

Lake Union HERALD

JULY 2003

The Heart of a Servant



CONTENTS

- 2** Editorial: AHS: Healing the Whole Person
- 3** Beyond Our Borders: Cicero Members Reach Out to Ofasa, Dominican Republic
- 4** New Members
- 6** The Heart of a Servant
- 7** Octogenarian Celebrates Birthday by Giving Blood
- 8** Harry Ahn: Making Somebody out of a Nobody
- 9** Bloomington Elder's Compassion Leads to New Nyaka AIDS Orphan School
- 10** Creative Parenting: Sleep, Baby, Sleep
- 11** Healthy Choices: Body Clocks and Rhythms
- 12** Adventist Health System Midwest Region News
- 14** Andrews University News
- 15** Education News
- 16** Youth News
- 17** Local Church News
- 21** Mileposts
- 22** Classified Ads
- 28** Announcements
- 30** eXtreme Grace
- 31** Profiles of Youth

Cover

The collage of friendly faces on the cover represents many of the roles filled by volunteers at Adventist Health System Midwest Region hospitals in Illinois. More than 500 volunteers donate their time and energy at Hinsdale, La Grange Memorial, and GlenOaks hospitals. Their commitment and contributions are greatly valued by staff and patients and provide a vital service by helping contain health-care costs.

The *Lake Union Herald* (ISSN 0194-908X) is published monthly by the Lake Union Conference, P.O. Box C, Berrien Springs, MI 49103.

Periodicals postage paid at Berrien Springs, MI, and additional mailing offices. Yearly subscription price \$8.50; single copies 50 cents. Vol. 95, No. 7.

POSTMASTER: Send all address changes to: *Lake Union Herald*, P.O. Box C, Berrien Springs, MI 49103.



EDITORIAL

BY THOMAS L. WERNER,
ADVENTIST HEALTH SYSTEM PRESIDENT

AHS: Healing the Whole Person

Those of us who have the privilege of working in the Adventist Health System (AHS) owe a debt of gratitude to those who had the vision and foresight to establish the Adventist Church medical work. The mission that motivated our pioneers is the same one that motivates us today. It is simply to extend the healing ministry of Christ. That takes many forms today, just as it did in Christ's day. The Creator of life said that He came to earth that we might have life and have it more abundantly. His every action was focused on improving the lives of those around him, and in restoring the relationship between God and humanity. He was interested in the physical well-being of those around him as well as in their spiritual well-being. He set the pattern that we strive to follow today.

Each year, hundreds of thousands of individuals come to an Adventist Health System facility seeking help with a medical problem. Thankfully, God has blessed us with the knowledge and means to deal with many of our patients' physical needs, and we routinely see the healing of the body. We find that most rewarding, but incomplete. Every individual who comes to us is both a physical and spiritual being. Often both are in need of healing. Our mission, like that of Christ, is to bring about healing for the whole person.

Not everyone to whom Christ ministered was interested in spiritual matters, yet He met their physical needs. We experience the same thing today. Not everyone who comes to our facilities is receptive of efforts to deal with their spiritual needs, yet we provide the best medical care possible. In most cases, we find that if we intentionally create opportunities for our patients to focus on their spiritual needs, they welcome the opportunity. We rejoice when we can bring healing to both the body and the spirit.

Inasmuch as we live in a world of sin, we frequently face situations in which the body cannot be healed, and we stand by the side of families as they say their final good-byes to loved ones. It is at those moments that the greatest opportunity for spiritual healing exists. We cannot always heal the body, but Christ, working through us, can always heal the spirit, and He does it with regularity.

What a privilege it is to work with more than 42,000 individuals who have dedicated their lives to the work of restoration and healing.

EVANGELISM IN THE DOMINICAN REPUBLIC

Cicero Members Reach Out to Ofasa, Dominican Republic

BY RAMONA TRUBEY

“**B**ind us together, Lord” are words we often sing in worship services. One of the church programs that helps accomplish this binding is the yearly Maranatha trip Cicero (Indiana) Church members take during spring break each March. Although only 49 members traveled to the Dominican Republic, the whole church family backed this project.



Nurse Denis Fruth examines a child at the medical clinic in the Dominican.

Photos by Ramona Trubey

Carolyn Rollins made 200 medium-size cloth bags that were filled with goodies for the children who attended church services in the newly-built church or the Vacation Bible School. Many people donated items to fill the goodie bags. Many others helped cut out the felts that were taken to leave at the church. Others raised money for a communion set for the members, while others donated money for the new church pews. This year money was also raised to build a house for a needy mother of four who was living in a small lean-to that her church family was renting for her. It took the efforts of the entire Cicero Church to accomplish the work done during the Maranatha trip.

This year, David Bolin, a medical doctor, and a staff of nurses held medical clinics. Over 800 people were treated and provided with medication. Forty-two boxes of donated medicines were shipped ahead to the Dominican Republic with hopes that they would be ready to pick up upon arrival. When the first group arrived, they were anxious to pick up the medicine but were disappointed to find it was still being held in customs.

Day after day we prayed for the release of the medicines so the medical group could be effective. Two thousand dollars and five days later, the medicine was finally released. A praise service accompanied that announcement, and then the late-night activities began, as the medicines were unpacked and prescriptions were filled and sorted by area, name, and distribution date.

Work on the church was hindered as a big sink hole opened up right behind the church where scaffolding needed to sit. When the roofing supplies arrived a day late, another delay was experienced. Moments of frustration, however, were eased by many moments of prayer and praise to the Lord for the many answered prayers.

Forty-nine diverse people in tight quarters make life interesting. Only with the Lord's blessing were the tasks undertaken accomplished. Not only was the church

finished and the house built as far as available materials permitted, but money was also left for the completion of the house and for most of another house that was needed for an additional family.



Bob and DeLynn Shepherd and Allen Smith carry supplies to the house building site.

The Ofasa group is bound together by purpose and a spirit of unity that can only be accomplished by the Holy Spirit. It is supported not only by funds from the Cicero Church, but by many, many prayers that are offered each day. On the last Sabbath of the trip, we met in the new church and felt the excitement and joy of worshipping together with our Ofasa brothers and sisters.



Duane Carlisle works on the roof of the house that was constructed for a needy mother with four children.

More blessings were poured out as the 49-member Cicero group returned home and shared stories and pictures of their mission with the rest of the members who gave of their time and means but remained at home.

Ramona Trubey is the Cicero (Indiana) Church communication leader.

NEW MEMBERS

ILLINOIS

Prison ministry allows a congregation to show their love and care for prisoners while leading them into a meaningful relationship with Jesus Christ. This letter from Valerie Virgil, written to the Knoxville Avenue Church in Peoria, Illinois, while she was in prison, illustrates the fruit of their ministry.

Dear Church Family,

As I (**Valerie Virgil**) count my final 31 days of incarceration remaining from the four and a half years I have been in prison, I am reminded of the words of Isaiah 45:3 (NIV), "I will give you the treasurers of darkness, ... so that you may know that I am the Lord, ... who calls you by name."

My "darkness" began June 17, 1996, as I was fleeing from the police after 18 months of robberies and was involved in a car accident that resulted in burns over 56% of my body plus a prison sentence.

I grew up in a two-parent, middle-class, Christian home, but I didn't have any idea what it was to have a relationship with Jesus. I was always "playing church," with one foot in the world and the other one pretending to be spiritual. Soon money and things became my road to happiness, and I began robbing banks to get what I thought would solve my problems. No one suspected what I was doing, including the man who, at that time, was my husband, as well as my children or my family.

During my last robbery, as I was fleeing and knowing I was going to get caught, I tried to end my life by driving into oncoming

traffic. But God had other plans, as He so often does.

Beyond the intensive care burn unit, the rehabilitation hospital, 13 surgeries, a leg amputation below my left knee, and a sentence in federal prison, the Knoxville Avenue Church prison ministry team showed me their unconditional love and forgiving spirit. They came into our prison with open arms and hearts, wanting nothing more than to share Jesus.



The Knoxville Avenue Church prison ministry team stands here with their two new converts on the day of their baptism. From left: (back row) Dale Pittenger; Bill Wyatt, church pastor; Michael Adair; and Delmar Sutton; (front row) Valerie Virgil, Diana Pittenger, and Robin Roths.

I began attending their Bible studies, and my whole life changed. Bill's knowledge of the Word encouraged my walk of faith. Dale and Diana's example of a Christian marriage blessed those of us who had suffered the pain of divorce. Delmar's quiet, Christ-centered love and gentle smile with his gift of music, plus Judy's faithful trust in God spoke to my heart. Yes, and the prayers of their prayer team were also answered in our lives.

These blessings became focused when **Robin Roths**, a fellow prisoner, and I were baptized. We made our outward proclamation of the inward change we experienced through Christ. We found the precious gift of His amazing grace through His servants sent to us from Peoria.

I can tell you with all my heart, I have the precious gift of Jesus Christ and my Adventist Church family to bless me. These are my greatest treasurers that came to me "in my darkness." As I prepare for my release from prison, I hold onto this precious promise. "I know that my Redeemer lives, ...

and after my skin has been destroyed, ... I myself shall see him with my own eyes—I, and not another. How my heart yearns within me!" Job 19:25–27 (NIV).

In His love and service,

Valerie Virgil

Diana Pittenger, prison ministry director, with Bruce Babienco, Herald volunteer correspondent

ILLINOIS

It all began in January of 2001 when I (**Monica Herrera**) decided to move from Chicago. I wanted to work in a different state, and for about six months I moved from place to place. During that time, I prayed that the Lord would be with me, for I felt so lonesome and sad because all the people I dearly loved were so far away.

In June of 2001, I decided to move back to Chicago and go back to work in the bank where I formerly worked. I had known a young Christian man there that I really admired, for I would always see his Bible on his desk. He shared some interesting biblical topics with me which reminded me of the things I had learned as a child but had left behind for ten years.

One day while I was in the supermarket, I bumped into my Aunt Mireya Garcia, who I had not seen for six years. She shared with me the wonderful things God was doing in her life. We exchanged phone numbers, and two weeks later she showed up at my work and invited me to attend some group meetings she was having in her home on Sabbath afternoons. I was very pleased with the idea, for I felt so empty inside.

I began attending those meetings, and I felt very happy every time I went. How could I have managed to live those ten years without the Lord?

The group invited me to attend church on Sabbath morning, but I didn't go for three weeks because of work; but the fourth Sabbath, I went. I enjoyed every word I heard and wanted more. At church I met Emilio Rosario, the Chicago Hispanic district literature evangelist leader, and his



Monica Herrera is a new member of the Cicero Hispanic Church who has chosen to share her faith through the literature ministry.

wife Susie who gave me Bible studies and invited me to go to the Cicero Hispanic Church.

I am now a baptized member and recently made the decision to become a literature evangelist. I want the Lord to use me to be a blessing to others.

INDIANA

Julie Walton was born and raised in Shelbyville, Indiana, where she attended church every Sunday and was involved in choir, Bible study, and youth group activities. She wanted to learn more about the Bible and longed for someone to explain it to her more clearly.

When Julie was 24 years old, she got married and moved to upstate New York. It was not long before she quit going to church. Four years later, Julie was divorced and back in Indiana. Her thoughts turned to the church again, and the old feelings of wanting to learn more about God's Word returned. Julie decided to go "church shopping" to find answers to her questions.

Several years went by before Julie's search ended. One day

while surfing the Internet on www.BibleInfo.com, Julie was linked to the *Discover Bible studies*. She believed her prayers had been answered and began the first lesson that same day.

"It was like my eyes were opened for the first time, and finally things started to make sense to me," says Julie.



Julie Walton found the answers to her biblical questions and was baptized by Sergio Gutierrez, Indianapolis Southside Church pastor, into Adventist fellowship.

After moving to Greenwood, Indiana, Julie searched the yellow pages for a Seventh-day Adventist church that was close by. She found the Southside Church and started attending in November 2001. "Out of all the churches I visited over the years, Southside welcomed me in and had the answers I was looking for," she says.

Julie became part of the church family in baptism on January 18, 2003. Already Julie has grown spiritually, and her desire, by the power of the Holy Spirit, is to be a witness to others and help lead them to Christ.

Brenda Johnson, Southside Church correspondent

The Heart of a Servant

Volunteers: Vital Contributors to Adventist Hospitals

BY LYNN LARSON

The roots of Adventist Health System Midwest Region's volunteer program can be traced to a frightening and tragic time. In 1949, a polio epidemic was declared in Chicago, and it was spreading to the suburbs. Only one facility in the western suburbs and one of four hospitals in all of Chicago—Hinsdale Hospital, or as it was called at that time, Hinsdale Sanitarium and Hospital—could treat acute cases of polio.



