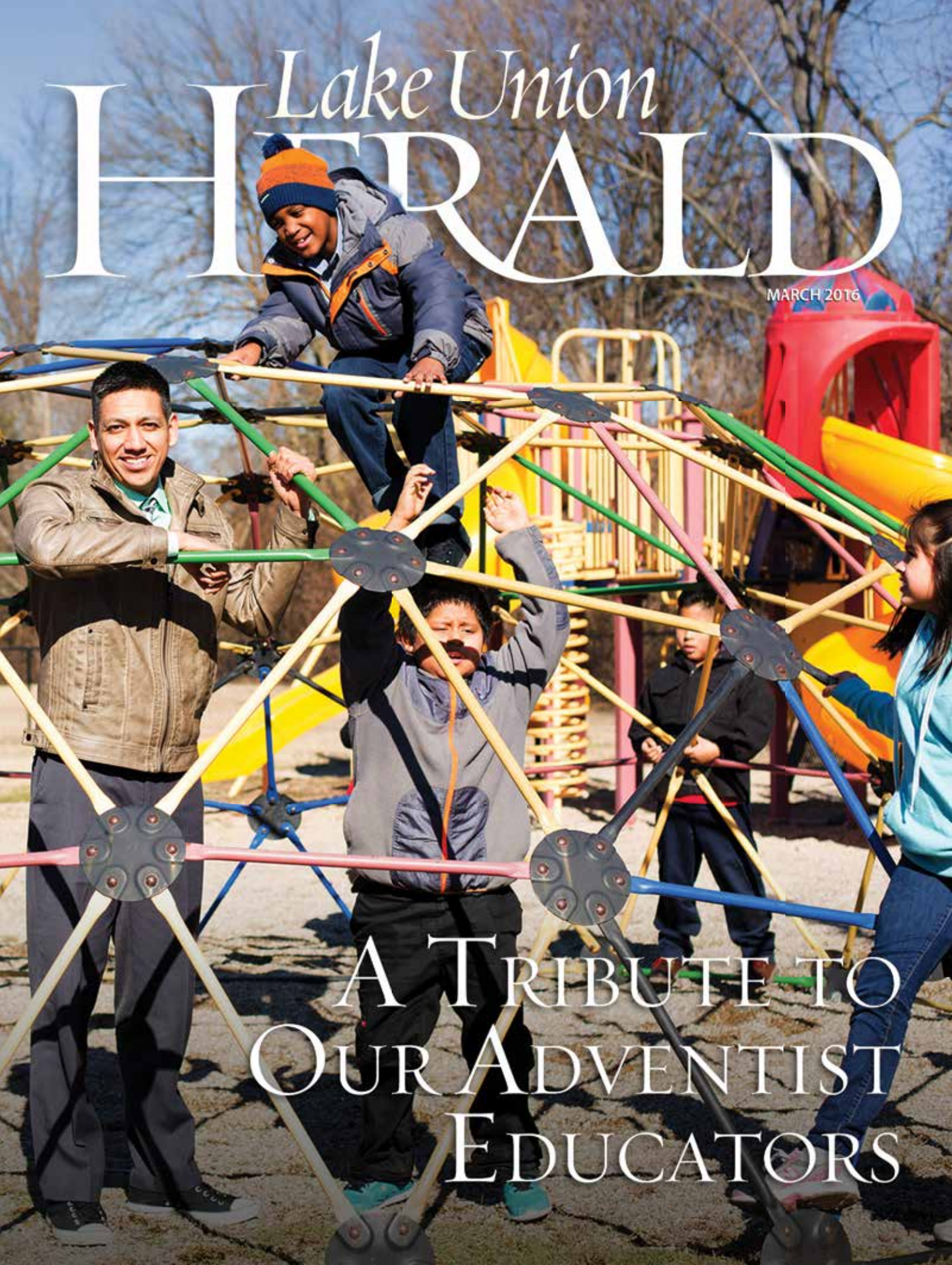
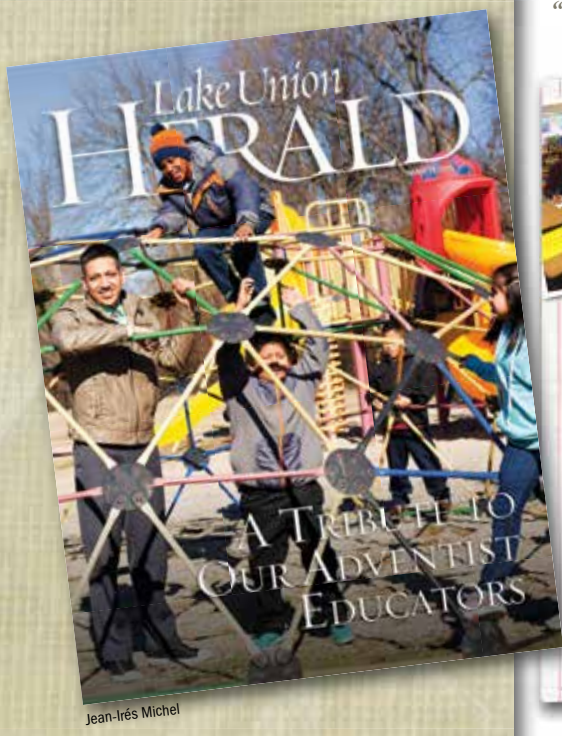


Lake Union HERALD

MARCH 2016



A TRIBUTE TO
OUR ADVENTIST
EDUCATORS



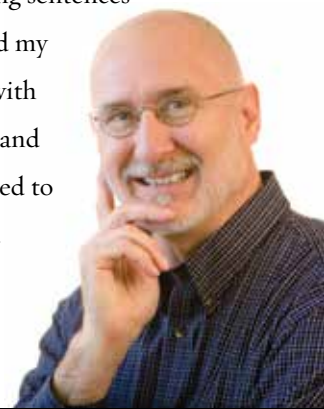
In every issue...

- 3 President's Perspective
- 4 From My Perspective
- 6 Family Ties
- 7 Healthy Choices
- 8 Present Truth
- 9 Conversations with God
- 10 Sharing our Hope
- 11 Conexiones
- 12 Telling God's Stories
- 25 Andrews University News
- 26 AHS News
- 27 News
- 30 Announcements
- 31 Mileposts
- 32 Classifieds
- 37 Partnership with God
- 38 One Voice
- 39 On the Edge

In this issue...

Who I am and what I do has been, to a large part, shaped by some very special Adventist educators. Grace Jacques gave me a tender and lifelong love for her grandmother, Ellen White. Mr. Lonberg had us diagramming sentences out of books off the shelf in sixth grade! Mr. Albee launched my career in television production and advertising and, along with Mrs. Johnson and Mrs. Robinson, challenged my creativity and held me accountable to my potential. All of them contributed to my spiritual growth and service. Is there a teacher you need to thank?


Gary Burns, Editor



Features...

- 14 Schooled by *Debbie Michel*
- 16 A Lesson For Eternity by *Melissa Bresnahan*
- 18 STEAMS Inspire Service by *Evelyn Savory*
- 20 Small School Makes Big Impact by *Patricia Williams*
- 21 Colorful Life in Christ by *Steve Baughman*
- 22 For Such a Time as This by *Renee Humphreys*
- 24 Learning the Joy of Service by *Charlyn Marsh*

The *Lake Union Herald* (ISSN 0194-908X) is published monthly (except for June/July and November/December) by the Lake Union Conference, P.O. Box 287, Berrien Springs, MI 49103-0287. Periodicals postage paid at Berrien Springs, Mich., and additional mailing offices. Yearly subscription price is \$12.50. Vol. 108, No. 3. POSTMASTER: Send all address changes to *Lake Union Herald*, P.O. Box 287, Berrien Springs, MI 49103-0287.



Walking in Someone Else's Shoes

I occasionally have problems with my shoes. Oh, they're comfortable, for which I am thankful. But, on at least two occasions, I've had a problem with mixing and matching my shoes.

Following a full day of meetings with the presidents of our five Lake Union conferences, we gathered at our home for supper. As several of us were waiting outside for the full group to arrive, I looked down and, lo and behold!, one of my shoes was black, the other, burgundy! (At least they were the same style.) I'm suspicious one of my colleagues had already noticed because when he heard me acknowledge the mismatch he walked away laughing. After a full day of meetings with various groups, I wondered, who else had noticed?!

A few weeks ago, I preached for two services at one of our local churches. Several others and I went to a friend's home for dinner. As is the custom in our area, we all took our shoes off when we entered the home. It was a great meal with wonderful fellowship. I made new and valued friends and was eager to share my experience with Barbara who was out of town.

After some good fellowship, we all left about the same time. When I arrived home I changed and put my clothes away. Within a few minutes I got a text from Barbara relaying a message from the hostess, "Does Don know he has someone else's shoes?" I immediately checked and, sure enough, these shoes were the same brand, same size, fit great, and were almost exactly the same style! But they were not my shoes!

Now I could say I had walked in my brother's shoes. But that would be only technically and very superficially true. His life experiences, with all the mix of blessings and struggles, are not my experience. We may have a bit closer bond because of eating a nice meal together, learning a few things about each other, and, of course, the shoe mix-up, but it would take a much deeper relationship for me to even begin to get the real flavor of his life experience.

A great plan of the evil one is to keep us from grasping height and width and depth of our Savior's knowledge of the human experience. It's easy to think that the dramatic surge of evil in our world today makes our plight somehow worse than the Son of God experienced.

But recognizing Satan's intelligence, you would have to agree, when Jesus walked this earth, the evil hosts held nothing back, it was all on the line, no temptation was kept on the shelf. Add the reality that Jesus had the power to serve himself or walk away and simply let this world burn out. He was tempted in ways I may never know!

For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all points tempted as we are, yet without sin (Hebrews 4:15 NKJV).

There is no mistake, he knows the fit of every shoe, knows every life journey, understands every longing and offers redeeming grace every moment of the day. Oh, what a God we serve! Let's tell the whole world of our loving, caring and understanding Savior.



The Living Water

BY TINA CARRIGER

I had gone to Flint, Michigan, the previous week with 40 cases of water; within a matter of 20 minutes, that water was gone. As I was reflecting on this trip the Holy Spirit said, “Go back.” When word spread of my second trip, within days donations began pouring in from everywhere. Donations of water came primarily from seminarians and a few local churches.

A GoFundMe campaign was established if people outside of Michigan wanted to help this grassroots project. Because of this campaign along with donations made to the seminary, we raised a total of \$1,014. This money helped us buy much of the water and paid for our gas to and from Flint. This was nothing but the work of the Holy Spirit.

But the challenge was how to get the water to Flint. As the number of cases of water rose, it became necessary for me to ask God for help. I was not prepared for the 1,100 cases of water we had. So I prayed. The next morning, I received an email from Mike Villwock of the Niles Westside church, volunteering to haul the water for us in his own trailers. God answered, and His answer confirmed that going to Flint was a divine assignment.

Yet the goodness of God didn't stop there. When a group of us, mainly African-American, seminarians went shopping for this water, we stood out with multiple shopping carts piled high with cases of water. One guy asked me what we were doing, and then gave me money to buy more water. Arnell McCoy was loading water into a truck when a woman asked if she could buy more water for the trip. Jamel



Tina Carriger handing water to Flint couple

Dorsett was buying water for this trip when another stranger gave him money to buy more water. We received and accepted many “random” acts of kindness just by stepping out on faith. And even though racial tensions are high in the U.S. right now, these strangers who gave to us were Caucasian! When God's people of all ethnic backgrounds work together for him, a lot can be

accomplished for the Kingdom.

