven.

We praise God for His leading in 2021 and look forward to what the Lord will do in 2022. We plan to continue serving our



Adventurer and Pathfinder clubs, cruise with the Apostle Paul during summer camp and see more churches grow younger as they endeavor to involve all generations in their worship, service and fellowship.



Edward Marton
Youth Director

One of Your Most Important Decisions

Whether you are a young adult, family or retiree, protecting your loved ones with a will and trust is one of the most important and easy choices you can make! To learn more about what a will and trust can do for you at any age, scan the QR code. We've prepared a short informational video for you on Estate Planning 101.

The Planned Giving Department provides all estate services free of charge to Ohio Conference constituency! Contact Harry Straub to set up an appointment: hstraub@ohioadventist.org or (937) 741-0236.

Clifton Church Growing Young, Growing Together

The Clifton church has been focusing on younger generations this year. The congregation, located in Cincinnati, is a multi-generational and diverse community. The leadership, however, wanted to remain intentional in next generation ministry after joining the Ohio Conference Youth Department's Growing Young cohort.

Growing Young is a church transformation process designed to foster integrational worship, fellowship and service. At the outset of 2021, Clifton church leaders identified three Growing Young strategies they wanted to accomplish. First, empathizing with today's young people by stepping into their shoes instead of standing in judgment. Second, fueling genuine peer and intergenerational friendships. Third, neighboring others well by enabling young people to be the hands and feet of Christ in their community and the world.

This has resulted in the young and not-so-young coming together in vibrant ministry and community. Members joined forces with the Clifton young



Clifton members Houpu Xu, Lawrencia Robinson and Farrah Mugwisi sort medical supplies for shipment to overseas disaster zones at the Matthew 25 Ministries community center.



AJ Clarke, Lorna Maines and Jonathan Lutterodt lead worship during the Clifton Christian Academy "Back-to-School Revival" event.

adult group, High School Ministries and Connect to Christ Middle School Ministries for events such as community service at Matthew 25 Ministries—a local nonprofit; game nights; local group hikes; Friday night vespers events where young adults mentored high schoolers; a back-to-school church revival service; baptismal classes; and Pathfinder/ Adventurer activities.

Danaan Foster, parent and Pathfinder co-director at the Clifton church, says, "It's encouraging to see what's going on here at Clifton, because, with so many dying churches around, our community has become a vibrant home for our youth. The most exciting thing out of this are the baptisms! So many of our youth are wanting to get baptized at our church because of how engaged and genuine our church leadership are with our youth."

Members agree that this past year they have truly seen renewed vision and enthusiasm for vibrant community, growing closer to Christ and one another. —*Kojo Twumasi, Clifton Church Associate Pastor*

Pennsylvania Pen

Powerful Prayers Impact Pennsylvania

“When God’s people pray earnestly, sincerely, individually, and collectively, God will answer. Great things will happen in and among God’s people. And the world will feel the impact as the Holy Spirit comes to equip and empower His people. ... We have come to serious times. Events in our world call upon every follower of Christ to be totally in earnest in our relationship with God. ... We must learn the power of prayer” (Ellen G. White, *Prayer*, p. 3).

Across Pennsylvania, people are praying. More than 800 people have committed to daily praying for the mission and ministries of the Pennsylvania Conference, asking God to pour out His Holy Spirit like never before. As a conference team, we committed to not one, but two 30 Days of Prayer in 2021.

In May, our office leaders, along with members of the executive committee and our association committee, prayed together each evening while churches invited their members to gather in person, through Zoom and on prayer phone calls to pray

for our strategic initiatives, camp meeting, summer camp and more. We did this again in September, but this time our pastors and churches led each night on our Zoom prayer meetings as we focused our prayers on the almost 90 evangelistic meetings that took place in the fall.

God has moved powerfully to answer these prayers. Camp meeting provided a powerful week of spiritual revival and growth. Summer camp reached maximum capacity and numerous young people committed their lives to Christ through baptism. This fall, more than 1,000 guests attended opening night of our evangelistic meetings. Our Hispanic churches baptized 65 people on one Sabbath alone!

I invite you to be a part of this powerful work of prayer. Visit paconference.org/iampraying to become a part of this important movement. You’ll receive prayer requests along with praise and reports on answered prayers. Follow us on Facebook (Pennsylvania Conference) or Instagram (@paconference) to see glimpses of how God is moving and your prayers are being answered.



Shawn Shives
*Assistant to the
President*



CALENDAR OF UPCOMING EVENTS:

January 21–23

Pathfinder Winter Retreat

January 29

Pathfinder Bible Experience

January 29–30

Hispanic Health Ministries Training

February 13–18

Lay Bible Worker Training

February 20

Family Ski Day

Churches Host 135-Plus Evangelistic Meetings in 2021

God is on the move in Pennsylvania. When COVID-19 impacted the “120 in 2020” plan to hold 120 evangelistic meetings during 2020, the evangelism team simply moved those scheduled meetings to 2021. Those events grew from 120 to more than 135 prophecy series by the end of the year—the highest number of evangelistic seminars in a single year in the conference.

Ninety evangelistic events were held this past fall, with about 1.2 million handbills mailed to homes across the state. Members were a driving force behind the success of these meetings—serving refreshments, making home visits or single-handedly preaching the material, many whom had never preached a series before.

“I never thought the Lord would use me in this capacity,” was a common sentiment that the lay speakers shared. Others added, “I feel so blessed and thrilled. I leave each meeting more excited, and my spiritual journey is growing.”

Each Sabbath in November—and even during the week—churches welcomed new members as they committed their lives to Christ through baptism.



Others are studying the Bible in small groups as they continue to grow in their relationship with God.

Ministerial Director Yves Monnier (pictured with Katie and Roberto Tavares) says, “People are asking to be a part of local Seventh-day Adventist churches, and we know God is doing amazing things in their hearts.”—*Natalie Lilly, Communication Intern*

Publishing Department Makes Education Possible

The Pennsylvania Conference recently welcomed Johnathan Ryan to serve as the new coordinator for the Publishing Department. Ryan is directing a literature evangelism program for high school and college students to enrich their faith and earn money toward their Seventh-day Adventist education.

Students are equipped with books like Ellen G. White’s *The Great Controversy*, *The Desire of Ages*, and *Steps to Christ*, along with materials on healthy eating to sell door to door. Proceeds from the sales are matched by the student’s school, doubling their earnings; these monies are applied to their tuition.

Ryan hopes to create a contagious passion for evangelism among young people—like the 10 Blue Mountain Academy (BMA) students who stayed on campus during their fall break to work with him. God blessed the students’ efforts with divine appointments.

“I canvassed a home where a lady told me she was just searching for material online to help her become closer to God, like devotionals or health books,” says Deborah Torres, BMA senior. “She said God sent us to answer her prayers.”

This summer, high school and college students can join Ryan’s 10-week canvassing program. There they will earn monies toward their Adventist education, grow new friendships and share the love of Jesus.

“We are reaching people through His power,” adds Ryan. “Canvassing gives me a taste of what it must have been like for Jesus to minister to people on earth. There is always someone willing to be touched by the gospel.”