Hinsdale Hospital volunteers enjoy recognition during an annual appreciation celebration.

During the epidemic, needs were dire, and people in the community became involved. Hinsdale residents Eugene and Virginia Kettering stepped forward as superb leaders. The couple donated the latest equipment to help combat polio and other contagious diseases.

Virginia Kettering provided a shining example of volunteerism, and her efforts became a model for

today's active and vital volunteer program. In 1952, the Ketterings and the core group of residents who had helped during the polio epidemic launched a volunteer program at Hinsdale Hospital.

"Volunteers today serve as escorts, chaplains, and greeters; they transport carts, deliver the mail, offer crafts and activities to pediatric patients; sew pillows; and add value to every other hospital service that exists," says Sher Fox, volunteer coordinator at Hinsdale Hospital. "You can't put a dollar figure on the good will that they create with their contributions."

At Hinsdale Hospital, volunteers raise funds for scholarships for graduating teen volunteers known as candy strippers. The volunteer board also donates sleepers, undershirts, and a blanket to any newborn in need; a bowl of fruit daily for families in the surgical waiting room; and periodically makes contributions to the hospital, such as an outdoor seating area or artwork displayed in the registration area.

Volunteers come to Hinsdale, La Grange Memorial, and GlenOaks Hospitals with a number of motivations. "Some give out of the fullness of their lives," says Sher, "while others give out of the emptiness of their lives and ask only that we keep them busy. Both motivations are healthy and honorable."

The profile of a hospital volunteer is as diverse as the more than 500 volunteers in the Adventist Health System Midwest Region. Some work a few hours a week, several days a week or monthly. They help on weekends and holidays. Some volunteers work in more than one area. Others like to work in areas of their expertise, such as merchandising for the gift

shop. Most serve wherever needed. They range in age from teenagers to 90-year-olds.

Gone are the days when homemakers made up the main pool of volunteers. The volunteers are diversified and include retired professionals, physicians, business owners, engineers, married couples, employees, and former village officials. One volunteer is blind and another comes only to portray Santa during the busy holidays.



Brinsley Lewis, GlenOaks Hospital CEO, congratulates Rose Saeli in recognition of her 15,905 hours of volunteer service.

Some volunteers help with therapeutic recreation or on nursing units. Some volunteers have gone on to become nurses. Former heart patients give back to other heart patients through weekly visits to encourage and outline what lies ahead in their rehabilitation.

Volunteers provide vital help to patients and staff. The volunteer program has branched out to each of the region's facilities, and administration is very appreciative of their commitment and contributions.

Lynn Larson is Adventist Health System Midwest Region's Lake Union Herald correspondent.

Octogenarian Celebrates Birthday by Giving Blood

BY LYNN LARSON

Ginder Bendz of Clarendon Hills, Illinois, received the royal treatment from Hinsdale Hospital recently when he came to the Blood Component Center to donate platelets. Patricia Sutton, chief executive officer, and Tim Cook, vice president, were on hand to shake his hand and thank him for coming. The cause of celebration was his 80th birthday, and staff presented their oldest donor with a crown, balloons, and a birthday cake. Ginder has been donating platelets for nearly 20 years. This visit represented his 237th visit for platelet donation. He first gave blood in 1955 in response to a program that offered to provide free blood to any donor's family members if needed.

"I tell my friends I'm a giver, not a taker. I've never needed blood," says Ginder. "It's a good thing to give, and it helps someone else."

The octogenarian quips that he comes for the cookies and beverage that the staff gives donors to level their blood sugar after donating. But in fact, charitable acts are in his blood. Between his visits, he acts as a voluntary promoter of the blood collection center at Hinsdale Hospital. "I encourage anyone to give blood. I take the stickers they give and put them on envelopes I send out. I



Ginder Bendz celebrates his 80th birthday reigning as Hinsdale Hospital's Blood Component Center's oldest donor. Congratulating him are Patricia Sutton, CEO, and Tim Cook, vice president.

carry literature in my car and have decals on the windows of my vehicle that say 'Blood Donors Save Lives.'" He also delivers food once a month to senior citizens with a humanitarian group and provides affordable handyman services to widows.

Ginder says lack of time is not an excuse for not giving blood. "You can watch TV here as well as at home. You can bring your own video or pick from more than 200 titles in their video library," he says. The process to donate platelets takes less than two hours. After each session, he sets the calendar reminder on his watch for his next appointment. The former member of the Army Air Corps says it's in his German nature to be "very punctual." It's also in his nature to "love thy neighbor."

Kris Veenbas, donor recruiter, says the need is great for blood

and platelet donors. "Four million people need blood transfusions every day, and only five percent of people healthy enough to donate blood actually do. Giving blood is an easy way to save a life. Also, studies show that those who donate whole blood at least three times a year have a reduced risk of heart disease."

Donating blood is safe and simple. Potential donors must be at least 17 years old (16 with parental consent), weigh at least 110 pounds, and be in good general health. There is no upper age limit for donors, and most medications do not interfere with donor eligibility. People can donate blood every 56 days, or every eight weeks—up to six times a year. Platelets can be given 24 times a year.

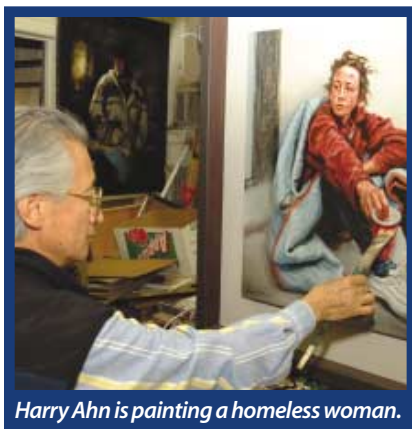
Lynn Larson is Adventist Health System Midwest Region's Lake Union Herald correspondent.

Making Somebody out of a Nobody

BY REGGIE JOHNSON

Look at the painting from the cover of the *May Lake Union Herald*, reproduced here. It's a simple portrait of a homeless man. But look deeper. Look into his eyes. See the story lurking beneath the surface—the sadness that runs along every line of his face and form. But then, sense the quiet dignity that glows softly from his face. See this man as he is—one formed in the very image of God our Father and Creator.

The emotion in the eyes of this homeless man on the streets of San Francisco reflects the experience of the man who captured him forever with oil paints and canvas: Harry Ahn. Once homeless himself, Harry feels moved out of compassion for this human being and burns with a desire to show the world the divine spark in each individual.



Harry Ahn is painting a homeless woman.

This painting by Harry Ahn published on the cover of the *May Lake Union Herald* is just one of the many portraits Harry has painted of the homeless.

Anxious to learn wherever he could find a teacher, Harry learned about the message of Jesus from local churches. "I heard so many wonderful things," he says, "things that weren't allowed to be taught in the north."

Through God's providence, Harry was reunited with his father. While living in a refugee camp, an Adventist gave clothing to his family and invited them to church. Also, when Harry's brother was in a serious accident, local Adventists paid for his urgently-needed medical care. Impressed with their kindness, Harry eventually accepted the Adventist message. He became very involved in his local church and attended nursing school in Seoul.

Now jump back to 1953—the Korean War. Harry recalls his days as a young student in North Korea during that time. Separated from his father who was taken to work for the northern army, he was left at the age of 14 to take care of himself and six women family members. He was almost caught before his family fled to the south, in hopes of a brighter world.

But when they got to South Korea, they had nothing—no safety net to catch them. "There was no way to survive, so you had to beg from house-to-house," Harry said. Sleeping under a bridge and going door-to-door asking for food, Harry determined that he couldn't live his life that way. He wanted something more, and he knew that education was the key, and knowledge power: "If I can't become educated, then I don't want to live; I want to die because it's a terrible life," he thought.

It was during that time that he came across the illustrations of Harry Anderson. He realized what powerful ministry art could be. "I thought maybe I could be the next Harry Anderson," he says, noting the similarity of their names.

Inspired by Anderson's work, Harry attended art school in Seoul, and later moved to Canada where he studied more. Today Harry teaches drawing and painting at Andrews University. "I don't know what I would do if I didn't paint," says Harry. "God created me and gave me talent, so I want to glorify Him."

And when you look at his portrait of this homeless man, you realize that Harry has made a somebody out of a nobody ... just like God has done with each one of us.

Reggie Johnson is a *Lake Union Herald* editorial assistant.

Bloomington Elder's Compassion Leads to New Nyaka AIDS Orphan School

BY TERRY SELF

According to the new report by the UNAIDS, 14 million children have lost one or both parents due to AIDS. Approximately 80% of these children, 11 million, live in sub-Saharan Africa—1.7 million of these children live in Uganda. Recent studies in Uganda confirm that orphans who have lost both parents are left destitute. They drop out of school and are drafted into child labor. One man's compassion, the efforts of volunteers in Uganda, and international support in the form of time, money, and prayer, resulted in the opening of Nyaka AIDS Orphan School.

Twesigye Jackson Kaguri, native to Uganda and currently a Bloomington (Indiana) Church elder, is the director of the school. Located in Nyaka, a small rural village in the Kanungu District of Uganda, the school officially opened on January 2 of this year. Speeches by several government officials and school organizers, songs from the Zeituni Adventist Church choir, shouts of happiness, and tears of joy characterized the occasion.

Original plans had been to accommodate 30 students. By opening day, there were 67 registrations and more were still coming. There are currently 50 students enrolled, and if more resources were available, none would be turned away. Nyaka is the only school in Uganda providing free education to AIDS orphans.

Brijati, 12, is currently the oldest student at Nyaka. Her dad died of HIV/AIDS in 1997, and her mom died two days later. She and her young brother, Bosco, were put on a truck the next day with what was left of their possessions after nearly everything was sold to buy medicine for their parents.

Brijati had a great grandmother who was still alive in her 90s. When Brijati arrived in her new village, she was charged with the duty of taking care of her great grandmother and young brother in a mud, grass-thatched shack. Brijati's job was to wake up early, fetch firewood and water from miles away, do house work, till land, prepare lunch, get food from the garden, wash clothes, wash dishes, build a fire, and all the while make sure her grandmother's needs were met, as she has been unable to walk for the past four years.

Brijati had just begun attending school when her parents died. When her grandmother learned there was an AIDS orphan school opening in the area, she told Brijati to come ask if she could be admitted. Girls are more at risk because they are expected to take care of their siblings when their parents are gone. Brijati said, "You have saved me, because my uncle had started telling me that I should get married soon. He was looking for a man to marry me. Now that I am in school, that will not happen."

Through the efforts of Twesigye Jackson Kaguri, his colleagues and volunteers, and the financial support of many, Brijati and 49 other AIDS orphans have begun a new life. Prayers have been answered and much has been accomplished, but so much more needs to be done. For more information about Nyaka AIDS Orphan School, contact Twesigye



Students in their new school uniforms are ready for the first day of classes at Nyaka AIDS Orphan School.



Orphans and other opening ceremony participants celebrate with joyful dance.



Volunteers help dig the foundation for the new orphanage.



Orphan girls enjoy time for recreation during their daily routine.

at twejaka@hotmail.com, or visit the school Web site at <http://php.indiana.edu/~tkaguri/nyaka.html>.

Terry Self is the Bloomington (Indiana) Church communication leader



CREATIVE PARENTING

Sleep, Baby, Sleep

BY SUSAN E. MURRAY

We have all heard of chronically overtired moms and dads, but have you thought that a baby could also be chronically overtired? Infants who don't get enough sleep or who sleep poorly are often seen by their parents as difficult and highly stressful. Often, when this happens, babies suffer from not only their own poor sleep quality but from the impatience of their exhausted parents. Unfortunately, well-meaning parents and caregivers often contribute to the sleep difficulties of little ones.

Some believe in the "cry-it-out" approach to getting babies to sleep, while others believe that a baby needs to be held and rocked until he falls asleep naturally. While there are many "okay" ways to help babies sleep, I'd like to suggest that the most sensible and compassionate approach is to respond to a baby's cries, yet the ways we do that can be effective or not effective. More than 50 percent of babies who suffer from sleep problems continue these problems as they grow up to the preschool and school-age periods, but parents can improve their infant's sleep and in turn get more rest themselves.

While time and space does not allow for a full exploration of babies and sleep, I suggest Elizabeth Pantley's book *The No-Cry Sleep Solution: Gentle Ways to Help Your Baby Sleep Through the Night*, McGraw-Hill/Contemporary Publishing, 2002.