In Flint, we served over 200 people, and before we left, an elderly African-American man said to me, “Tell whoever is in charge that we said ‘thank you.’” I said to him, “God is in charge and he has heard your praise.” People want to know if God cares about their present needs and the answer is YES. The Holy Spirit sent us to Flint, Michigan, to let the people know that God has seen and heard the afflictions of his people and he has a response. But we, Seventh-day Adventists, must be willing to move when he moves.

Isaiah 65:24 (NLT): *I will answer them before they even call to me. While they are still talking about their needs, I will go ahead and answer their prayers!*

Tina Carriger is a pastor sponsored to the Theological Seminary at Andrews University by the South Central Conference.

A Drop in the Bucket

BY DEXTER CLARKE

Flint, Michigan, has been my home all my life. As a child I was aware of what made Flint a great place in which to live. The automotive industry, namely General Motors, kept our economy strong and vibrant. Working for General Motors guaranteed good wages, which allowed many to fulfill their dream of having a nice home, nice things, in a nice community. As I became older and witnessed competition from outside sources for a piece of the automotive pie, I began to see manufacturing plants downsize or relocate outside of Flint. With this loss, many individuals left the city of Flint, with some even moving to other states. The economy began to suffer and more vacant or abandoned homes and businesses became the norm. With the increase in unemployment we also saw an increase in crime and keeping Flint financially stable became a real challenge.

In 2011, due to Flint's financial crisis, we received our first financial emergency manager. The emergency manager's job was to make financial decisions to assist Flint in getting back on its feet. In an effort to save money a decision was made in 2014 to switch our water supply from Lake Huron water, treated by the Detroit Water and Sewerage Department, to water from the Flint River, treated at the Flint water treatment plant. The residents complained of the water having a bad odor and taste. In September 2014, fecal coliform bacteria was found in the water, and boil advisories were issued to



Dexter Clarke

Flint residents. In February 2015 high lead levels were noted in children living in certain areas of the city. We later learned that this was due to not using anti-corrosion for the Flint River water that was coming into our homes.

Flint has drawn national attention, with public outcry questioning how this could have happened to its residents, especially our children. Funding is coming from state and national leaders to supply water, filters and lead test kits to all residents in the city. My church, the Fairhaven Seventh-day Adventist Church, and a sister church, Eternal Life, are working in conjunction with the distribution centers in the city, as well as our Community Service Ministry, to provide water to local residents. I am grateful for all the support and attention that is coming in from all over the nation, but I am concerned that there is not much discussion of long-term solutions.

I truly believe that God will cover the health of the residents in the city of Flint. As someone directly affected by this crisis, I ask myself the question, "What can we, as a church, do to provide immediate aid to those in the congregation and the community that is meaningful and relevant to what we need now?" Perhaps we can have deliveries to our doorsteps so we don't have to go out to get water. That would make living with this disaster a little easier.

While the leaders of our local church and conference are meeting and asking that same question, I believe we will have an answer soon. Once we do, it is at that time we will need even more support from our sister churches. We, as a city, appreciate the aid and support we are receiving from churches and agencies in the United States; we appreciate the support from our government while they are working on long-term plans to correct the issue. It is my prayer that as God moves upon our local, state and church leaders that they realize it will take more than bottled water and filters to fix the problem.

Dexter Clarke is first elder of the Flint Fairhaven Church.



Don't Borrow Worry

BY SUSAN E. MURRAY

This week I had a conversation with someone who was facing the impending death of her grandfather, a man who she said “was like a father to me.” She explained that her freshman year in high school he even held guardianship of her as her mother was unable to care for her. Now in his 90s, he is hospitalized, and she is facing the reality that soon he will no longer be there for her. It was a sad time.

“He taught me a lot,” she said and then recalled some of the things he would often tell her. He would say, “Do the right thing.” He encouraged her to “Stand up for yourself.” Another phrase she recalled was, “Right is right, and wrong is wrong.” We explored how these statements could continue to strengthen her and how she could rest in these loving memories of her grandfather after his death.



challenging concept. Almost every day I have opportunity to practice what I learned from Stephen Covey’s Habit 5: “Seek first to understand, and then to be understood.”¹

As my friend grappled with the stress related to differing opinions of family members as to how to handle her grandfather’s hospitalization, end-of-

life-issues and what comes after his death, I offered her Jean and Stephen’s wisdom. She found these messages freeing and encouraging in considering her needs as well as those of her other family members.

Then, there’s my heavenly Father. One of his promises to me is, *And we know that in all things God works for the good of those who love him, who have been called according to his purpose.*² Maybe I first began to understand the meaning of that verse when my grandma would tell me, “Don’t borrow worry!”

I invite you to consider the positive statements you heard growing up and share their continuing impact on your life with those important to you.

This conversation was stimulus for me to think about important lessons I have learned from those older and wiser than myself. My grandmother used to say, “Don’t borrow worry!” She also used to say, “If something is worth doing, it’s worth doing it right.” My dad, a craftsman who did cabinetwork and remodeling for others, would say, “Always leave things cleaner than you found them.” I have found these messages are woven into the fabric of my life. If you talked with my children and grandchildren, they would tell you these statements are familiar to them, too!

Another message that has positively impacted me comes from my friend, mentor, teacher and encourager, Jean Clarke. She will often say, “There are many okay ways of doing things.” This gives me, and others, permission to consider possible options and new ways of doing things. People have strong ideas about how things should be done in all types of relationships and roles, so this is a

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

1. Covey, S. (1999). *The 7 Habits of Highly Effective People: Powerful Lessons in Personal Change*.

2. Romans 8:28 NIV.

**Kiwifruit protect against
blood clots forming**

Superfoods for Your Health

BY WINSTON J. CRAIG

**Berries top the list
of foods for weight
management**



The newly-released Dietary Guidelines for Americans 2015 highlight vegetarian diets as a healthy option to follow. A central part of any balanced vegetarian diet is its emphasis on eating a variety of colorful fruits and vegetables, rich in vitamins and minerals and health-promoting phytochemicals.

A recent British study revealed that adults consuming daily 7 or more portions of fruit and vegetables had 31% decrease in cardiovascular mortality, a 25% decrease in cancer mortality, and a 33% decrease in all-cause of mortality compared with those consuming less than one portion a day. A greater intake of green leafy vegetables, but not fruits, was associated with a 14% reduction in risk of type 2 diabetes. Other European studies have shown that a generous intake of fruit and vegetables is associated with a 30–40% lower risk of breast and prostate cancer, and 30% less strokes.

Consuming fruits and non-starchy vegetables can help stop middle-age weight gain. The weight-control benefits were observed to be greater for fruit than for vegetables. The produce with the most marked protective effect were blueberries, strawberries, apples, pears, grapes, plums, citrus, leafy green vegetables and cruciferous vegetables (such as broccoli, cauliflower, Brussels sprouts). These fruits are rich in bioactive compounds with known anti-inflammatory and antioxidant properties. The foods were rich in dietary fiber and had a lower glycemic load which produces an increased satiety. On the other hand, consuming starchy vegetables like corn and potatoes (either boiled or baked) were associated with weight gain.

Furthermore, researchers have found that women who kept fresh fruit on the counter were more likely to be normal weight while women with easy access to chips, sodas and sweet snacks were significantly more likely to be obese or overweight.



A less commonly used fruit that adds color to your diet is the Chinese gooseberry or kiwifruit. A cup of sliced kiwifruit has more vitamin C than two oranges and is rich in potassium. In addition, kiwifruit contain the carotenoids lutein and zeaxanthin which help protect against age-related macular degeneration. Volunteers who ate 2–3 kiwifruit a day for 4 weeks showed an 18% decrease in risk of blood clots and a 15% decrease in blood triglyceride levels. Patients

with borderline hypertension who were given 3 kiwifruit a day for 8 weeks showed drops in both systolic and diastolic blood pressure (3.6 and 1.9 mm, respectively). A kiwifruit extract has also shown to be beneficial for preventing human cancer growth.

Numerous studies have revealed that kiwifruit consumption may improve sleep onset, duration and efficiency in adults with self-reported sleep disturbances. When 24 subjects consumed 2 kiwifruit one hour before bedtime nightly for 4 weeks the quality of their sleep, the waking time after sleep onset, and sleep onset latency were significantly decreased by 30–40%, while total sleep time and sleep efficiency were significantly increased.

A less commonly used cruciferous vegetable that adds real zest to your diet is the radish. The peppery flavor of radish comes from the isothiocyanates while the red or purple skin contains anthocyanins. Both of these pigments provide cancer-fighting benefits.

Winston J. Craig, Ph.D., RD, is a professor emeritus of nutrition with Andrews University. He resides in Walla Walla, Washington.



PRESENT TRUTH

Following the Lamb wherever He goes

To the Younger Workers

BY ELLEN G. WHITE

Some have said they received their education in the “school of hard knocks,” implying that they learned most from difficulties. The following counsel to the church in Battle Creek indicates there is another way at looking at hardships, confusion and failure. —The Editors.

“F or many years I have kept before our people the need, in the education of the youth, of an equal taxation of the physical and mental powers. The Lord God of Israel is hungry for fruit. We are nearing the close of this earth’s history. We have before us a great work — the closing work of giving the last warning message to a sinful world. The world is out of joint. Christ sees all the misery and despair of the world — the sight of which would bow down some of our ministers of large capabilities, with a weight of discouragement so great that they would not know how to begin the work of leading men and women to the first round of the ladder. Their precise methods are of little value. They would stand above the lower round of the ladder saying, ‘Come up where we are.’ But the poor souls do not know where to put their feet.

“Christ’s heart is cheered by the sight of those who are poor in every sense of the term; cheered by his view of the ill-used ones who are meek; cheered by the seemingly unsatisfied hungering after righteousness; by the inability of many to begin. Christ welcomes, as it were, the very condition of things that would discourage many ministers.

“The Lord Jesus corrects our erring piety, giving the burden of this work for the poor and needy in the rough places of the earth, to men and women who have hearts that can feel for the ignorant, and for those who are out of the way. The Lord teaches them how to meet these cases. These workers will be encouraged as they see doors opened for them to enter places where they can do medical missionary work. Having little self-confidence, they give God all the glory, taking none of it to themselves. The Saviour is present to help make a beginning through those whose hands are rough and unskilled, but whose hearts are susceptible to pity, and awakened to do

something to relieve the woe so abundant. He works through those who can discern mercy in misery, gain in the loss of all things. When the Light of the world passes by, privileges appear in all hardships, right order in confusion, the success and wisdom of God in that which seems to be failure.

“My brethren, in your ministry come close to the people. Uplift those who are cast down. Teach the first principles of the message. Treat calamities as disguised blessings. Treat woes as mercies. Work in a way that will cause hope to spring up in place of despair. We must have workers. We must arouse the people. The common people are to take their places as workers. Sharing the sorrows of their fellow-men as the Saviour shared the sorrows of humanity, they will by faith see him working with them.”

Ellen G. White, co-founder of the Seventh-day Adventist Church, Testimony for the Church at Battle Creek, PH158 p.11-12, 1868, Seventh-day Adventist Publishing Association.