To learn more about the canvassing program, visit impact-pa.com.
—*Natalie Lilly, Communication Intern*





Conference Welcomes Two New Administrators

The Potomac Conference administration recently welcomed two new staff members to its administrative committee (ADCOM) team—Karen Senecal, as vice president for finance, and Rafael Soto, as director for Hispanic Ministries.

Senecal, who joined the treasury staff last year as undertreasurer, makes history as the first woman elected as treasurer in Potomac—the largest conference in the Columbia Union Conference. Through the years, Senecal has served the Seventh-day Adventist Church in a number of capacities, including treasurer, director of Planned Giving and Trust Services, executive secretary and an auditor for the General Conference Auditing Service.

Senecal succeeds Dave VandeVere, who led the charge as vice president for finance from 2014 to late 2021. He recently answered a call to serve as treasurer for the Mid-America Union. During his time with Potomac, VandeVere implemented and monitored a successful financial recovery plan and reversed the trend of operating losses experienced in previous years. He and his team restructured procedures to increase operating working capital, debt capacity and plant financial reserves to support mission growth. Before accepting a pastoral call to Potomac in 2004, he served as the treasurer for the Minnesota Conference.

“Our conference has been blessed with capable and passionate people to serve in this vital role,” says Charles A. Tapp, president. “Both Dave and Karen are experts in their field, each serving with fine attention to detail, allowing us to continue moving the mission forward. They share a wonderful sense of humor and have been a pleasure to work with. We wish Dave and his wife, Cindy, the best as they enter this new chapter and pray for Karen as she guides Potomac into the next.”

Soto also makes history as the first Hispanic Ministries director to sit on ADCOM, a call he accepted in June of last year. Since Hispanic churches represent a significant portion of Potomac’s membership, administration felt it would be a positive addition to blend this ministry with the others.

“Rafael brings passion, leadership skills and a track record of great success,” says Rick Labate, vice president for Pastoral Ministries. “He has a compelling vision of bringing the second- and third-generation Hispanic members into leadership roles and finding ways to engage them in ministry. It’s a pleasure welcoming him to the team, along with Paul Graham and Heather Crews, who also joined the department last year as associate directors.”

Soto previously served as senior pastor of the Richmond (Va.) Evangelistic Center, where he focused largely on missionary work to reach the community and empower the second- and third-generation Hispanics within the church.—*Tiffany Doss*



Karen Senecal is the first woman to serve as vice president for finance for the Potomac Conference.



Rafael Soto makes history as the first Hispanic Ministries director to sit on ADCOM, a call he accepted in June of last year.



Dave VandeVere, who led the charge as vice president for finance from 2014 to late 2021, recently answered a call to serve as treasurer for the Mid-America Union.

Conference Partners With City, Launches *We CARE*

In an effort to go “beyond the walls”—the conference’s new initiative—administrators recently met with Staunton, Va., city officials. “[Our] office has been in the community over the past 50 years, but many people don’t know who we are or what we do,” explains Charles A. Tapp, president. “We wanted to meet with city officials to ... let them know we are here to build relationships, help our neighbors and reach out to those in need.”

Conference leaders met with Andrea Oakes, mayor of Staunton, and her team to discuss ways the conference can partner with the city to help facilitate meeting community needs. As a result, members of the administrative committee team (pictured with city officials, including Oakes on right) have reached out to various nonprofit groups in the area to establish partnerships to aide in the educational, physical and spiritual needs of residents in Staunton and Waynesboro, as well as in Augusta County.

“We’re thrilled to be working alongside Potomac to make our community a better place,” says Oakes. “We look forward to building an even stronger relationship moving forward.”

This initiative falls under the conference’s



new *We CARE* (Compassion Actively Realized Everywhere) campaign, designed to build partnerships with community leaders and stakeholders. In partnership with the members of the Staunton (Va.) church, *We CARE* kicked off with staff distributing 400 pies around the community to local teachers, neighbors and businesses.

“No matter how our neighbors slice it, they’ll know ... that *We CARE* about them!” says Debra Anderson, assistant to the president/director of Communication.—*Tiffany Doss*

Camp Blue Ridge Opens With Bright Future Ahead

Camp Blue Ridge (CBR) in Montebello, Va., is open! Since closing in the winter of 2018 due to significant damage from an ice storm, the camp has faced many challenges. After receiving their operating permit in February of 2020 and holding a grand re-opening celebration shortly after, the camp was forced to close again due to COVID-19.



Despite many setbacks, CBR has emerged with a bright outlook on the future. The shutdowns and setbacks allowed staff to focus on much-needed renovations and updates to the buildings. The camp has been operational since March 2021, and, this past summer, hosted five weeks of family camp, serving more than 130 guests.

“It’s been a joy to hear the laughter of children and worship among our groups again,” says Julie Minnick, CBR associate director.

The next big upgrade at camp is the construction of a new cafeteria building, which is already underway and is anticipated to be completed by late spring.

Camp is open for booking by individuals, families, church and school groups. “We regularly have families book a cabin just for the weekend to get away,” says Minnick. “Families can also enjoy a variety of on- and off-site activities, as well as family-style meals delivered to their cabins. We hope more [people] will take the opportunity to visit camp soon to relax, rejuvenate and reconnect!” Visit campblueridge.org for more information.—*Tiffany Doss*



THE BMA EXPERIENCE

BLUE MOUNTAIN ACADEMY

Students Take Bible Lab to the Streets

Every other Friday, students at Blue Mountain Academy (BMA) have Bible Lab—a day when students take what they’ve learned in Bible class and live it out.

Bible Lab kicked off with students visiting the nearby town of Hamburg and surveying residents to learn how they could help. They, including sophomore John Vine and freshman Lukas Buggel (pictured), offered free yard work, health checks and invited neighbors to BMA campus events. And at every door, these young people offered to pray with those they met.

“My favorite part of Bible Lab was meeting a woman named Merlena. She and her husband ... are both handicapped. ... They were very grateful that we came and offered to help with their yard work,” shares junior Trisha Amanda Smith.

“Total Community Involvement (TCI) is an initiative that started as California-based Weimar Academy and Weimar University sought to reach the community. Their students go into the community every week to connect with people. We wanted to do that here,” says Sanghae Kim, BMA chaplain.



“Often, I meet people who are not members of our church. They recognize there is a school [nearby] but they cannot even tell us what the name is. ... Ellen White writes that Jesus mingled with the people and met their needs, then invited them to follow Him. We are going door to door and meeting people where they live, discovering what their needs are, and then helping them. ... We know that we can make a difference, not only in the community, but in the lives of our students.”

Come with us

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To reach your dreams
To grow spiritually
To develop your talents
To be a leader through service
To focus on your mission
To face challenges

The BMA Experience is published in the *Visitor* by the Blue Mountain Academy ■ 2363 Mountain Road, Hamburg, PA 19526
Phone: (610) 562-2291 ■ Fax: (610) 562-8050 ■ bma.us ■ Principal, Burney Culpepper ■ Editor, Esther Hernandez

New Chaplain, STEM Teacher Join Academy

Elijah Ramjattan, new campus chaplain and recruiter, recently joined the faculty at Highland View Academy (HVA). He and his wife, Jo-Anna, a registered nurse, both received degrees from Weimar University (Calif.) and look forward to changing lives in youth ministry at the academy.