Here are some baby-sleep facts:

- ▶ Newborn babies sleep 16–18 hours a day, distributed evenly over six to seven brief sleep periods.
- ▶ All babies awaken in the night, usually two to three times a night up to six months, and once or twice a night up to one year. Some awaken once a night through the first two years.
- ▶ A baby is considered "sleeping through the night" when she sleeps five consecutive hours. While this may not be your definition of sleeping through the night, it is the reasonable yardstick by which we measure baby's sleep.
- ▶ Most babies are primed to go to sleep for the night as early as 6:30 or 7:30 p.m. (Pantley, 2002). Babies and toddlers often have "melt down" periods at the end of the day when they get fussy and whiny. They are exhibiting signs of being overtired and longing for sleep.
- ▶ Keeping your baby up so he will sleep longer or later usually backfires.
- ▶ Regular naps improve nighttime sleep. Naps should happen immediately when a baby shows signs of tiredness. If you wait too long, baby will become overtired, "wired up," and unable to sleep.
- ▶ Babies can learn how to fall asleep without help by spending daily quiet time in their own bed. It helps when they are encouraged to fall asleep for naps in various places and ways.
- ▶ Babies benefit from sleep cues: special music or words, routines that they can count on.
- ▶ Babies benefit when their parents and caregivers recognize their cues—such as making sleeping sounds (grunts to whimpers to cries), fussing, yawning, quieting down, losing interest in toys, or looking "glazed."
- ▶ It helps babies learn the difference between nighttime sleeping and naps when they take daily naps near the noises of the day in a lit room, and night sleep is dark and quiet. They understand that night sleep is coming when they have a bath and a change into pajamas.
- ▶ If you want to make some changes in getting baby to sleep, remember that it is a process that will take energy, commitment, and a week or more of adjustment to settle in to a new bedtime.





Healthy Choices

Body Clocks and Rhythms

BY WINSTON CRAIG

Many of our bodily functions occur with amazing regularity. The heart beats about once per second. Intestinal contractions occur approximately every three minutes. The menstrual cycle is once per month. We breathe, on average, once every four heart beats. We blink every two to three seconds. Sleep patterns follow a 90-minute cycle. The electrical waves of our brain show a regular pattern of eight to 12 cycles per second.

The human body is also influenced by daily rhythms. Body temperature, blood pressure, and many hormones, such as cortisol, all fluctuate on a regular daily cycle. Experiencing jet lag after airplane travel across several time zones illustrates the importance of keeping in sync with normal daily rhythms. When we are out of sync with the normal body rhythms, we may experience discomfort, irritability, sleep disturbances, headaches, constipation, upset stomachs, decreased reaction time, a lack of concentration, decreased motivation, or mild memo-

Ways to develop regularity in your life:

1. Develop regular hours for Bible study, eating, and work.
2. Develop a habit of retiring to bed at a fixed time every night.
3. Have a regular schedule for physical activity each day.
4. As far as possible, avoid delays and minimize interruptions to your normal routine.
5. Celebrate the Sabbath with family and friends each week.

ry loss. Irregular schedules have an effect on our bodies and minds similar to that of jet lag.

Even the small adjustment for daylight savings can have a significant physiological effect. During the week after we turn our clocks forward or backwards by one hour, it is observed that sleep may be disturbed, absenteeism increases in schools and businesses, and auto accidents increase.

We are rhythmic creatures. Our bodies run in cyclical patterns. Therefore, we would do well to have regular hours for the important things in life—sleep, work, eating, physical activity, prayer, and Bible study. This is essential to maintain optimal health. Habits of regularity are associated with improved health and memory, and a better disposition (Ellen G. White, *Child Guidance*, p. 112).

Winston J. Craig, Ph.D., R.D.,
Andrews University professor
of nutrition



Recording artist Jennifer LaMountain and Tad Harden share music and a laugh with employees during Spiritual Emphasis Week at Hinsdale Hospital.



Tim Cook, Hinsdale Hospital vice president, and Pat Sutton, CEO, congratulate Donna Lawson, R.N., on being the first recipient of the Living Our Mission Award.



Benji Leach and Lori Tullia shared an inspirational message and music with La Grange Memorial Hospital employees during Spiritual Emphasis Week.

Spiritual Emphasis Week

Spiritual Emphasis Week is a special time on each hospital campus at Adventist Health System facilities in Illinois. Sponsored by the department of ministries and mission, the weeklong event features a message, music, and food to feed the bodies and souls of hospital employees. Hinsdale Hospital's spring Week of Spiritual Emphasis set an all-time attendance record with an average of 499 employees attending per day.

Living Our Mission

Pastoral care presented a new award in appreciation for Christian service to Donna Lawson who has worked at Hinsdale Hospital since 1969, and in the oncology unit for more than 20 years. She is a mentor and resource to new and veteran staff members alike, serving as spiritual resource nurse and using that role to provide support and encouragement to staff and patients. Her personal faith impacts her daily patient care, allowing her to listen and share with them during times of crisis and questioning. She is compassionate and loving with patients and families, and dispenses clinical expertise with humor and hope.

National Day of Prayer

Adventist Health System Midwest Region's three hospitals—La Grange Memorial, GlenOaks, and Hinsdale—participated in National Day of Prayer events on May 1.

La Grange Memorial Hospital and Plymouth Place Retirement Home co-sponsored a prayer breakfast at Plymouth Place in La Grange Park with Richard Kirchherr, senior pastor of the First Congregational Church of Western Springs, speaking on the posture of humility in prayer.

GlenOaks Hospital co-sponsored a prayer breakfast at Glendale Lakes Golf Club, which featured inspirational and motivational speaker Craig MacFarlane. The Glen Ellyn Children's Chorus and Catiana McKay provided inspirational singing. GlenOaks Hospital, GlenOaks Foundation, and local businesses co-sponsored this fourth annual event for the community.

Hinsdale Hospital hosted two National Day of Prayer services in its lobby for patients, visitors, and staff. The services included a litany prayer for America and music by Arlene Dominguez and Lori Tullia.



The Glen Ellyn Children's Chorus sang for the National Day of Prayer service, co-sponsored by GlenOaks Hospital.



Richard Kirchherr, First Congregational Church of Western Springs senior pastor, spoke on the posture of humility in prayer at the service co-sponsored by La Grange Memorial Hospital.



Arlene Dominguez shared her musical talents with patients, visitors, and staff at the Hinsdale Hospital National Day of Prayer services.



Blind from two years of age, Craig MacFarlane has won 103 gold medals in a variety of sports (the majority of which were against sighted competition), including water skiing, golfing, ice skating, and track-and-field. He is also a former Olympic wrestler and a champion skier. Craig inspired all that attended with his enthusiasm and gift of envisioning what can be accomplished with a heart filled with desire.



Craig MacFarlane addressed Hinsdale Hospital's gathering on the National Day of Prayer. He explained how the first letters of perseverance, respect, individuality, desire, and enthusiasm create P-R-I-D-E.

Passion Play: Feeding 5,000

Andrews University began a new tradition on campus this year. Nearly 5,000 people from the local area and beyond traveled to Berrien Springs to experience the first annual Easter Passion Play on April 19.



Jesus (David Oakley as Jesus) comforts Mary Magdalene after the Pharisees demand she be stoned.



Andrews students Noelia Modad, Andrew Bueno, and Nicholas Zork gave samples of cheeses to the audience in the marketplace.



Eva Ryckman, senior biology and Spanish major, let passers-by pet her chicken.

About 2,500 tickets had been reserved ahead of time, and nearly 700 VIP tickets had been distributed, but the university did not expect the crowd of about 1,700 that showed up for the last performance, open to those without tickets. This group was split into three separate groups, making a total of ten shows performed by the end of the day.

Directed by three young adults—Lawrence Galera, Kristin Denslow, and Heidi Whitehead—the play began in the Pioneer Memorial Church with a multimedia presentation introducing Jesus as our world's hope. Once outside, Jesus rode into "Jerusalem" on a donkey, and the audience was invited to take part in the sights, smells, tastes, and feels of an authentic marketplace—complete with sheep, lambs, goats, chickens, cows, calves, and a miniature horse. The Last Supper, Garden of Gethsemane, and Pilate's judgement of Jesus all culminated with a powerful crucifixion scene.



Andrews alum, David Oakley, as Jesus, breaks bread with his disciples at the Last Supper.

Finally, the audience witnessed Mary's agony at the death of her Son and a Roman guard's speculation that Jesus truly was the Son of God, before an emotional resurrection of Christ.



Pilate—Ellis Merritt, senior theology major—washes his hands of all responsibility regarding Jesus' death, with the help of Anthony Cochran.

Responses from the audience were overwhelming. A guest book in the hospitality tent at the end of the presentation gave guests the opportunity to write such things as: "We drove from Rockford, Ill., to see this and would drive all the way from California to see it again!" and "I wept as I saw the love of my Savior for me."



Jesus is crucified.



He is risen!

Facing the threat of rain during the day, all ten shows made it through without a drop—a miracle since many sources later told the play directors that immediately surrounding towns had been rained on for several hours.

Andrews University was privileged to be used by God to spiritually feed nearly 5,000 people. You are invited to mark next year's Passion Play dates on your calendar: April 10–11, 2004. For more information and to see a wide range of pictures of this year's play, log on to www.aupassionplay.org.

Katie Shaw, University Relations news writer

Indiana Academy Reaches out to Zambia

Indiana — Indiana Academy (IA) students and faculty responded to a *Voice of Prophecy (VOP)* call to assist with their ministry in Zambia, where Lonnie Melashenko and the *VOP* team will hold *Hope for Our Troubled World*, a three-week evangelistic series in Lusaka, Zambia, Aug. 29–Sept. 20, that will be uplinked by Adventist Television Network (ATN) to all of Africa, Europe, Russia, India, and western China.

Zambian church members in villages across the country are anxious to participate in these meetings and share the gospel with their neighbors. The cost for a dish and receiver is only \$280, but it's a huge amount in Zambia where the typical family lives on less than \$150 a month! The *VOP* asked churches, schools, and individual members to consider sponsoring a church at \$100 each, reducing the cost for members in Zambia to \$180.

Indiana Academy staff and students are committed to outreach—both in their community and throughout the world as they are able to respond. For further information about Indiana Academy, contact Beth Bartlett, registrar, at (317) 984-3575. For further information about participating in the *VOP* Zambia evangelistic project, call (805) 955-7667; or e-mail Africa@vop.com.

Diane Thurber, Indiana Conference communication director

Village School Students Charged for Service



Students delivered smoke alarm batteries to community residents, promoting fire safety and God's love.

Michigan — A student's mother approached me with a creative community service idea. We had a local hardware store donate some nine-volt batteries, and a room mother purchased a few more. We made a simple tag with a special greeting from our school on one side and

a message about how much God loves people on the other side. We then attached the tags to the batteries with some colored ribbon.

Twenty-six seventh-grade students from the Berrien Springs, Mich., Village Elementary School hit the streets to deliver these replacement smoke alarm batteries, promoting fire safety and God's love to community residents.

The response we received was tremendous. Many of the people the students met at the doors were pleasantly surprised and happy to see young people working in such a positive way. It was a wonderful, creative way to help our community and share Jesus too.

Chris Davisson, Berrien Springs Village School seventh-grade teacher

Public High School Retreat

Wisconsin — Wisconsin Conference has hosted a public high school student retreat for the past five years. During that time it has gained its own momentum and is no longer an occasion parents and pastors need to coax their young people to attend. In fact, this past year they (and their sponsors) had such a good time, I didn't know if they would go home.

Each high school student brought an adult sponsor who helped guide and mentor the students at the event. Andrews University students, under the direction of Steve Yeagley,



Wisconsin high school students share with their peers the challenges they face, and how God uses them to reach other students in their high schools for Jesus.

came with music, small-group activities, and created an environment where public high schoolers and 9–12th-grade homeschoolers could connect with God and get acquainted with each other.

It seemed they were especially impacted by the Sabbath afternoon activities. One young man told us, "I rededicated my life to Jesus this afternoon."

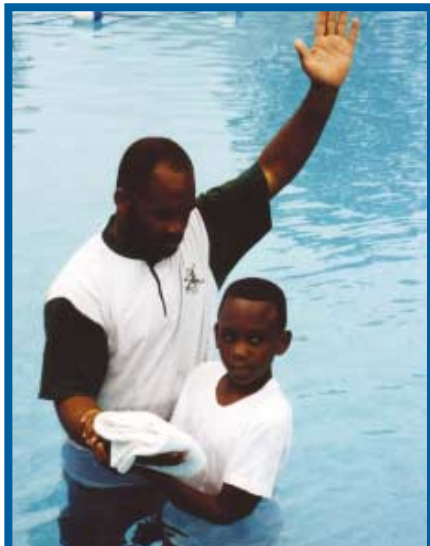
I watched students exchanging addresses, giving good-bye hugs, and thanking the presenters and the cooks. These young people are God's ambassadors in the public school system. I salute them.

