



*Lake Union*  
**HERALD**

FEBRUARY 2014

**ADVENTIST  
MIDWEST  
HEALTH**  
A LEGACY OF HEALING



## In every issue...

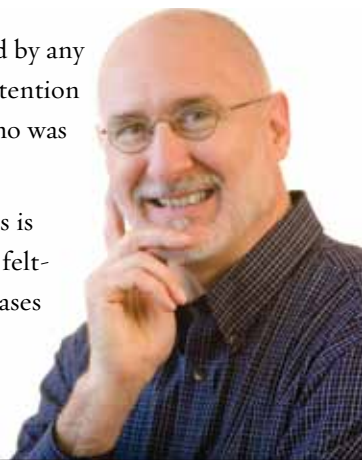
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## In this issue...

The healing ministry of Christ cannot be overlooked by any serious student of the gospels. Dr. Luke gave special attention to Christ's healing touch and presented Him as one who was touched by the infirmities of fallen humanity.

The work of the Adventist Midwest Health hospitals is intentionally designed to meet people at their deepest felt-need by relieving their suffering and healing their diseases in the name of Christ.

  
Gary Burns, Editor



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The *Lake Union Herald* (ISSN 0194-908X) is published monthly by the Lake Union Conference, P.O. Box 287, Berrien Springs, MI 49103-0287. Periodicals postage paid at Berrien Springs, MI, and additional mailing offices. Yearly subscription price is \$12.50. Vol. 106, No. 2. POSTMASTER: Send all address changes to: *Lake Union Herald*, P.O. Box 287, Berrien Springs, MI 49103-0287.



## Written All Over Her Face

I wrote two months ago about the value of a warm smile and how people feel accepted and safer when there is a climate of joy and friendly faces. To review what I stated, as my wife, Barbara, and I visit churches around the five conferences of the Lake Union, those with the most inviting climate usually have one to three key people who lead the congregation in a positive, friendly way.

But now, let's also focus on those who have other things written all over their faces. Some people are just more serious. Not unhappy, just serious. But there are also people who have the weight of the world on their shoulders — a weight that creates what is, at times, unspeakable pain and agony. Jesus had that kind of look on His face as He entered the Garden of Gethsemane just before He was arrested, tried and crucified. That kind of weight often is caused by any number of personal conditions and situations, and we are in no position to presume we can caste judgement.

I recently saw a short video clip produced by a hospital system. It showed numerous patients and health-care professionals working, walking, sitting and interacting. As each person came into the frame, there were captions that described what was going on in their life, such as: Just received the good news of a benign tumor; Just diagnosed with cancer; Child in critical condition; Spouse dying; Just laid off; Just received a promotion. Person after person was shown with glimpses of what was driving their thoughts, and contributed to the expression on their faces.

One does not have to be extraordinarily gifted to spot happiness, sadness, anger and levels of grief. But it is not enough just to be observant. The ministry of Jesus consistently gravitated to those who needed His connecting, healing touch. He was close to His Father, and He went beyond the superficial to touch the very heart and soul of those He served.

His purpose was to do the will of the Father, and His mission was to express His Father's love, proclaim the kingdom of Heaven, and save the world. By observing people through His Father's eyes, He ministered to their felt needs, healed their wounds, and removed their illnesses. Our calling is nothing less.

It's typical for people to gravitate to those with a big, warm smile. But it is also essential to connect with those who are in pain. Sometimes, the pain is from the backwash of one's own sin, while too often it is from the direct result of the sin of someone else. Regardless of the cause, this kind of pain is best treated with understanding, compassion, forgiveness, love, caring and encouragement.

Begin to see others through the eyes of Christ, and extend His pain-healing ministry to those you meet along life's way.





## Reflecting Him

IN OUR PROFESSION AND MISSION

BY GEORGE AGOKI, RACHEL BOOTHBY AND WAGNER KUHN

**T**he Bible verses 1 John 3:17, 18 speak of how we must be willing to share the knowledge of truth and be helping hands to those in need. Christ’s ministry had a lot to do with the work of His hands — at first in the carpenter’s shop, and then through His healing ministry. We train for a profession not only to make a living, but also to work with a Christ-centered perspective. He is the Master Craftsman, and we should emulate His work ethic, creativity and diligence in whatever profession we find our calling.

The Department of Engineering & Computer Science at Andrews University works hard to demonstrate their commitment to ministry through career.

“This summer I took students to Singapore for a study tour,” says Boon-Chai Ng, professor of engineering. “While there, we volunteered our time and abilities to refurbish a walkway for a local church. It is through these types of activities — meeting the needs of others — that we grow.”

This is not the first such project on which professors and students have collaborated. For their senior project in 2012, engineering students Adam Shull and Spencer Groff worked with Hyun Kwon, professor of engineering, on a portable water treatment system for missionaries. They chose this project because there are many service-oriented organizations, such as Maranatha, ADRA (Adventist Development and Relief Agency), the American Red Cross and World Health Organization, that send employees and volunteers into countries that do not have an adequate water supply. Their water purifier system



*While on a study tour in the Philippines, Andrews University students put their studies and skills to good use by helping a local church with a building project.*

would provide enough clean water for 30 people for 30 days.

“Both we and our students are passionate about choosing projects and conducting research that make an impact on society,” says Hyun. “Engineering is about how to make life better for others. That is what I do, and that is what I teach.”

In Hyun’s lab, the research team is working on biosensor development. This type of technology is helpful in diagnosing diseases on the spot, which could improve the speed of treatment. They are working to develop a system that is inexpensive and portable so it can be made available to underdeveloped countries.

Due to their interest and involvement in service to underprivileged communities, the Department of Engineering & Computer Science has begun to implement a chapter of Engineers Without Borders (EWB), and has plans to travel to a location, yet to be determined, within the Americas in the spring. EWB is a nonprofit organization that works with community-driven development programs worldwide to create and complete sustainable engineering projects.

“Joining Engineers Without Borders will help us to continue fulfilling our mission of service and meeting people’s needs,” says Boon-Chai. “It will give us the framework to use our engineering skills in design, collaboration and service to further Christ’s mission.”

Andrews University’s EWB project will bring basic resources such as water or electricity to an underdeveloped country.

“When the apostle Peter talks about the chosen people, the royal priesthood, the holy nation, the people that belong to God, he is referring to all members of the Body of Christ — those who have joined God’s church and follow Him as His disciples,” says Wagner Khun, professor of world mission and intercultural studies. “Interestingly, the body is made up of different members, each one with skills and abilities that add to the proper functioning and life of the whole.”

Indeed, Jesus “calls for volunteers who will cooperate with Him in the great work of sowing the world with truth ... in every place to which they can gain access” (*Selected Messages*, Vol. 1, p. 112).

“Christ is our model, and we have the example of the apostles emulating Him, such as Paul with his tentmaking profession,” points out George Agoki, chair of the Department of Engineering & Computer Science. “Tentmaking was an economic support, but the mission mindset was not separate from the profession. Engineers can do this by using their creativity and hands to reach others.”

Through programs such as EWB, student projects and research, there are ways to make this tangible by meeting people’s needs for water, sanitation, electricity/energy and technology. Trained professionals, such as engineers and other scientists, are making the world a better place with the mission of saving souls for Christ as the end goal.

“More than ever, we need to encourage and support various types of mission platforms and activities,” says Hyun. “A multifaceted mission effort that involves young people and experienced professionals, such as those at Andrews University, is increasingly important.”

Ruth E. Siemens, in her article “Why Did Paul Make Tents?” at <http://www.globalopps.org>, offers the following reasons why this is important:

- It provides entry into creative access countries. More than 75 percent of the world population, including most unreached people, lives in countries that do not allow entry of Christians as missionaries.

- It provides natural contact with non-believers in both creative access and open countries. This is essential for winning them. Volunteers and professionals relate easily to their professional counterparts abroad.
- It conserves the scarce Adventist church mission funds for missionaries that must have full support, at a time of rising costs worldwide and an often-uncertain economy.
- It multiplies our personnel. There never will be enough paid religious workers. Professional lay people who witness in the workplace add a great resource to world evangelism, which was initially a lay movement.
- It supplements Christian media by incarnating the gospel for millions now able to hear it. The gospel must be seen as well as heard. Missionaries of various professions are able to fish out listeners, disciple them, and then establish fellowships/churches.
- It can reduce the attrition rate of missionaries (many return home after just a couple years of service). Professionals who have supported themselves through the language and culture learning period are tried and proven. They are likely to last because they know the real life out there, where they have lived and worked.
- The Church, through institutions/agencies like Andrews University, Loma Linda University, ADRA, Food Industries, etc., gains favor with governments when some of their members (professionals) use their skills in helping to develop partnerships with and at secular institutions.
- Self-supporting tentmakers or professionals offer ideal opportunities for missionaries from countries that cannot follow the Western model of donor support.

“Tentmakers are an integral part of God’s mission,” says Hyun. “Members of the Body of Christ should not ignore opportunities to serve in well-paid jobs worldwide. All efforts and opportunities should be encouraged and supported so that the gospel will be witnessed, lived out and preached to as many people and in as many countries as possible.”

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George Agoki is chair and professor of Engineering. Rachel Boothby is the enrollment coordinator for STEM (science, technology, engineering and math) Marketing & Enrollment. Wagner Kuhn is professor of World Mission and Intercultural Studies.

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Note: To learn more about this field and the opportunities it brings, join the Department of Engineering & Computer Science at Andrews University during Engineering Week, February 20–23. The Department will host an open house, engineering challenges and spiritual fellowship for those interested in this profession. Email Rachel Boothby at [stemconnect@andrews.edu](mailto:stemconnect@andrews.edu) for more information.



## The Gift of Time

CHILDREN SPELL LOVE . . . T-I-M-E

BY SUSAN E. MURRAY

**W**hat an interesting phenomenon, this thing called “time!” It “flies” when we are having fun, and it “crawls” when we’re bored. We “make” time, “lose” time, and “give” time. Yet, we don’t earn it, own it, or control it. In fact, sometimes it seems to control us!

The reality is that when God created the world, there were 24 hours in a day. There has never been more. There has never been less. There will never be more. There will never be less! I choose to see that as a blessing!

The challenge is to find time for the right things, those things we say we value. Individuals and businesses make good money telling people how to manage their time. Men and women who try to balance the many obligations, responsibilities and desires that clamor for their attention have created these demands, resulting in a professional organizing industry with certified professional organizers in many countries around the world.

Families are caught in what’s called the “time trap.” If you are a parent, you know that when children start school their calendars and daily schedules become part of our schedules. It’s not unusual to be in a family with little ones and school-age children at the same time. Whew! It’s a lot to manage!

Perhaps Christian families feel an extra burden because we have church responsibilities, and value taking time for personal and family devotions. We all know that developing and nurturing faith in a home requires preparation and study, which involves time. Sometimes it just seems to be an overwhelming task! It’s easier to skip these things we say we value now and then, or even most of the time, even though we recognize our sense of uneasiness.

A young mother tells of a morning when her son, Joe, watched quietly and patiently as she attended his baby sister. Occasionally, he toddled off to see or do something else,



but then returned to her side to watch. This morning, he seemed particularly attentive as she went through the ritual of bathing and feeding his little sister. Finally, the baby was settled down for her morning nap. Feeling a tug on her leg, the mother looked down to see Joe’s smiling, expectant face looking up at her. “Our time?” he asked.

“Yes,” she replied. “It’s our time!”

This toddler had come to expect that at this time of the day he had his mom’s undivided attention. Already he was learning the rewards of patience, and she observed how important this time was to him. He also was learning that he could count on his mother, part of the process of learning he also could count on his Heavenly Father.