Originally from Canada, Ramjattan finished his studies in May 2020, graduating with a bachelor's degree in Religious Studies and a minor in Christian Education. He had recently been praying for just the right ministry position to fulfill his dream of working with young people to prepare them spiritually and mentally for the future. His dream came true on the morning of his wedding when he received the call to come to HVA.

Ramjattan, who also writes a religious blog at elijahramjattan.com, introduces himself as a writer-teacher-disciple, with the goal of bringing others to Christ and sharing His love with them. On HVA's campus, in the shadow of Black Rock on South Mountain, he desires to bring to the students the message of the soon coming of Jesus Christ!

New STEM teacher, Rose Syomiti Mutiso, along with her husband and two children, joined the team this past year. Mutiso has years of experience in the research laboratories at Loma Linda University (Calif.), where she earned her Bachelor of Science degree in Environmental Science and Master of



Elijah Ramjattan, pictured with his wife, Jo-Anna, is the campus' new chaplain and recruiter.

Science degree in Biology.

Mutiso, who hails from Kenya, has taught in both Kenya and Uganda. An energetic class sponsor, she is educating the HVA students in anatomy and physiology, biology, environmental science, STEM introductory classes and mathematics. Her mission is to bring the students into a relationship with Jesus Christ while working on their studies.

Faculty members welcome these two families as they enhance the school's mission to educate HVA students for eternity.



Rose Syomiti Mutiso is HVA's new STEM teacher.



Enroll now!



Welcome to our School!



the LEGACY

OUR JOURNEY

A PUBLICATION OF LAKE NELSON ADVENTIST ACADEMY

Schools Partner at Leadership Retreat

In partnership with the Waldwick Adventist School (N.J.) and the Vine Haven Adventist School (N.J.), Lake Nelson Adventist Academy recently had a very special and unique leadership training. Sponsored by the New Jersey Conference, the theme for the year's retreat, "Courage to Lead," was held at the Tranquil Valley Retreat Center in Andover, N.J.

Student Association (SA) leaders, accompanied by chaperones, school principals, SA advisors and keynote speakers, spent two days engaged in activities designed to guide, empower and spiritually strengthen their God-given talents and skills. This event gave students the opportunity to receive leadership training, participate in planning sessions and learn how to become spiritual leaders wherever God positions them.



Student leaders engage in conversation at a breakout session.

within their home campus. Students received strategies on how to motivate other students and become more effective leaders. Additionally, they learned to set goals and how to apply those goal-setting skills to their academic, social and spiritual journeys.

Above all, the goal of the leadership retreat was to connect the student leaders with each other and God. Through worship, seminars and recreational activities, they were able to step back from the everyday grind of school work, and reset and redefine their purpose as leaders. By strengthening their emotional intelligence, communication skills and motivation for being servant leaders, the SA members share that they returned to their respective campuses rejuvenated and prepared for their roles to be courageous leaders for Christ.—Leah Ware, SA Advisor



Class Sergeant at Arms Ashley Bronfield ('24); Class President Mariann Forbes ('24); and Student Association Secretary Sabrina Maragoto ('23) enjoy some downtime during the retreat.

During the weekend, the students engaged in several seminars with the various keynote speakers. These seminars were designed to help each student create a vision of Christian leadership for their campus and the community during this current school year. The student leaders were encouraged to develop a spirit of unity and cooperation between the three schools, as well as develop a spirit of unity



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PFA POST



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

Choir Produces First Musical

The Pine Forge Academy (PFA) choir recently premiered their long-awaited live musical production, *This Is My Black*, at the Flagship Theater in Pottstown, Pa.

Jarrett Roseborough, PFA director of choral activities, was inspired to write a film that expressed how African American students felt during a world-wide pandemic, a national climate of social unrest, police brutality and racial injustice.

The pandemic affected the way the choir was able to minister, and he believed the production would be an effective way to bring comfort to others who were hurting. The film depicted how black students felt about the violence around them through personal experiences and the media, and the effect these events had on their daily lives and attitudes.

The project was funded in three ways. First, PFA encouraged the students to raise \$30 each to be involved in the production process. Next, churches and donors who support the academy were solicited and were given access to see the production

premiere. The last means was by opening the premiere to the general public and allowing them to purchase tickets or donate toward the project.

With the help of Stephen Adetumbi, interactive designer and motion artist at Profound Pixels, and writers Amber Kamilah and Sharea Harris, the choir was able to begin recording in April 2021. Other notable contributors to the project were cinematographers Shawn Craig and Grey Paul; sound technicians Brent Hoyte and Joseph Depaula; and lead choreographer Auldwin Johnson, who also serves as assistant dean for the boys' dormitory.

This was no easy task, as they spent many days practicing each scene to perfection. Choir students spent many days filming in various locations around the campus, perfecting dance routines and arranging songs.

Students, directors and staff believed in the potential of the students to tell their stories through this film, using various genres of musical expression, poetry and acting. From the 12 soloists to the three rappers and poets, as well as the six dancers, seven musicians and all the other performers and singers, the production was an amazing portrayal of PFA's talents and gifts, says school leaders.

After waiting for months, the entire school and many around the country attended the production in person or watched it online. The choir's hard work and dedication was not in vain, as the positive feedback and praise came from all over.

Soloist Danyel Brewer ('22), remarks, "I plan to pursue other theatrical endeavors in the future, so this was one of the most fun things I've ever done."

Percussionist Michael Dada ('22) adds, "I think this movie was important because it shows what it's like to be a black person in America."

Roseborough had hoped to display his students' gifts, and he and the students believe this goal was accomplished.



Pine Forge Academy promotes the musical premiere, This Is My Black, a production depicting how people of color have recently been affected by the pandemic and racial injustice.

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Spotlight on Spencerville

Highlights from Spencerville Adventist Academy

LOVE TO LEARN
LIVE TO SERVE
ALL FOR CHRIST

Music Department Performs at Museum of the Bible

The Spencerville Adventist Academy (SAA) Music Department recently presented a 90-minute concert in the World Stage Theater at the Museum of the Bible in Washington, D.C. The concert featured the Spencerville Ringers, under the direction of Jane Lanning; the Concert Winds, directed by Lisa Froelich; and the Strings, as well as Cantares—SAA’s select choir—under the direction of Robert A. Martinez. The concert marked the third time Lanning and the ringers have performed at the museum since 2016. It was especially meaningful to the students because they had been scheduled to perform at out-of-state events this year but were unable to attend due to COVID-19 concerns.

After their morning performance, the group walked to the National Mall to take a photo in front of the United States Capitol Building, ending the day with a tour of the Museum of the Bible.

“It was wonderful to have a performance experience in such a public venue as the Museum of the Bible,” says Martinez.

“It was our first time sharing our music with those



outside of our Spencerville community, which is an awesome witness opportunity,” says Froelich. “It also brought a sense of teamwork to the ensemble as we learned how to travel as a band.”

Students were grateful to be able to tour the exhibits and participate in the concert. “Performing at the Museum of the Bible was the best feeling ever,” says Daniela Cruz (’22), a Cantares member.

SAA’s music directors hope to continue to foster the great relationship they have established with the museum for future performances and ministry opportunities.

Academy Organizes Food for Families in Need



Students and staff worked together to fill boxes with food for families in need.