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

- *How does Christ perceive things? What does he welcome?*
- *How are we to relate to our circumstances of calamity? — woes? — despair?*
- *How can you experience Christ working with you? — The Editors*

The Joy of Confession

BY ALVIN J. VANDERGRIEND

To talk about the joy of confession seems like an oxymoron — a combination of contradictory ideas. In a way, it is. Confession of sin is never joyful. It is always painful. In fact, the Bible challenges sinners: *Change your laughter to mourning and your joy to gloom* (James 4:9 NIV).

But, in another way, it isn't. There is a direct link between confession and joy. David links joy to the removal of sin. *Let me hear joy and gladness... Restore to me the joy of my salvation* (Psalm 51:8, 12 NIV). Confession moves us from pain to joy, from gloom to gladness.

I used to think of confession as the most unpleasant part of prayer. It was like the foul-tasting cod liver oil my mother gave me when I was sick. But as I came to understand confession better, I began to think of it more like a piece of candy that was sour on the outside but sweet on the inside. You start with the sour taste, but soon get to the sweetness.

Nothing squelches joy more than sin. Sin leads to the uncomfortable and joyless feelings of guilt, shame, anxiety and fear. It disrupts our relationship with God. Isaiah charges: *Your iniquities have separated you from your God; your sins have hidden his face from you, so that he will not hear* (Isaiah 59:2 NIV).

Sin disrupts our relationship with God, but confession restores it. That's why confession can lead to joy. It leads us through a change of mind called repentance, and through a change of life called conversion. As did the prophet Isaiah, we will hear God say, *Your guilt is taken away and your sin atoned for* (Isaiah 6:7 NIV). Those words open a door to life at its best, life full of health and joy. To confess means to see our sins as God sees them, to hate them as God hates them, and to oppose them as God in his wrath opposes them. Taking such an attitude toward our sin does not lead to shame, as one might assume, but to cleansing, release and joy.

To be sure, confession is not popular in our culture today. We tend to shrink from sincere confession

of sin. We prefer to call a sin a mistake, a blunder or a foul-up. We learn to compare ourselves with *gross* sinners and, in so doing, we come off looking pretty good. All of this is just a cover-up.

Covering up sin is a sign of weakness; confessing sin is a sign of strength. Solomon had it right when he wrote: *He who conceals his sins does not prosper, but whoever confesses and renounces them finds mercy* (Proverbs 28:13 NIV). Covering up sin is like denying having cancer though tests confirm it. Confessing sin is like admitting having cancer and then receiving treatment. Confession works healing that leads to wholeness.

God designed prayer as a way for us to have intimate, joyous fellowship with him. Sin hampers that intimacy. Confession restores it. For David, confession restored joy because it restored his relationship with God.

God always welcomes confession because he wants a close relationship with us. He wants to repair the effects of sin — wants to remove the cancer that hinders our relationship with him. Confession of sin allows our loving Father to work the miracle of his grace and to restore our joy and peace. It gives him joy to restore our joy.

Take some relaxed time to read and meditate on Psalm 51. Let the Spirit teach you important things about confession and restoration from David's prayer.

Alvin J. VanderGriend is co-founder of The Denominational Prayer Leaders Network and currently serves as evangelism associate for Harvest Prayer Ministries in Terre Haute, Indiana. This article is an excerpt from his book, *Joy of Prayer*. Reprinted with permission.



SHARING *our* HOPE

A Hunger For More

BY FELECIA DATUS

In December 2015, more than three dozen students and faculty from Andrews University traveled to Honduras to conduct a day camp for the children of Santa Barbara. The eleven-day trip also centered on spending meaningful time with the youngsters who lived at the Hogar de Ninos (Home for Children). Near to the end of the mission trip, what had begun half an hour before as a quick trip to the town's center for ginger ale, quickly morphed into a blatant battle between spiritual forces.

"After worship that Sunday evening, the bus took most of the group back to the house, but seven of us, including [Glenn] Russell, drove on to find a corner store," Gabi Passos recalled. The ride was jovial and filled with laughter. Then suddenly, a woman on the sidewalk arrested their attention. The laughing in the van died down instantly as they slowly drove past the woman with



Andrews students in Honduras, including some who witnessed to Irmarosa.

became trance-like, Emory Dent, another student at the table began to pray. Irmarosa abruptly stood up and stormed out of the restaurant. Gabi, Dwagne and a group leader, Eliana Iller, followed, beckoning her to return.

The girls eventually caught up to Irmarosa. "Do you want to come back with us?" Eliana asked. Irmarosa slowly turned around to

stained and ripped clothes, digging through a trash bin. Andrews University Religion professor Glenn Russell parked the van and suggested they invite the lady for dinner.

They ordered drinks and, while they waited for the meal, Gabi engaged the woman in dialogue. "We're students working at the Hogar. Do you know where it is?" "Yes," the woman responded. "I have a son there." Turns out they had run into the mother of a little boy with whom they were laughing, eating and playing with just earlier. Irmarosa told the group of how difficult life had been for her and her eight children. When it was discovered that her young children were roaming the streets begging, the youngest were taken from her and placed at the children's home.

Suddenly, her demeanor transformed. "She got fidgety and began toying with the drink bags on the table," Dwagne Haskins said. As her body became rigid and her stare

head back toward the restaurant.

Back in the restaurant, as Irmarosa ate ravenously, ironically the "Hunger Games" was on. Emory prayed that the TV would go off and instantly power went out over the city. Now plunged in utter darkness, fear that had once gripped the missionaries was replaced with peace and unseen light.

Russell paid the restaurant owners extra and instructed them to feed Irmarosa, whose countenance was now marked with tranquility. She was smiling and conversing with everyone. Gabi took off the blouse she was wearing and gave it to the beaming woman. She finished her meal and thanked the group. As the student missionaries watched, Irmarosa walked out into the gently falling rain and disappeared.

Felecia Datus, is a graduate student in the Department of Visual Art, Communication and Design at Andrews University, and participated in the mission trip to Honduras.



La gran comisión — plantar nuevas iglesias

POR CARMELO MERCADO

A medida que se establezcan iglesias, debe hacerseles entender que aun de entre ellas han de tomarse hombres para que lleven la verdad a otros y hagan surgir nuevas iglesias; por lo tanto todos deben trabajar y cultivar hasta el máximo los talentos que Dios les ha dado, educando sus mentes para empeñarse en el servicio de su Maestro (Servicio Cristiano, p. 77).

En el mes de diciembre del año pasado la *Adventist Review* publicó un artículo acerca de un estudio que se había hecho sobre la estrategia de evangelismo basado en plantar nuevas iglesias. Fue muy interesante para mí leer el artículo porque me ayudó a comprender que como iglesia tenemos el gran desafío de encontrar la mejor manera de hacer este trabajo.

En la actualidad la Iglesia Adventista en norteamérica planta unas 100 iglesias cada año. La pregunta es si esto es suficiente. La realidad es que para mantenernos a la par con el crecimiento de la población en norteamérica el porcentaje de nuevas iglesias debe ser de por lo menos el 3%. Esto significa que se deben plantar 188 nuevas iglesias cada año. Pero la



Miembros de la iglesia de Indianapolis asisten a la ceremonia de organización de una nueva congregación hispana en la ciudad de Lawrence, Indiana.

realidad es que para avanzar en evangelismo, el porcentaje de plantar iglesias se debe mantener en un 6%. Si fuera así, entonces debiéramos plantar anualmente 376 iglesias.

Dicho en otra manera, de acuerdo con la población actual sería necesario que hubiera 14,162 iglesias establecidas. El año pasado había 6,277 iglesias. Esto significa que tenemos que plantar más del doble del total de las iglesias que existen. Para mantenernos a la par de la población es necesario plantar una iglesia por cada 25,000 habitantes.

En la reunión anual de la División Norteamericana se votó un plan llamado en inglés “*Plant1000*”. El blanco de este plan es plantar 200 iglesias cada año durante los próximos cinco años. Para apoyar esta iniciativa se votó dar un total de \$10,000 cada año a cada conferencia por cada nueva iglesia plantada (el máximo es tres iglesias para asociaciones que

tienen menos de 15,000 miembros y cuatro para conferencias con más de 15,000).

Ahora debemos comprender que para que esto sea una realidad necesitamos más obreros en la viña. Esto significa que necesitamos a laicos que estén dispuestos a ser entrenados para ser plantadores de iglesias y que haya pastores dispuestos a ser sus mentores. En la

obra hispana esto ya se ve en el uso del método de los grupos pequeños, como por ejemplo, lo que se está haciendo en la asociación de Indiana, bajo el liderazgo del pastor Antonio Rosario.

Elena G. de White tuvo una visión que en sí demuestra que la plantación de muchas iglesias puede ser una realidad. En el tomo nueve de Testimonios para la iglesia ella escribió:

“Vi focos de luz que brillaban desde las ciudades y los pueblos, en las montañas y los llanos. La Palabra de Dios era obedecida, y como resultado, en cada ciudad y cada pueblo se levantaban monumentos a su gloria. Su verdad era proclamada en todo el mundo” (p. 24).

Oremos y trabajemos para que esta visión pueda ser una realidad.

Carmelo Mercado es el vicepresidente de la Unión del Lago.



Keep Me From Falling

BY FELECIA DATUS

I fainted for the first time a few weeks after I turned twelve. At the time, I was recovering from a fever that had wrapped itself tightly around me for a week. The fever robbed me of my appetite and energy, and I recall drinking only milk, since even water was bitter in my mouth. My energy was just returning and things were going fine until one morning, I got up from my bed, took a few steps and collapsed. This would happen several times in the months and years to come. During the periods when I did not faint, I was plagued with severe palpitations, weakness and dizziness. Every morning, the moment I stood up, I felt as if something had instantly drained my energy. Often I could not make a tight fist. I was tired all the time and the simplest tasks were difficult.

This was now my junior year of university in Jamaica and, at 22 years old, I still had no clear answer from doctors as to what was causing the sudden drop in my blood pressure. One doctor thought I was diabetic, another thought I had a defective heart, and yet another believed that I was epileptic. All were wrong. I had been strapped to a table and tilted at an angle to see if it would trigger syncope (fainting), underwent a CAT scan, MRI, heart ultrasound, electroencephalogram (EEG), electrocardiogram (ECG or EKG), and countless blood tests. I began to think that it was just my mind. After passing out in front of one doctor, I remember him saying, "Something is really wrong." But what?

While the specialists worked on finding the problem, I continued on in school. The resident hall dean came up with an idea that could possibly keep me from hurting myself if I were to pass out. She informed me, to my chagrin, that no matter where I had to go, I must have someone with me. "Everywhere?" I asked, my eyes widening. The answer came, "Everywhere."

One morning, I stood in the dorm's lobby waiting for anyone to walk with me to the cafeteria. A friend walked past and she was happy to accompany me. As we stood in line, she was talking about something that apparently made her feel happy. For some reason, I could not make sense of what

she was saying. Her voice sounded so low and far away. The world felt like it was tilting and dark spots were floating all around. I stared at her as she went on smiling and chatting. Meanwhile, I was practically screaming at myself in my mind. "Don't faint! Don't faint!" I fought to keep the colors from fading and then I felt someone's arm around me. I opened my eyes and saw several people hovering over me. One lady had a book flapping wildly around my face, trying in vain to produce air. She looked as though *she* was about to pass out. I raised a hand to cover my face. I felt embarrassed.