Aileen King, Wisconsin Conference youth department secretary

10,000 Pathfinders Expected for Fall Camporee

North American Division — They will come and pitch their tents. They will come and lay out their sleeping bags. They will come and sing songs around the campfire while roasting marshmallows. They are the expected 10,000 participants that will set up camp at the Pathfinder camporee on Aug. 5–9 at the Agape Farms Campgrounds in Mt. Union, Penn. Themed “Knowin’ Him through Heritage, Service, Sacrifice, Worship, and Relationships,” this camporee will provide its participants a unique experience that many will cherish for a lifetime.

This is the first camporee that is being sponsored by the Black Adventist Youth Directors Association (BAYDA). In the past, BAYDA has provided the opportunity for all youth across North America to come together and participate



Many Pathfinders decide to be baptized during the camporee.



Special drill competitions are one of the main highlights at camporees.

in the United Youth Congress. This year, BAYDA is focusing on the Pathfinder ministry with its youth activity. “This camporee is important because it affords our youth an opportunity to experience God’s love through togetherness,” said Roger Wade, camporee director.

Campers will participate in pin trading, honor learning, marching / drilling exhibitions, archery, talent showcase, and sporting activities. Major components to the camporee are the community service projects. Pathfinders will participate in neighborhood clean-up initiatives and painting and restoration projects in the surrounding communities. “In conjunction with the community service projects, we (Adventists) will have another opportunity to exhibit what we profess and what we teach,” said Wade.

For more information about the camporee, visit www.camporeebayda.org. You may also register for the camporee at www.plusline.org or call (800) 732-7587.

George Johnson Jr., North American Division media relations assistant director

Five Lake Union Pathfinder Teams Earn First Place

Lake Union —

Twenty-six Pathfinder clubs from around North America participated in the 2003 Invitational / Division-level Pathfinder Bible Achievement Program, formerly known as the “Bible Bowl,” which took place at the Village Church in Berrien Springs, Mich., on April 12.

In order to make it to the division-level event, a club had to earn a first-place score in its area, conference, and union-level Bible achievement programs. Clubs must score 90% or more of the highest score posted for first place, 80–90% for second place, and 79% or below for third place. Fifteen teams earned a first-place score in this year’s division-level event, including the Eau



The Cicero (Ind.) Cherokees hold up their answer for the scorekeeper and first-level judge to verify. The Cherokees earned a second-place score.



After a brief consultation, the North Shore (Ill.) Stars think they have the right answer. The Stars ended the day with a second-place score.



After making it through 90 questions, members of the Eau Claire (Mich.) Critters wait for the final scores to be verified. The Critters' hard work paid off as the club earned a first-place score.

Claire (Mich.) Critters, Hastings (Mich.) Hawks, Pinedale (Mich.) Sylvaneers, Pioneer Memorial Evergreens (Berrien Springs), and the Stevensville (Mich.) Challengers. The Cicero (Ind.) Cherokees and the North Shore (Ill.) Stars also represented the Lake Union, each earning second-place scores.

Each year a book of the Bible is selected to be the subject of the 90 questions asked during the program. This year the topic was II Kings. Questions were asked by Terry Dodge, Michigan Conference Pathfinder director and Pathfinder Bible Achievement Program author and director, and displayed on a large screen. Once a question was asked, club members had just 10 seconds to begin writing their answers. A panel of experts, comprised

of Andrews University theologians, was on hand to deal with answers that were challenged or in need of verification.

Next year's event is planned for April 17 at Pioneer Memorial Church in Berrien Springs. Proverbs will be the subject and, as Dodge pointed out, many of the clubs that participated in the 2003 event probably already began studying Proverbs on the way home from Berrien Springs.

Reggie Johnson, Lake Union Herald editorial assistant

Men's Conference 2003

Wisconsin — "Spiritually uplifting." "This is something I can take home to my church." These were only a few of the comments expressed at the conclusion of the recent Men's Conference held at Camp Wakonda.



Eighty-five men from Wisconsin and northern Illinois spent a weekend of fellowship and spiritual nurture at Camp Wakonda.

Eighty-five men from Wisconsin and northern Illinois spent a weekend of fellowship, food, and inspiring spiritual meetings. Owen Bandy, pastor of the Stateline Church in the Upper Columbia Conference, shared from scripture and his own personal story of God's leading in his life throughout the weekend.

Plans are already being made for our ninth annual Men's Conference, Jan. 29–Feb. 1, 2004. Gary Thurber, Indiana Conference president, will be the speaker.

Mike Edge, men's ministries coordinator

Lake Union ASI Spring Fellowship 2003

Lake Union — The Lake Union territory is a hotbed for lay activity. This fact was underlined as the Lake Union chapter of Adventist-laymen's Services and Industries (ASI) got together for their annual "Spring Fellowship" Apr. 25–26 in South Bend, Ind. Participants heard the latest reports from ongoing ASI projects being carried out around the world, saw interviews with lay-ministry leaders, and took care of annual business items, such as the election of new officers.



Adventist-laymen's Services and Industries (ASI) Lake Union chapter officers are (from left) Darry Campbell, Janelle Randall, Walter Wright, Viorel Catarama, Chris Randall, and Carl Bandy.

There were special reports about *Hope for the Homeland*, a 2002 union-wide evangelistic effort which involved heavy lay participation. Each of the five local conferences in the Lake Union shared inspiring stories of the many successes that came from last fall's endeavor.

The ASI national convention will be held Aug. 6–9 in Albuquerque, N.M. Visit www.asiministries.org for more information.

Wisconsin Pastors Ordained

Wisconsin — Pavel Goia was ordained to the gospel ministry on Mar. 8 in the Beloit (Wis.) Church. Goia was

born in Romania and sensed his call to ministry when he was nine years old. In communist Romania, he was unable to study for the ministry. Instead, he obtained a degree in building engineering and later started his own business. In 1985, he married Daniela Croituru, his first and only girlfriend. When Romania moved away from communism, Goia gave up his business and served for seven years as a pastor and evangelist. In 2001, Goia began his ministry in the Wisconsin Conference as pastor of the Janesville district.



Pavel and Daniela Goia

Magdiel Gomez was ordained at the Milwaukee Hayes Spanish Church on Mar. 15. Gomez, who was born and raised in Cuba, sensed a call to ministry from an early age and

attended the Adventist College of the Antilles and the Adventist Seminary in Cuba. He married Maria L. Pena in 1978 and began his pastoral ministry in 1984. Gomez emigrated from Cuba to Miami, Fla., in 1995. In 1999, he moved to Milwaukee, where he planted the Redemption Church with the Lake Union Conference. In 2001, he began work with the Wisconsin Conference, pastoring the Milwaukee Hayes Street and Maranatha churches as well as a Hispanic group in Almond.



Magdiel and Maria Gomez

James Fox, Wisconsin Conference communication director

A Partnership for Health

Michigan — The Bauer Church members in Hudsonville, Mich., partnered with the Battle Creek Lifestyle Health Center to host a free health exposition for the public and surrounding churches at the West Olive Estates Community Room in West Olive.

“Step by Step” was the theme, as participants were encouraged to walk through each of the NEWSTART® booths to learn how to achieve better health through natural remedies. Services in these stations included massage therapy, a hydrotherapy demonstration, blood pressure screening, a step test in the exercise booth, and a health age analysis. Optional blood tests were offered to anyone interested in further health screenings.



Bauer Church members, partnering with Battle Creek Lifestyle Health Center personnel, hosted a health exposition for the public where visitors had the opportunity to hear health lectures and receive one-on-one consultations.

Debra Puffer, author of *Tasty Vegan Delights*, along with her daughter, Lisa, gave cooking demonstrations at the nutrition booth. Onlookers were given the opportunity to sample recipes from Debra's cookbook as they listened to tips on healthy eating.

A “Kids Korner” provided an area for the children to have fun while learning about their amazing bodies.

Country Life Restaurant, a Holland Church ministry, provided a complimentary brunch. Bruce Hyde, M.D., Battle Creek Lifestyle Health Center (BCLHC) director, Jeff Gates, and Muriel Wilson shared testimonies and pertinent medical information through lectures and one-on-one consultations. Local merchants, including natural food stores Apple Valley and Nature's Market, generously donated items for door prizes, which were given out each hour. The BCLHC contributed to these prizes by giving away one free hydrotherapy treatment session or a massage.

Brent Cole, Bauer Church communication leader, and Tobi Pawson, Bauer health and temperance leader

Wisconsin's First Adventist Radio Station Goes on the Air

Wisconsin — Last year, Kevin Ferreira, former Clearwater Lake Church pastor, startled the Clearwater Lake Church board with the question, "What would you think about our church operating a radio station?" Located about 100 miles northwest of Green Bay, the church only has 80 members on the books; how could they presume to own, operate, and pay for an FM radio station?



Ellsworth Moses, Clearwater Lake Church elder, stands beside the 110-foot tower he helped to install.

As the board investigated the matter, they discovered that the Federal Communications Commission (FCC) had opened an opportunity for a different kind of radio station—low-power FM—that would allow small groups such as churches to go on the air without a huge financial investment.

The church, with the help of Ron Meyers of Radio 74 in Colonges, France, submitted their applications to the FCC, did the engineering studies, and, to their surprise, were awarded a license to transmit. The church then began fundraising and planning the logistics of their radio station.

On Sunday, Mar. 23, 2003, WCWL-LP, 103.5 FM was officially dedicated to the Lord. With beautiful Christian music, health and lifestyle programming, and gospel messages that emphasize the unique Seventh-day Adventist mission, WCWL was on the air.

James Fox, Wisconsin Conference communication director



Moses explains to Phyllis and Don Corkum, Wisconsin Conference president, how the radio signal comes from Colonges, France, via satellite and is re-transmitted over the airwaves.

Health Radio Program Available

North American Division (NAD) — The fourth edition of *Lifelines*, a public service radio program, has been produced and mailed to 1,000 public and Christian radio stations across North America. The CD includes 54 spots—one for every week of the year—that are 60 seconds each and parallel the seasons, holidays, and officially observed dates, such as the Great American Smokeout and Diabetes Awareness Month, etc. Each program offers practical tips on some aspect of health and ends by letting listeners know that it is provided by the Seventh-day Adventist Church as a public service.

"Our goal in producing *Lifelines* is to provide North Americans with information that will help them live longer, healthier, more fulfilling lives," says DeWitt Williams, NAD health ministries director. "Studies show Adventists have the secret; here's a wonderful way for us to share our knowledge of health with the general public."



This radio program is jointly produced by the NAD communication and health ministries departments. *Lifelines* is hosted by medical expert Elmar Sakala, M.D., M.P.H., of Loma Linda University in Loma Linda, Calif., and named after the most popular section in *Vibrant Life* magazine, which is sent free to listeners who inquire about the program.

"If you're looking for a weekly program to place on your community radio station that can be sponsored by your church, try *Lifelines*," says Kermit Netteburg, executive producer. "The response from station managers has been very positive. In fact their biggest request is for us to produce the *Lifelines* program more frequently."

Although the fourth edition is no longer available because of high demand, the fifth edition will be released this fall. To reserve a free copy of *Lifelines*, please call (805) 955-7606.

Celeste Ryan, Lifelines producer



The grief of losing her mother was violated by a lullaby.

Why on earth would the strains of Brahms's lullaby suddenly fill the air at a moment when Helen was wracked with incredible grief? As nurses tended to her mother's last needs and supported Helen in her time of sorrow, the intrusion of the song was foreign, grating.

When she learned that the song was played every time a baby was born at Huguley Memorial Medical Center, she was at first distressed even more. While she was grieving, another family had cause for celebration.

Then she remembered her mother's words from years before: "Whenever the good Lord allows a life to leave this earth, He brings in a new life to take its place." A sense of peace and tranquility swept over Helen. "How incredible it was to have Mother's belief fulfilled. What a beautiful continuation of life."

Throughout Adventist Health System, the loving, supporting and healing ministry of Christ continues. With a mission like this, there's a place for someone like you.



www.AdventistHealthSystem.com

111 North Orlando Avenue, Winter Park, Florida 32789

With facilities in Colorado, Florida, Georgia, Illinois, Indiana, Kansas, Kentucky, Michigan, North Carolina, Tennessee, Texas, West Virginia and Wisconsin.

MILEPOSTS

Within the Lake Union the officiating pastor or church communication leader is responsible for submission of information to this column. Former members who now live outside the Lake Union may contact the conference communication director where their membership was held when they lived in the Lake Union to obtain the forms for submission. Milepost forms are also available at luc.adventist.org/herald/herald-submit.html. Conference addresses and phone numbers are in the masthead on page 31.