Spencerville Adventist Academy (SAA) students and staff recently partnered with Adventist Community Services of Greater Washington (ACSGW) to organize and pack 50 boxes of food in preparation for distribution. There has been an increase of people in need, including a number of recent refugee families from Afghanistan.

“The students are excited to participate in service and plan to continue working with ACSGW throughout the school year,” says Tim Soper, campus chaplain.

The start of this service project coincided with SAA’s Week of Worship. Matthew Piersanti, youth pastor of the Spencerville church in Silver Spring, Md., shared messages with the students about the active and engaging love God has for us.

“This, after all, is living out our tagline: Love to Learn, Live to Serve, All for Christ,” says Soper.

CONNECTIONS

INSPIRING STUDENTS TO KNOW FOLLOW SHARE JESUS

Academy Launches New Year in LEGO Robotics

Spring Valley Academy's (SVA) LEGO® Robotics instructors have launched a new and exciting year filled with discovery, innovation and fun. The robotics team is comprised of fifth- and sixth-grade students who strive for innovative and unique robotic design elements, in addition to precise mathematical equations that they are trying to utilize.

"I love that I get to build with LEGO and encourage my teammates to better themselves and do what they were born to do ... build like they have never built before!" exclaims fifth-grader Tyler Moss. "I think the biggest challenge for my group is staying focused on the task at hand and keeping everyone engaged in robotics."

Sixth-grader David Constantine adds, "Robotics is a good way for me to have fun with friends, build with LEGO and learn along the way. Overall, I have learned a lot about inclusion and teamwork while meeting new people. I feel that it is a blessing to have a robotics team at my school because it can teach kids skills they otherwise wouldn't learn, like coding and how motors and sensors work together. I love being a part of it all!"

FIRST LEGO League—a national STEM program—has selected a theme this year centered around the concept of cargo delivery and service. Through the



Sixth-graders Ava White, Zorik Bouz, David Constantine, Andon Gruia and Jeislined Rosario build mission components.

study of this theme, students will learn how to better serve their community and each other. Core values such as innovation, inclusion and teamwork, which are essential in major corporations such as Amazon, are what the SVA team is practicing this school year.

Fifth-grader Landon Mewhirter says, "We have so much fun programming for the game. We do some cool things like have Zoom meetings with Amazon employees and do team-building exercises and learn about the robots. We make friends and make mistakes, but we learn from those mistakes!"

The team had the opportunity to interview Amazon employees over Zoom concerning their worldwide cargo and delivery service. This exciting, real-world learning opportunity provided a glimpse of the possibilities of where a STEM-centered career path could lead. During this Zoom meeting, Amazon assisted students to trace the progress of a package from order through to delivery at their doorsteps. Employees from each step of the transportation process were involved to help students see how robots help to make life safer for their human employees and how technology can help people in the future improve their lives through programming, innovation and design.—*Sam Joseph, LEGO Robotics Coach*



Sixth-graders Joelle Winston and Emma Rapp select mission components for their project.



IMPACT Shenandoah

Serve God – Value Knowledge – Accept a Life of Service

Senior Named National Merit ‘Commended Student’

At a recent schoolwide chapel, Principal Don Short announced that the 2022 National Merit Scholarship Program (NMSPP) named senior Hania Kantzer a Commended Student, presenting her with a Letter of



Commendation from Shenandoah Valley Academy and NMSPP. More than 1.5 million students across the United States entered the 2022 competition by taking the 2020 Preliminary SAT/National Merit Scholarship Qualifying Test. Kantzer is one of 34,000 commended students who demonstrated outstanding potential for academic success.

“Those being named commended students have demonstrated outstanding potential for academic success,” says a representative of the National Merit Scholarship Corporation. “These students represent a valuable national resource; recognizing their accomplishments, as well as the key role their schools play in their academic development, is vital to the advancement of educational excellence in our nation.”

Short adds, “We hope and pray this recognition will encourage and affirm Hania as she continues on the path of academic excellence.”

Senior Hania Kantzer is named a Commended Student in the 2022 National Merit Scholarship Program.

A Safe Space to Grow With God

Sophomore Avery Browne recently shared a testimony (excerpted) during Parents Weekend:

I grew up in a Seventh-day Adventist home and with an Adventist education and did many things in the church. But I did not really understand the deeper meaning of what it meant to be a follower of Christ. That is, until I came here.

Shenandoah Valley Academy is providing me with a safe space to grow with God before facing the world. It is helping me understand that God is not a God of punishment and severity. Instead, He’s provided a means of escape from sin for us if we accept His Son as our Lord and Savior. From Friday night vespers to freshman religion with Mr. [Kaleb] Leeper, I’ve learned so much about who God really

is. Mr. Leeper showed me that God is not One I have to find favor with or appease. He is a God of love that is unconditional, in the sense that no action I could commit could damage the amount of love that He has for me. I can firmly say that God has put a special blessing on this campus and has chosen us to play a big part in sharing His message of glory.

Ellie Anderson (’23), Avery Browne (’24) and Emma Cuellar (’23) lead Sabbath worship and praise at the New Market (Va.) church.



www.ta.edu TATODAY

News you can use from Takoma Academy

Academy Grows Engineering Program

Thirteen ambitious students enrolled in this year's engineering class at Takoma Academy (TA). Two of the course instructors are local engineers who have worked for NASA and Verizon. A third instructor who has done similar training with the U.S. military joins the team online each morning.

This year, Andrews University (Mich.) partnered with TA, certifying the Introduction to Engineering course as the first ever dual-credit course taught by TA instructors on TA's campus. Additionally, students are receiving training that will prepare them to secure the industry-respected SOLIDWORKS Certification.

To meet the robust requirements for SOLIDWORKS software, TA purchased 13 new, high-powered computers. Upon completion of the class, students will be well-prepared for their engineering courses when they matriculate to college.

"Having children of color who are also children of faith so interested and invested in this opportunity is awesome to see!" says instructor Mike Dixon. "Many of our parents have invested in the software

we're using so our students can practice outside of the classroom. This level of commitment, combined with this kind of opportunity, results in the brightest of futures!"

Sophomore Samantha McKenzie, who aspires to be an architectural engineer, says, "I feel like I will definitely have an advantage with my knowledge of software like SOLIDWORKS. This course really teaches us how to think outside of the box when it comes to computer-aided design."

Senior Gabriel Morency, who one day wants to be a mechatronics or mechanical engineer, explains, "The career path that I would like to pursue in engineering would be more of an inventive path. Instead of improving existing principles or working on common items, I want to invent and create new things to innovate and push society forward in technology and science." Morency is planning to attend Massachusetts Institute of Technology in the fall. —Shaun Robinson, STEM Department Head



Takoma Academy's Engineering class: (left to right) Christian Henry ('22), Matteo Euell ('24), Samantha McKenzie ('24), Justice Hagler ('24), James Goffe ('23), Santana Robinson ('23), Oliver Spence ('25), Stinger Holland ('22), Ethan Morency ('22), Rodney Walker ('22), Andrew Smith ('23) and Mike Dixon (instructor). Gabriel Morency ('22) is not pictured.