I could hear my friend talking to me. She wasn't smiling like before but she had a look of pride on her face. "I caught you, Felecia!" she said proudly. "I saw you sway and I caught you. You didn't fall." They laid me flat on some chairs until help came. Later that evening, another friend came to see me in my room. I sat cross-legged on the floor, staring up at her. I was tired. As I rubbed the spot where a fresh and painful IV mark was, I told her that I did not understand what God was doing. "Maybe he's trying to teach you something," she pointed out. Her words set off a light in my mind. I grabbed my Bible from my nightstand and turned to John 15, a passage I'd been studying and attempting to decipher. Then I began to laugh. I laughed and cried. "Yes, he is!" I exclaimed.

The Scripture spoke of abiding in Christ, remaining in him and he remaining in me. No matter how much I had thought about and studied the verses, I could not come up with anything other than the usual messages concerning this passage. I prayed that God would give me an experience to help me understand what it meant to *abide* in him. Now I knew.

Because of my condition, I was constantly falling and therefore needed someone to always be with me, no matter where I went. Having my friend there that morning in the cafeteria did not keep me from fainting, but she did keep me from falling. She saw my sway and, before I hit the ground, I was leaning on her shoulder. Her strength became my strength when I suddenly lost all power. She began walking for me. She began caring for me. She called for help and was there to assure me that I was okay. Because she was there beside me, she was able to keep me from falling.

Spiritually, we are prone to falling every day. Our carnal condition will put us at risk until Christ perfects his image in us and sin is no more. However, we don't have to fall. The strength is not in us but in him. As we learn to abide in him every day, whether we feel strong or not, his strength becomes our strength. How do you abide in him? Everywhere you go, ensure that you are beside him. In every situation, whether you are encumbered with cares, sing praises to him because of who he is and what he has done and promises to do. Talk with him concerning every decision you must make and seek his wisdom.

A daily dose of medications, proper diet, high intake of salt, adequate rest and keeping myself free of negative stress keeps me on my feet. If I were to skip dosages because I feel fine, I put myself at risk again. We, too, need daily doses of God's Word because in it is Life. God's people are the "salt of the earth" and by surrounding ourselves with godly individuals, we find strength when we are plagued with weakness. Jesus invites us to come to him and he will give us rest. If we refuse his invitation of daily and a weekly rest, we will inevitably become faint. When we keep ourselves from stress and trust in him, the promise is that *those who wait on the Lord will run and not become weary, will walk and not faint* (Isaiah 40:31).

Postural Orthostatic Tachycardia Syndrome is the physical condition that makes me prone to fainting; sin is the

condition that causes spiritual collapse and death. Both can be healed by the Great Physician. Only by remaining close to Jesus' side and being held up by his strength am I able to remain on my feet. *Now unto him that is able to keep you from falling, and to present you faultless before the presence of his glory with exceeding joy, to the only wise God our Savior, be glory and majesty, dominion and power, both now and ever. Amen* (Jude 24, 25).

Felecia Datus is a graduate student in the Department of Visual Art, Communication and Design.



Jean-Ives Michel

Schooled

THE EDUCATION OF MR. ORTEGA

BY DEBBIE MICHEL

It was the middle of June last year when Daniel Ortega and his family stuffed their sparse belongings into a small U-haul for the 10-hour drive from Tulsa, Oklahoma, to Indianapolis, Indiana. The Southwestern University theology graduate had left his job as senior pastor of the First Tulsa Seventh-day Adventist Church to begin a position in youth ministry at the Glendale Church located on the northern side of Indianapolis. Young people are his passion and the father of two small children was exuberant about meeting his new multi-cultural congregation.

The church annexed a pre-K through eighth grade school, Indianapolis Junior Academy (IJA), nestled in a residential area not far from a bustling commercial district. When he arrived, Daniel met with the principal, Norris Ncube, and told him about his experiences in Tulsa — the growth of the Tulsa church school from 48 to 110 students over a five-year period and how much he enjoyed working with young people. Daniel offered to help Norris, telling him, “I don’t want to do anything you don’t want me to do, but I want to make myself available to you.”



Daniel Ortega

On Tuesday morning, October 6, Daniel had just finished teaching Bible to Norris’s fourth- and fifth-graders. When the principal failed to arrive for the next class period, he went to Norris’s office but did not see him. Daniel returned to the classroom and continued teaching. Before long, the secretary came to him with tragic news. Norris was driving to school with his son and daughter plus three other children when their car was struck. Norris was killed along with a 5-year-old first-grader Malia Siziba; the principal’s twins, 12-year-old son Sandile (Joshua) and daughter Jessica

Jeanne Michel

IJA was in desperate need of help. At the end of the last school year, enrollment stood at 46. The school was facing crushing debt, sunken morale, high staff turnover and stagnant test scores.

Norris, a well-respected principal as well as fourth- and fifth-grade teacher, had been at the school for only a year and was focused on making improvements. Spurred on by Daniel’s enthusiasm, the principal set his sights on winning approval for the state-run voucher program. This meant low-income parents living in certain Indiana counties could use vouchers to cover most of IJA’s \$480 a month tuition, including the relatively new city-funded pre-K program for three- and four-year-olds.

This school year started with great expectation. Enrollment, which is predominantly Latino, shot up to 87, thanks in large measure to the voucher program. A pre-K class with 22 students, mostly from the community, was added.

were in serious condition. Sandile would later die.

A shaken Daniel confronted the unimaginable, relaying this devastating news to the school about their beloved principal. “We took them to the chapel. It was the hardest thing. I was trying to control my emotion. That first 10–15 minutes was the hardest. Everyone burst into tears.”

The school plunged into mourning and was closed for the next three days.

When they reopened, Daniel, the youth pastor — fresh to the state, fresh to the community, fresh to the church — was thrust into the new role of principal.

“It felt a little strange taking over Mr. Ncube’s office,” he says. “I remember a ton of papers on his desk. I flipped through a third of them and remember thinking, this is going to take a lot.”

Harvey Kornegay, Glendale senior pastor, had seen Daniel’s leadership and organizational skills in action during youth events back in Oklahoma, and was confident his new

youth pastor was up to the challenge. “He’s very dedicated to making sure young people learn and come to Christ,” says Harvey.

Meanwhile, Herb Wrate, interim education superintendent for the Indiana conference, received similar feedback from others who worked directly with Daniel. “He had the ability, a good relationship with students since he was already teaching Bible and P.E.; the faculty and staff were happy with him.”

Support for the school came from everywhere — from the conference administration to schoolchildren. Daniel says, “Almost every day we got letters from kids all across the country for months. We would pass them out to the kids to read and had them displayed.” Retired teachers, parents, church members — all swiftly sprang into action to help.

Despite the overwhelming task of running a school in the midst of crisis, Daniel managed to stay afloat. “He rose to the occasion,” said Harvey. “He handled the press relations, going to prayer vigils, helping teachers, putting in 12–16 hour days.”

As the weeks progressed, it appeared life was slowly returning to some level of normalcy. “I knew we were doing better when kids were acting up in class, doing airplanes and making spit wads,” he says.

Then two days before Christmas break came another unexpected blow. It involved three students, including one who had embraced Norris as his dad. The mother of the children was in his office to tell him that the children’s father who had been deported to Mexico was assassinated. The mother didn’t have the courage to tell her children and wanted Daniel to tell them the grim news. This was too much for Daniel, himself the son of Mexican immigrants. When she left the office, he broke down and sobbed uncontrollably.

“I couldn’t tell those kids. I already told the kids the bad news once. I knew I’d break down,” he said.

He called a local pastor with a connection to the children to deliver the news.

Although there are the daily struggles with disruptive students, today the school is inching forward. Norris’s daughter, Jessie, returned in January, her presence symbolizing hope and survival.

On the day we met him, Daniel was dressed in a lime-green shirt, plaid tie and black converse sneakers. A hint of grey hair belied his 35 years of age. He was in the midst of seeking state approval for the school lunch program. As we talked, he exuded strength and confidence, checking off a long list of goals: increase the spirituality, raise tests scores, boost morale, renovate the aging facility.

He took off his camel brown distressed leather jacket a few times, a reminder somewhat of the dual roles he continues to juggle as youth pastor and principal. He will need to choose one by the end of school year, but which?

“It’s an internal struggle for the last two months. It’s like, do you want a chocolate chip cookie or a macadamia nut cookie? I can choose. I’d be happy with either but be disappointed with the one I don’t have,” he says.

Right now he has a list of more than 20 children whose parents have promised to enroll there next fall. If that number holds, it will be next to impossible, he says, to keep “serving two masters.”

“I’ve been praying to God to give me the wisdom to be where he wants me to be. I’ve pondered doing both but it won’t be good for my family,” he says.

Harvey is aware of the burden on his youth pastor and is making sure Daniel doesn’t burn himself out. “My caution to him is that ‘you’re young and in good shape, but that can easily go,’” Harvey advises. “Make sure you spend time with your family. When you need time off, let me know.”

As he looks ahead to the future, Daniel is still in awe of how God led him during those tumultuous first few months as principal. “I don’t see how I found the time to do everything,” he says. “I really believe God intervened and took me by the hand and really demonstrated that if you put your trust in him, he will make a way.”

Debbie Michel is associate director of communication of the Lake Union Conference and managing editor of the Lake Union Herald.



Jean-Ités Michel

A Lesson For Eternity

BY MELISSA BRESNAHAN

My story of becoming an Adventist is truly a miraculous one. Not being raised a Christian, I did not know much about the Bible or about Christians for that matter. My perceptions of Christians and their beliefs were based on how they were portrayed in TV shows, extremists in the news, and the pope. I believed that the more Christian you were, the dumber you had to be. I believed that Christians tried to impose their views on others and that they were hypocritical, preaching love when they themselves would bomb abortion clinics, molest children and call homosexuals words that ought never to come from a Christian's mouth. By the time I reached the end of high school, I was a rebellious, abused teenager who wasn't willing to listen to the hypocritical and judgmental voices of the religious, particularly the voices of Christians.

While going to a small, secular college in Pennsylvania, I continued in the rebellious, wayward life of partying, drugs, alcohol and promiscuity among other things. Despite my efforts to convince myself that these were the happiest years of my life, a "voice" inside my head kept pressing upon me that I was miserable — and more miserable now than when I was in high school. As much as I tried to out-drug and out-booze the "voices" in my head, they were still there when I went to bed at night and were heard during the quiet moments of the day. *The LORD is close to the broken-hearted, and saves those who are crushed in spirit* (Psalm 34:18).

Despite all my inner pain, God was there to lead me into his truth.

In the second semester of my second year, I saw someone in my class that I didn't know, odd for a school of only 1,500 students. I was strongly impressed to get to know him, be nice to him, and become friends with him. That "voice"



Melissa Bresnahan

now pressed upon my mind even more so than the "voice" detailing my misery. After the first day of class, I approached him, started a conversation, and learned that his name was Guillermo. With God's intervening, Guillermo and I were "randomly" assigned as partners together in an extensive group project that involved taking apart a computer tower, putting it back together again, and taking pictures of every step along the way so that two PowerPoint presentations could be made to teach someone else. We spent a lot of time together on this project, exchanged phone numbers and, eventually, became friends.