ANNIVERSARIES

HAROLD AND HELEN WILSON

celebrated their 65th wedding anniversary on Apr. 25, 2003, by an anniversary dinner at home in Paris, Ill. They have been members of the Paris Church for 63 years.



Harold Wilson and Helen Meadows were married Apr. 25, 1938, in Paris, by Pastor Charles Jackson. Harold has been a shipping clerk. Helen has been a homemaker.

The Wilson family includes Arnold and Janet Wilson of Paris; Linda and Roger Lawson of Chrisman, Ill.; four grandchildren; and seven great-grandchildren.

OBITUARIES

ASH, CARLTON D., age 83; born Apr. 22, 1918, in Kingston, Pa.; died July 23, 2001, in Danville, Ill. He was a member of the Champaign (Ill.) Church.

Survivors include his wife, Mary (McFarland) Bewley; stepson, Raymond Bewley; daughter, Gayle Pava; stepdaughters, Julianne Blakely and Mollie Lasater; brother Edward B.; three grandchildren; and eight step-grandchildren.

Funeral services were conducted by Pastor Larry W.

Clonch, and interment was in Bailey Memorial Cemetery, Tolono, Ill.

BLAIR, EMMA M. (SCHULTZ),

age 93; born Sept. 15, 1909, in Wyandotte, Mich.; died Dec. 23, 2002, in Bay City, Mich. She was a member of the Bay City Church.

Survivors include her son, William; daughter, Dolores Williams; brothers, Henry and Robert Schultz; sister, Bertha Sauer; eight grandchildren; 21 great-grandchildren; and three great-great-grandchildren.

Funeral services were conducted by Pastor Dale Wolcott, and interment was in Oak Ridge Cemetery, Bay City.

BUTLER, AGNES C. (CLARK),

age 96; born Apr. 7, 1907, in Tilden, Wis.; died Apr. 12, 2003, in Chippewa Falls, Wis. She was a member of the Chippewa Falls Church.

Survivors include her son, Tom; two grandchildren; and four great-grandchildren.

Funeral services were conducted by Pastor Art Miller, and interment was in Prairie View Cemetery, Hallie, Wis.

FELLBERG, ELAINE B. (TESSIN) PARR,

age 69; born Mar. 25, 1933, in Sheboygan, Wis.; died Mar. 14, 2003, in Sheboygan. She was a member of the Sheboygan Church.

Survivors include her husband, Ronald R.; sons, Richard and Raymond Parr; daughters, Dorothy Ney, Marsha Parr, Helen Colburn, Eileen Florea, and Amy Florea; half brother, Nicholas Schinabeck; 10 grandchildren; and three great-grandchildren.

Funeral services were con-

ducted by Pastor Robert Stauffer, and interment was in Wildwood Cemetery, Sheboygan.

FLOREA, HELMA (STEPAN),

age 87; born July 13, 1915, in Badutzi, Romania; died Jan. 3, 2003, in Clinton, Ark. She was a member of the Bay City (Mich.) Church.

Survivors include her husband, Jeremia; son, Walter; daughter, Valerie Noodel; six grandchildren; and six great-grandchildren.

Memorial services were conducted by elder Lloyd Watson, and interment was in Bee Branch (Ark.) Cemetery.

GABLE, LILLIAN M. (FRY),

age 92; born Oct. 6, 1910, in Nashville, Tenn.; died Mar. 20, 2003, in Hinsdale, Ill. She was a member of the Brookfield (Ill.) Church.

Survivors include her sister, Eunice Meek.

Funeral services were conducted by Pastors Stanley G. Hagen and John B. Rapp, and interment was in Clarendon Hills Cemetery, Westmont, Ill.

HABENICHT, HILDA,

age 86; born Jan. 3, 1916, in Argentina; died Dec. 19, 2002, in Bridgman, Mich. She was a member of the Pioneer Memorial Church, Berrien Springs, Mich.

Survivors include her sister, Mercedes Dyer.

Funeral services were conducted by Pastor Skip MacCarty, and interment was in Rose Hill Cemetery, Berrien Springs.

MCGAUGHEY, THELMA (PILCHER),

age 85; born Mar. 10, 1916, in Edgewood, Ill.; died Nov. 6, 2001, in Urbana, Ill. She was a member of the Champaign (Ill.) Church.

Survivors include her son, James M.; daughters, Frances H. McGaughey and Sheila Davis; three grandchildren; and two great-grandchildren.

Funeral services were con-

ducted by Pastor Larry W. Clonch, and interment was in Woodlawn Cemetery, Champaign.

MARTIN, RUBY R. (TUGGLE),

age 79; born July 11, 1920, in Indianola, Ill.; died May 22, 2000, in Danville, Ill. She was a member of the Lafayette (Ind.) Church.

Survivors include her son, David E.; daughter, Carol S. Gohn; brother, James R. Tuggle; sisters, Imogene Collom, Joy L. Johnston, and Charity M. Martin; and one grandchild.

Funeral services were conducted by Pastor Larry W. Clonch, and interment was in Danville Veterans Administration National Cemetery.

MEDSKER, RALPH E.,

age 75; born July 8, 1927, in Eaton, Ind.; died May 5, 2003, in Muncie, Ind. He was a member of the Hartford City (Ind.) Church.

Survivors include his wife, June (Martz); sons, Tom and Fred; daughters, Jane Elli, Jean Ann Puskar, and Judy Miller; 15 grandchildren; and three great-grandchildren.

Funeral services were conducted by Elder Timothy Henry, and interment was in Union Cemetery, Eaton.

MINETT, SUSAN K. (KOMATZ),

age 54; born Feb. 13, 1948, in Wisconsin Rapids, Wis.; died Jan. 3, 2003, in Rockland, Wis. She was a member of the Sparta (Wis.) Church.

Survivors include her husband, Jerry; sons, Chad, Bradley, Darrin, and Wesley; mother, Darlene (Dennis) Komatz Palek; four grandchildren; and three great-grandchildren.

Memorial services were conducted by Pastor Larry Mahlum and Jerry Minett, with private interment.

MUNAR, ALFRED R. C.,

age 77; born Oct. 9, 1925, in Hawaii; died Feb. 5, 2003, in Hinsdale, Ill. He was a member of the Pioneer Memorial Church,

All ads must be sent to your local conference for approval. No phoned ads will be accepted. Allow at least eight weeks for publication. Fifty words maximum. No limit of insertions. Rates: \$20 per insertion for Lake Union church members; \$30 per insertion for all others. A form is available on luc.adventist.org/herald/herald-submit.html for printing out and filling in your ad. Ads must be prepaid. Make money order/check payable to the Lake Union Conference. There will be no refunds for cancellations. The *Lake Union Herald* cannot be responsible for advertisements appearing in its columns, and reserves the right to edit ads in accordance with editorial policies. The *Lake Union Herald* does not accept responsibility for typographical errors.

VACATION OPPORTUNITIES

NATURE GET-A-WAY: Small three-bedroom home for rent near Aledo, Ill. Pond for fishing, birds, and wildlife. \$175/weekend or \$500/week. Call (317) 984-3248, or e-mail: Crtrubey@logical123.net. —93-2003,08

VACATION IN SCENIC DOOR COUNTY, WIS. Enjoy miles of shoreline, gift/antique shops, lighthouses, theme/state parks. Efficiency apartment, \$250.00/week. TV, full kitchen with microwave, bedroom, and bath. Add-itional bedrooms available, \$50.00/week. For reservations call Mrs. Don Mann (920) 743-3619; or write, 6099 Gordon Rd., Sturgeon Bay, Wis. 54235. —38-2003,07

ADVENTIST GROUP TRAVEL: 19-day Australia/New Zealand tour, departing Nov. 5, 2003, host: Charles White; 10-day Tahiti cruise, departing Jan. 8, 2004, host: Morris Venden; 12-day New England/Eastern Canada cruise, departing Sept. 17, 2004. Contact Mert Allen, Mt. Tabor Cruise, at (800) 950-9234 or (503) 256-7919; e-mail: mallen@renpdx.com. —106-2003,07

URGENTLY NEEDED

ADVENTIST BOOK DONATIONS NEEDED: Get a tax deduction for your used books and help Christian education! Call (866) 822-1200 or drop your books off at the Great Lakes

Adventist Academy-owned, student-operated, Books and Bread store in Cedar Lake, Mich. Also, check out our bookstore at Adventistbooks.org. Non-Adventist books also accepted. —85-2003,12

CAR DONATIONS NEEDED: Give a car, help Christian education, and get a tax deduction all at the same time. We pick up all over Michigan and beyond, running or non-running—or bring your old car to camp meeting! Trucks, boats, RVs also accepted. Call Great Lakes Adventist Academy donation program, toll-free at (866) 822-1200. —87-2003,12

Job Opening

Clinical Director

Union College seeks applications for a full-time Clinical Director of its Physician Assistant program. Qualified candidates are enthusiastic, possess excellent communication and organization skills, and will supervise the program's clinical experiences. Responsibilities include teaching, advising, and oversight of clinical rotations. A master's degree, NCCPA certification, and at least three years prior clinical experience are required. Teaching experience is desirable. Contact Mike Huckabee, Program Director, at (402) 486-2527; or e-mail mihuckab@ucollege.edu.

Berrien Springs, Mich.

Survivors include his wife, Eva P. (Pinaroc); son, Arthur; daughter, Ellen Tambunan; brothers, William, Wilfred, and Benjamin; sister, Nina Munar; and two grandchildren.

Funeral services were conducted by Pastor Dwight K. Nelson, and interment was in Rose Hill Cemetery, Berrien Springs.

POLLITT, GORDON W., age 70; born May 26, 1932, in Highland Park, Mich.; died Dec. 17, 2002, in St. Joseph, Mich. He was a member of the Pioneer Memorial Church, Berrien Springs, Mich.

Survivors include his wife, Bonnie Jean (Nutt); sons, Kevin W. and Brendan R.; and daughter, Shannon M. Pollitt.

Memorial services were conducted by Elders George Akers and Bruce Wickwire, and inurnment was in Mission Hills Memorial Gardens, Niles, Mich.

RIPLEY, GARY N. I., age 52; born Sept. 3, 1950, in Dallas, Texas; died Jan. 13, 2003, in Lancaster, Texas. He was a member of the Hylandale Academy Church, Rockland, Wis.

Survivors include his wife, Kathy (Brown); son, Gary N. II; daughter, Cassandra Ferrier; brothers, Jim and David; half brother, Eugene Sawyer; and one grandchild.

Funeral services were conducted by Pastor Mike Chappell, and interment was in Keene (Texas) Memorial Park Cemetery.

ROBINSON, OLA DEAN, age 78; born Nov. 3, 1924, in southern Ill.; died Feb. 7, 2003, in Mt. Juliet, Tenn. He was a member of the Holly (Mich.) Church.

Survivors include his wife, Grace (Church); sons, Larry and Bob; sister, Esther Livesay; nine grandchildren; and eight great-grandchildren.

Funeral services were conducted by Pastors Chuck

Williams and Conn Arnold, and interment was in Mt. Juliet Memorial Gardens.

SCHAMPP, ANITA A. (YATES), age 47; born Feb. 11, 1956, in Valparaiso, Ind.; died Apr. 10, 2003, in Lafayette, Ind. She was a member of the West Lafayette Church.

Survivors include her daughter, Jessica J. Davis; mother, June Yates McKinniss; sister, Jean E. Garcia; and one grandchild.

Funeral services were conducted by Pastor Throstr Thordarson, and interment was in Tippecanoe Memory Gardens Cemetery, West Lafayette.

TIMS, EVERETT, age 79; born Feb. 17, 1923, in Hot Springs, Ark.; died June 8, 2002, in Danville, Ill. He was a member of the Danville Church.

Survivors include his sons, Frederick and Everett L.; daughters, Jeanette Hunt, Madeline Parker, and Alicia Johnson; seven grandchildren; and five great-grandchildren.

Funeral services were conducted by Pastor Larry W. Clonch, and interment was in Danville Veterans Administration National Cemetery.

WILSON, RAYMOND A., age 56; born Feb. 28, 1947, in Newton, Ill.; died Mar. 13, 2003, in Paris, Ill. He was a member of the Paris Church.

Survivors include his wife, Patricia A. (Wilson) Stone; son, Tony; stepson, Troy Stone; step-daughters, Tammy Forte, Theresa Moody, and Tonya Kelly; brothers, Donny, Richard, George, and Jimmy; sisters, Karen Miller, Gracie Petrowsky, and Chris Weikert; two grandchildren; and eight step-grandchildren.

Funeral services were conducted by Pastor Larry W. Clonch and Rev. Jack Hofman, and interment was in Grandview (Ill.) Cemetery.