Academy Thanks Donor for Support

Takoma Academy (TA) would like to acknowledge the Medical Group Foundation, Inc., for its continued support through the years. TA's STEM Department has made tremendous strides over the past four years, and the foundation has been a consistent donor for more than a decade. Not only have they provided financial support, but several members have served on TA's educational board. The development of the engineering program might not have been possible without the contributions received from them. The Medical Group Foundation is one of the leading senior health care providers in the Washington Metropolitan Area.

Be Still

One of my favorite passage of scripture is found in Psalm 46:10, "Be still, and know that I am God."

The term "Be still!" is sometimes spoken with frustrated urgency to a child being too active or noisy. But recently I learned that when the verse was first written, the phrase meant "to let go or release."

There are times in our lives – personal and professional – when the responsibilities and situations we encounter become greater than we feel we can handle. But God neither wants us nor expects us to carry these life obligations as burdens – far from it. God wants us to know that He understands our greatest needs and will help us. He wants us to trust in His power and His care for us. "Be still," He says. "Have faith in what can happen if you surrender and release yourself to me."

The essence of having faith in God is giving ourselves over to God's care. We may be naturally resistant to such "giving up" because it goes against the conventional advice to stand firm and be strong. However, looking at other ways of understanding "still" may help reframe our perception.

Sometimes to be still means to be tranquil; so the verse could read, "Let go of stress and let God's love occupy your thoughts."

Sometimes to be still means silence and calm; so the verse could read, "Tune out the noise and listen for the still small voice of God's spirit and grace."

Sometimes the word still means a moment in time, as in a still photograph; so the verse could be interpreted, "Remember the snapshots from your own life when faith in God was most important and most memorable."

Sometimes being still enables us to look to the future so we can say, "Nevertheless, and in spite of it all, I still have hope in the sustaining love of God."

From those perspectives, "Be still and know that I am God" is a source of hope and solace when we face challenges and difficulties, and are able to say, "I still believe and have faith in God's grace and plan for me."

Terry Forde
President & CEO
Adventist HealthCare



Clinicians use different types of methods to connect with children facing mental health challenges.

Advancing Mental Health for Children

In 2021, Adventist HealthCare's The Lourie Center for Children's Social & Emotional Health was awarded a five-year, \$2 million dollar grant to implement Family Attachment-focused Services, Treatment, & Training (FASTT) in Montgomery and Prince George's County.

The grant was awarded from the Substance Abuse and Mental Health Services Administration (SAMHSA) and the University of Maryland School of Social Work will serve as a third-party evaluation and assessment partner.

To launch the FASTT program, The Lourie Center will use a hybrid model of in-person and tele-services to address trauma, anxiety, depression, attachment problems, attention deficit, social skill deficits and disruptive disorders in children.

This initiative will enable outreach especially in Medicaid-eligible participants from birth to age 12, with significant mental health complications and their caregivers. The program will especially focus on communities of color and Spanish-speaking families.

The grant will also support workforce development by providing support and training for clinicians, graduate trainees and community partners.

This FASTT program anticipates serving a total of 450 infants and young children in addition to more than 675 parents/caregivers and 450 professionals during the entire project.

WORLD-CLASS INTENSIVE CARE FOR BABIES ON THE GO



When babies need more critical care than their hospital can provide, they go to the Level III Neonatal Intensive Care Unit (NICU) at Adventist HealthCare Shady Grove Medical Center for advanced support. And now they have a new ride to get there, featuring some of the same sophisticated technology found in the hospital.

In 2021, the NICU began using its new Voyager Transport Incubator™. The transporter allows for on-the-go intensive care for critically ill babies, including:

- Total body cooling
- Neurological support
- Phototherapy for jaundice
- Inhaled nitric oxide therapy for respiratory failure
- Conventional ventilation or high-frequency ventilation (400 to 900 breaths per minute)

The transporter helps nurses monitor vital signs and change the position of infants while they are on the move. The incubator reduces noise, comes equipped with an eye shield and has a shock-absorbing mattress.

This technology is another example of Shady Grove Medical Center's commitment to providing world-class medical support for the community's smallest patients – including about 50 babies a year from other area hospitals – from the moment they are entrusted to Adventist HealthCare.

Golfing for a Good Cause

To engage community members in funding new equipment, improving access to care and creating healing environments, Adventist HealthCare hosts two annual golf events.

Last September, nearly 90 community members came out for the Adventist HealthCare White Oak Medical Center Golf Tournament. The lovely day of sportsmanship and good fun helped raise \$142,000 to support the purchase and maintenance of the Da Vinci Xi surgical system that will empower Adventist HealthCare experts to perform minimally invasive procedures in the areas of gynecology, urology, thoracic, cardiac and general surgery.

And in October, 180 supporters gathered for a day of fellowship and fund-raising at Adventist HealthCare Shady Grove Medical Center's 21st Annual Golf Classic. Thanks to the generosity of sponsors and donors at all levels, the tournament raised more than \$250,000 that will help promote greater access to physical and mental healthcare when and where it is needed.



The Environmental Services team at Adventist HealthCare help create a healing environment.

Extending Kindness

The Environmental Services (EVS) team at Adventist HealthCare White Oak Medical Center folds a white towel into a beautiful swan after cleaning each patient room to help make patients feel more comfortable away from home, like they are in a hotel.

"When a patient enters their room, it grabs their attention and speaks to the added kindness we will extend to them," said Yolanda Rodriguez, White Oak Medical Center's EVS manager, who started the program. The swan was chosen because it is symbolic of peace, love and faith.

Teammates talk about how they feel honored to not only bring a smile to their patients' faces but also form connections with patients that contribute to healing. "They are not only our patients, but they are also our family and friends," said Annie Gonzales, EVS attendant, as she puts the finishing touches on a room.



More Honors for Award-Winning Cardiac Care

Adventist HealthCare was recognized by the American College of Cardiology for expertise and commitment in treating patients with chest pain based on rigorous onsite evaluation of the team's ability to evaluate, diagnose and treat patients who may be experiencing a heart attack. Learn more at: [AdventistHealthCare.com/News](https://www.adventisthealthcare.com/news).



Manager's Memo: 'God, You Are Good'

There are days when the only words of prayer that fit are, "God, you are good."

Recently our board chair Pastor Charles Tapp spoke and Hope Darst led worship for our annual Night of Hope evangelistic event. It was a God-moment I'll not forget in Washington, D.C. It was evident that an evening like this was sorely needed after almost two years of tragedy and struggle. Pastor Tapp's words and challenge were well received and provided courage to continue for all in attendance. And when at least 20 people came forward to give their heart to the Lord, well, the only words that fit were, "God, you are good."

The second moment was when it was announced that WGTS 91.9 had received the *Religious Station of the Year Award* and the *Podcast of the Year Award* for 2020 from the National Association of Broadcasters. Both awards are received with a humble spirit and both are dedicated to the listeners who make this media ministry possible. As I consider what these awards mean, the only prayer that makes sense is, "God, you are good."

It is an honor to share God's love throughout the Washington, D.C., metro region, the Eastern Shore and everywhere online. We are incredibly grateful for the work he has entrusted to us. I welcome your prayers for this ministry, its board of directors, and team, as they share hope and encouragement at such an important time. Our prayer of gratitude remains, "God, you are good."