This incident reminded me how important it is that we “take” time, in a consistent way, with our children, no matter their age. I also was reminded of God. He watches us and waits patiently for us while we are engaged in the busyness of our lives. How delighted God must be when we pause to acknowledge “our time” with Him!

Spending time alone with God each day, in our own way, and planning for times together in worship are two major challenges of Christian parenting, but oh, how sweet the rewards!

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Susan E. Murray is a professor emerita of behavioral sciences at Andrews University, certified family life educator, and licensed marriage and family therapist.

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P.S. I encourage you to consider removing the phrase “I didn’t have time” from your conversations. Bottom line, it’s really about priorities.

*More colored and leafy vegetables are good for your heart.*

## Heart Smart

BY WINSTON J. CRAIG

*Step up your walking speed for better health.*

**T**he heart is a tireless worker, silently pumping blood around the body, all day, every day. Beating 100,000 times a day, it pumps a total of 2,000 gallons daily. It deserves special attention, since heart disease is our No. 1 killer. Our life depends upon our heart functioning effectively.

Our lifestyle influences heart health dramatically. Stress, smoking, high blood pressure, diabetes and being overweight are all associated with a greater risk of heart disease, while proper food choices and regular exercise do much to promote a healthy heart and healthy blood vessels.

Recently, researchers at Harvard University tracked 115,000 men and women during a period of two decades, and reported the risk of dying from heart disease was 29 percent lower among those eating nuts daily compared with those who never ate nuts. Those with the highest intake of fruit and vegetables (not including potatoes and fruit juices) had a 17 percent lower risk of heart disease. A higher consumption of citrus fruit, green leafy vegetables, and those fruits and vegetables rich in carotenoids (yellow-orange pigments) and vitamin C were associated with a lower risk of heart disease. The data suggested that the absolute quantity, rather than the variety of fruit and vegetable intake, was the important factor in lowering the risk of heart disease.

Consuming a traditional Mediterranean diet (rich in olive oil, fruit, nuts, vegetables and cereals, and low in dairy, meats and sweets) is known to be associated with a lower risk of cardiovascular disease. In the PREDIMED study in Spain, involving more than 7,400 persons at high cardiovascular risk, researchers reported recently that participants consuming a Mediterranean diet supplemented with either extra-virgin olive oil (4 tablespoons/day) or an ounce of mixed nuts (walnuts, almonds and hazelnuts) experienced



a 30 percent reduced risk of heart attack and stroke compared to those consuming a reduced fat control diet.

Results from the National Walkers' Health Study, tracking 39,000 recreational walkers, found that the risk of death increased substantially in those walking slower than 2.5 mph compared with a faster pace, even among subjects who exercised regularly. Those reporting a pace slower than a 24-minute mile showed a 44 percent increased risk for all-cause mortality, a 44 percent increased risk of cardiovascular diseases, and a five-fold increased risk of dementia.

In the Adventist Health Study report last summer, vegetarians had a 20 percent reduction in risk of dying from heart disease, with the risk reduction being greater in men than in women. In another study, those who ate dry beans and lentils four or more times a week showed a 22 percent lower risk of heart disease.

Although firefighters are exposed to many occupational risks, only lifestyle factors were significant predictors of heart disease for them. Consumption of whole grains and a lower body weight were associated with a reduced risk of heart disease. Greater whole grain cereal intakes are known to substantially lower the risk of heart disease and hypertension. The bran layer provides magnesium, phytosterols and the antioxidant ferulic acid to protect us against chronic diseases.

Winston J. Craig, Ph.D., RD, is a professor of nutrition at Andrews University.





# PRESENT TRUTH

*Following the Lamb wherever He goes*

## The Right Arm

BY THE EDITORS

“**T**he gospel of health has able advocates, but their work has been made very hard because many ... in influential positions, have not given the question of health reform its proper attention. They have not recognized it in its relation to the work of the message as the right arm of the body. While very little respect has been shown to this department of our work by many ... the Lord has shown his regard for it by sending to it abundant prosperity. When properly conducted, the health work is an entering wedge, which will make an opening for other truths to find entrance to the heart. When the third angel’s message is received in all its fulness, health reform will be given its place in the councils of the Conference, in the work of the church, in the home, at the table, and in all the household arrangements. Then the right arm will work to serve and protect the body.

*“I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service. And be not conformed to this world; but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God. This solemn exhortation, found in the twelfth chapter of Paul’s epistle to the Romans, should be prayerfully studied by us. Only those who practice self-denial and self-sacrifice, living simple, healthful lives, will understand what constitutes the acceptable and perfect will of God.*

“The twelfth chapter of Romans was presented to me as written in golden characters, containing wonderful truths, which are not practiced. In this chapter the voice of God is speaking to us in clearer, stronger words than I could express. The fourteenth chapter also is the voice of God to those who are engaged in the work of health reform. Study these chapters, brethren and sisters, and make them your guide in future labors.

“The Lord desires his church to be a perfect body, — not all arms, not all body without arms, but body and arms together, — and every member working as a part of the one great whole. As the right arm is connected with the body, so the health reform and medical missionary work is connected with the third angel’s message, and is to work efficiently as the right arm, for

the defense of the body of truth” (*Review and Herald*, June 20, 1899).

This column is designed to promote searching the Scriptures on current topics — in community, through prayer. Invite others to join you in a prayerful response to these thoughts:

- What is the general theme of Romans 12?
- What does the phrase “in view of God’s mercy” mean to you, personally?
- What relationship does God’s mercy to you personally have to do with your healthful practices?
- It appears that Paul is suggesting we are to present our physical well-being and energies to God as a prerequisite for being able to understand and comprehend His will for us personally. How do you read this?
- What is the general theme of Romans 14?
- Why do you suppose the author linked Romans 14 to Romans 12?
- Why does the subject of health seem to foster conflict over “disputable matters?”

Each of us will give an account of ourselves to God. *Therefore let us stop passing judgment on one another* (Romans 14:12, 13 KJV).

The Lake Union Herald editors



## Praying God's Will

*Thy will be done in earth as it is in heaven.* — Matthew 6:10 KJV

If we were to keep record, many of us would realize that the content of our prayers are mostly petitions. And if we were to compare our prayers, we'd have to admit that many of our petitions are in conflict with each other: "Lord, please don't let it rain tomorrow for my garden wedding!" and "Lord, please let it rain tomorrow so our crops won't fail!"

Petitions are good, and Jesus encourages us to ask. Even Jesus' model prayer is packed with petitions (see Luke 11:1–13 and Matthew 6:9–13). Many of us learned this prayer at an early age. Occasionally, we recite it together as a congregation, while some pray it every day as part of family or personal worship. But how serious are we about this first petition in The Lord's Prayer: *Thy kingdom come, Thy will be done?* What would that mean to our routine if we begged for that prayer to be answered in our lives?

Some prayers are in direct conflict to the revealed will of God: "Lord, please help me pick the winning lottery numbers," while others can be prayed with absolute confidence and assurance of God's will: "Father, forgive them," no matter how offensive their actions.

To pray God's will be done assumes we have set our own will aside. It's to pray with Jesus, *Abba, Father ... everything is possible for You. Take this cup from me. Yet, not what I will, but what You will* (Mark 14:36 NIV).

Honest praying acknowledges and recognizes our own will, and our own desires, just as Jesus pleaded, *Take this cup from me* (Luke 22:42 NIV). Committed praying places a higher priority on God's ultimate purpose for our lives than on our present situation.

Though we may express our desires honestly, praying for God's will means we are willing to sacrifice our will, no matter the consequences — even death. That requires not only a resolve and commitment, it requires a passion. In the case of a young bride, rain on a garden wedding may seem like a fate worse than death, but if her passion is to always be in her Father's will, she may pray, "Father, I pray that it doesn't rain on my wedding day, but if it does, give me the grace to be at peace and enjoy Your blessing and presence with me on this special day." A bride who prays such a prayer has experienced the ultimate will of God which is the miracle of transformation — from the classic bridezilla to the bride of Christ.

### Reflection:

- Are my petitions informed by God's will as revealed in His Word?
- Is my ultimate desire to be transformed into the character of Christ? How will that desire inform my prayers?
- Am I willing to die for the cause of Christ? What if that "death" is the death of ego, desire, power or reputation?

Gary Burns is the prayer ministries coordinator for the Lake Union Conference.

## Walk. Pray. Love.

THE GREAT COMMISSION WALKING MISSION

BY LINDSEY RUSK

**T**he Michigan City Church in Indiana instituted a new program called “Travel Walkers,” which encourages members to live the Great Commission with every step they take, starting in Michigan City, then Indiana, then the United States, then to the world. Their mission: Walk. Pray. Love.

Members use the steps they take to move along the way to the next mission project, where a gift of love is sent to a community in need.

**Walk:** In Travel Walkers, a member commits to wear a pedometer, provided by the church, everywhere they go. Members keep track of their steps and turn in weekly totals, which are converted into miles, using an average step length of 2.5 feet. Those miles are then plotted on a predetermined route to the next mission project.

**Pray:** As the Travel Walkers move along the route to their destination, a list is compiled of the Seventh-day Adventist churches, schools and administration buildings within a 25-mile radius of their route. This list is posted, along with progress made toward the final goal, and prayed over. Members pray for the churches and their missions in their communities that they may be a “light unto the world.”

**Love:** At the final destination, a gift of love is given to the people of the community.

The mission projects are voted on by the church members, so each is invested in the project. The current goal is to sponsor a well and clean water project in Togo, Africa, through ADRA. The church chose a northwestern route, using the Bering Strait, to cross between continents. When asked how they would make it across all that water, Dean Cooper, a church elder, responds, “If we keep our eyes on Jesus, it will be just like walking on dry land.”



The Travel Walkers program at the Michigan City Church in Indiana encourages members to live the Great Commission with every step they take.

The church has voted to stop in west Texas and Boulder, Colorado, to send money for disaster relief and pray for the people of those communities. As needs arise, other gifts are given so the image of Christ may be spread to all nations and peoples in their time of need.

All members are encouraged to be involved actively in God’s work by taking something that everyone does on a daily basis like walking and making it mission-minded. The goal is not to make members go out of their way to reach unrealistic goals, but, instead, to use what people already do for God. Maureen Chism, church clerk, says, “For me, it is not about the health benefits; yet, the benefits just seem to come along with the program.”

Some members have gone the extra mile, and are living examples of what the Adventist health message can look like when applied to someone’s life.

Travel Walkers has changed the lives of the Michigan City Church members. It has made them more active Adventists in their own community and in other communities as well. To date, church members have walked more than 6.2 million steps or 3,000 miles. In the three months since the program’s inception, church members have prayed for more than 100 communities around the nation.

Lindsey Rusk is the communications secretary of the Michigan City Church.



## El Espíritu Santo

FUENTE DE AMOR Y PODER

POR CARMELO MERCADO

*La ausencia del Espíritu es lo que hace tan impotente el ministerio evangélico. Puede poseerse saber, talento, elocuencia y todo don natural o adquirido; pero, sin la presencia del Espíritu de Dios, ningún corazón se conmovirá, ningún pecador será ganado para Cristo. ... Es privilegio de todo cristiano no sólo esperar sino apresurar la venida de nuestro Señor Jesucristo. Si todos los que profesan su nombre llevaran frutos para su gloria, ¡cuán prestamente quedaría sembrada en el mundo la semilla del evangelio! La última mies maduraría rápidamente, y Cristo vendría para recoger el precioso grano. Mis hermanos y hermanas, rogad por el Espíritu Santo. —Testimonios para la iglesia, tomo 8, pp. 29, 30*

La sierva del Señor pronunció estas palabras al pueblo de Dios en el año 1903. Cuando las leí por primera vez pensé que quizás en el momento que las escribió la obra no crecía mucho, y por esa razón ella las dijo. Decidí entonces leer los informes misioneros de ese año en la revista Review and Herald. Lo que me impactó fue ver que a pesar de que nuestra iglesia tenía sólo cuarenta años de existencia, crecía en forma notable en diferentes partes del mundo. Es más, en ese momento no había otra denominación que creciera tan rápidamente como la nuestra. Y me hice la pregunta: ¿por qué dijo ella que a la iglesia le faltaba poder?