One day, at the end of class, Guillermo started talking to me about a contest they were having at school. The contest involved writing and giving a speech on who you think the "Person of the Year" should be. The winner would get \$10,000. He told me that he was going to participate in that competition. Hearing the beckoning call of the "voice"

in my head to “be nice to him,” I gladly offered to read his paper for him, so that it would sound like a native English speaker. He delightfully accepted the offer and gave me his folded-up speech before leaving for his next class.

As he left, I opened the paper. The heading read; “Person of the Year: Jesus Christ.” I almost could not believe my eyes. By this point, I hated Christians and everything they had to say, and here I was becoming best friends with one of them! Not only was he a Christian, but he was Christian enough to write about Jesus for a Person of the Year speech! I don’t think I have ever rolled my eyes as much as I did then.

Normally, I would have torn up the paper or scribbled all over it and told him I had fixed it, but that “voice” pressed firmly in my head, “You need to get to know him, be nice to him, be friends with him.” I obeyed once again and not only read his speech several times and thoroughly edited it, but I even listened to him practice it. It was clear that his speech was intended for a non-Christian audience and I was amazed to hear secular historians write that although they are not a believer, there is no other person that has so changed the course of history than that of Jesus Christ.

It was amazing to learn who Jesus was and what he did, for I had not learned anything about him before. Knowing now that my friend was a Christian, I would often ask him questions such as, “What do you think happens when you die?” With any questions like these, he would always open up his Bible to answer. As one question led to another, we inadvertently were having Bible studies together almost every single day. As I read more of the Bible and learned more of God as revealed in his Word, I was changing. *But we all, with unveiled face, beholding as in a mirror the glory of the Lord, are being transformed into the same image from glory to glory, just as by the Spirit of the Lord* (2 Corinthians 3:18 NKJV). I was being transformed by the principle that “by beholding we become changed” (Ellen White, *The Great Controversy*, 1888 p. 555).

Eventually, I decided to give my life to Jesus through baptism and on March 19, 2011, I became a member of the Seventh-day Adventist Church. It is amazing to think that God sent someone halfway around the world, just to share about his goodness with me! Through the godly influence of a classmate, who turned out to be the only Adventist at my school, I had the great and awesome privilege of knowing my Lord and Savior. It is one reason why I have a particular passion for the ministry of education.

Although I decided to study education before I became a Christian, I recognize that God’s continual approval upon my educational studies and the continually deepening

burden upon my heart for educating the youth has been a lasting sign and assurance that this is where God is calling me. When I first transferred to Andrews and began studying, I did not know whether the Lord was leading me into public school or Adventist education. With my unique background, I felt that I would be of a great benefit to either group. I continually asked God for guidance.

After finishing my degree at Andrews University in December 2014, God providentially led me to Tri-City School, in Saginaw, Michigan. I was praying earnestly about what God wanted me to do in the spring, as teachers are not often hired full-time that late in the year. After going to a school board meeting at Village Adventist Elementary School, Berrien Springs, Michigan, I was introduced to Diane Barlow, who at the time was associate superintendent of the Michigan Conference schools. After telling her that I desired to teach in a one-room school with grades K–8, my mentor noticed that she seemed quite interested. She ended our conversation by telling me that I should send her my résumé. I hadn’t yet sent her my résumé but, less than a week later, Linda Fuchs, then education superintendent of the Michigan Conference, came to visit me! When the position became available later that fall, I was asked to finish up the year at Tri-City School, a one-room school with grades K–8. Eventually I was hired as Tri-City’s new teacher and principal.

I’m grateful to be able to share with each student the love of Jesus and to tell them my testimony of how I came to know my Savior. Some students have always grown up in a home with Adventist parents, while others may have grandparents that connect them with the Adventist faith. In any case, I am thankful to share with them, not only the truths as revealed from God’s Word and the Spirit of Prophecy, but also the utter joy and peace that comes from having a true friendship with Jesus. My students are reminded that we have a duty on this earth to share this joy and truth with others. I’m thankful that I am a continual reminder to my students that God is willing, longing and able to save all those who are willing.

Melissa Bresnahan is the principal and teacher of the Tri-City Seventh-day Adventist School in Saginaw, Michigan.

It is amazing to think that God sent someone halfway around the world, just to share about his goodness with me!

STEAMS Inspire Service

BY EVELYN SAVORY

Consistent with the “whole person” education philosophy at Ruth Murdoch Elementary School (RMES), faculty, staff, parents and community are committed to uniting in their mission to bring children closer to God as they work with heads, hearts and hands in preparation for the love of learning and the joy of service.

STEAMS – RMES’ UNIQUE FRAMEWORK

This school year, RMES introduced “STEAMS,” to promote RMES’s unique curricular goals. STEAMS is an extension of what is well known in education as STEM — Science, Technology, Engineering and Math, but with Arts, Agriculture and Spirituality added. While STEM is the worldwide thrust of educators to streamline academic activity around the focal areas of science, technology, engineering and math, in adding arts and agriculture, the STEAM curriculum is expanded to increase opportunities for practical applications of the learning experience. The Adventist philosophy of education acknowledges the spiritual aspect of the individual’s being. Thus, STEAMS — a holistic model that fosters the harmonious development of the whole person, spiritual, intellectual, social and physical capabilities — prepares students to become creative critical thinkers, lifelong learners and compassionate citizens who show Christ’s love through service. Whole Care, the healthcare protocol developed at Loma Linda University, attests to the importance of attention to the spirit and life experiences of the individual. STEAMS acknowledges this importance from the onset of life and seeks to incorporate this in the lifespan development of students through formal educational instruction and engagement.

STEAMS VISION

At RMES, we have started a gradual but intentional implementation of STEAMS this school year with two areas of emphasis — a school-wide focus on the S for Spirituality by incorporating STEAMS and focused instruction at all grade levels. To foster the core value of integrating faith

and learning in instruction is to promote spirituality, like technology, as the centerpiece of STEAMS. One primary goal of STEAMS is to maintain a teaching and learning approach that encourages students to make cross-curricular connections and engage in real world applications.

STEAMS IN ACTION

RMES staff have chosen a year-long spiritual theme and song that help set the tone school-wide. The theme for 2015–2016, Time Alone With God or “TAG,” encourages the theme song “Trying to be Like Jesus” by modeling the custom of Jesus described in Mark 1:35, *Very early the next morning, Jesus got up and went to a place where he could be alone and pray.* In addition to personal time with God, prayer and worship are embedded in RMES school culture and take place seamlessly throughout the day.

Bible study and Bible labs, instruction and application, are integrated in the K–8 curriculum to provide opportunity for students to share their faith and show love to their immediate and global communities by engaging in a variety of mission and service projects. Unique mini-courses are conducted in the junior high school (Grades 7 and 8).

In this article, I would like to highlight two of most inspiring stories of how RMES extends and embeds spirituality as practical Christianity (community service) in STEAMS education. Mrs. Costa recounts the special experience:

A few weeks before the school year began, the third- and fourth-grade teachers initiated planning Bible labs to bless others with and through our students. Since Ruth Murdoch Elementary School sits in the middle of a community of elderly people, we decided to make visits to their homes our main focus.

Our first visit took place on September 3. On this occasion, only the fourth grade walked a few miles away from RMES

to sing and pray for two amazing ladies. Widows Janet Olson, who had lost her husband a few months back, and Eva Visani enjoyed the visit. Both ladies seemed emotional and had only beautiful words of thanksgiving toward the children. I received a phone call later in the day from one of them to express how well behaved all the students were and what a blessing they had been to her and her friend.

In October, we were privileged to make another visit; this time we walked to Ruth Kaiser's home. She is a former RMES teacher! The entire group included both third-grade classrooms and our fourth grade. Miss Kaiser received us with a big smile and was touched by our singing and three special prayers. She seemed very happy as she shared with us how she enjoyed teaching children in the past. Miss Kaiser asked us to visit her again in the future.

JR. HIGH ADOPT-A-FAMILY PROJECT

According to its eighth-grade teacher Phillip Giddings, about three years ago he and his students were discussing plans for the class Christmas party. The usual custom was to exchange gifts, bring food and snacks, and play games. As they talked, he made the suggestion that it would be nice for the students to think about giving to someone in need rather than looking to receive gifts for Christmas. The altruistic spirit was caught by the seventh-graders, as well. Using the church's list of needy families, they randomly assigned three families to each of the classrooms.

Although the teachers made the initial contact by phone and personal home visit, it was clear that students were the primary planners of the event. An invitation was extended to each family and the needs ascertained. They made it an extra special Christmas party. This tradition continues.... This year the classrooms were transformed to create a cozy family setting. Christmas lights, decorations, mostly hand-made by students, brightly covered tables and, of course, a Christmas tree with the beautifully wrapped presents. A special place was set for the three guest families with a total of seven children. The day began with worship and singing Christmas carols, followed by the kids' favorite — pizza! After the meal and well wishes to the families by students and teachers, the gifts were presented to each family. It was an emotional but joyous experience for all!

The purpose of STEAMS at Ruth Murdoch Elementary School is to ensure students learn today what will make a difference in this world tomorrow and for all eternity.

Evelyn Savory is the principal of Ruth Murdoch Elementary School in Berrien Springs, Michigan.



Top picture: RMES students on their way to visit nursing home
Bottom picture: RMES students adopt a family for Christmas

Small School Makes Big Impact

BY PATRICIA WILLIAMS

I do not know who first used the adage, “It takes a village to raise a child,” but I can attest to its veracity as I see the interaction of students at my school. I work at Downers Grove Adventist School, a small school in Illinois and, like other small schools, there is a strong sense of family and community that permeates every aspect of the school day. Students know more than just the first and last name of every student in the school; they know their likes and dislikes, strengths and weaknesses, and even, in many instances, each other’s birth dates.

The interplay of young and old can be seen on the playground as older students push the younger students on the swings, show them how to hold a softball bat, lower the basketball backboard so it’s at a height at which they can successfully shoot baskets, and cheer for their young friend who is making a valiant effort to master a new skill. It can be observed in the classroom as students assist other students or work in teams on projects. It can be seen at assemblies, special event days and worships as the students from preschool through eighth grade work together to celebrate accomplishments, lead out, and pray with and for each other.

One example of this familial interaction takes place during the annual snow picnic where small children gleefully allow the bigger students to help pull their sleds to the top of the hill, sometimes while the little ones are still sitting on the sleds! Or they may ride down the hill together with the little one in front and the bigger one protectively holding on to them as they careen down the slope.

The older students know they have a solemn responsibility to make good choices and be positive role models for the younger ones who are observing their actions and assessing what they see. Upper-grade students are encouraged to care for the needs of the younger students by offering comfort, smiling at their little stories, and applauding victories and achievements. The idea of leaving a legacy is firmly entrenched in the minds of students in small schools because they know that what they do and say has a profound and lasting



impression on others. They cannot sit back and let someone else take the lead or bear the responsibility of setting an example because there are not that many other students in the school and there may be no one else to shoulder the task. The tone of the school, in large degree, is set by them, and students respond well to that challenge.

A year ago, Downers Grove Adventist School began a partnership project with a nearby nursing home. We take our student body to the nursing home to sing songs and share handmade treats. That part of the event is very enjoyable. However, the most important part comes after the entertainment and the gifts. The culmination of the event is when an older student teams with a younger student to interact personally with the residents. The younger students learn to speak slowly and clearly, make eye contact, ask questions, express interest, and build friendships. They learn all these skills from their “teachers” – the older members of their Downers Grove Adventist School family.