Pastor Charles Tapp

Night of Hope Brings Listeners Closer to Christ

For the first time in over two years, WGTS listeners attended the Night of Hope event in-person. Several hundred people came together at the Capital Turnaround in Washington, D.C., to hear worship music from Christian artist Hope Darst and an inspirational message from Pastor Charles Tapp, host of the program *Simple Truths for Life* and WGTS board chair.

At the end of the night, attendees were invited to come down to connect with a local pastor or a WGTS prayer team member for special prayer or to make a commitment to Christ.

"The entire reason WGTS 91.9 exists is to encourage our listening family to take one step closer to Christ," says WGTS general manager and president Kevin Krueger. "What I love about 'Night of Hope' is that it can be the point where many listeners decide to take that first step. To have a small part in a listener's journey toward Christ is the ultimate privilege of this ministry."

Adventist HealthCare helped sponsor this free event.

Pastors Rick Johns of Olney Church and Cheryl Wilson-Bridges of Sligo Church pray with WGTS listeners.



We invite you to watch our latest *Words of Hope* video with Rob Conway, research and music director. With a focus on running, Rob shares how running is like living out our faith.

While it may be hard to keep running the race God has set before us, in this video, Rob shares how God is with us and will see us through. For the full video, please scan the QR code using your smartphone or visit wgts919.com.





Kettering College Hosts Inaugural Community Service Day

By Courtney Dove

On Tuesday, September 28, 2021, Kettering College hosted its inaugural Community Service Day, which included nearly 500 participants. This event highlighted a pillar of Kettering College: service. Kettering College leaders believe our institution is responsible to serve local communities toward a bright future. More than ever, communities have great need for resources and human help.

Tuta Ionescu, program director for Radiologic Sciences and Imaging, and Service Day facilitator, said this was one of the most beautiful experiences she's participated in at Kettering College. "This was the first time Kettering College picked one day and included every program in a community service endeavor," she said. "A lot of brainstorming, planning, and prayer went into this event. What was beautiful, though, was the work the service learning committee was willing to invest to make this day successful."

Community Service Day included nearly half of the Kettering College student body, and more than 75 faculty and staff

members also participated in the event. They served more than 40 organizations, including Montgomery County Solid Waste District, Homefull, Dayton Boys & Girls Club, and The Dayton Food Bank.

According to Ionescu, the best part was seeing how happy everyone was to participate, and how willing they were to jump in.

"The collegiality, the enthusiasm from faculty and staff, and the willingness to go along with the proposal were my favorite parts. I guess you could say it was the journey that I enjoyed the most," said Ionescu.

Kettering College looks forward to having its second annual Community Service Day in 2022. "We know next year's event will be even better" said Ionescu. "We would like to establish a solid pool of resources for programs so they can connect with local partners and have ongoing relationships. This year, every program and department participated. We hope to see the same next year and create an even bigger impact."

Supporting Our Clergy

By Christina Keresoma

Kettering Health believes that wellness is more than a person's physical health—it includes a healthy mind and spirit, too. For the past 29 years, Kettering Health has operated the Ministry Care Line, which is a service that gives church professionals and their immediate family members confidential access to spiritual and emotional support.

The service started with the dedicated phone number for pastors, teachers, staff, and their spouses and children to call. Just before COVID-19 hit, a telehealth platform was added so that other countries around the world could access this service.

Share each other's burdens, and in this way obey the law of Christ. —Galatians 6:2 (NLT)

Ministry Care Line is designed to function as part of an organization's employee assistance program, which contributes to a happier and more productive workforce. It also aims to help the church fulfill the scriptural command to "share each other's burdens" (Galatians 6:2) for clergy, teachers, and other staff members.

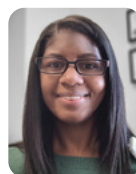


Pastors gathered for the Mental Health and the Faith Community Conference

This service began in February of 1992, serving approximately 1,000 employees in seven religious organizations. It has since grown to serve 40 organizations, helping more than 4,500 employees and their family members.

For more information visit ministrycare.org

**Kettering
Health
Christian
Consultants**



Ministry Care Line serves more than 20 countries, including United Arab Emirates, Ireland, Canada, Guyana, and many more.

Kettering Medical Center Foundation donated the resources to build the telehealth platform used by the Ministry Care Line. This gives more pastoral staff and families access to much-needed support.

Ministry Care Line holds an annual Mental Health and Faith Community Conference. It will be part of the North American Division's Pastor's Family Convention in June 2022, reaching over 4,000 pastors.

Ohio's First Lady Fran DeWine Visits Kettering Health

In November, First Lady Fran DeWine visited Soin Medical Center and Kettering Health Greene Memorial to show her appreciation for our commitment to the community.

Soin Medical Center's Mother/Baby Unit enrolls newborns in the Imagination Library program, which sends a free book each month to children of enrolled families. Mrs. DeWine is a large proponent of the program and heads Ohio's Imagination Library efforts. During her tour of Soin, she visited the Mother/Baby Unit, thanked employees for their support, and met a family and their newborn baby Jace.



While touring the Mother/Baby Unit at Soin Medical Center, First Lady Fran DeWine learns about the giraffe bed for NICU babies and meets baby Jace.

Judy Schoun receives Daisy Award

While touring Kettering Health Greene Memorial, First Lady Fran DeWine presented a Daisy award to Judy Schoun, who was nominated twice for the award. The Daisy Award is given to a deserving nurse who shows extraordinary compassion to patients and families.



- ▲ Judy Schoun receives the Daisy Award for providing extraordinary care to patients and families.
- ◀ Judy Schoun (center) and First Lady Fran DeWine (next to Judy) pose with the team.



QUALITY PILLAR OF EXCELLENCE



It is with abundant thanksgiving and praise to the Nursing program officials and students to be able to announce to the world that our Nursing Director, Dr. Griffin, was informed that the Commission on Collegiate Nursing Education (CCNE) Board of Commissioners acted at its meeting on October 12-15, 2021 to grant accreditation to the baccalaureate degree program in nursing at Washington Adventist University (WAU) for ten years, extending to December 31, 2031. The CCNE Board determined that the program met all four accreditation standards at its meeting. The Board also determined that there are no compliance concerns regarding the essential elements. Additionally, the CCNE Board of Commissioners acted at its meeting on October 12-15, 2021, to grant accreditation to the master's degree program in nursing at WAU for ten years, extending to December 31, 2031. Similarly, the Board determined that the master's degree program met all four accreditation standards and determined that there are no compliance concerns with respect to the key elements.

The University is currently preparing for the Middle States Commission on Higher Education (MSCHE) continuing accreditation site visit scheduled for May 8-11, 2022. The Self-study Team and the Office of Institutional Effectiveness completed the first draft of the Self-study document. The detailed and well-documented report indicates that after careful participatory review and analysis by the administration, alumni, faculty, staff, and trustees, WAU has met all MSCHE's Standards of Accreditation and Requirements of Affiliation. However, the collaborative process has also revealed opportunities for improvement. These opportunities for improvement are currently being addressed to enhance the alignment with the MSCHE Standards.

This is Washington Adventist University!

A handwritten signature in black ink, appearing to read "Weymouth Spence".