La respuesta es que en ese momento la iglesia Adventista hacía frente al problema de la teología panteísta del renombrado líder de la obra médica, el Dr. John Harvey Kellogg. Dicha controversia causó mucha tensión a los administradores de la iglesia. Elena de White vio que no sólo la teología estaba equivocada sino que la actitud de los que discutían estaba también equivocada porque carecían de amor. Durante una reunión en la que estuvieron presentes los administradores de la iglesia y Elena de White, ella relató una visión en la que había visto a algunos hombres hablando de las faltas de otros y que el ángel le había dicho que estaban siendo guiados por otro espíritu. En la página 253 del tomo mencionado arriba ella resume la atmósfera de su tiempo con estas palabras sencillas: “Hay hoy una gran necesidad de amor fraternal en la iglesia de Dios”. Es evidente que la obra sí crecía en



*Hermanos que se unen en oración en el evento “Jesús. Todo.” en la Universidad Andrews.*

el año 1903 pero era un crecimiento basado en los esfuerzos humanos y lo que impedía el progreso era la falta de amor fraternal.

Al mirar hoy hacia atrás y ver el progreso que la iglesia ha hecho desde sus comienzos, se puede concluir que hemos avanzado mucho en la predicación del evangelio. Pero me pregunto si el progreso habrá sido

limitado por la misma situación que hubo al principio. Elena de White escribió de manera muy clara que para terminar la obra y apresurar la venida del Señor: “rogad por el Espíritu Santo”. En este nuevo año es mi deseo animar a los hermanos de nuestra Unión a reunirse en grupos de oración y pedirle a Dios que nos conduzca a amarnos los unos a los otros para poder estar listos para recibir su Santo Espíritu.

Carmelo Mercado es el vicepresidente de la Unión del Lago.





# *Extending the healing ministry of Christ*

**IN THE CHANGING  
LANDSCAPE OF  
HEALTH CARE**

BY DAVID L. CRANE

Inside the walls of our hospitals — Adventist Bolingbrook, Chippewa Valley, Adventist GlenOaks, Adventist Hinsdale and Adventist La Grange Memorial Hospitals, there are teams of people who are dedicating their lives to the worthwhile and sacred work of health care. Each day, I hear stories of how our caregivers are providing care and comfort as they faithfully obey God's call.

These are tough times in health care. With accountability and reform at the top of the national agenda, we are tasked with improving our systems while simultaneously continuing to provide the best care possible to patients and their families. It's a challenge our leaders have embraced; we realize how fortunate we are to belong to Adventist Health System, one of the nation's top health systems. At the local level, we are blessed by our strong connections to the communities we serve.

Of the many top quality health care choices in the Chicago market, we want to be among the best — providing superior clinical outcomes in an outstanding service environment. Consumers are demanding increased value and more outpatient services. They are best served in a system of care that goes beyond the hospital. We must grow and expand what we offer, who we partner with, and better understand how we all can work together. We are taking the right steps to achieve higher quality and satisfaction scores, while meeting our financial goals, in order to succeed in this market.

While we continue to invest in new technology and infrastructure improvements, we have a special effort in place to create a memorable patient experience. We want our patients to feel God's compassion, grace and truth through our hands, giving them hope and healing. We call this effort "Transforming Care — Transforming Lives." But what does this really mean? When Jesus healed, He focused on transforming a person's life. I'm convinced that the work we do can change people's lives. From holding someone's hand to praying with a patient, we have been called to this field of service, and it is truly a gift.

One of my favorite verses in the Bible is 2 Corinthians 5:20: *We are ambassadors for Christ, God is making his appeal through us. We implore you on behalf of Christ, be reconciled to God* (ESV).

We are His hands, feet and voice to God's world. The work we do inside the walls of our hospitals are just an excuse to do our real mission — to reconcile people with God.

No matter how many accolades we earn — and we have many — Adventist Midwest Health offers our community much more than sophisticated, high-tech medical services. We offer a spiritual refuge, a Seventh-day Adventist Christian organization with its arms open to all without regard to their personal religious preference.

Sharing the following stories from our facilities in suburban Chicago reminds me that despite the changing circumstances of this world, if we stay true to our timeless mission of extending the healing ministry of Christ, we will do more than survive — we will thrive.

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David L. Crane is the president and CEO of Adventist Midwest Health.



# The work we do inside the walls of our hospitals are just an excuse to do our real mission — to reconcile people with God.



# Making Choices With God

BY CHRIS LaFORTUNE

In the chapel at Adventist La Grange Memorial Hospital in La Grange, Illinois, the lights were dim and quiet, and music whispered from a small CD player near the front of the room.

Around the chapel were small rest stations, arranged to allow visitors to sit and reflect. On the walls at each station were posted inspirational sayings like, *Delight yourself also in the Lord; and he shall give you the desires of your heart* (Psalm 37:4 KJV).

In the light of the large cross featured at the head of the chapel was a small artificial tree, its gold-colored branches decorated with leaves and small, colorful sheets of paper. Each held brief messages left by those who had visited the chapel.

Some were cries for help: “Help me to get over my bad problem and be a better person.”

Others were reminders to live better: “Listen. You’ll be surprised by what you hear.”

This tree was an exercise in CREATION Health, titled “Step Into Smart Choices.” It was an invitation by the hospital’s Pastoral Care staff, offering visitors a chance to commit to a positive change in their lives.

CREATION Health is a creation-based lifestyle for optimal wellness with eight guiding principles: Choice, Rest, Environment, Activity, Trust, Interpersonal Relationships, Outlook and Nutrition. The tree activity represented an exercise in Choice.

“We chose a tree because the tree, even in the Bible, has a special place,” said chaplain Aleks Tanurdzic, manager of Pastoral Care at Adventist La Grange Memorial Hospital. “The Bible starts with a story of one tree, the Tree of Knowledge of Good and Evil. It finishes with a tree, the Tree of Life.”

By asking people to make these promises in the chapel, the hope is that they will commit to them more strongly, said



Kathy Morrissey, clinical coordinator for Cardiac Rehab at Adventist La Grange Memorial Hospital, looks through messages left by people on a small tree in the hospital’s chapel. The tree was part of a CREATION Health exercise, “Step Into Smart Choices.”

Michelle Lucak, CREATION Health leader at Adventist La Grange Memorial Hospital.

“You’re making those choices in front of God and in front of yourself,” Michelle said. “You’re making honest, positive choices that are going to be more sustained.”

The tree is just one aspect of CREATION Health that the hospital has offered the past few months, Michelle said. In 2013, the hospital focused on Interpersonal Relationships, and

delivered “Friendship Mail” between colleagues. More than 250 postcards circulated around.

“They were posted all over the hospital,” Michelle said.

This winter, staff could receive a ten-minute chair massage, focusing on Rest. And in January, it hosted “Fun Fridays” to improve Outlook while at work.

While it’s up to individuals to decide to make changes in their lives, as many of the notes left in the chapel acknowledged, God helps guide us in seeing those changes through to the end.

“When you are making choices with God, then you fulfill God’s purpose and will for your life,” Aleks said. “It is different than when you make a choice by yourself.”

Chris LaFortune is a public relations specialist with Adventist Midwest Health.





# Supporting Typhoon Haiyan Victims

BY CHRIS LaFORTUNE

**T**hose gathered in the Fellowship Hall at Fil-Am Seventh-day Adventist Church in Hinsdale, Illinois, unpacked, sorted and repacked piles of supplies and clothes, preparing them for the victims of Typhoon Haiyan in the Philippines.

About 30 volunteers sorted supplies and packed boxes throughout the morning. While this crew prepared supplies for shipment to the Philippines, others brought in more boxes from a local warehouse where everything collected had been stored.

Among the many supplies stacked around the room were items donated by staff at Adventist Midwest Health hospitals — hospital linens, medical supplies, hygiene

items, clothing and food. The hospitals began gathering these items shortly after the typhoon landed in the Philippines on November 8, 2013, a collection organized by Adventist Hinsdale Hospital chaplain Dan Ocampo.

“It’s been a humbling experience, the generosity everyone has shown,” Dan said. “When you have love, you can do anything to help those who need it the most.”

Dan is Filipino, and still has family living in the Philippines. Fortunately, they live far to the north — away from where the typhoon did most of its damage, but the typhoon’s devastation left him aching.

“I was speechless for the entire night and day,” Dan said of his response to the first images he saw coming out of the Philippines. “When people began to inquire about what we could do, I said, ‘The only thing we can do is help in any way we can — by asking people to help.’”

And help they have. The outpouring of love from staff at the four hospitals has made this huge undertaking an easy task in the end, Dan said.



Chaplain Dan Ocampo labels a box of clothing for shipment to the Philippines. The Adventist Midwest Health hospitals donated various items to an effort to support victims of Typhoon Haiyan.

“Love never ceases to live,” Dan said; “it’s the prime mover of all this. As Jesus said, *As I have loved you, so you must love each other. By this everyone will know that you are my disciples, if you love one another* (NIV).”

Among the most helpful through this experience has been Ross Gavino, a physical therapist at Adventist La Grange Memorial Hospital, Dan said. Ross collected the bulk of the donations, stor-

ing the items at a gym he owns. He and his network of friends gathered more than 300 boxes of food, medicine, clothes, blankets, diapers, medical equipment and more in the weeks following the typhoon.

“We had so much donated that it took three truckloads to move,” Ross said. “We had people all over helping out and doing good.”

Ross also has family in the Philippines, though they, too, were safe from the typhoon. Despite that, like Dan, he felt driven to reach out and help.

“I’m hopeful that people get the goods and the help they need, and they’ll think, *Thanks be to God for everything that has been given to us*,” Ross said. “It’s been such a bad situation, but when you look at the outpouring of help, it’s shown that there is goodness in people, too.”

Chris LaFortune is a public relations specialist with Adventist Midwest Health.



# Helping the Needy Through Mission Trips

BY CHRIS LaFORTUNE

**T**he desperation visible during Julia Kang’s mission trip to the Fort Peck Reservation in Poplar, Montana, was the most striking aspect of her time there.

“The Badlands is beautiful,” Julia said, “a picturesque scene you might expect to come up on your computer screensaver. That being said, the land where the reservation is, they call it ‘The Badlands’ because you can’t grow anything on it. It’s very barren.”

During the first week of June, Julia went on the mission trip with three other Adventist Midwest Health nurses — Ravi Khapekar and Sung Kim of Adventist Hinsdale Hospital and Miyoung Kim of Adventist Bolingbrook Hospital — to help members of the Sioux and Assiniboine tribes.

“When God blesses you with abundance, it is not because you have really done anything to deserve those things,” Julia said. “It is because God wants you to distribute those blessings to those in need.”

That is why she participates in the mission trip, which is organized by her church, the Lombard Seventh-day Adventist Church in Illinois.

“Those taking part serve not just people’s physical needs, but their emotional and spiritual needs as well,” Miyoung said. “For instance, high school students taking part conducted a Vacation Bible School. People were really touched by what the young people were doing; they were really impressed by them and their faith.”

Miyoung’s husband, Daniel, organizes the annual mission trip. It is a passion the couple shares.

“When you’re out there serving others, it makes you feel good,” she said. “You can make a difference in somebody’s life, and it changes your life, too, because you come to feel that joy of serving.”