There are benefits that can be reaped from any school — each has its strengths. The particular strengths of a small school like Downers Grove are especially heartwarming as students step up to assume healthy leadership roles that encourage beneficial choices in others while, at the same time, helping them acquire skills they will need for a life of service and productivity.

Patricia Williams is principal at the Downers Grove Adventist School in Downers Grove, Illinois, and teaches grades five through eight.

Colorful Life in Christ

BY STEVE BAUGHMAN

Many of the highlights of working at a Seventh-day Adventist boarding school are the countless opportunities to provide meaningful, outside-of-the-classroom educational experiences for the students. It is even more rewarding when you are able to involve the students in providing those educational experiences for others. Such was the case this past October at Indiana Academy (IA), where you could hear the nearly 200 elementary-age students from some distance before you saw them. The event generating so much energy and excitement was Indiana Academy's second annual Conference-wide Education Fair, coupled with the student participants who had traveled from throughout the state, eager to get active.

This year's focus content area was Health & Fitness and the day's theme was "A Colorful Life in Christ." PE teacher Kenny Smith, who is also the school's gymnastics coach and boys' assistant dean, gave final instructions to the assembled crowd, "Today is not about being the fastest or the most talented, but a day to use the abilities God has given you," and concluding with, "Be safe and make sure you have fun!" The students were off.

Coach Smith and Steve Baughman, the Indiana Academy principal, had planned the day's events to provide an opportunity for the Indiana Conference elementary schools to come together and participate in a variety of fitness assessments, track and field events, and a one-mile fun run. The goals of the day were to give all of the students in the Conference a chance to: 1) get physically active, 2) learn how to track their individual progress in different activities, and 3) provide a sense of community among the schools. In other words, it was a chance for all of the students involved to put into practice some of the key components of the Adventist health message.

Students in the gymnasium who participated in "Fitness-Gram" activities including running a "pacer" test, seeing how many sit-ups and push-ups they could do plus several other physical ability assessments, were cheered on by parents, sponsors and teachers. Outside, students of all ages heaved



softballs, ran 50-meter dashes, lined up for long jumps, attempted a punt-pass-kick football exercise, and enjoyed the beautiful fall weather. Each activity station was manned by a group of IA students who kept track of times and accomplishments so that the participants could attempt to improve their results throughout the day.

After a quick and much-deserved lunch break, the students got ready for the high-

ly-anticipated main event, the "Colorful Life in Christ Fun Run"! Led by a group of IA students, participants ran a mile-long loop throughout campus. At various spots along the route were strategically located "coloring stations" where eager volunteers were awaiting the fun-runners with fistfuls of dyed cornstarch. As clouds of color erupted around campus and previously white shirts took on the neon hues of the gleefully tossed powder, shouts of joy and triumph were heard from runners, young and old.

As the day's now "colorful" participants gathered for a final group picture, a closing prayer was given thanking God for the beautiful weather, wonderful students, and chance that we have to live lives dedicated to Him. There are few greater joys for an educator than seeing a campus full of smiling faces as they reflect on what they've accomplished and what Christ has called them to be.

Steve Baughman is principal of Indiana Academy.



For Such a Time as This

BY RENEE HUMPHREYS

The Lake Region Conference Department of Education theme is “Ever Learning, Ever Rising, Ever Committed.” We’re showing our commitment to this in various ways:

EVER LEARNING

“What did you learn in school today?” a mother recently asked her second grader. He replied, “I learned a whole lot! I learned that the word ‘stem’ doesn’t just mean a part of a plant but the letters STEM stand for Science, Technology, Engineering and Mathematics. We had a great day doing all kinds of fun stuff at STEM Day today!”

What a wonderful time in Earth’s history for our children to be engaged in growing their intellect while immersed in the arms of Adventist education. STEM activities are just one of the initiatives with which students and staff have been involved across the school district of Lake Region Conference. Other learning initiatives include:

- Integrating faith and learning — We are mission-driven schools
- Conference-wide Education Days (STEM, writing, literacy, Academic Fair)

- Inquiry-based science programs and increased technology
- Community outreach and service projects
- Differentiated instruction to help meet the diverse learning needs and learning styles of our students

Our school calendar and learning plans are enhanced with robust learning experiences. Our students are Ever Learning as they are engaged in various learning activities that help to motivate their minds to use their talents to serve others.

EVER RISING

Pastors asked at a recent partnership meeting involving pastors, Bible workers and church leaders, “How can I serve?” “What can we do to partner with teachers?” As we are Ever Rising, we realize that Adventist education is truly evangelism and it really involves all of us. Administrators

and teachers rise to the occasion by continuing to meet standards related to professional development, leadership and helping students to grow spiritually, mentally and physically. Weeks of Prayer are being held, and students are involved with Bible studies and are taking their stand for baptism. Parents, pastors and Bible workers make a difference as they join hands to help support and educate our children. We are Ever Rising ... as we move forward on our knees.

EVER COMMITTED

Despite the challenges, we are committed to Adventist education and to giving God praise. The Capitol City school board was faced with a financial crisis and committed themselves to prayer, asking God to meet their need of \$20,000 in less than a month, and church members were invited to pray. One Sabbath, when the appeal was made, an anonymous donor wrote a check for \$20,000 to help meet the needs of our students and school! The board witnessed sacrificial giving of about \$32,000 because of faith and commitment to stand strong on God's Word. Praise the Lord! Throughout this year, principals across the conference have received calls from local churches, alumni and interested persons to sponsor a child, donate items or give in other ways.

TELL THE STORY

At the beginning of the school year, a group gathered in Detroit, Michigan, from across the nation for a special, first-time, alumni weekend for those that attended Davison Jr. Academy, an Adventist school, once located on the east side of Detroit. They had attended in the 1960s and '70s. Imagine coming back for a K-8 school reunion — not just for a Sabbath service, but for an entire weekend. Alumni of all ages had such a wonderful time reminiscing as they talked, laughed, worshiped and ate together. As they looked at pictures of former classmates, teachers and themselves, they agreed that their experience of growing up attending Adventist education had made a tremendous difference in their lives.

They spoke of the “mothers” and “fathers” of the church that sacrificed by mortgaging their homes to pay for the building and sponsor students; how they sold oranges and grapefruits out their car trunks; how everyone joined in to keep the school clean and prepared for learning; the Saturday night socials in the gym; teachers taking the time to play with them; times that made them cry and times that made them laugh. Interestingly enough, they didn't talk much about the curriculum, or what they did or didn't have that other schools had. In essence, what they talked about was that Adventist education created a special family bond, and they were loved and have friendships that have lasted throughout their lives. All the memories were learning experiences that helped to shape them into the men and women they are today.

Where was I? Oh, I was there, too. Not because of my job responsibilities, but because I also am an alumnus of that church school. Who knew then, as a little girl attending Davison Jr. Academy, that I now would be serving as Superintendent of Education for the Conference that believed in the eternal importance and necessity of Adventist education. We still believe ... for such a time as this!

Renee Humphreys is superintendent of schools for the Lake Region Conference.





Learning the Joy of Service

BY CHARLYN MARSH

My husband, Jody Marsh, and I have been teaching at Hillside Christian School in Wausau, Wisconsin, for 25 years. Over the years, we have had as few as five students and as many as 13 students. Our enrollment may fluctuate from year to year, but the support of the church members of The Shepherd's House never wavers.

Church members support the school in many ways. The main method is through a subsidy. If it wasn't for the church subsidy, tuition would be too high for almost anyone to pay. However, members support the school in many other smaller ways. Each week, time and money are donated to provide students with a free, hot and delicious lunch. Members help transport students to their weekly Bible labs and other field trips. Occasionally, members bring little gifts or treats to the students. They faithfully attend school programs, demonstrating to the students that the church cares about and supports them.

Teaching the joy of service is important at Hillside. Once a month, students visit a HeadStart classroom to read to the students and do a project together. Working with the younger HeadStart students encourages the lower-grade Hillside students by showing how much they have grown in reading skills. Doing projects with younger students teaches Hillside students patience. It is great to see our students work so well with their young partners. We also visit a local

nursing home once a month. Students color or put together a puzzle with the residents and chat with them. It is interesting to hear their stories. After finding out we were from the Adventist school, one woman shared with us that her parents were Adventist missionaries in South America.

Our pastor, Tom Michalski, is involved with students by providing worship for us once a week. He also has a Bible study class for older students and offers free guitar lessons to any student who is interested.

We believe in getting students involved in the church service. Many students are involved in the praise team. Almost every Sabbath, a different student reads the Scripture. For part of music class, students learn to play hand chimes. We provide special music for the church about once a month.

Because of the faithful support of our local church and the Wisconsin Conference, Hillside Christian School is able to lead students closer to Jesus.

Charlyn Marsh is principal of the Hillside Christian School.



Andrews University student Nicole Niere is serving in Palau this year.

I never thought I could change a life

One student's experience as a missionary

Junior social work major Joanna Rivera chose to serve as a student missionary in the Rocky Mountain Conference (RMC) as administrative assistant to the youth department. Based in Colorado, the RMC also includes parts of Wyoming and New Mexico.

“Our goal in the youth department was to make it easy for kids to come closer to God,” she explains. “We did many different things — events for youth, mission trips, summer camps, camporees, preaching, and spending time with the conference youth in any way we could.”

Rivera was thrilled to experience something new and different in her life. Though she had originally planned to go overseas and serve in a different country, she felt God calling her to stay in the U.S.

“Probably what scared me the most was not knowing exactly what to expect,” she says. “I was stepping outside of my comfort zone and I knew I’d be challenged in ways I couldn’t predict.”

Fear of the unknown wasn’t the only serious hesitation Rivera had.

“I had this idea that in order to be a student missionary I needed to have a strong walk with God,” she says. “I was worried my walk was not strong



Andrews University student Bajel Markland is serving in Chile this year.

enough and, as a result, God would not be able to use me.”

After her service year, Rivera felt God calling her to stay longer, so she signed up for a second year.

“God can use you anywhere,” she says. “It doesn’t matter in what part of the world you are; if you want to serve others, God will find a way. God does not expect you to be perfect to be a missionary; if you have the desire, he will use you. I honestly never thought that I could truly change and impact someone’s life. After reflecting on my time as a missionary, I was able to see how God used me to help others. I realized the power of youth ministry and how influential a single person can be.”

This year, Andrews University sent out 23 student missionaries to serve in various capacities in various places.

“The mission of the Office of Campus Ministries is to prepare students for ministry no matter what their career goal,” says June Price, University chaplain. “We want to engage, enrich and inspire students, and challenge them to not only be spiritually fed, but to feed others; a challenge to truly encounter the Creator.”

The student missions program needs your support. Support means more than just financial contribution;

you also can help by praying, recruiting, writing letters of encouragement to current SMs, inviting past SMs to speak in your church, and sending care packages to those currently serving.

To learn more about being or supporting a student missionary, email sm@andrews.edu or call 269-471-3211.

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



Andrews University student Jessica Yoon is serving in Poland this year.



Andrews University student Joanna Rivera served in Colorado for two years.