ACT NOW!
Classes start
September 10, 2003!

"I say unto thee, arise..."
Mark 2:11

ARISE

A RESOURCE-INSTITUTE FOR
SOULWINNING & EVANGELISM

EQUIPPING TOMORROW'S SOULWINNERS TODAY.

"We are living in difficult and portentous times. The centerpiece of the ARISE program is the speed and urgency of the training. This training, though speedy, is effective, practical and powerful. Many people long to share the Gospel message but don't have years to dedicate to a theological education. Others have already obtained a theological education and yearn now to be equipped for soulwinning and evangelism. Time is short, so our program is short, it is just that simple."

Pastor David Asscherick
Director, ARISE

EQUIPPING

Personal spirituality, in-depth evangelistic training, person-to-person evangelism, evangelistic preaching, church planting and many other classes you won't want to miss.

EDUCATING

Biblical interpretation and ethics, Christian essentials and apologetics, understanding Daniel and Revelation, church history, church leadership, understanding the Spirit of Prophecy.

EMPOWERING

Develop your own ministry, participate in full-scale evangelistic meetings, real opportunities to extend the Gospel invitation, continued training with a one-year post-graduation position, opportunity to conduct your own evangelistic meeting.

Additional Instructors Include:

Pastor Nathan Renner, Pastor Jay Gallimore, Dr. Samuel Koranteng-Pipim, Clifford Goldstein, Dr. Ron DuPreez, Dr. Vicki Griffin, Pastor David Grams and many more!

Successful Computer Dating
exclusively for SDAs since 1974

ADVENTIST CONTACT

♥ P.O. Box 5419 ♥
Takoma Park, MD 20913-0419
USA Phone: (301) 589-4440

URGENTLY NEEDED:

Taiwan Union Mission urgently needs teachers with the following qualifications: (1) minimum bachelor's degree for English Bible school, (2) minimum bachelor's degree for elementary school, and (3) minimum secondary certification for college-prep school. Stipend, transportation, accommodations, opportunity to travel, experience new cultures, and be a very real part of finishing God's work. Please contact Bob Evans at 18717-233 Mill Villa Road, Jamestown, CA 95327; phone: (209) 588-9344; or e-mail aspac2003@yahoo.com.

WANTED TO BUY/FOR SALE: 1-10,000 used Adventist books, pamphlets, song-books, Uncle Dan and Aunt Sue tapes, and old catalogs of Adventist books for sale. Please contact John at (269) 781-6379. —117-2003,12

REAL ESTATE

"COUNTRY HAVEN" DREAM-COME-TRUE: Five to 38 acre parcel of land available in northern Arizona wilderness; 5,300 ft. elevation; panoramic 100-mile view; treed with evergreen junipers; seasonal creek; community well; maintained roads. One hour north of Prescott, near Interstate 40. For information, call Mike or Karen at (928) 607-4674. —104-2003,08

MOBILE HOME FOR SALE: 3-bedroom, 2-bath, on 26 usable acres in northern Arizona, 360-degree view, 5,300 ft. elevation, treed with evergreen junipers, 2-car

garage with workshop, deep well, solar power, 23-tree fruit/nut orchard, berries, grapes, and vegetable garden. Asking \$185,000. Call Mike or Karen at (928) 607-4674. —105-2003,08

ADVENTIST REALTOR specializing in southeastern Michigan's Wayne, Oakland, and Macomb counties. For more information, contact Jim Mundt at Century 21 AAA Real Estate, Inc., 16345 E. Nine Mile Rd., Eastpointe, MI 48201; (586) 202-3937; e-mail: james.mundt@century21.com. —6567-2003,08

HOME FOR SALE: Located in scenic Sequatchie Valley, surrounded by mountains, in Dunlap, Tennessee Beautiful 2,470-square-foot, three-bedroom, two-bathroom, manufactured home. Includes eat-in kitchen, dining room, den, sun room, fireplace, attached two-car garage, 3.7 acres,

gardens, and fruit trees. Near Adventist church and school. Asking \$118,500. Please call (423) 949-7418. —108-2003,07

HOME FOR SALE: Custom 2,500-square-foot new home on six secluded acres with creek. Located one hour from Collegedale, Tenn. Home includes three bedrooms, two and a half baths, small office, vaulted ceilings, large windows, and small apartment over garage. Churches and church schools in area. Asking \$185,000. Call (423) 447-8435 or (423) 554-3736. —114-2003,07

FOR SALE: Small commercial print shop and building located in beautiful southwest Michigan—70 miles from Andrews University, 50 miles from Battle Creek, in Amish country. Shop located on first floor with 2-bedroom, 1½-bath upstairs apartment. Asking \$250,000. Contact Chuck in the evenings at (269) 626-8922. —115-2003,07

Add a BSN to your RN


Checkout our completion program of A.S. and Diploma nurses. You can start any semester on a full-time or part-time basis, even consider taking one class at a time.

- Faith-based foundation allows you to incorporate your spirituality into the care and healing of patients.
- Strong emphasis on service learning and mission work.
- Enjoy personal attention and individualized advising at one of the top Adventist colleges specializing in health care
- Unique format designed for the working R.N.
- Come to campus as little as 3 times a semester for intensive days of class.
- Clinical experience can be fulfilled at your home location.
- No time limit on transfer courses.
- Affiliated with one of the top 100 hospitals in the U.S.A.

Kettering College of Medical Arts

Kettering, Ohio
1-800-433-KCMA (5262)
www.kcma.edu





Every day, Adventist missionaries are

TELLING the STORY of JESUS

In our troubled world there are millions of people who have never heard the name of Jesus, don't know He died on the cross for them, have no hope for eternity with Him.

They are young and old, rich and poor, of every color and description. They are the very people Jesus came to save. Through Adventist missions we are pushing back the frontiers of darkness and sharing God's love in teaching, in preaching, in ministries of compassion and healing, indeed in every moment of our lives.

Every Sabbath morning your Sabbath School helps members know about the worldwide work of the Adventist Church. Your congregation's support of Adventist

Mission makes possible the daily work of Adventist missionaries at the forefront of telling the story of Jesus. Here are some of the ways your congregation can support Adventist Mission:

PRAY. Include missionaries and the church's worldwide mission work in the prayer ministry of your Sabbath School and its classes.

REPORT. Use stories, videos, and other materials to give reports on Adventist Mission around the world.

ADOPT. If your church has a special connection to a specific missionary, share letters and information from that missionary with the congregation.

GIVE. Your congregation's financial support makes possible the funding of the church's mission work. Some of that comes through World Budget giving, but much of it is given during the Sabbath School offering each week.

Please remember this important offering in your program each week.

Thank you for your support of Adventist Mission. In a globe wracked by uncertainty, the message of the return of Jesus to our world has never been more relevant. Your support is helping to preach the gospel throughout the entire world.



Seventh-day Adventist Church
12501 Old Columbia Pike
Silver Spring, MD 20904

Making a world of difference.



ONE FOUNDATION
The Video Series

One Foundation features spiritually motivating sermons and inspiring interviews by outstanding African-American evangelists.

\$29⁹⁹/Set
Special
Save 20%
\$49⁰⁰/Both



Dr. C.D. Brooks Dr. E.E. Cleveland

Other CrossTalk Video Products**

Chaplain Barry C. Black
"Triplets" - 3 Sermons \$45.00

Elder E.J. Mendinghall
"Prayer of Jabez"
2 Sermons \$30.00

Dr. Charles D. Brooks
Set 1 - 7 Sermons \$105.00
Set 2 - 4 Sermons \$60.00
New Set 3 - 7 Sermons \$105.00

**Tapes/CDs Available +S/H

Valley Crossroads SDA Church • P.O. Box 330550
Pacoima, CA 91333 • (818) 896-4488
Visit us on the web: www.valleycrossroads.org
e-mail an order: crosstalk@valleycrossroads.com

FOR SALE

RVs!! Adventist owned and operated RV dealership has been helping Adventists for over 30 years. Huge inventory. Courtesy airport pickup and on-site hookups. Satisfied Adventist customer list available. Call toll-free (888) 933-9300. Lee's RV City, Oklahoma City. E-mail us at LeesRVs@aol.com or visit our web site, www.leserv.com. —43-2004,03

USED ADVENTIST BOOKS. Thousands of used Adventist books, newly sorted at

incredible prices, available at the Great Lakes Adventist Academy-owned, student-operated, Books and Bread store in Cedar Lake, Mich. Scrapbooking supplies and rustic furniture are also available. Open Mon.–Thurs., 10:00–4:00; Fri., 10:00–2:00; other hours by appointment. Call toll-free, (866) 822-1200. —86-2003,12

PHONECARDUNLIMITED.COM

connecting you to the world at unbelievably low rates. Say goodbye to phone bills. At home or away, remember www.PhoneCardUnlimited.com whenever you want to reach a loved one. Go to www.PhoneCardUnlimited.com. They will answer. —96-2003,11

ATTENTION HOMESCHOOLERS:

Get your new books and curriculum at below retail prices. Adventist family business. Visit our web site at www.homeschoolbooksource.com; e-mail us at homeschoolbooksourc@juno.com; or call (877) 203-5803. —116-2003,09

REAR ADMIRAL BARRY BLACK,

Chief of Chaplains, U.S. Navy, presents *Growing Stronger in Christ*, a 6-part sermon series for ACN's Adventist Preaching on DVD. Call (800) ACN-1119 or visit www.acn.info to get your personal copy of Adventist Preaching, Volume 3. —118-2003,08

AT YOUR SERVICE

CAVE SPRINGS HOME has openings for mentally handicapped adults. Plant-based diet. Daily and Sabbath worship services on campus. Country home is located in Pergram, Tenn. For further information, contact Craig or Joyce at (615) 646-6962; or e-mail cshmra@yahoo.com. —98-2004,05

DON'T THROW OUT THOSE BOOKS!

We buy and sell Adventist books written by, published by, or about Adventists. Missing a volume? Looking for an old favorite? Call (800) 732-2664 for information sheet or visit our Internet site at WWW.LNFBBOOKS.COM. —31-2004,02

ARE YOU MOVING SOON?

Before you rent a U-Haul and do it yourself, check our price and save yourself the hassle. Plan ahead now and reserve a time slot. Fast, direct, and economical. Contact Gary Erhard, Erhard Furniture, 6681 U.S. 31, Berrien Springs, MI; (269) 471-7366 evenings 8:00–11:00 p.m. Eastern time. —6474-2004,02

PUBLISH YOUR BOOK!

Authors call for our publishing and marketing information. We publish and distribute to Adventist Book Centers, health food stores, and Christian booksellers worldwide. Call (800) 367-1844

The General Conference Adventist Volunteer Service—Mission Opportunity in Korea

SDA Language Institute in Korea needs volunteer Seventh-day Adventist missionaries who are native English-speakers to teach English and Bible to Koreans. If you have a bachelor's degree or more, Jesus needs you to teach His word. Teaching experience is not necessary—we'll train you. Benefits include a monthly stipend (\$1,050–1,500), round-trip tickets (for 1 year of service), housing, utilities, insurance, and much more. For more information contact SDA Language Institute, Human Resources Dept. at 82-2-2215-7496; 82-2-2211-3674 (call collect); or e-mail us at come@sda.co.kr. This is a great mission experience that will change your life.