For Ravi, this mission trip was his first to Montana. He has wanted to undertake such a trip since nursing school. His



From left: Registered nurses Julia Kang and Miyoung Kim work with a resident of the Fort Peck Reservation during their mission trip to Montana.

parents worked in health care in India, and operated a clinic, offering free days for children.

“It makes you feel a part of the community, that you’re doing something bigger than working and living life,” Ravi said of his service work. “You’re actually helping somebody else’s life get better.”

And on the reservation, the need is immense.

“Here we take for granted that you can go to the grocery store and get fresh fruits and vegetables,” Julia said. “There on the reservation, they’re living in trailers, their houses are run down. The majority of the population is unemployed. A lot of them don’t have the basic necessities that they need.”

People on the reservation do not always trust outsiders, Julia said. One such person was a dental hygienist who often comes to the reservation to provide dental care.

“The woman worried the mission group would be a detriment,” Julia said. “But on the last day of this year’s trip, the woman told the group she had changed her mind. She said the way we interacted with all the members of the community, the way we cared for them and for each other, really touched her heart. She actually asked if we could leave a Bible with her because we inspired her to start reading the Bible again.”

Chris LaFortune is a public relations specialist with Adventist Midwest Health.



# Strengthening Relationships with God at Camp

BY CHRIS LaFORTUNE

**A**sk Korena Wright what she most enjoys about going to Camp Akita, and the answer you get may not be entirely a surprise.

“The thing I enjoy the most is the horseback riding,” she said. “I like spending time with animals.”

But that’s not all the 12-year-old likes. The spiritual lessons Camp Akita has to offer mean a lot to her.

“I love learning about the Bible and what God wants us to be like,” Korena said.

Camp Akita is a Christian retreat center along Spoon River in Illinois. Owned by the Illinois Conference of Seventh-day Adventists, the camp is available for all members of the church and the community.

Each summer, Adventist Midwest Health provides financial support to employees who wish to send their children to camp. The hospitals cover half of the \$290 per week fee to help staff provide this special experience for their children, and sometimes

even grandchildren. The hospitals will offer scholarships covering 100 percent of the cost, if families need the support.

In 2013, 50 children were sponsored by Adventist Midwest Health.

Camp Akita is available to young people at a time when they are forming their spiritual commitments and lifestyle, said John Rapp, vice president of ministries and mission with Adventist Midwest Health.

“They’re developing a picture of who God is and what grace means in their lives,” John said. “It’s a good time for healthy spiritual formation. Camp Akita provides that.”

Korena has attended Camp Akita since she was 8 years old. Her mother, Jolene Wright, a part-time social worker at Adventist Hinsdale Hospital, said she was somewhat surprised the first time her daughter asked to go.

“She had never been away from us for a night, let alone a week,” Jolene said. “I wasn’t sure she would stay the whole week.”

Ever since that first summer, Camp Akita has become a part of the fabric of her daughter’s life. One summer,



*Each summer, Adventist Midwest Health provides financial support to employees who wish to send their children to Camp Akita in Illinois.*

Korena came home from camp wanting to be baptized.

“She was 10 at the time, and I just wanted to make sure she was really, really serious about that,” Jolene said.

She was. Upon coming home from Camp Akita the following summer, Korena started her own Bible studies and also took part in Bible study through church. She reiterated her desire to be baptized. She was baptized at Camp Akita this past year, during a trip with her family and church. John conducted her baptism.

“Everybody at Camp Akita is working together for the betterment of our kids,” Jolene said. “I just feel they do a great job bringing kids to Jesus.”

Maria Suvacarov, a nurse director at Adventist La Grange Memorial Hospital, has been sending her daughter, Emma, to Camp Akita for the past three years, and her son, Phillip, for the past two. Her children have formed a deeper connection to God because of the camp, she said.

“The spirituality of the camp is extremely important to us,” Maria said. “They have seen kids get baptized there. It’s a safe, spiritual place. It’s the only camp we’ll send our kids to.”

The hospital’s financial support for kids going to the camp is much appreciated, Maria said. It makes attending the camp all that much easier.

“They have so many different activities, and they’ve made so many new friends,” said Maria. “They have really great memories of camp.”

Chris LaFortune is a public relations specialist with Adventist Midwest Health.





# Spreading Christ's Healing Ministry

BY CHRIS LaFORTUNE

**B**efore training to become a certified nursing assistant, Denzel Washington had his concerns about hospitals. “Being a basketball player, if I have to go to the hospital, it’s usually not for anything good,” Denzel said. But his grandmother, a registered nurse, urged him to reconsider.

“She was always pushing me to go into a career in health care,” Denzel said. “When she found out they were offering a program through my school, she encouraged me to give it a try.”

The program is the Certified Nursing Assistant Academy, a collaboration between Adventist Hinsdale Hospital and the Hinsdale Adventist Academy. Each year, the hospital takes on ten students from the academy and trains them on the basics of nursing. Another ten students come from the hospital staff or from the surrounding community.

Denzel started with the CNA Academy program in January 2012. As he worked and learned, he came to love what he was doing.

“During clinicals, I helped this one lady,” Denzel said. “We were learning how to do nail care, and I cleaned her nails for her. She said, ‘No one takes the time to do this.’ I had a smile; she had a smile. That meant a lot to me to know I made her happy with something as simple as cleaning her nails.”

Today Denzel works as a patient care technician in training at Adventist Hinsdale Hospital while he attends college.

“That, in itself, is a blessing,” he said. “A lot of my friends don’t have jobs. ... If people have the opportunity to do something like this, they should take it.”

Now entering its third year, the CNA Academy is designed as an after-school program, offered from January to May each year, said Marcie Calandra, director in Nursing, Magnet and Process Improvement with Adventist Hinsdale Hospital.



*Pictured are members of the first Certified Nursing Assistant Academy class to graduate at Adventist Hinsdale Hospital. The program is a collaboration between Adventist Hinsdale Hospital and the Hinsdale Adventist Academy.*

“This partnership with Hinsdale Adventist Academy seemed natural, since our mission and values are the same,” Marcie said. “It’s an investment in nurses who can take care of patients and have the same values that we have.”

George Babcock, former principal of Hinsdale Adventist Academy, came up with the idea for the program, seeking a way to provide skills that could help his students find a job while attending college or after finishing school, said Cherish Martinez, coordinator for the Certified Nursing Assistant Academy.

“We’ve always had a close relationship with the hospital,” Cherish said; “this has just made it closer.”

Even if students do not eventually return for a job after finishing college, this program is allowing the hospital to spread its mission and values beyond its walls, Marcie said, introducing students to Christ’s healing ministry and allowing them to carry it with them wherever they go.

And while people involved in the program come from many different walks of life, what they have in common by working at the hospital is that underlying spiritual mission, Cherish said.

“They are there to take care of patients at their sickest, to pray with them if they want,” she said. “They’re taking care of a human soul who is one of God’s children.”

Chris LaFortune is a public relations specialist with Adventist Midwest Health.

# Reaching Out to Those in Need



BY CHRIS LaFORTUNE

Five years had passed since Sharon Banner last saw a doctor. Then, suddenly, she found herself in the hospital. Sharon had put off her health care for financial reasons. Up to that point, she focused on taking care of her son, and just could not afford to see a doctor.

But her family urged Sharon to seek out care and, finally, she visited the Community Nurse Health Center. They discovered her blood sugar levels were much too high, and immediately sent her to Adventist La Grange Memorial Hospital. Sharon warned them she could not pay for her care, but she was told that all would be taken care of later. Sharon needed help.

“I feel like they saved my life,” Sharon said. “I’ve never had better care.”

Thanks to The Community Healthcare Network of the Western Suburbs, more than 2,000 low income, uninsured adults each year access outstanding health care they otherwise could not afford. The partnership is a collaboration between Adventist La Grange Memorial Hospital, Community Nurse Health Center and area health care providers.

“The primary mission of our hospital is to extend Christ’s healing ministry to everyone,” said Lary Davis, chief executive officer with Adventist La Grange Memorial Hospital. “This is especially true for those who are unable to afford care on their own. Everyone deserves high quality care, and that’s what this program provides.”

Patients receive care from doctors in the hospital’s Family Medicine Residency program. They are passionate about the mission and service to the community, said Jennifer



Jennifer Swoyer, D.O. (left), associate program director for the Adventist La Grange Memorial Hospital Family Medicine Residency program, examines a patient.

Swoyer, D.O., associate program director.

“It’s part of being a doctor,” she said. “As physicians, we truly believe medicine is a right, not a privilege. It’s hard to understand the needs of the community when you’re harbored in an office all day.”

Patients in the program go to Community Nurse or the Adventist La Grange Memorial Hospi-

tal Family Medicine Center for their primary health care, said Angela Curran, chief executive officer with Community Nurse.

A regular office visit can be scheduled at minimal cost, while lab work is provided free by the hospital. The hospital also provides diagnostic tests for patients, such as X-rays or MRIs.

“If patients need hospitalization, they are admitted to the hospital,” Angela said. “If they need to go to the emergency room, the hospital does not charge them.”

Providing such care is consistent with the teachings offered in Deuteronomy 15:7, 8, which states, *If among you, one of your brothers should become poor, in any of your towns within your land that the Lord your God is giving you, you shall not harden your heart or shut your hand against your poor brother, but you shall open your hand to him and lend him sufficient for his need, whatever it may be.*

Chris LaFortune is a public relations specialist with Adventist Midwest Health.

# Following God's Call to Hospital Ministry

BY CHRIS LaFORTUNE

**A**dventist Bolingbrook Hospital Chaplain Cristina Grys heard the call to ministry when she was 17 years old, as a high school student in Portugal.

At that time, she wasn't sure what she wanted to do. All her career testing was pointing her to civil engineering, but her passion for the field was lacking.

"So I started praying and asking God to guide me," she said.

During her senior year of high school, Cristina found her way. She had viewed an environmental documentary and was touched by the difficulties the planet faced.

"Right then and there, I prayed to God that I wanted to do something for my life that will matter for eternity," she said. "I wanted to help tell about Jesus."

Shortly thereafter, she learned about an Adventist college in Spain where she could study theology. Her excitement for the possibilities grew.

"I told my parents, 'I know what I'm going to do. I'm going to study theology in Spain,'" she said.

Today, Cristina is spreading God's word at both Adventist Bolingbrook and Adventist GlenOaks hospitals. After just a few short months, she feels that she is doing just what God called her to do.

"I've met people who are struggling with addictions, at the end of their rope, with tears in their eyes," Cristina said. "Some of my best visits have been with people where I needed to give some advice, pray with them, and listen to their stories, listen to how they got there. It's a very meaningful ministry."

Cristina traveled a long road before finding herself in Bolingbrook. Upon receiving her pastoral assistance degree in Spain, she attended Walla Walla University in Washington, to finish her theology degree and study music.

Cristina's background and talents make her a perfect fit for the hospitals, said John Rapp, vice president of ministries and mission.



Cristina Grys works as a hospital chaplain at both Adventist Bolingbrook and Adventist GlenOaks hospitals.

"Her theological background is impressive, but Cristina has so many talents that go beyond that," John Rapp said. "She speaks four languages, speaking English, Portuguese, Spanish and French. Her musical background adds such an important part to her ministry. She is the perfect addition to our team."

Cristina uses her musical talents in her ministry, working with behavioral health patients at Adventist GlenOaks Hospital.

"I bring my guitar and song lyrics," Cristina said, "and the whole time I'm there, I help these patients ... We talk about the music, and what it means to them, and then we sing."

After finishing at Walla Walla, Cristina went on to Andrews University in Michigan to study for her master's degree. While there, she met her husband John who also was studying for pastoral ministry. Since then they have pastored in several churches around the country. Recently they have moved to Chicago where John works as a pastor at two Seventh-day Adventist churches in the Chicago suburbs: Burr Ridge Seventh-day Adventist and Naperville Seventh-day Adventist.