Couple weds in Adventist Medical Center Hinsdale Chapel

The words “in sickness and in health” had special meaning for Mary Ramsey and Raul Sonora as they exchanged vows the day before Thanksgiving.

Mary and Raul were married in the chapel at Adventist Medical Center Hinsdale on Nov. 25. They had planned to wed on Nov. 28, but Mary was admitted to the hospital on Nov. 23 with severe pain, nausea and episodes of losing consciousness.

At first she decided to postpone the wedding, but she changed her mind when the nurses on her floor brought her flowers for her birthday. (She turned 22 on the day of the wedding.)

“The flowers were red roses and blue hydrangeas, exactly what I had picked out for the wedding,” Mary said. “The red matched my mother’s dress, and the blue matched the bridesmaids’ dresses. It was like God telling me to have the wedding in the hospital, that it would be okay. This was God embracing us and leading us into our marriage in a beautiful way. I will forever tell the story.”

Hospital staff rallied to help plan the wedding — Kris Veenbaas in the Quality department baked a special wedding cake, Tricia Trefl in Pastoral Care helped plan the service, and Katie Kett, whose mother works at the hospital, took photos. Some staff attended the service, blowing bubbles as the newlyweds were introduced.

For the first time in a four-year history of being ill, Mary finally found out what was wrong.

Pending further testing, Mary has been diagnosed by rheumatologist Diana Sandler, M.D., with Ehlers-Danlos Syndrome, or EDS, a connective tissue disorder that causes pain from muscle



Mary Ramsey decided against postponing her wedding when she was admitted to Adventist Medical Center Hinsdale.



Hospital staff rallied to help plan the wedding held in the hospital’s chapel.

spasms and joints popping out of place. Her cardiologist, Francisco Aguilar, M.D., diagnosed postural orthostatic tachycardia syndrome, or POTS, which elevates her heart rate and blood pressure when she changes positions, such as sitting up after reclining. POTS causes nausea, dizziness and migraines. Plus, she has vasovagal syncope, or VVS, which causes her to lose consciousness when she is in pain. Mary

says she is grateful to all of her doctors, including her primary care physician, Jean Howard, D.O.

“It’s been difficult, but Raul has been at my side through it all,” Mary said. “It has brought us closer together. We’re dealing with my illness as a team. My goals are to raise awareness, and to give glory to God.”

Julie Busch, assistant vice president for communications, AMITA Health

[EDUCATION NEWS]

Andrews Academy for a Cause

Every year, Andrews Academy's National Honor Society (NHS) puts on "Cause Week," a series of programs designed to both raise awareness for various worthy causes and find ways for students to tangibly make a difference in those areas. This special week was first created in 2006 by an Andrews Academy student who was able to succeed in school because of the kindness of individuals who helped his family when they were in need. Ever since, NHS members have sought to highlight a different cause each year, with projects ranging from buying milk for malnourished children overseas to helping underprivileged kids receive Christmas presents right here at home.

This year, the NHS chose to focus on the needs of foster care children in Berrien County. The theme for the week is based on James 1:27, *Religion that God our Father accepts as pure and faultless is this: to look after orphans and widows in their distress and to keep oneself from being polluted by the world.* The NHS students partnered with Dawn Wales and other members of "God's Hands 4 Kids" (a community church group dedicated to helping foster kids) to produce daily programs and activities designed to sensitize students to the difficulties that foster care children encounter daily.

Monday's program was presented by Julia O'Carey, director of ASAP Ministries in Berrien Springs, and a foster care parent herself. O'Carey shared her family's experience of taking in a foster child as well as how difficult it is for foster children to be removed from the places and people they have grown to love. On Tuesday, a young, former ward of the state, shared her wrenching story of life in 13 different foster homes after being removed from an abusive home situation. Michelle Kuicken, a child welfare worker for



Academy students found tangible ways to help foster children. They sorted clothing, wrote personal notes and signed Bibles.

Child Protective Services, spoke on Wednesday about the process involved in removing a student from their home and placing them in foster care. She shared that while this process involves very careful consideration of each case, it is still an emotionally gut-wrenching experience for both the child and the case worker.

Two current foster teens from Berrien County came on Thursday to share their stories with Andrews Academy students. Despite their tough lives, both of these individuals expressed thanks for how their foster families have helped them survive the hardships they have encountered. NHS president Starr Davis concluded the week with a rousing call to action, reflecting on how helping others is at the very core of the Andrews Academy mission for its students.

In addition to bringing in these speakers who shared very personal experiences of foster care with the students, the NHS members also wanted to provide several ways for students to help foster kids in a more tangible way. NHS vice-president Yehjee Lee designed a special t-shirt which includes the text from James 1:27, sold

throughout the week to raise funds to be used for care bags for foster children. Students who purchased the shirt were allowed to wear it all week in lieu of the regular school uniform. With over \$700 raised, this fundraiser was a great success. In addition, Thursday's assembly period was designed as a hands-on service project where every Andrews Academy student had the opportunity to spend an hour working at various stations. These stations included sorting clothes, writing personal notes, sewing gift bags, designing homemade cards and signing Bibles, all of which will be given to foster children right here in Berrien County.

This special Cause Week has helped encourage our student body to get involved in the community and be sensitive to the needs of others. We pray that each student will continue to be aware of the needs of others and be involved in Christian service to not only help humanity, but also point individuals to Jesus the true source of fulfillment.

Byron Graves is an Andrews Academy music teacher and NHS sponsor.



Battle Creek Academy students earn “class cash” and learn proper budgeting.



Sophomores Abby Fox and Kristin Zeisler pray for God’s blessing on the mission project to the Philippines.

Students engage in economic project

At Battle Creek Academy, we always seek to find new ways to prepare our students for the “real world.” Kelsea Allen, our 7th- and 8th-grade teacher, has started a new economic project this semester that teaches students the value of the dollar.

Each student has a job in the classroom, such as a banker, fine officer, webmaster and human resources. These jobs help students earn a bi-weekly income (class cash) to pay for their bills. The students learn about payroll, budgeting and pay rent for their desk, chair and monthly expenses. Students also may get a bonus with a good grade on a test, perfect attendance or by recycling to help with the energy bill! There also are fines students must pay for tardiness, misconduct or a bad grade. Students who are unable to pay for rent give up their desk and sit on the floor until they can afford the rent (a consequence chosen by the students). The learning experience has helped students as they balance school, money and work.

“I’ve had to start a budget to plan ahead with my expenses, making sure

I always have enough for rent and the necessities and not to spend it on things I don’t need. I enjoy having a job, to be responsible for something. It has helped me for the future to know what to expect when I’m on my own.”
—Thomas Headley, 8th grader

“I’ve notice students are more involved with me and each other, they have a better attendance and I’ve seen grades improve. The whole system is student-led, and they’ve really taken charge of it all. As a teacher, it’s been an amazing experience to see the students’ excitement to learn about the economy and take responsibility.”
—Kelsea Allen

We hope that with this experience these young people will understand and learn the value of the dollar. We always enjoy challenging our students and preparing them for the future. With this project, we hope students will become good stewards with their money to be more prepared for the “real world.”

Jacquelyn Khoe is director of development at Battle Creek Academy.

Student Prayers Answered in Big Way

“Ask God for big things. He is ready and willing to answer our prayers.” It’s a message repeated again and again by teachers and staff and recently, one student decided to do just that.

“I really don’t know exactly when I started praying,” said sophomore Abby Fox, who plans to be part of the mission project to the Philippines this spring, “but I started praying for money to build the church in the Philippines.” This was in addition to the money she was trying to raise for her own airfare. “I just felt like I should ask God to send a donation of ten thousand dollars.” And so, with a few other girls, Abby began praying for \$10,000. The teachers began praying too that God would honor her bold request and not let her down.

Abby asked that when principal Roger Dunder began calling donors, he would tell her so she and the girls could be praying. “I was on my second or third call with potential donors,” says Dunder, “and I suggested they give maybe two or three thousand dollars. But the donor said, ‘No. I can’t give two or three thousand. It has to be ten thousand. For the past three weeks the number ten thousand keeps popping in my head. I don’t know why, I can’t

explain it, but I feel I must give ten thousand.

Tears began to flow as the realization of what God had done sunk in. As the news spread like wildfire

through the girls' dorm and across the campus, shouts of joy rang out and prayers of thanksgiving ascended to our Almighty God who still answers prayers!

Let's take the advice of early missionary William Carey: "Expect great things of God Attempt great things for God."

Greg Edge is director of marketing at Wisconsin Academy.

[LOCAL CHURCH NEWS]



A nutritious dinner is served along with spiritual food at the senior dinner.

Community Outreach at Lewis Church

The Lewis Seventh-day Adventist Church hosts a senior dinner the second Tuesday of each month as part of community outreach. A nutritious dinner is served along with spiritual food which harmonizes with the theme of the evening. November focused on thankfulness, December on "the perfect gift," and January on resolving to love God.

We make sure everyone has a good laugh by playing games. We share thoughts and ideas, and many speak of the impact God has had on their own lives.

February's focus is love. That's the message we want to convey: "God loves you. We love you."

Pam Dowell is communication secretary for the Lewis church.

[UNION NEWS]



Maurice R. Valentine II

Maurice R. Valentine II, is new Executive Secretary for the Lake Union

Maurice R. Valentine II, joined our Lake Union team as executive secretary on Nov. 15, 2015. Valentine is married to Sharon (Livingston) Valentine. They come to us from the Mid-America Union where Valentine has served as president of the Central States Conference since 2012. From 2011-2012, Valentine served as vice-president for administration (executive secretary) for the Mid-America Union. He also served as the union ministerial director from 2006-2012.

Before serving at the union, Valentine was assistant to the president in the Central States Conference where he began his pastoral ministry in 1985. During the next 28 years, he pastored

a dozen churches in Colorado, Iowa, Missouri and Nebraska.

Valentine received a B.A. degree in theology and an A.S. degree in communications from Oakwood University in 1985. He completed his Master of Divinity degree from Andrews University in 1992.

Valentine brings many gifts, talents and productive years of experience to the Lake Union. His experiences include serving on institutional boards, ministry advisories, strategic plan development, evangelism strategies and pastoral development. He has conducted a number of workshops and forums, served as guest professor and presenter at Union College, provided assistance for health systems in assessing missional outreach, to mention a few. "I support nurture and mission as the chief objectives of the church by assisting, resourcing, and connecting church leaders through the development of collaborative ministry networks which in turn foment the growth of the Seventh-day Adventist Church by enhancing discipleship at all levels," says Valentine.

The Valentines enjoy taking walks in nature and listening to Christian music of all genres. We welcome Maurice and Sharon Valentine to our Lake Union family.

Gary Burns is Communication Director for the Lake Union Conference.

Announcements

Churches, schools, conferences, institutions and organizations may submit announcements to the *Lake Union Herald* through their local conference communication directors. An easy way to do this is to visit the *Lake Union Herald* website at <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

The 2016 Intensive Workshop in Natural Remedies and Hydrotherapy will take place **July 31-Aug. 5** at the Seventh-day Adventist Theological Seminary on the campus of Andrews University. Lecturers from Uchee Pines, Andrews University and Weimar will teach the skillful use of natural remedies, water, nutrition, charcoal and massage. To register, visit <http://andrews.edu/go/nrhw>, email janinec@andrews.edu or call 269-471-3541. Pre-registration is encouraged as enrollment is limited.