Adventist Health

20 hospitals located in CA, HI, OR, WA

For opportunities, contact:

Management/Executives

Leonard Yost, Director
Employee Recruitment
(916) 774-3355

Physicians

Ingrid Heil, Director
Physician Services
(800) 847-9840

Fax CV's or Resumes to

(916) 774-3390

All Other Jobs

www.adventisthealth.org

BATTLE CREEK **THE PANTRY**
Lifestyle Health Center Retailing Natural Foods & Supplements

+ Medical Advice For Natural Health Care
+ Diabetes Intervention
+ Weight Control
+ Cancer Strategies
+ Non-Surgical Cardiovascular Intervention
+ Nutritional, Allergy and Environmental Medicine
+ Women's Health Care
+ Physical and Natural Therapies

Our Staff of Medical Professionals:
Bruce R. Hyde, MD
Darrel Opicka, DO
Jeffery Gates, DrPH
Muriel Wilson, CNP
Susan Pellandini, CMT

101 N. 20th St., Battle Creek, MI 49015 • Call (269) 963-0368 • (888) 255-3180

Our Hands — "HIS" Miracles

BOOK OF THE MONTH

25% OFF

AT YOUR Adventist Book Center
Offer expires
Jul 31, 2003

Victory Lane

The Miraculous Conversion Story of John Earnhardt

3 WAYS TO SHOP

- ◆ Visit your local Adventist Book Center
- ◆ Call 1-800-765-6955
- ◆ Visit www.AdventistBookCenter.com

REVIEW AND HERALD PUBLISHING

Eastern time; or visit our web site at www.tsibooks.com. —6-2003,12

IS DIABETES RUINING YOUR LIFE? It's time to regain hope and master your diabetes. The 19-day Diabetes Health Restoration Program at the Lifestyle Center of America in Oklahoma can help. Call today for a free video about our life-changing programs at (800) 213-8955, or visit our web site at www.lifestylecenter.org. —103-2003,12

EASY DO-IT-YOURSELF WEB SITE: Affordable new web site tool for churches, schools, ministries, and businesses. You can quickly and easily create professional-looking web pages by using your online browser. No web experience necessary. Lots of great features. Low introductory price. See how easy it is at www.SimpleUpdates.com. Call (269) 473-3687. —6646-2003,11

ADVENTIST JOBNET is the source for finding jobs or employees. Designed for Adventist businesses and professionals, we offer a hiring bonus of up to \$500 to applicants hired through us. Geared for all professionals—teachers, lawyers, doctors, nurses, etc. New jobs

listed daily. Visit us today at www.AdventistJobNet.com. —107-2003,10

INNOVATIVE THERAPIES specializes in physical, occupational, and speech therapy services. We have extensive experience in extended care, acute care, and outpatient clinical services. To find out more about our dynamic rehab programs, please contact Dennis Mittleider, Innovative Therapies, 497 Grey Squirrel Way, Franktown, CO 80116; (888) 224-3186; fax: (888) 224-3187; e-mail: dmittleider@msn.com. —48-2003,09

SINGLES SERVICE: Pairing Adventists discreetly and confidentially since 1987. We have a magazine format with personal ads plus enlightening and uplifting articles. If you desire information on obtaining friendship, fellowship, or companionship, mail a long, self-addressed, stamped envelope to DISCOVER, PMB #150-H, 14536 W. Center Rd., Omaha, NE 68144. —109-2003,09

CHRISTIANSINGLES.DATING.COM: Free 14-day trial! Join thousands of Adventist singles online. Free chat, search, detailed profiles, match notifications! Date chat, 2-way compatibility match, 10 photos in your album, voice profiles, confidential online mail. Love, pen pals, marriage, dating, articles, surveys, resources, web links. Matching Adventists since 1993! Adventist owned and operated. —110-2003,09

GILEAD ELDER CARE (formerly Teresa's Country Home) in Berrien Springs, Mich., has openings. Very affordable rates. Care given for all levels of need and diagnosis. Alzheimers and memory care. Nurses, doctors, and therapists on staff. Private rooms available. Vegetarian meals, Adventist owned. Vespers and worship. Near Andrews. For placement or more information, call (269) 429-0097. —112-2003,08

FREE MONEY FOR COLLEGE: Scholarship information for undergraduate and graduate

students. Send \$5 money order payable to Scholarship Service, 29435 Dorsey Street, Sun City, CA 92586; www.sdsmall.com/fundcollege. —97-2003,07

SINGLE AND OVER 50? The only interracial group exclusively for all singles over 50. Stay home and meet new friends in U.S.A. with a pen pal monthly newsletter of members and album. For information, send self-addressed, stamped envelope to ASO-50 and Ebony Choice Singles Over 50, 2747 Nonpareil, Sutherlin, OR 97479. —111-2003,07

G & C PAINTING—Adventist-owned and operated. Services include interior, exterior, residential, re-paint, new construction, fences, stain and lacquer, light commercial, and apartments. Free estimates. References available. Quality work guaranteed. Reasonable rates. Fully insured. Please call (317) 258-9963 or (317) 591-0490. —113-2003,07

Lake Union Conference Tithe Comparison Year-to-date

17 Sabbaths ending April 30, 2003, compared to 13 Sabbaths ending April 30, 2002

Number of Members:					Average Increase	%	Average Tithe Per Member	
12/31/02	12/31/01	Conference	2003	2002	-Decrease	Inc.-Decr.	2003	2002
12,205	11,956	Illinois	2,961,197	2,784,264	176,934	6.35%	242.62	232.88
6,619	6,480	Indiana	1,939,659	1,902,776	36,883	1.94%	293.04	293.64
26,065	25,178	Lake Region	3,614,622	3,067,231	547,391	17.85%	138.68	121.82
24,489	24,105	Michigan	8,347,585	8,314,644	32,941	0.40%	340.87	344.93
6,648	6,455	Wisconsin	1,828,886	1,762,963	65,922	3.74%	275.10	273.12
76,026	74,174	Totals	\$18,691,949	\$17,831,878	\$860,071	4.82%	\$245.86	\$240.41
Average Weekly Tithe:			\$1,099,526	\$1,048,934	\$50,592	4.82%		

Sunset Calendar

	July 4	July 11	July 18	July 25	Aug 1	Aug 8
Berrien Springs, Mich.	9:25	9:22	9:17	9:12	9:05	8:57
Chicago	8:29	8:26	8:22	8:16	8:10	8:01
Detroit	9:12	9:10	9:05	8:59	8:53	8:44
Indianapolis	8:16	8:14	8:10	8:05	7:59	7:51
La Crosse, Wis.	8:50	8:47	8:43	8:37	8:29	8:20
Lansing, Mich.	9:20	9:17	9:13	9:07	9:00	8:51
Madison, Wis.	8:40	8:37	8:33	8:27	8:20	8:11
Springfield, Ill.	8:31	8:28	8:24	8:19	8:13	8:05

ANNOUNCEMENTS

Churches, schools, conferences, institutions, and organizations may submit announcements to the Lake Union Herald through their local conference communication directors. An easy way to do this is to visit the Lake Union Herald website at luc.adventist.org/herald/herald-submit.html and submit the announcement online. Readers may verify dates and times of programs with the respective sources, as these events are subject to change.

ANDREWS UNIVERSITY

July 8–12: Missionary Camp Meeting; **18–20:** Adventist Family Conference.

NATURAL REMEDIES AND HYDROTHERAPY WORKSHOP:

The Seventh-day Adventist Theological Seminary is offering its successful six-day workshop on natural remedies and hydrotherapy, **July 13–18**, at Andrews University. In addition to seminary faculty, Dr. Charles Thomas of the Desert Springs Therapy Center, Drs. Bruce Hyde and Jeff Gates of the Battle Creek Lifestyle Health Center, and Dr. Vicky Griffin, Michigan Conference health secretary, will present. For information and registration, call Fran McMullen at (269) 471-3541; or e-mail: fran@andrews.edu.

INDIANA

TIMBER RIDGE CAMP—It's not too late to register for a great camping experience at Timber Ridge Camp. Visit www.timberidgecamp.org for camp dates and registration information.

USED CARS FOR MAGABOOKS: If you can donate a car for use by students during the Indiana summer magabook program, please contact Dwight Kruger at (317) 984-1727.

RICHMOND CHURCH 50TH CELEBRATION

will be held **July 4–6**. Everyone is invited to enjoy an open house and light supper on Friday; Sabbath worship services with Gary Thurber, Indiana Conference

president, and former pastors; a fellowship meal and patriotic program Sabbath evening; and breakfast in the park on Sunday. Call Barbara Fisher at (765) 966-0630 for additional information.

OUTDOOR SCHOOL FOR HOME-SCHOOLERS:

Timber Ridge Camp offers a 5-day Outdoor School experience for home-schoolers, **Aug. 11–15**. For further information, contact Lutricia Whitlow by calling (812) 829-2507; or by e-mail: deanewhitlow@hotmail.com.

HISPANIC RETREAT: A spiritual retreat is planned for the Hispanic congregations in Indiana, **Aug. 29–31**. The guest speaker for the weekend will be Frank Gonzalez from *La Voz de la Esperanza*. Plan now to be a part of this wonderful weekend at Timber Ridge Camp. For further information, call Orlando Vazquez, Indiana Hispanic ministries coordinator, at (317) 209-8246; or e-mail: yorland@juno.com

THE FT. WAYNE (IND.) CHURCH 105TH CENTENNIAL CELEBRATION

will take place on **Sept. 13** with North American Division president Don Schneider as featured speaker. A special program and meal is planned. Visit the Indiana Conference web site, www.indianaadventist.org, for additional information; or call (260) 745-1594.

LAKE UNION

OFFERINGS: **July 5**—Local Church Budget; **12**—Women's Ministries; **19**—Local Church Budget; **26**—

Local Conference Advance; **Aug. 2**—Local Church Budget.

SPECIAL DAYS: **July 12**—Home Study International Promotional Day.

LAKE UNION CONFERENCE DISASTER RESPONSE INSTITUTE

to be held **July 18–20** at Broadview Academy in La Fox, Ill. For additional information and to register, contact Derri Hanson at (269) 471-3558; or e-mail: hansond@andrews.edu.

MICHIGAN

NOTICE IS HEREBY GIVEN that the 29th session of the Michigan Conference of Seventh-day Adventists will be held at the Cedar Lake Church, in Cedar Lake, Mich., **Sept. 28, 2003**, with the first meeting called at 9:30 a.m. Reports of the previous five years will be rendered; proposed constitutional changes may be considered; the election of conference officers, departmental directors, and members of the executive committee will take place; and any other business will be transacted which may properly come before the session. Delegates are those duly elected by the various churches of the conference and delegates-at-large as provided in the constitution. Each church in the Michigan Conference is entitled to one delegate for its organization, and one additional delegate for each 100 members or extended fraction thereof, determined by the membership as of Dec. 31, 2002. As provided by the bylaws, the organizing committee (composed of one member from each church, plus one additional member for each 500 members or major fraction thereof, as of Dec. 31, 2002) will meet on Sept. 27, 2003. The meeting will begin with vespers at

7:30 p.m. at the Cedar Lake Church.

MISSING CEDAR LAKE ACADEMY

CLASSMATES: If you know how to contact the following, please call Esther Brummett, (909) 796-8593; or e-mail: 110112.607@compuserve.com. Cedar Lake class of 1953: Leon Baldwin, Robert R. Jones, Berneice Moll, Phyllis Murphy, and Shirley Slayton.

WORLD CHURCH

5TH ANNUAL ADVENTIST FAMILY

CONFERENCE: "Discipling Children and Teens for Christ," will take place **July 16–20** at Andrews University. Five of the required 10 modules to train local church leaders in family ministries education will be offered; the remainder will be offered next summer. A description of the North American Division family ministries training modules can be found at <http://family.nadadventist.org>. Keynote speaker Jude Boyer-Patrick, M.D., M.P.H., will speak on "Parenting Teens: Strengthening the Tie That Binds." Go to <http://family.nadadventist.org/events.html#JUL03> to download a brochure.

HARTLAND INSTITUTE invites all to their commemorative camp meeting **July 29–Aug. 3**, and special 20th anniversary commemoration service **Aug. 3, 2:30 p.m.** Both events located at Rapidan, Va. For more information call (540) 672-3100, ext 232; or go to www.hartland.edu.

HISTORIC INDIAN COUNTRY

TOUR, Aug. 10–17, departing from Albuquerque, N.M., immediately following the Adventist-laymen's Services and Industries (ASI) convention. Tour will cover highlights of the geographic Adventist and prehistoric Native American sites in Arizona, Utah, and New Mexico. Fee includes motels

and two meals per day. Sponsored by the Holbrook Indian School. For information call Ira Follett, (909) 796-7187; José Dial, (520) 524-6845; or e-mail: lorraineira@juno.com. Space is limited, so call now.

YAKIMA ADVENTIST CHRISTIAN SCHOOL (YACS) 100TH BIRTHDAY CELEBRATION, taking place **Sept. 26–27**, in our new facility at 1200 City Reservoir Road, Yakima, Wash. YACS was formerly known as North Yakima Seventh-day Adventist School, Brookside Junior Academy, Yakima Junior Academy, and Yakima Adventist Junior Academy. The main speaker will be Alphonso McCarthy, North Pacific Union assistant to the president, and youth and earliteen services will be led by Richard Parker, Upper

Columbia Conference youth director. The weekend will also include school history and special acknowledgment of alumni, teachers, and students. Please call the school at (509) 966-1933 for more information or to share some memories.

MUSIC AT THE 2005 GENERAL CONFERENCE SESSION in St. Louis June 29–July 9, 2005. Needed: high-quality sacred music from vocalists, instrumentalists, choirs, ensembles, etc. Write for your application: NAD Music Coordinator, Attn: Ron Christman, 12501 Old Columbia Pike, Silver Spring, MD 20904-6600; or ASI@nad.adventist.org.

REAR ADMIRAL BARRY BLACK was the Week of Prayer speaker for the General Conference employees in April. His series, "Growing

Stronger in Christ," was video-taped for *Adventist Preaching*, a DVD product featuring outstanding sermon series. It is available to all by calling (800) ACN-1119; or by visiting www.acn.info.