Cristina and her husband have two sons, one attending Walla Walla and studying abroad in Spain, the other attending Hinsdale Adventist Academy.

Cristina believes God has called her to work with Adventist Midwest Health. She believes He wants her to reach the people she meets through her ministry.

"When God calls, I go," she said. "I feel like He opened the right doors at the right time for me to do this job. I'm very thankful."

Chris LaFortune is a public relations specialist with Adventist Midwest Health.





# Transforming Adventist GlenOaks Hospital

BY CHRIS LaFORTUNE

**A**dventist GlenOaks Hospital is working to transform itself into one of Adventist Health System's first CREATION Health-oriented hospitals. A creation-based lifestyle for optimal wellness, CREATION Health's eight guiding principles are: Choice, Rest, Environment, Activity, Trust, Interpersonal Relationships, Outlook and Nutrition. When in balance with these principles, we are CREATION-healthy in the way God intended for us.

Adventist GlenOaks Hospital is undergoing a significant renovation to its patient-facing areas and, as it does, the hospital is working to integrate CREATION Health principles into various aspects of its redesign. For instance, in the cafeteria, the artwork on the walls tells the story of the eight guiding principles of CREATION Health. Other areas of the hospital will each focus on one specific principle, said Erin Gerber, the hospital's administrative director of marketing and service line development.

"The artwork in patient rooms will visually represent Rest," Erin said. "Several hallways will promote Activity, and several waiting rooms will focus on Outlook."

In each unit, the hospital plans to have a plaque that will explain the artwork as well as the CREATION Health guiding principle that is illustrated. The hospital's color palette will focus on spring colors, invoking peace and tranquility for patients with the goal of providing an overall uplifting experience, Erin said.

This patient experience goes beyond décor. When the hospital's chaplains visit patients, they plan to focus their discussions on whole person care in alignment with the teachings of CREATION Health.

Each Adventist Midwest Health hospital is working to find innovative ways to incorporate CREATION Health within their work.

One approach all four hospitals are taking to accomplish this is through the "Healthy You" program, a four-month wellness



Artwork in the Adventist GlenOaks Hospital cafeteria tells the story of the eight guiding principles of CREATION Health.

program that starts this month. The program focuses on helping staff members transform their lifestyles for lifelong improvements, in alignment with CREATION Health, said Sandy Dixon, manager of cardiopulmonary rehab.

CREATION Health provides God's plan of how to live life to the fullest, and the Healthy You program encour-

ages small changes that add up to big results.

"That's the key to real success," Sandy said. "If you're caring for yourself, then you'll be able to care for patients better. That's why CREATION Health is a breath of fresh air."

In an example of one hospital adopting another's approach, Adventist Hinsdale Hospital plans to install new CREATION Health artwork, similar to what Adventist GlenOaks has, said Kim Stricker, Adventist Midwest Health regional CREATION Health and wellness manager.

"Adventist GlenOaks serves as a model for us as we continue to move toward adopting CREATION Health principles in everything we do," Kim said.

CREATION Health can do so much good for people, Erin said, and that's why the hospitals are working to integrate it into all that they do.

"When you talk about becoming healthier, it can be overwhelming, but CREATION Health makes it easy," she said. "It serves as a roadmap. It's part of God's plan for us."

Chris LaFortune is a public relations specialist with Adventist Midwest Health.

# Working with Bereaved Families

BY CHRIS LaFORTUNE

Lanny Wilson understands the pain of losing a child. Nearly 20 years ago, his daughter, Lauren, was killed at a railroad crossing. She was 14.

“That changed my world,” Lanny said. “I always had compassion for people who had lost children but, after that, it gave me a special insight that I think you only can get by living through such a tragedy.”

It was this loss and insight that deepened Lanny’s involvement with Adventist Hinsdale Hospital’s Still Missed program, which supports families whose newborns have died before or shortly after birth. Lanny has been a member of the Still Missed board for the past 15 years.

“I took my place as a wounded healer to help others heal,” he said.

To recognize his work in comforting perinatal families throughout Illinois, Lanny recently received the Bruce Conley Excellence in Caring Award, given by the Alliance of Perinatal Bereavement Support Facilitators, Chicago region.

Lanny has worked tirelessly to bring about legislation to simplify hospital disposition to families who have experienced a miscarriage.

“For more than 30 years, Dr. Wilson has demonstrated excellence in delivering wholistic, compassionate care to all of his OB patients,” said Rosmarie Roose, Still Missed clinical coordinator. “He can often be found leading a prayer circle around a patient’s bed, bringing comfort and strength to the bereaved, and thanksgiving to a new birth.”

That people are free to express their faith as a part of their care is the reason Lanny enjoys working with the



From left: Pictured are Still Missed clinical coordinator Rosmarie Roose, Dr. Lanny Wilson and Nancy Schmitz, board member with the Alliance of Perinatal Bereavement Support Facilitators, following presentation of the Bruce Conley Excellence in Caring Award.

Adventist Midwest Health hospitals. Doctors are encouraged to pray with their patients.

“The mission of extending the healing ministry of Christ into the world, and into the examining room, is the ultimate way to show compassion the way that Christ did,” he said.

Lanny has extended his care beyond the bedside. Through Still Missed, he has attended annual parent memorial services,

support group sessions as well as other special events and presentations, offering his expertise and support, Rosmarie said.

Despite all he has done, Lanny wishes he could do more for the Still Missed group. Doctors are not often trained on how to support families who have experienced a miscarriage or stillbirth, he said, so when Still Missed was founded, its services were welcomed by all.

“The loss of a child extends from the time of conception all the way until they’re adults,” he said. “We don’t expect to lose our children before us. They’re supposed to outlive us.”

Chris LaFortune is a public relations specialist with Adventist Midwest Health.



Chris LaFortune

Adventist Bolingbrook Hospital chief executive officer Rick Mace, right, presents a commemorative plaque to Ron Hawkins in honor of the dedication of the hospital's chapel to Hawkins and his family.

## Hospital Foundation Board member humbled by chapel dedication

Ron Hawkins is not one to seek out recognition for the work he does, so when he was asked whether the Adventist Bolingbrook Hospital chapel could be named for him, he was hesitant.

"I really thought about it for a while," Hawkins said. "I had some conversations with my wife, and we decided that if there's anything I would want my name on, it would be the chapel, something connected to spirituality. That's basically how I live my life."

The Bolingbrook Hospital Foundation dedicated the chapel to Hawkins and his family in a special ceremony this past November. The Hawkins family name now adorns a glass sign outside the hospital's chapel, along with verses from Psalm 100:4, 5 (NIV): *Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name. For the Lord is good and his love endures forever; his faithfulness continues through all generations.* The hospital also provided

Hawkins with a plaque as a commemoration of the dedication.

The son of a minister, Hawkins said Christ has been his guide throughout his life, and this helped lead to his involvement with the Adventist Midwest Health system.

"A lot of organizations say certain things, but they don't really act in the way the mission is set out," he said. "Adventist Midwest Health does, and that's what draws me to the organization and really makes me want to serve with them."

Hawkins' work with Adventist Bolingbrook Hospital, as well as his generosity since the hospital opened six years ago, led to the chapel dedication, said Derek Cazeau, executive director with the Bolingbrook Hospital Foundation.

"Finding a way to thank Ron for his commitment to the hospital is difficult because he has done so much," Cazeau said. "This chapel dedication seemed the perfect way to honor both Ron and his family, and we're glad we have the chance to do this for them."

The chapel dedication still makes Hawkins emotional, and he is humbled

by the honor. Anytime he has donated to the hospital, it has never been in his name, he said. It has been as a friend to Adventist Bolingbrook Hospital. He's done this for a very good reason.

"If you're serving Christ, it should not be about you," he said; "it should be about serving Him."

Hawkins' philanthropy, and his humble approach to it, follows in line with Matthew 6:1-4 (ESV), which states, *Beware of practicing your righteousness before other people in order to be seen by them, for then you will have no reward from your Father who is in heaven. ... When you give to the needy, do not let your left hand know what your right hand is doing, so that your giving may be in secret. And your Father who sees in secret will reward you.*

A former vice president with McDonald's Corporation, Hawkins is retired now, after 40 years with the company, and lives in Tennessee. The former Chicago-area resident remains a member of the Board of Directors with both the Bolingbrook Hospital Foundation and Adventist Midwest Health.

Chris LaFortune, public relations specialist,  
Adventist Midwest Health



Chris LaFortune

Ron Hawkins talks to Adventist Bolingbrook Hospital chaplain Vicky Syren during a gathering to dedicate the hospital's chapel after Hawkins and his family.





Katelyn Ruiz

## Graduate student presents research conclusions at Summit on Nurture and Retention

“During my work in youth ministry, I collected many informal testimonies of how teens and young adults didn’t feel welcome in church, and it wasn’t because of anything anybody said,” says Katelyn Ruiz, who completed her master’s degree in communication at Andrews University in December 2013. “Starting with their shared experiences, I attempted to define that discomfort in terms of the nonverbal behaviors church members exhibit while communicating on behalf of the church group.”

In November, Ruiz presented her research at the General Conference’s Summit on Nurture and Retention. She was the only graduate student invited to do so. Her paper, “Welcoming Nonverbal Behaviors: A Case Study of Group Communication and Visitor Impressions,” explored the nonverbal

behaviors — as defined by the use of time, space and body language — which contribute to a visitor feeling welcome or unwelcome during their first visit to a church.

“There are no neutral nonverbal behaviors,” says Ruiz. “Every action is seen as either positive or negative.”

Her research found that first-time visitors don’t reflect on their individual interpersonal encounters with church members and volunteer greeters in terms of how that single person made them feel, but how the church as a whole did or did not welcome them.

“This sense of welcome then influences a visitor’s decision to attend the church again or not,” she says. “We as church members and volunteers can be intentional about helping visitors feel welcomed in our churches, and in turn make them want to return.”

Following Ruiz’s presentation, Duane McBride, president of the Association of Adventist Human Subjects Researchers, wrote to Rachel Williams-Smith, chair of the Department of Communications at Andrews University.

“Katelyn’s presentation was at the very highest level,” said McBride. “Her data was sound, her style of presentation very effective, and her impact was very strong. She has contributed to the mission of the Seventh-day Adventist Church in a meaningful way and has opened the door for other excellent graduate students to participate in scholarly discourse within the Adventist church.”

Delyse Steyn, graduate coordinator for the Department of Communication, worked with Ruiz as she conducted her research and was more than pleased with the results.

“Katelyn has bridged the objectives of the department’s graduate program, its emphasis on research within a theoretical context and the mission of the church as well as the university’s goals of seeking knowledge, affirming faith and changing the world,” says Steyn.

“Communication is key to effective practice within the church, university, community and our relationships on all levels.”

Ruiz hopes to pursue a doctorate degree in communication to implement and support institutional programs that help change the way we look at nurturing members and retaining believers in the Adventist church.

“I hope my research provides the foundation for building a toolkit for churches and a training program for greeters,” says Ruiz. “If we can be intentional in our attentions, we can better share the love of Jesus with those who enter into our midst.”

For more information on the Summit on Nurture and Retention, including more on Ruiz’s presentation, visit <http://www.adventistarchives.org>. For more information on the communication graduate program at Andrews University, visit [andrews.edu/cas/comm/graduate](http://andrews.edu/cas/comm/graduate).

Becky St. Clair, media relations manager,  
Division of Integrated Marketing &  
Communication



The Andrews University Wind Symphony performed its Christmas concert in the Howard Performing Arts Center in December 2013. Directed by Alan Mitchell, the event included a performance by the University’s jazz ensemble, as well as a piece directed by conducting student Frances Serpa Ferreira. Each of the Department of Music major ensembles perform throughout the year; for information on upcoming concerts, contact the Department office at 269-471-3555. For information on events at the Howard Center, visit <http://howard.andrews.edu>.