Weymouth Spence, President



A large, three-dimensional rendering of the word "QUALITY" in gold, serif capital letters. The letters are placed on top of a classical column capital, which is part of a larger architectural structure. The background is a soft, blue-toned image of a classical building facade.

WAU HONORS COLLEGE LAUNCHES ENHANCED PRE-LAW CURRICULUM AND HISTORIC PARTNERSHIP

Washington, D.C. has always been a center for studying and practicing law and public policy. The Honors College at Washington Adventist University uses its location near the Nation's Capital to offer unique and innovative options for students.

MoU between WAU and University of Baltimore Law School offers dual-enrollment law school options.

During the Fall 2021 semester, WAU signed a memorandum of understanding with the University of Baltimore School of Law to develop a dual-enrollment law program. The agreement was initiated by WAU President Weymouth Spence and signed by Spence and University of Baltimore President Kurt L. Schmoke. The agreement creates an expedited pathway for eligible WAU students to complete the first year of law school that will also count for the senior year at WAU! This marks the first time that an Adventist college or university will grant law school credits. WAU graduates have strong ties with the University of Baltimore School of Law. Recent graduates include WAU Honors Program (now Honors College) alumni Natalie Hynum and Bradley Moore. Renée Battle-Brooks, a member of the WAU Board of Trustees, also graduated from the University of Baltimore School of Law.

WAU Honors College revitalizes the Pre-Law curriculum.

The MoU with the University of Baltimore comes on the heels of a newly re-designed pre-law curriculum that continues to allow students in any major to complete a Pre-Law pre-professional program. Administered by the Honors College, the revised curriculum merges traditional pre-law courses with innovative seminar-style classes that explore a wide range of in-depth legal topics seeing through the lens of the law, and that rely heavily on our proximity to the people and institutions in Washington, D.C. Our first seminar course, 'Supreme Court Seminar,' will be offered during the Spring 2022 semester. It will examine some of the most important and influential Supreme Court cases in American history. The course will take

advantage of our location by including expert guest lecturers from the region and trips to D.C. Future legal seminar courses will cover topics related to health-care, constitutional law, public policy, and international legal issues.

Kaplan LSAT prep options developed for WAU Pre-Law students.

A final development in the new Pre-Law program is a collaboration with Kaplan to offer LSAT prep courses to students while they are at WAU. Students will now be able to prepare for the LSAT with customized course offerings from Kaplan that can be done on a self-paced basis or as part of a formal class for academic credit. WAU has also partnered with Kaplan to offer a similar review course for those interested in taking the MCAT, an exciting development for our Pre-Med students.

Our Pre-Law alumni are making us proud.

WAU Pre-Law graduates continue to tell us how grateful they are for what the program did to prepare them for law school, and we think some of our recent initiatives will only help the program grow. WAU is proud of our recent Pre-Law graduates, who consistently represent the university well at law schools around the country. Two recent Honors College graduates are either attending or planning to attend law school in the region. Sonny Moretta (2020, Honors Interdisciplinary Studies and Political Studies) is in his second year at the University of Maryland Francis King Carey School of Law. Sara Devaraj (2020, Political Studies and Biology) will enroll in law school in the Fall of 2022 and is currently deciding among a number of schools in the DMV. Sara has spent the past year as a Legislative Assistant at Percy Public Affairs, LLC in Oxen Hill, MD.

The Pre-Law program at Washington Adventist University is both targeted and flexible – providing unique pathways to degree completion with multiple content delivery options. It's exactly the kind of program that will meet the needs of students in 2022 and beyond.

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AdventistHealthCare.com/Careers

RN/DELEGATING NURSE:

Elternhaus Assisted Living is a special place for seniors, and we're looking for a key leader to help keep it that way. Elternhaus is a 23-bed, Seventh-day Adventist owned and operated assisted living home near Columbia, Md. As our DRN, you'll be more than a nurse. You'll be giving your attention to the overall well-being of our residents, coordinating their medical care and maintaining excellent communication with their family members. Perhaps most important, you will be joining our mission to provide a deeply Christian environment that will feel comfortable and safe for our Christian residents, many of whom are Seventh-day Adventists. If you're ready to explore this opportunity, please contact Tim Mayer at (240) 286-3635. Learn more at elternhausalf.com.

ANDREWS UNIVERSITY seeks assistant director for the Counseling & Testing Center. In collaboration with the director, provides leadership in the clinical services of the Counseling & Testing Center, including clinical supervision and the coordination of the clinical internship program. Available for after office hours clinical consultations and student crisis interventions. Provides individual, couple and group counseling. Participates in outreach presentations to assist students in achieving more effective personal, social, educational and vocational development and adjustment. Maintains an assigned case load and provides consultations on issues related to mental health. Reports to the Counseling & Testing Center Director. Must have a doctorate (Ph.D., Psy.D. or Ed.D.) in Counseling or Clinical Psychology with full license as Counseling or Clinical Psychologist or license eligible in the state of Michigan. For more information, andrews.edu/admres/jobs/show/staff_salary#job_2.

ANDREWS UNIVERSITY SEEKS NURSING FACULTY: The Undergraduate Assistant/Associate Professor/Professor of Nursing holds a faculty appointment and has academic, service and scholarship responsibilities consistent with the mission and philosophy of the School of Nursing. This individual demonstrates competence in program development/organization, didactic, clinical education, teaching and curriculum

development at the undergraduate level. For more details and to apply, please visit andrews.edu/admres/jobs/show/faculty#job_4.

ANDREWS UNIVERSITY SEEKS MARKETING FACULTY: Teach marketing and related courses at the undergraduate and graduate levels. For more details and to apply, please visit andrews.edu/admres/jobs/show/faculty#job_4.

OAKWOOD UNIVERSITY seeks full-time faculty for the Department of Psychological Sciences. Ideal candidates have earned a doctorate in psychology or sociology. Candidates would teach undergraduate courses, develop course materials, advise students academically, serve on university committees and perform other duties expected of full-time faculty. For a full job description and desired qualifications, please visit www2.oakwood.edu/human-resources.

MISCELLANEOUS

2022 MARRIAGE ENRICHMENT RETREAT: Register now for this special Valentine's weekend getaway with your spouse to be held February 11-13, at the Hotel Madison in Harrisonburg, Va. Dr. Shane and Darlene Anderson will be the presenters from Friday evening through Sunday morning. For more information, visit our website at newmarketadventist.org or email us at marriageretreat20@gmail.com.

REAL ESTATE

BE WITH NATURE: LOVELY LANDSCAPED, BRICK COUNTRY HOME FOR SALE: 2,590 sq. ft. on 1.36 acres, end of cul-de-sac; buffeted on both sides with 418 acres of trees. Has 3 bedrooms; 2.5 baths; fireplace; small barn with fence for one horse; separate 3-car garage (additional 900 sq. ft.); small stream. Wi-Fi and cable accessible. Adventist church 25-min. drive. Included: 1-yr. house warranty. Must see. Call (803) 514-2711. \$439,000.

SERVICES

NEW/USED ADVENTIST BOOKS: TEACH SERVICES helps authors publish their book, including editing, design, marketing and worldwide distribution. Call (800) 367-1844 for a free evaluation.

Visit LNFBOOKS.com for used books and your local ABC or TEACHServices.com for new book releases.