FAIR EXHIBIT SEASON IS HERE, and there's a brand new health-related exhibit available. "Fill Your Life with Celebrations," the theme for the North American Division (NAD) health ministries department, is also the title of the 10-foot wide backdrop (#41640). A coordinated pamphlet (#41690) is also available. Contact: www.adventistwellness.org to request a catalog or to order the exhibit. The current *Ministries of Health and Healing*, NAD's health ministries handbook (#500010), available from AdventSource (800) 328-0525, has a chapter

on health fairs and exhibits built around these and other materials available from the Adventist Wellness Catalog.

FOREST LAKE ACADEMY ALUMNI: If you were a student at Forest Lake Academy (FLA) and you have not heard from FLA's alumni association this past year, please contact the alumni office at alumni@mail.forestlake.org or beckerg@mail.forestlake.org.

We want to send you the alumni newsletter, *Reflections*, announcements about reunion weekends, and general FLA information. If you prefer to write or call, we can be reached at: Forest Lake Academy Alumni Office, 3909 E. Semoran Blvd., Apopka, FL 32703; phone: (407) 862-8411, ext. 729.

Adventist Media Broadcast Schedules

ADVENTIST COMMUNICATION NETWORK

www.acnsat.org

- July 4** 12:00–1:30 p.m. ET, Adventist Television Network (ATN) Uplink
July 5 11:00 a.m.–12:00 noon ET, Adventist Worship Hour
July 11 12:00–1:30 p.m. ET, ATN Uplink
July 18 12:00–1:30 p.m. ET, ATN Uplink
July 25 12:00–1:30 p.m. ET, ATN Uplink

FAITH FOR TODAY

Lifestyle Magazine, www.lifestyle.org

Week of:

- July 6** "Fathers and Sons"
July 13 "Dyslexia"
July 20 "Mothers and Daughters"
July 27 "How to Raise Your Self-esteem"
Aug 3 "Drug-free Kids"

The Evidence, www.theevidenc.e.org

Week of:

- July 6** "Both Sides of the Gun"
July 13 "Forgiving the Dead Man Walking"
July 20 "God, the Universe, and Everything"
July 27 "To God's Ear"
Aug 3 "Digging for the Truth"

IT IS WRITTEN

www.iivw.org

Week of:

- July 6** "Shopping Spree Remedy"
July 13 "Make It Your Choice," Creation Health Series, Part 1
July 20 "Find a Deeper Rest," Creation Health Series, Part 2
July 27 "To Be a Millionaire," Creation Health Series, Part 3
Aug 3 "Stay Active," Creation Health Series, Part 4

LA VOZ DE LA ESPERANZA

www.lavoz.org

Week of:

- July 6** "Cuando el dolor eleva"
July 13 "La segunda ocupación"
July 20 "El milagro desmitificado"
July 27 "Yo soy así"
Aug 3 "Dios y los adolescentes," Parte 1

VOICE OF PROPHECY

www.voiceofprophecy.org

Week of:

- July 6** Sun.: "From Darkness to Light"; Mon.–Fri.: "Unto One of the Least of These My Brethren"



- July 13** Sun.: "Daniel: Vision for the Future"; Mon.–Fri.: "I've Got to Nurse This Grudge Because It's Sick!" Part 1
July 20 Sun.: "Thessalonians: Epistles of Hope"; Mon.–Fri.: "I've Got to Nurse This Grudge Because It's Sick!" Part 2
July 27 Sun.: "1 & 2 Timothy: Pastor Paul's Counsel"; Mon.–Fri.: "I've Got to Nurse This Grudge Because It's Sick!" Part 3
Aug 3 Sun.: "Titus: Leading for the Lord"; Mon.–Fri.: "Of Monkeys and Men," Part 1.

THREE ANGELS BROADCASTING NETWORK

www.3abn.org

Thursday LIVE, 9:00 p.m. ET:

- July 3** James Standish
July 10 Howard Lyman
July 17 To be announced
July 24 Shelly Quinn
July 31 Behind the Scenes at 3ABN

Let us help you get 3ABN on cable in your area. Call (618) 627-4651, ext. 3104.

EXTREME GRACE

Chickie's Law

by Dick Duerksen

Remember the story of the "Good Samaritan?" Jesus told the story to a Jerusalem crowd, some of whom had actually been involved in the event, most of whom had read the story as it had appeared on the front page of the *Jerusalem Times*.

It was a simple story: Man traveling from Jerusalem to Jericho is assaulted, robbed, and left for dead. Church pastor comes by and ignores him. Spiritual leader comes by, notices him, and then hurries on to an appointment. Outcast disrespected enemy (The Good Samaritan) comes by; is overcome with compassion; ignores the fear of assault; applies wine, water, and bandages; unloads his donkey; loads the man on; carries him to a hotel; and pays for long-term care.

The Good Samaritan is a story of care and compassion. It's a tale pastors use to encourage members to reach out in their communities. A story homeless folks write on cardboard to remind us of our Christian duty. A narrative modern medical healers use as a model for

their caregiving in offices, hospitals, and nursing homes.

It is also a story to which Chickie has added a special twist of her own.

Chickie is a housekeeper, a hospital janitor whose "Good Samaritan" approach to cleaning floors and making beds generates dozens of compliments each week.

"My drawer is full of 'Chickie compliments,'" the hospital administrator says.

I read a few of those cards and then went looking for Chickie.

"You get lots of compliments," I said. "What do you do in those rooms that makes people feel your compassion?"

"Oh, I don't do anything special," she told me. "I just treat people like they are Jesus himself, like the broken man the Good Samaritan helped in the story."

"If it is Jesus who is sleeping in the bed," she warmed up to the subject, "I have to clean everything very carefully, under the

bed, around the windows, the TV screen, the top of the TV, everywhere! I do my best for Jesus!"

"And while I am in the room," now she was really on a roll, "I say a special prayer for whoever is actually in the bed. Sometimes I say it out loud, sometimes I say it very quietly to myself, but I always pray—like I would pray if it were Jesus Himself that was hurting."

That's Chickie's Law: Treat each person as if he or she is Christ Himself.

According to Matthew's journal about life with Jesus (chapter 25, verse 40), Jesus encouraged Chickie's Law. "I tell you the truth," Jesus said, "whatever you do for one of the least of these brothers of mine, you do it for me."

Chickie coiled the electric cord onto her vacuum and started down the hall.

"And when there is no one in the room," she had stopped and was looking back my way, "I still treat the room as if it is Jesus' room. He may be away right now, but He'll be back in a minute!"

"How can you do that?" I asked as Chickie headed off toward another room.

She paused, and pointed up to heaven.

"I don't do anything special. He does it all. I just get to push the vacuum."



PROFILES OF YOUTH

July 2003

Vol. 95, No. 7

THE LAKE UNION HERALD STAFF

Box C, Berrien Springs, MI 49103; (269) 473-8242; herald@luc.adventist.org

Editor Gary Burns
Managing Editor/Display Advertising Ann Fisher
Circulation Manager/Classified Advertising Judi Doty
Editorial Assistant Reginald Johnson
Art Direction/Design Mark Bond

CONTRIBUTING EDITORS

Adventist Health System, Midwest Region Steve Davis sdavis@ahss.org
Andrews University Tami Martinez TamiMart@andrews.edu
Illinois Richard Carey RichardCarey1@cs.com
Indiana Diane Thurber DThurber@indianaadventist.org
Lake Region Ray Young LakeRegionComm@cs.com
Michigan Michael Nickless MNickless@misda.org
Wisconsin James Fox JFox@wi.adventist.org

CORRESPONDENTS

Adventist Health System, Midwest Region... Lynn Larson LLarson@ahss.org
Andrews University Patricia Spangler SpangleP@andrews.edu
Illinois Janelle Brown JBrown@illinoisadventist.org
Indiana Diane Thurber DThurber@indianaadventist.org
Lake Region Tonya Nisbeth TNisbeth@lakeregionsda.org
Michigan Cindy Doolin CDoolin@misda.org
Wisconsin Kitty Cray KCray@wi.adventist.org

LAKE UNION CONFERENCE DEPARTMENTS

Box C, Berrien Springs, MI 49103 | (269) 473-8200

President Gordon L. Retzer
Secretary Walter L. Wright
Treasurer Glynn C. Scott
Vice President Otoniel Reyes
Associate Treasurer Douglas L. Gregg
Associate Treasurer Richard Terrell
ASI Walter L. Wright
Communication Gary Burns
Education Gary E. Randolph
Education Associate Garry Suds
Information Services Harvey P. Kilsby
Ministerial Walter L. Wright
Publishing/ABC Allen Dybdahl
Religious Liberty Vernon L. Alger
Trust Services Vernon L. Alger
Women's Ministries Myrna Earles

LOCAL CONFERENCES AND INSTITUTIONS

Adventist Health System, Midwest Region: Ernie W. Sadau, president, 120 N. Oak St., Hinsdale, IL 60521; (630) 856-2010.

Andrews University: Niels-Erik Andreassen, president, Berrien Springs, MI 49104-0670; (269) 471-7771.

Illinois: Ken Denslow, president; Rick Remmers, secretary; Duane Rollins, treasurer; 619 Plainfield Rd., Suite 200, Willowbrook, IL 60527-8438; (630) 734-0920.

Indiana: Gary Thurber, president; Archie Moore, secretary; George Crumley, treasurer; street address: 15250 N. Meridian St., Carmel, IN 46032; mailing address: P.O. Box 1950, Carmel, IN 46082-1950; (317) 844-6201.

Lake Region: Norman K. Miles, president; George Bryant, secretary; Gregory Baker, treasurer; 8517 S. State St., Chicago, IL 60619; (773) 846-2661.

Michigan: Jay Gallimore, president; Fred Earles, secretary; Leroy Bruch, treasurer; street address: 320 W. St. Joseph St., Lansing, MI 48933; mailing address: P.O. Box 19009, Lansing, MI 48901; (517) 316-1500.

Wisconsin: Donald Corkum, president; Brian Hamilton, secretary/treasurer; street address: 3505 Highway 151 North, Sun Prairie, WI 53590; mailing address: P.O. Box 7310, Madison, WI 53707-7310; (608) 241-5235.

Contributors: All submitted copy must be channeled through your local conference or institution's *Herald* correspondent. Stories submitted online at luc.adventist.org are automatically e-mailed to the local conference communication director. When submitting stories by direct e-mail, copy your local conference correspondent into the address. *Writers' Guidelines* are available from conference correspondents and online.

New Subscriptions: Requests should be addressed to the secretary of the local conference where membership is held.

Member, Associated Church Press
Indexed in the *Seventh-day Adventist Periodical Index*

Stephen Abrams II, 18, is a member of Chicago Academy's 2003 senior class and attends the Shiloh (Chicago) Church. Stephen was the student association president, senior class secretary, and a member of the National Honor Society.

Stephen says that he really enjoys reading God's Word, praying, and singing. He is the minister of music at his church.

The son of Stephen and Lisa Abrams of Chicago, Stephen plans to go on to college and major in musical performance and interior design.



Stephen Abrams II



Whitnei Johnson

Whitnei Kristen Johnson, 17, just completed her junior year at Chicago Academy and attends the Hyde Park (Chicago) Church. She has been the student association vice president, junior class treasurer/chaplain, and a member of the National Honor Society.

Whitnei says that her English teacher, Danielle Martin, taught her the importance of hard work and determination.

The daughter of Clinton and Leslie Johnson of Chicago, Whitney's ambition is to become a pediatrician.

ADDRESS CORRECTION

Numbers that appear above name on address label: ____ : ____ : ____

Name as printed on label (please print) _____

Address _____

City _____ State _____ Zip _____

I am a member of the _____ Church in the _____ (local) Conference.

- Please change my address as indicated above.
- I am not a Lake Union church member, but I would like to subscribe to the *Lake Union Herald*. Enclosed is \$8.50 for one year's subscription.

NOTE: If you are a member of a church in the Lake Union but are not receiving the *Lake Union Herald*, please request it through your church clerk or your local conference secretary.

Send this form to: *Lake Union Herald*, Address Correction, P.O. Box C, Berrien Springs, MI 49103.
Plan six to twelve weeks for new address to become effective.

Choose Seventh-day Adventist education and begin a... **JOURNEY TO EXCELLENCE**



Watch for the August *Lake Union Herald* education issue for more information.

To find a Lake Union Adventist school near you, visit <http://luc.adventist.org/education> or call (269) 473-8274.

Post Office Returns to:
Lake Union Herald
Box C
Berrien Springs, MI 49103

PERIODICALS