## [PATHFINDER NEWS]



Cheryl Buchanan

### Tabernacle of Hope Adventurers lead worship service

Lake Region—The theme for the day was “Not Too Young.” Tabernacle of Hope Adventurers in Indianapolis, Indiana, led out in the worship service for the church’s second Adventurer Sabbath, May 18, 2013. The Adventurers’ presentations were spectacular! Many present were very impressed, and it was evident the Adventurers believe Jeremiah 1:7 (NIV), as read by Dargie Lavache (Busy Bee): *But the Lord said unto me, “Say not, I am a child: for thou shalt go to all that I shall send thee, and whatsoever I command thee thou shalt speak.”*

Four noteworthy messages were delivered on that Sabbath as the Adventurers — Ethan Benjamin (Helping Hand), Natalie Gichaba (Helping Hand), Samuel Fortune (Advanced Helping Hand) and Soline Denoyer (Advanced Helping Hand) — preached the Word of the Lord.

The Adventurers from Hope also participated in their Investiture Service earlier that day. Its Adventurer Club has been operating for only two years, and has since invested five Adventurers to the Pathfinder Club.

The Adventurers reminded many church members that they are never too young to be used by Jesus.

Cheryl Buchanan, director, Tabernacle of Hope Adventurer Club

Note: Adventurer and Pathfinder clubs are offered in many Seventh-day Adventist churches for young people to help children and teens better understand the benefits, joys and responsibilities of living a Christian life. To learn more, visit <http://www.adventurer-club.org> or <http://www.pathfindersonline.org>.



Cheryl Buchanan

Four members of Tabernacle of Hope in Indianapolis, Ind., were invested as Master Guides. From left: Cheryl Buchanan; Carolle Duterville; Tricia Wynn, Tabernacle of Hope pastor; William Hardister; Marlene Hardister and Peggy Kent

### Tabernacle of Hope invests more Master Guides

Lake Region—On Sabbath, June 15, 2013, at Camp Wagner in Cassopolis, Mich., the hearts of the pastor, Tricia Wynn, and members of Tabernacle of Hope in Indianapolis, Ind., were filled with delight as they observed ten individuals from Hope participate in the investiture services.

Four Master Guides completed the investiture requirements in 2013: Carolle Duterville, Peggy Kent, Marlene Hardister and William Hardister. With the two Master Guides invested

in 2012, Cheryl Buchanan and Lolita Hartwell, Hope has gained a total of six Master Guides in the past two years.

Buchanan and Hartwell also were invested in June with the Pathfinder Leadership Award (PLA). Four Hope Pathfinders were invested in the Teen Leadership Training (TLT) program: Anthony Brown, Rae’ven Davis, Rebecca Fortune and Jazmin Jones.

With this army working for the Lord, Hope will continue to inspire children and youth, and strive to lead them to the Lord.

Cheryl Buchanan, Communication Department correspondent, Tabernacle of Hope

## [LOCAL CHURCH NEWS]

### Holiday Cooking School has unexpected attendance

Michigan—On Sunday, Nov. 24, 2013, the Grand Blanc Church offered the Holiday Cooking School to their community. It was the tenth such event organized by Liesbeth Fernandez, a member of the Grand Blanc Church and a registered dietitian. The annual cooking school has a number of regular supporters who look forward to the event each year, and it was their enthusiasm that convinced Liesbeth to offer it again. Another factor was a message that Liesbeth received through her social media account from a college student, aspiring to become a dietitian,

who had attended the cooking school last year. She asked if Liesbeth and her team of supporters would offer the Holiday Cooking School to the community again.

“The Holy Spirit spoke to me, and put aside my indecision and discouragement, giving me courage to take up the challenge of coordinating the cooking school in only two weeks,” confessed Liesbeth. “The next day, the Church Board was supportive, and we went ahead with the intense, time-consuming task of preparing an excellent cooking school.”

Marketing is such a key part of any well-attended event. The church found that newspaper advertising was too expensive, so they took advantage of the free public service announcements on a local Christian radio station, and placed





Daniel Garcia

Thirty-one people pre-registered, yet 50 people actually attended the Holiday Cooking School offered at the Grand Blanc Church in Michigan, Nov. 24, 2013.

personal invitations and posters at a health food store, in medical offices, local churches and schools.

“In-home visits, telephone calls and emails were most effective. People are looking for personal connection, to know someone cares for them and wants to share something special with them

— something that would improve their health and well-being,” Liesbeth said.

The Holiday Cooking School team also included David and David II, Liesbeth’s husband and eldest son. Though David previously had been scheduled to be on call, one of his practice partners stepped in so he could assist with the event. His contribution was facilitating the program, presenting a healthy, attractive salad, and helping with transitions between recipe demonstrations by Tania Ramos. David II stepped in to assist with registration for one of the committee members.

Thirty-one people pre-registered, yet 50 people actually attended the Holiday Cooking School, not including the helpers and their families. It was so busy at the registration table that David II actually required help from a deacon. Door prizes added to the fun and joy of the event, and the audience was engaged at every step. “I tried to think of popular health topics

in the media,” Liesbeth said. “Gluten-free recipes and a plant-based diet were high on the list, along with healthy desserts! Many people want to enjoy their traditional holiday sweets without compromising their health, which is often a challenge.”

Grand Blanc Church members supported the event and helped in many ways, including setting up and cleaning afterward. Some who could not be present for the event prayed for God’s blessing, and donated paper goods.

“The Lord truly revealed Himself on that Sunday,” Liesbeth said. “What a privilege! What an opportunity to witness to others about God’s health message, the ‘right arm’ of the gospel! I believe God will open the windows of Heaven and shower you with blessings as you return to Him your time, resources and efforts for His cause.”

As told by Liesbeth Fernandez, M.S., RDN, member, Grand Blanc Church in Michigan, to the Lake Union Herald staff



Jacqueline Galloway-Blake, a member of the Sharon Church in Michigan, signs a memorial book at the Union Buildings in Pretoria, South Africa, where she joined others who viewed Nelson Mandela, former anti-apartheid leader and president, as his body lay in state.

## Jacqueline Galloway-Blake pays tribute to Nelson Mandela

Lake Region—Jacqueline Galloway-Blake, a member of the Sharon Church in Inkster, Mich., said, “God performed a miracle and sent me on a dream-come-true journey: I’m in South Africa!”

Galloway-Blake says she was privileged to pay tribute to Nelson Mandela as he lay in state at the Union Buildings in Pretoria, South Africa, where multitudes gathered to remember the anti-apartheid leader and former president who died Dec. 5, 2013. “What a joy to join in the global celebration of this noble and humble warrior for justice,” Galloway-Blake said. “What an honor to sing and dance with the citizens of South Africa, and also to share my story of how God ‘opened the Red Sea’ in two days to allow me to fly 20 hours to this most beautiful part of the world.”

On Aug. 28, 1963, she also marched with civil rights leader Martin Luther King Jr. at the March on Washington. “I continue to be amazed at these opportunities to view Black history up close,” Galloway-Blake stated.

Additionally in South Africa, God opened doors for Galloway-Blake to share her testimony and thoughts with five international television stations, in newspapers and, later, at church services in Alabama. Read more about her memorable trip at <http://blog.al.com/>

[breaking/2013/12/woman\\_who\\_marched\\_with\\_mlk\\_tel.html](http://breaking/2013/12/woman_who_marched_with_mlk_tel.html). Galloway-Blake is willing to share her story with any organization, and may be contacted at [Jacqueline2468@hotmail.com](mailto:Jacqueline2468@hotmail.com).

Following the death of statesman Mandela, Adventist News Network released a statement offering condolences from Ted N.C. Wilson, president of the Seventh-day Adventist world church: “The global Seventh-day Adventist Church joins the people of South Africa and the world in mourning the loss of Nelson Mandela. His life of forgiveness and reconciliation served as a light in a world that too often lives in the shadow of reprisal, anger and malice.

“May all reflect on his important efforts to bring people together in peace. What a joy that we also can be part of that process as we are reconciled to God and each other by the grace of Jesus Christ, the Prince of peace. We offer our sympathy and condolences to the Mandela family and the citizens of South Africa.”

Lake Union Herald staff with Jacqueline Galloway-Blake, member, Sharon Church in Inkster, Michigan





Eleanor M. Walker, M.D., a Burns (Detroit) Church member and radiation oncologist at Henry Ford Hospital, was honored as an African American breast cancer specialist by Black Health magazine in the October–December 2013 issue.

## Eleanor M. Walker honored as top African American breast cancer doctor

Lake Region—Eleanor M. Walker, M.D., is a senior staff physician with the Josephine Ford Cancer Institute, and the Division director of Breast Services in the Department Radiation Oncology at Henry Ford Hospital in Detroit.

Active in integrative medical research, she recently conducted a study on the use of acupuncture for vasomotor (hot flashes) symptoms in breast cancer patients, funded by a grant from the Susan B. Komen Foundation. Additionally, she completed the ExCITE (Exercise and Cancer Integrative Therapies Education) pilot study to determine the effectiveness of lifestyle intervention during and after cancer treatment for breast and prostate cancer patients.

Walker participates in several national oncology organizations, including the National Medical Association, Radiation Therapy Oncology Group, Southwest Oncology Group, National Surgical Adjuvant Breast and Bowel

Project, American Society of Therapeutic Radiation Oncology, American Medical Association, and Wayne County and Michigan Medical Societies.

Additionally, Walker is a member of the Henry Ford Hospital Cancer Coordinating Committee, and the institutional principal investigator for the Radiation Therapy Oncology Group and the Michigan Radiation Oncology Quality Consortium. She is the secretary for Henry Ford Hospital's OPAL (Organization of Physicians, Academicians and Executive Leaders) and an ambassador for the Intergroup Health Disparities Collaboration at Henry Ford Health System.

She's also received several awards, including the Whitney M. Young Jr. Scholarship Award, Federal Drug Administration Recognition of Service Award, Washington University School of Medicine Cardiology Award, University of Notre Dame Distinguished Black Exemplar, and the 1998 University of Notre Dame Sorin Award.

Walker attended Washington University School of Medicine in St. Louis, Mo. She completed her post-graduate training at Vanderbilt University Hospital in Tennessee and University of Maryland Hospital in Baltimore, Md., where she also completed a fellowship in the Department of Radiation Oncology.

Marcus Oaks, editor, *Black Health* (Reprinted with permission)



Eleanor M. Walker, M.D. (center), also was formally recognized by the State of Michigan on Saturday, Dec. 7, 2013. State representative Alberta Tinsley-Talabi (right) made the presentation. Also pictured (left): Cory Jackson Sr., Burns Church pastor



Special music features Amy Bancroft on guitar and Victor Vargas on the drum.

## 747 youth program creates community for Chicagoland youth

Illinois—Youth groups are common in Christian communities, and the Adventist community is no different. The youth leaders at the Hinsdale Seventh-day Adventist Church understood the importance of establishing a youth group, a place of fellowship and worship for a young community. 747 was cleverly named for the time the program begins — at 7:47 p.m. on selected Fridays. It was established in 2007 and introduced not only as a youth group open to the surrounding communities, but a catalyst for growing youth leaders.

The Youth Council of the Hinsdale Church, a compilation of aspiring youth seeking to lead and be involved in church community, is the force behind 747's success. Kenneth Parker, youth pastor and mentor, also intended for the program to be an open, hospitable environment for other teens in neighboring cities who may or may not be familiar with Christian fellowship.

"Many churches don't have youth programs all the time, but 747 has opened the doors for our students to know other youth from around Chicago," explained Parker.