MOVE with an award-winning agency. Apex Moving & Storage partners with the General Conference to provide quality moves at a discounted rate. Call us for your relocation needs. Adventist beliefs uncompromised. Call Marcy Dante at (800) 766-1902 for a free estimate. Visit us at apexmoving.com/adventist.

DON'T JUST RETIRE, live with purpose at Fletcher Park Inn, an independent living retirement community, located on the campus of Fletcher Academy near Hendersonville, N.C. Join our family, take part in the many opportunities for staying active, volunteering, making new friends and living with a purpose. Call to find out more about our apartment and villa homes, (828) 209-6930, and ask for our marketing department or visit fletcherparkinn.com.

MARYLAND ADVENTIST DENTIST, DAVID LEE, DDS, FAGD, AFAAID, FICOI, FAACP, has practices located in Silver Spring and Columbia, Md. He is extensively trained in implant, cosmetic, TMD/TMJ, sleep apnea treatment, sedation and laser dentistry. Dr. Lee is an Associate Fellow of the American Academy of Implant Dentistry, as well as having many other certifications. For appointments, call (301) 649-5001 or (410) 461-6655. Mention this ad and receive a 10% discount on all services, excluding third-party payers. We welcome new patients!

LEGAL NOTICES

ALLEGHENY WEST CONFERENCE OF SEVENTH-DAY ADVENTISTS QUADRENNIAL CONSTITUENCY SESSION

Notice is hereby given that the fifth regular quadrennial and eighteenth regular constituency session of the Allegheny West Conference of Seventh-day Adventists is called to convene Sunday, April 10, 2022, at 9 a.m., at the Crowne Plaza Hotels & Resorts, 6500 Doubletree Avenue, Columbus, OH 43229. The purpose of this meeting is for receiving reports, the election of officers, departmental directors, and pertinent committees for the ensuing quadrennial and to transact any other business that may properly come before the

Bulletin Board

delegates in session.

Each organized church within the conference is entitled to be represented by duly appointed delegates chosen on a basis of one delegate for the organization and one additional delegate for each 50 members or major fraction thereof.

Marvin C. Brown, III,
President
Joel E. Johnson,
Executive Secretary
Keisha A. Stubbs-Bone,
Treasurer

**ALLEGHENY WEST
CONFERENCE CORPORATION
OF SEVENTH-DAY
ADVENTISTS QUADRENNIAL
CONSTITUENCY SESSION**

Notice is hereby given that the fifth regular quadrennial and eighteenth regular constituency session of the Allegheny West Conference Corporation of Seventh-day Adventists is called to convene Sunday, April 10, 2022, at 9 a.m., at the Crowne Plaza Hotels & Resorts, 6500 Doubletree Avenue, Columbus, OH 43229.

The delegates to Allegheny West Conference of Seventh-day Adventists are the constituency of the corporation.

Marvin C. Brown, III,
President

Joel E. Johnson,
Executive Secretary
Keisha A. Stubbs-Bone,
Treasurer

OBITUARIES

BANGE, Peggy J., born August 3, 1935, in Strinestown, Pa.; died June 23, 2019, in York, Pa. She was a member of the Hanover (Pa.) church. She attended Hanover public schools and then attended high school at Shenandoah Valley Academy in New Market, Va. At the Hanover church, she held positions as deaconess, Sabbath School teacher, children's storyteller, hospitality leader, cook and Vacation Bible School leader. Peggy worked in nursing home care and a doctor's office, retiring in the mid-90's. She enjoyed scrapbooking, paint ceramics, doing puzzles, baking, playing games, crocheting, traveling, going for rides and spending time with family. Survivors: her sons, Benjamin and Jonathan Bange, both of Spring Grove, Pa.; and her daughter, Susan Smith, of Abbottstown, Pa.

Visit columbiaunionvisitor.com/obituary to download an obituary submission form.

Sunset Calendar

	Jan 7	Jan 14	Jan 21	Jan 28	Feb 4	Feb 11	Feb 18	Feb 25
Baltimore	4:59	5:06	5:13	5:21	5:30	5:38	5:46	5:54
Cincinnati	5:31	5:38	5:44	5:52	6:01	6:10	6:18	6:25
Cleveland	5:12	5:20	5:28	5:37	5:45	5:54	6:03	6:11
Columbus	5:21	5:28	5:36	5:44	5:54	6:02	6:10	6:18
Jersey City	4:43	4:50	4:58	5:07	5:17	5:25	5:34	5:42
Norfolk	5:04	5:10	5:17	5:25	5:32	5:40	5:47	5:54
Parkersburg	5:18	5:25	5:33	5:41	5:49	5:57	6:06	6:13
Philadelphia	4:51	4:58	5:06	5:14	5:22	5:31	5:39	5:47
Pittsburgh	5:09	5:16	5:24	5:32	5:41	5:49	5:58	6:06
Reading	4:53	5:00	5:08	5:16	5:25	5:33	5:42	5:50
Richmond	5:07	5:14	5:21	5:29	5:36	5:44	5:51	5:59
Roanoke	5:17	5:24	5:31	5:39	5:47	5:54	6:02	6:09
Toledo	5:19	5:27	5:35	5:44	5:53	6:02	6:10	6:19
Trenton	4:49	4:56	5:04	5:12	5:20	5:29	5:37	5:45
Wash., D.C.	5:01	5:08	5:16	5:24	5:32	5:40	5:48	5:56

Columbia Union Revolving Fund

MAKING MINISTRY POSSIBLE



Remnant Seventh-day Adventist Congregation Moves to Permanent Home

The Remnant Seventh-day Adventist congregation moved to its newly purchased church complex in November 2018, fulfilling a long-standing need and dream. The new facility, located at 15121 McKnew Road in Burtonsville, Maryland, houses a sanctuary with a capacity of 400, a number of class/meeting rooms, offices, kitchen and a fellowship hall/gymnasium that can hold more than 500 people. Senior Pastor Sujjan John, Youth Pastor Regie Samuel and the church members are immensely thankful to God for His leading and mercies. They request your prayers and goodwill as they have entered a new phase in their ministry and service.

Since 1968 the Columbia Union Revolving Fund (CURF) has been providing low-interest loans and financing for Seventh-day Adventist church and school building and renovating projects so as to facilitate growth. What started as a \$200,000 fund with investments from members has grown to a \$185 million resource that makes ministry possible.

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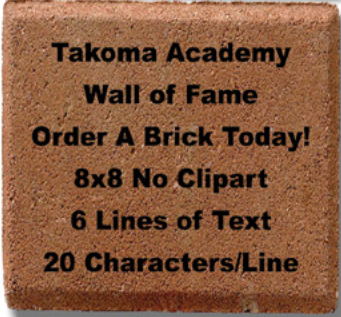
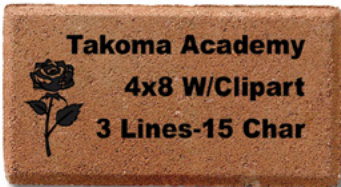
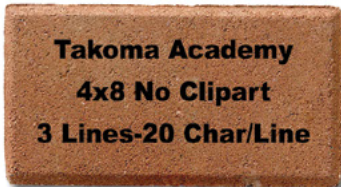
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