The 747 program has provided wonderful opportunities for youth to come together and work as a team to present lively, energetic programs sure to captivate. Each program typically begins with an inspirational video to set the mood, and then the Youth Praise Team leads the group in song. Usually, the music features an acoustic guitar, piano, drums, and a mix of male and female vocals. The praise sing is considered an interactive, transitional phase of the service, leading the youth into a place of readiness for the speaker's message. Hinsdale Adventist Academy's own Acts of Faith drama group has become a well-loved addition, and performs skits at every meeting.

Typically, those invited to share the Word of God are members of the youth ministry, but the 747 team often extends invitations to other teens and young adults in the community to share a testimony or message.

Speakers for November and December 2013 were Danny Frederick, HAA chaplain; Leon George, Lake Region Conference youth director; and Cory Wetterlin, D.Min. student at Andrews. Other speakers have included Artur Preuss, Andes Flore, Jenniffer Ogden and Kenneth Parker, pastors. Zachary Crane and Orlando Hernandez are among the youth who have shared testimonies and the Word of God. The age diversity is a refreshing, innovative approach to further connecting and establishing emotional and spiritual ties between peers.

Kristina Villasin said, "My role in 747 is to get the message to the audience through music. Singing and playing guitar are my God-given talents, and using the talents that He gave me to praise Him is something that I never knew I would love doing.

"The people in 747 with me are, basically, my family. They're so supportive, and I love each and every one of them. I think 747 is a good event to reach out to pre-teens and teens who not only want to worship God and grow their relationship with Him, but are willing to share where they are with



Danny Frederick, HAA chaplain, speaks to the 747 youth group.



From left: Playing and singing in the Youth Praise Team are Dani Maletin, Kristina Villasin, John Gallagher and Victor Vargas.

Christ. 747 has done so much for me spiritually. Being up there and sharing God's Word through music is awesome!"

Talia Posada shared, "I normally run the graphics, but lately I have been more a part of the Praise Team. Last year, I became part of those who plan 747. I like going to spend time with friends, and I love all the different speakers we bring in. I help by bringing different ideas to make 747 more exciting and fun for everyone. We want everyone to be as comfortable as possible and have a good time.

"To be honest, I haven't always been solid spiritually, but I think this environment is great. You can be open and learn more in a relaxed setting. I really have been touched by many of the students that have come to speak."

747 is a growing youth program that seeks to instill a sense of community for teens across Chicagoland. The environment created can be attributed to the youth leaders dedicated to organizing a program for youth.

Alexandra Dominguez, member, Hinsdale Church 747 youth group





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 <http://www.herald.lakeunion.org> and submit the announcement online. Readers may verify dates and times of programs with the respective sources, as these events are subject to change. Submission eligibility guidelines are listed at <http://www.herald.lakeunion.org>.

## Andrews University

**Do you love sharing Jesus with children?** Then don't miss the Children's Leadership Conference, **March 28-30!** With great speakers like Brenda Walsh and Richard Aguilera, and workshops for every area of children's ministries, this event is for the whole CM team! Join us on the Andrews University campus for this very special event as we learn to "Bring Kids to Jesus!" The event is sponsored by NAD Children's Ministries, Lake Union Youth Department and the Center for Youth Evangelism. For more information, call 269-471-8357, or visit our website at <http://www.cye.org/events/clc/>.

## Illinois

**Broadview Academy Alumni Association Broadview Academy Alumni Weekend** is **April 25-26**. All alumni are encouraged to attend. Mark your calendars! Call your classmates and start planning for this weekend now to be held at North Aurora (Ill.) SDA Church. Honor classes: 1944, '54, '64, '74, '84, '89, '94 and 2004. Friday night vespers; Sabbath school and church. All ideas and information welcome. For communication purposes, we need your email addresses; postage is too expensive. Email to Ed Gutierrez at [edjulie1@att.net](mailto:edjulie1@att.net); or call 630-232-9034. More information to come. Don't miss it!

## Lake Region

**Lake Region Legal Notice:** Notice is hereby given that the regular Quadrennial Session of the Lake Region Conference of Seventh-day Adventists will be held on Sunday, **May 18, 2014**, beginning at 9:00 a.m., E.D.T., at the Pioneer Memorial Church, 8655 University Blvd., Berrien Springs, MI 49104. The purpose of the session is to elect officers and departmental directors for the ensuing term, and for the transaction of such other business as may properly come before the delegates. Delegates to this

session are duly-appointed representatives of the various churches of the conference. Each church is entitled to one delegate for each 35 members or major fraction thereof. Per constitutional requirements the Organizing Committee, made up of duly-appointed members from churches, will meet in advance of the Quadrennial Session on Sunday, April 6, 2014, at 10:00 a.m., E.D.T., at the All Nations Seventh-day Adventist Church, 4259 East Snow Rd., Berrien Springs, MI 49103.

Jerome L. Davis, president  
Donald L. Bedney, secretary

**Lake Region Legal Notice:** Notice is hereby given that the regular Quadrennial Session of the members of the Lake Region Conference Association of Seventh-day Adventist, Inc., a corporation, will be held on Sunday, **May 18, 2014**, in connection with the 27th session of the Lake Region Conference of Seventh-day Adventists at the Pioneer Memorial Church, 8655 University Blvd., Berrien Springs, MI 49104. The first meeting of the Association will be called to order at approximately 2:00 p.m., E.D.T. The purpose of the meeting is to restate and amend the articles of incorporation and bylaws, to elect trustees for the ensuing term, and to transact such other business as may properly come before the delegates. Delegates from the churches in attendance at the 27th Quadrennial Session of the Lake Region Conference comprise the constituency of the Association.

Jerome L. Davis, president  
Donald L. Bedney, secretary

## Lake Union

### Offerings

- Feb. 1** Local Church Budget
- Feb. 8** Adventist Television Ministries
- Feb. 15** Local Church Budget
- Feb. 22** Local Conference Advance

### Special Days

- Feb. 1-22** Black History Month
- Feb. 1** Christian Marriage Sabbath
- Feb. 1-8** Christian Home and Marriage Week
- Feb. 8** Christian Parenting Sabbath
- Feb. 15** Health Ministries Sabbath
- Feb. 16-22** Family Togetherness Week
- Feb. 22** Family Togetherness Sabbath

## Michigan

**Battle Creek Tabernacle Sacred Concert Series 2014.** Concerts will be held at 264 West Michigan Ave., Battle Creek. For more information, visit <http://www.battlecreektabernacle.com>.

**Feb. 1, 7:30 p.m., Jarrod McNaughton**, vocalist. Free concert. McNaughton's rich baritone voice can be heard on Three Angels Broadcasting Network, Trinity Broadcasting Network, Voice of Prophecy radio, and in churches around the globe. He has been featured on more than a dozen Family Reunion videos.

**March 1, 7:30 p.m., Buddy Houghtaling**, singer and songwriter. Free concert. Houghtaling is from Battle Creek and well-known in Michigan. He also can be seen on Three Angels Broadcasting Network as a solo artist, as well as on the 3ABN show "Kid's Time."

**April 5, 7:30 p.m., Michael Card**, singer, songwriter and musician. Admission charged. Michael Card has recorded more than 31 albums and has written such favorites as "El Shaddai," "Love Crucified Arose" and "Emmanuel." He has sold more than 4 million albums. His concert will celebrate Easter and include choir and string ensemble accompaniment.

**Marriage Commitment Retreat** is held at beautiful Camp Au Sable, in Grayling, **March 7-9**. The purpose of this weekend is for you and your spouse to get away and take some time to reconnect with each other and with God. There are five seminar sessions throughout the weekend, each one with topics designed to help strengthen your marriage. We provide lots of time for enjoying the natural beauty of camp and fellowshiping with other couples as you eat and worship together. We will have planned activities for Saturday night and then a special marriage recommitment service on Sunday morning. This is a weekend you won't want to miss! Do something great for your marriage, and make plans now to attend! To register or for more information, call Alyce at 517-316-1543, or ask your pastor, family life leader or bulletin secretary for an application. You also can download an application at <http://www.misda.org> (Family Life Department).

## North American Division

**Union College Homecoming, April 3-6.** Honor classes are 1944, '54, '59, '64, '74, '84, '89, '94 and 2004. Special tribute to veterans and MCC (Medical Cadet Corps). For more information, contact the alumni office at 402-486-2503; 3800 S. 48th St., Lincoln, NE 68516; or [alumni@ucollege.edu](mailto:alumni@ucollege.edu).

## Wisconsin

**Wisconsin Academy Upcoming Events for 2013-2014.** For more information on these events, contact the school at 920-623-3300.

- Feb. 1:** Junior Benefit
- April 3-5:** Elementary Music Festival
- April 25:** Alumni Golf Classic
- April 25-27:** Alumni Homecoming 2014
- May 10:** Spring Concert
- May 23-25:** Graduation Weekend

# Sabbath Sunset Calendar

	Feb 7	Feb 14	Feb 21	Feb 28	Mar 7	Mar 14
Berrien Springs, Mich.	6:07	6:16	6:25	6:33	6:42	7:50
Chicago, Ill.	5:12	5:21	5:30	5:38	5:47	6:55
Detroit, Mich.	5:53	6:02	6:11	6:20	6:28	7:37
Indianapolis, Ind.	6:10	6:19	6:27	6:35	6:42	7:50
La Crosse, Wis.	5:23	5:32	5:42	5:51	6:00	7:09
Lansing, Mich.	5:58	6:07	6:17	6:25	6:34	7:42
Madison, Wis.	5:17	5:26	5:35	5:44	5:53	7:02
Springfield, Ill.	5:24	5:33	5:41	5:48	5:56	7:03



Within the Lake Union, the officiating pastor or church communication leader is responsible for submission of information to this column. Forms are available in print format, or they can be filled out and submitted directly online. Milepost forms are available at <http://www.herald.lakeunion.org>. Conference addresses and phone numbers are listed in the masthead on the inside back cover.

## Weddings

**Lisa Manuhutu and Mike Longoria** were married Oct. 6, 2013, in Indianapolis, Ind. The ceremony was performed by Brian Yensho.

Lisa is the daughter of Agustinus and Yohana Manuhutu of Jakarta, Indonesia, and Mike is the son of Max and Carolyn Longoria of Indianapolis, and Mary Clark of Indianapolis.

The Longorias are making their home in Indianapolis.

## Obituaries

**BECK, Tom B.**, age 88; born Dec. 2, 1924, in Pontiac, Ill.; died Oct. 15, 2013, in Rockford, Ill. He was a member of the Belvidere (Ill.) Church.

Graveside services were conducted by Saxtiedeman, and interment was in Mt. Emblem Cemetery, Elmhurst, Ill.

**DELAPORTE, Beverly J. (Taylor)**, age 75; born Sept. 25, 1938, in Jackson, Mich.; died Nov. 14, 2013, in Milford, Mich. She was a member of the Pioneer Memorial Church, Berrien Springs, Mich.

Survivors include her son, Eric D.; sister, Joyce Metzger; and two grandchildren.

Memorial services were conducted by Don Dronen and John Youngberg, and interment was in Rose Hill Cemetery, Berrien Springs.

**FOSS, Kenneth J.**, age 68; born Nov. 3, 1944, in Newburgh, N.Y.; died Aug. 1, 2013, in Garden City, Mich. He was a member of the Oakwood Church, Taylor, Mich.

Survivors include his wife, A. Kay (Howell); son, Jonathan Q.; daughter, April R. Loveland; brother, Edward D.; sister, Julia Cage; and four grandchildren.

Memorial services were conducted by Michael Nickless, with private inurnment.

**GAL, Troyan C.**, age 89; born March 16, 1924, in Gary, Ind.; died Nov. 25, 2013, in Novi, Mich. He was a member of the Metropolitan Church, Plymouth, Mich.

Survivors include his sisters, Irene Inman and Elaine Radeff.

Funeral services were conducted by James Howard, and interment was in Glen Eden Cemetery, Livonia, Mich.

**GRUBB, Ruby J. (Hacker)**, age 78; born Feb. 22, 1935, in Monroe Cty., Ind.; died Oct. 30, 2013, in Bloomington, Ind. She was a member of the Bloomington Church.

Survivors include her husband, Kenneth D. "Kenny"; son, Aaron; daughter, Tammy McMillan; brother, Chester Hacker; sisters, Lillian Scales and Esther Grubb; eight grandchildren; and five great-grandchildren.

Funeral services were conducted by Michael Huffman, and interment was in Payne Cemetery, Bloomington.

**JACOBS, Lloyd**, age 73; born Aug. 10, 1940, in Asheville, N.C.; died Nov. 22, 2013, in Sheridan, Ind. He was a member of the Cicero (Ind.) Church.

Survivors include his wife, Ingrid (Rogers); son, Bruce; daughters, Julie Fuller and Amy Jacobs; brother, Frank; and five grandchildren.

Funeral services were conducted by Ron Kelly, with private inurnment.

**LANAVILLE SR., Craig**, age 57; born Jan. 12, 1956, in San Antonio, Texas; died Nov. 15, 2013, in Wilson, Mich. He was a member of the Wilson Church.

Survivors include his wife, Janean (Kitson); son, Craig R. Jr.; daughters, Jamie L. Gagnon and Angel Lanaville; father, Ray;

brothers, Daryl and Mark; sister, Leesa Lanaville; and five grandchildren.

Funeral services were conducted by Leonard Kitson, and interment was in Wilson SDA Cemetery.

**PETERS, Shirley M. (Prater) Robbins**, age 77; born Jan. 6, 1936, in Farmer City, Ill.; died Nov. 18, 2013, in Urbana, Ill. She was a member of the Champaign (Ill.) Church.

Survivors include her husband, Dave; son, Wes Robbins; daughters, Tara Swearingen, Jill Brooks and Stacey Poole; stepdaughter, Christine Peters; six grandchildren; and three step-grandchildren.

Memorial services were conducted by Raymond J. Plummer, and interment was in LeRoy (Ill.) Cemetery.

**RENDEL, Otto P.**, age 90; born Aug. 31, 1922, in Kingsley, Mich.; died Aug. 8, 2013, in Leroy, Mich. He was a member of the Bristol Church, Tustin, Mich.

Survivors include his wife, Joyce (Miller); son, Warren; daughters, Carol Arms, Rozann Bernard and Ronda Bernard; five grandchildren; and eight great-grandchildren.

Memorial services were conducted by Jonathon Chitwood, with private inurnment, Leroy.

**SIEWERT, John P.**, age 56; born Dec. 7, 1956, in Bay City, Mich.; died Nov. 16, 2013, in Hegbee, Mo. He was a member of the Petoskey (Mich.) Church.

Survivors include his wife, Sherry (Laura); son, Richard P.; daughter, Kellie Demores; father, Don; mother, Myrtle (Brueggeman); brother, Richard; sisters, Susan Marke and Faith Fowler; and two grandchildren.

No services were conducted, and his body was donated to science.

**STEPHAN, James R.**, age 80; born Nov. 11, 1933, in Grand Rapids, Mich.; died Nov. 13, 2013, in Lincoln, Neb. He was a member of the Williamston (Mich.) Church. James was in denominational education

work for 44 years, including several places around the Lake Union Conference.

Survivors include his sons, James II and William; daughter, Melody Stephan; brother, Fred; six grandchildren; and two great-grandchildren.

Private graveside services were conducted by Pastor Terry Bock, and interment was in the Collegeview Church Cemetery, Lincoln.

**THARP, David W.**, age 68; born Sept. 12, 1944, in Indianapolis, Ind.; died Aug. 12, 2013, in Indianapolis. He was a member of the Indianapolis Southside Church.

Survivors include his sons, Kevin, Kenneth (Joe) and Karry.

Funeral services were conducted by Brian Yensho, and interment was in New Crown Cemetery, Indianapolis.

**WARLE, Clifford J.**, age 70; born May 26, 1943, in Flint, Mich.; died Nov. 13, 2013, in Flint. He was a member of the First Flint Church.

Survivors include his wife, Carol (Aurand); son, Douglas; daughters, Andrea Warle, Shannon Garcia and Hannah Perez; father, Harvey; sisters, Darylee Coplin, Elise Anderson and Brenda Beatty; and two grandchildren.

Memorial services were conducted by Jeffery Werda and Jeff Aukenberger, and interment was in Sunset Hills Cemetery, Flint.

**YOUNG, Thomas W.**, age 71; born Jan. 7, 1942, in Muncie, Ind.; died Nov. 27, 2013, in Muncie. He was a member of the Ephesus Church, Marion, Ind.

Survivors include his wife, Debra (Smith); sons, Mark and Gregory; daughters, Jada McCallum and Erika King; brother, Johnny; and 13 grandchildren.

Funeral services were conducted by Josè Torres, and interment was in Gardens of Memory Cemetery, Muncie.

All classified 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: \$36 per insertion for Lake Union church members; \$46 per insertion for all others. A form is available at <http://www.herald.lakeunion.org> for printing out and filling in your ad. Ads must be prepaid. Make money order or 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. Submission eligibility guidelines are listed at <http://www.herald.lakeunion.org>.

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## PARTNERSHIP with GOD

### Natural Laws

BY GARY BURNS



I like to bake pies. It's been a part of me as long as I can remember. Grandma Josie was a great baker, and I spent many hours with her — hands in the dough! Her Austrian parents raised their children in North Dakota where baking bread, pies, cookies and kugan are a part of everyday life.

Grandma Josie's baking was an art. She didn't bake by measurements as much as she did by look, texture and smell. "I think it needs just a little bit more flour," she'd say. And even if I'd been careful to have the precise measurements, the "little bit more flour" made it just right.

You see, Grandma Josie's experience taught her something about natural law — some would call it "science." The proportion of liquids and solids had to be

perfect to get the right consistency and produce the desired "Mmmm!" results. You might say that Grandma Josie was a fanatic about obeying these natural laws — God's laws, laws that governed the interaction of atoms and molecules with temperature, time and taste buds. Her recipes for success were based on God's natural laws.

In His mercy and wisdom, God continues to give us insights into the laws that govern health. He has provided the recipe for success and even has given us Grandma Josie's sense of adaptation for individual applications. By following His recipe (Can I say, "obeying His laws"?), our partnership with God can produce optimum health. Mmmm!

Gary Burns is the communication director of the Lake Union Conference.

## We May Never Know

BY JAMES LEO

I trudged along the dusty road, deep in thought. It had been almost a year since I had arrived in this country and, in just a few weeks, I was flying back home. *What did you accomplish over the past year?* I asked myself. As I processed the events of the year, what I feared the most seemed to have occurred. *Nothing. At least nothing like I had hoped for*, I mused. Yes, I had grown personally and in my relationship with God, but I had failed to accomplish my “mission.”

You see, I was a student missionary, but my role wasn't what you might expect. In this country hostile to open evangelism, an alternate approach is necessary. We term it “friendship evangelism” and, at its core, is the idea that one's life is a powerfully-effective witnessing tool. When one has a genuine relationship with God, others will notice. Take the example of Peter and John in the New Testament. *Now when they [the rulers and scribes] saw the boldness of Peter and John, and perceived that they were uneducated, common men, they were astonished. And they recognized that they had been with Jesus* (Acts 4:13 ESV). The council saw the transformation the pair's time with Jesus had made. Peter and John were profoundly different men. In a country also dominated by a ritualistic, legalistic religion, we sought to show a similar distinction. In our friendships, we sought to build bridges and show the change that a relationship with God made in our lives.

Throughout the months, I met dozens of people: the fruit seller on the corner, the lawyer who lived across from my school, that guy on the bus, the man in the supermarket, my teacher. So many people, so many friends, yet so few spiritual conversations.

As I thought about the events that had occurred, I saw many promising connections and conversations that seemed to have slipped through my fingers like sand, and I felt powerless to stop them. “God,” I questioned, “why am I here? What good have I done?” The thoughts in my mind swirled like a hurricane, but found no respite.

As scheduled, I left and returned to America. Intellectually, I knew there was a reason I spent that year abroad. I was sure



God had influenced somebody through me. I also knew that we don't always personally get to see the results of our influence. But regardless of what I knew, there was little peace in my heart.

Fast forward to a couple of weeks ago. I received a letter from my fellow student

missionary who stayed another year. He described how “almost everything big we're doing here traces back to something you had a greater or lesser influence in.” As I read his description of how God has been leading this year and using the friendships I made, my mind was absolutely blown to see what had transpired. I saw how wrong my thoughts were when I was walking along that dusty road. I saw that God had worked through me. I felt that peace. I also felt privileged to be able to hear about some of the results of the time I spent there. Not everybody is as fortunate.

Now that I'm back here in America, it is often easy to slip back into the mindset that the results of my influence are limited. *I'm just a student*, I think. Perhaps similar thoughts cross your mind as well. *I'm just a businessperson. I need to go on a mission trip or something to share God's love with people. Or, I'm simply a waiter; my job and time are insignificant.* Whenever I realize that thoughts like these are crossing my mind, I have to remind myself of the gift God gave me. He allowed me to see some of the results of a small portion of my life. Who knows what the results will be for today?

James Leo is a pseudonym used by the editors to protect the work in the country where James served. He currently studies at one of our Adventist schools.

## Preaching With Power

BY ASHLEIGH JARDINE

*The Lord said to him, "Who gave human beings their mouths? Who makes them deaf or mute? Who gives them sight or makes them blind? Is it not I, the Lord? Now go; I will help you speak and will teach you what to say." —Exodus 4:11, 12 NIV*

Joy Ngugi has a passion for preaching. The junior at Andrews Academy has been on two mission trips where she shared her beliefs from the pulpit. Last July, she and a group of academy students went to Nicaragua to hold an evangelistic series. She claims the experience was life-changing.



Joy Ngugi

Previously, Joy had preached at an evangelistic series in Panama. Going there helped her overcome her fear of speaking up front, she says. When she arrived in Nicaragua on her second mission trip, she spoke on topics like the Millennium, death, Heaven and various prophecies. Joy preached one sermon every night, and remembers, "It was hard work but worth it."

On Saturday evening of the trip, Joy says she felt especially unprepared for her sermon. She had preached the night before and again that morning at church.

"When I went up to talk, I just didn't feel ready," Joy recalls. "After I prayed, it's hard to describe... But I started talking, and immediately felt this presence. It felt like the Holy Spirit was working in me."

That night, Joy claims she spoke with the most power she has ever preached, so much so that she surprised church members in the crowd! To her excitement, several visitors who had come for the sermon that night decided afterward to get baptized.

"I hardly even remember what I said that night because it wasn't me," she laughs.

Joy even felt God's presence working when the students traveled home. During their three-hour flight, the teenagers met other missionaries of different religious backgrounds on the same plane. Joy and her classmates shared their beliefs with the group. By the end of the flight, she says these missionaries questioned their own beliefs.

Besides her work overseas, Joy also ministers to those in her community and school. She served at Andrews Academy as a class pastor for two years and has spoken to youth groups in Berrien Springs, Michigan.

Ashleigh Jardine is a freelance writer from Berrien Springs, Michigan, where she is a physical therapy major at Andrews University.

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Official Publication of the Seventh-day Adventist Church/Lake Union Headquarters

<http://herald.lakeunion.org>

February 2014

Vol. 106, No. 2

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