Andrews Academy Music Department invites you to attend the presentation of the Easter cantata, *"The Seven Last Words of Christ"* by Theodore Dubois, performed by the AA Chorale, soloists and organ. It includes a drama of the crucifixion scene. One single presentation will be held at Pioneer Memorial Church on the campus of Andrews University on Friday, **April 8**, at 7:00 p.m.

Howard Performing Arts Center events: For more information on the following events and to purchase tickets, contact HPAC Box Office by phone at 888-467-6442 FREE or 269-471-3560, or email at hpac@andrews.edu, or on its website at <https://howard.andrews.edu/events/>. Please verify dates and times of programs as these events are subject to change.

March 4, 7:00 p.m.: The University Wind Symphony will perform a vespers concert.

March 5, 4:00 p.m.: Music Festival Concert

March 5, 7:00 p.m.: Music Festival Concert – Choir. The department's faculty members will present the annual Showcase Recital as part of the University's Band & Keyboard Music Festival.

March 6, 4:00 p.m.: The Andrews University Department of Music will host the Young Artists Concert. The concert will feature student winners from an on-campus competition who demonstrate excellence in their technical and emotive musical ability. These young artists will be accompanied by the Andrews University Symphony Orchestra, under the direction of Claudio Gonzalez. (Tickets required.)

March 7, 7:00 p.m.: The Michigan SDA Conference and the AU Department of Music will host the fifth annual Michigan SDA Elementary Instrumental Music Festival. Everyone is welcome to attend.

March 13, 4:00 p.m.: Second Sunday Concert – Jennet Ingle, oboe

March 21, 7:00 p.m.: Southwest Michigan Honor Band Festival

March 25, 7:00 p.m.: Great Lakes Adventist Academy Concert

March 26, 4:00 p.m.: Easter Choral Concert

March 26, 8:00 p.m.: Department of Music Easter Choral Concert

March 27, 7:00 p.m.: Michael Card, joined by the Andrews University Singers and a string ensemble, performs in a special Easter concert called *"A Violent Grace"* on Easter Sunday. This American Christian singer-songwriter from Tennessee inspires audiences with sincerity, signature vocals and smooth acoustic arrangements highlighted by the occasional banjo or violin interlude. His music is known and loved, and is recorded on 37 albums. He is known for coupling folk-style melodies and instrumentation with lyrics that stem from intensive study of the Bible. (Tickets required.)

March 31, 7:00 p.m.: Susannah Performance (Tickets required.)

Illinois

Chicago Religious Liberty Rally Sabbath, "Terrorism, Security, Religious

Freedom & Prophecy," will be held **April 23** at the Hinsdale SDA Church, 201 N. Oak St., Hinsdale. Special presentations for Sabbath school, church and an afternoon program with panel discussion. Potluck provided. Presenters include Lake Union President Don Livesay, professor and attorney Nicholas Miller, and Religious Liberty leader Edward Wood III.

Lake Union

Offerings

March 5 Local Church Budget

March 12 World Budget (Adventist World Radio)

March 19 Local Church Budget

March 26 Local Conference Advance

Special Days

March 5 Women's Day of Prayer

March 6-12 Adventist Youth Week of Prayer

March 19 Disabilities Awareness Sabbath

March 26 ARM Safety Sabbath

Thirteenth Sabbath

March 26 South American Division

Legal Notice: The 22nd business session of the Lake Union Conference of Seventh-day Adventists will be held in the Pioneer Memorial Church at Andrews University, Berrien Springs, Michigan, on **May 15, 2016**. The first meeting of the session will convene at 9:00 a.m. on May 15. This session is being held for the purpose of receiving reports for the five-year period ending December 31, 2015; the election of officers, associate treasurers, departmental directors, associate directors and executive committee for the ensuing five years; to consider proposed constitutional changes; and the transaction of such other business as may properly come before the delegates.

Don Livesay, president
Maurice R. Valentine, secretary

Michigan

Academy Days at Great Lakes Adventist Academy is **April 24-25**. Come join us for two days of fun and friendship as

you experience boarding school life. Students in grades 8 through 11 are encouraged to register today by calling 989-427-5181 or by visiting our website at <http://www.glaa.net>.

"Ye Olde" Cedar Lake Academy Reunion will take place **June 3-5** for alumni and classmates at Great Lakes Adventist Academy, Cedar Lake, Mich. Honor classes: 1936, '46, '56, '66. Details will be forthcoming by postal service. For further information, you may contact GLAA Alumni Office at 989-427-5181 or visit <http://www.glaa.net/>.

The 50th Anniversary of Warren SDA Church will be held **Aug. 27**. If anyone has pictures or any information that we can use for this event, please contact Bev Shoemaker at phone: 586-254-2368; cell: 586-634-9267; or email: bev.shoemaker.52@gmail.com. Send photos, greetings, etc., to: 50th Anniversary, Warren SDA Church, P.O. Box 100, St. Clair Shores, MI 48080.

Wisconsin

WA Alumni Homecoming: We are proud to announce Wisconsin Academy's annual Alumni Homecoming weekend **April 22-24**. All WA alumni and friends are welcome. We will be especially honoring classes of 2006, 1996, '91, '86, '76, '66, '56 and '46. For more information, email nmishleau@yahoo.com or call 920-623-3300.

Youth in grades 8-12 are invited to attend a one-day, student-planned, student-led youth rally on **May 7**. Plan to be inspired by special guests. In the afternoon, there will be opportunities for outreach in the local community and several breakout sessions. The fee for the event includes lunch and supper in the cafeteria. For more information, call us at 920-623-3300.

Correction

Broadview Academy Alumni Association BVA Alumni Weekend, April 29-30: Note change in contact information: please email drollins0233@gmail.com.

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.

Obituaries

DUKE, Mary (Olivia), age 92; born Nov. 22, 1923, in Wyatt, W.V.; died Jan. 23, 2016, in Livonia, Mich. She was a member of the Metropolitan Church, Plymouth, Mich.

Survivors include her son, Bill; daughters, Nancy Allen and Deborah Modetz; five grandchildren; four step-grandchildren; four great-grandchildren; and six step-great-grandchildren.

Funeral services were conducted by Darryl Bentley, and interment was in Great Lakes National Cemetery, Holly, Mich.

JOHNSON, Gary G., age 54; born Aug. 25, 1961, in Erie, Penn.; died Jan. 11, 2016, in Portland, Ore. Gary was a member of the Pioneer Memorial Church, Berrien Springs, Mich. Gary served the Adventist Church in treasury for a total of 30+ years in the Northern California Conference, Southern Asia-Pacific Division, Guam-Micronesia Mission and Hawaii Conference.

Survivors include his wife, Candice (Jaqua); son, Trevor G.; daughter, Julia Cherié Johnson; father, Glenn; mother, Carlene (Heid); and sister, Janice Kijak.

Services were conducted in conjunction with his burial on Jan. 16; a Celebration of Life was conducted Jan. 18; and services will be conducted in Hawaii at a later date. Interment was in Jamieson (Ore.) Cemetery.

LADD, Margrace R. (Rupe), age 72; born Feb. 8, 1943, in Decatur, Ind.; died Nov. 26, 2015, in Bridgman, Mich. She was a member of the Pioneer Memorial Church, Berrien Springs, Mich.

Survivors include her daughter, Brenda Lee Ladd; two grandchildren; and one great-grandchild.

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

LOUDERMILK, Nina R. (McKee), age 81; born May 27, 1934, in Clay City, Ind.; died

Dec. 22, 2015, in Terre Haute, Ind. She was a member of the Lewis (Ind.) Church.

Survivors include her son, Gregory; daughters, Diana Scobee, Vicki Carter, Paula Swearingen and Lora Anderson; brothers, Leland, Dale and Joseph McKee; sister, Geneva Sharpe; 16 grandchildren; 20 great-grandchildren; and three great-great-grandchildren.

Funeral services were conducted by Ernest Peckham, and interment was in Maple Grove Cemetery, Clay City.

MCMAHAN, Harold D., age 92; born Oct. 3, 1923, in Red Oak, Okla.; died Feb. 3, 2016, in Novi, Mich. He was a member of the Metropolitan Church, Plymouth, Mich.

Survivors include his son, Earl; daughter, Sheryl McMahan; brother, James; half brothers, Joseph and Duane Jeffrey; sisters, Laverne Smith and Bernice Kaiser; two grandchildren; three step-grandchildren; and four great-grandchildren.

Funeral services were conducted by Darryl Bentley, and interment was in Oakland Hills Memorial Gardens Cemetery, Novi, Mich.

MATTHEWS, Penny K. (Purcell), age 62; born Dec. 20, 1952, in Lincoln, Ill.; died April 29, 2015, in Bloomington, Ill. She was a member of the Peoria (Ill.) Church.

Survivors include her husband, Robert; son, Jason; daughters, Tisha Van Horn and Heather Johnson; mother, Elizabeth Ann (Sisk) Purcell; and four grandchildren.

Funeral services were conducted by Larry W. Clonch and Rosemary Muchow, with private inurnment.

MERKEL, David L., age 73; born Aug. 20, 1942, in Davenport, Iowa; died Dec. 1, 2015, in Chadron, Neb. He was a member of the Pioneer Memorial Church, Berrien Springs, Mich.

Survivors include his wife, Sue (Conard); sons, Floyd and Tony; daughters, Kathy Merkel and Vicki Salgado; brother, Phillip; sister, Marilyn Wood; two grandchildren; and one great-grandchild.

Memorial services were conducted by Gary Burns, and inurnment was in Rose Hill Cemetery, Berrien Springs.

NUTT, Susan I. (Wagner), age 70; born July 10, 1945, in Bloomsburg, Penn.; died Oct. 9, 2015, in Pewamo, Mich. She was a member of the Niles (Mich.) Westside Church.

Survivors include her daughter, Laurie Thelen; brother, Ellis Wagner; sister, Dolores Case; and four grandchildren.

Memorial services were conducted by Darrel Le Roux, with private inurnment, Pewamo.

OOSTERWAL, Gottfried, age 85; born Feb. 8, 1930, in Rotterdam, Netherlands; died Nov. 9, 2015, in Kalamazoo, Mich. He was a member of the Pioneer Memorial Church, Berrien Springs, Mich.

Survivors include his sons, Dantar and Erik; daughter, Verona Valentine; brother, Siegfried "Flip"; sister, Elfriede Oosterwal; and five grandchildren.

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

PEACH, Elsie M. (Lucas), age 92; born March 13, 1923, in Nevada, Mo.; died Jan. 16, 2016, in Howell, Mich. She was a member of the Grand Ledge (Mich.) Church.

Survivors include her sons, Doug and Jerry; and four grandchildren.

Funeral services were conducted by Jerryn Schmidt and Craig Harris, and interment was in Chapel Hill Memorial Gardens Cemetery, Lansing, Mich.

SIPPERLEY, Alice J. (Wheeler), age 88; born April 20, 1927, in Danby Township, Mich.; died Jan. 21, 2016, in Lansing, Mich. She was a member of the Grand Ledge (Mich.) Church.

Survivors include her sons, Kendal and Charles; daughters, Laura Sauer and Margaret Putney; sisters, Anna Mae Stegeman, Carolyn Wagner and Charlene Wheeler; six grandchildren; and 12 great-grandchildren.

Funeral services were conducted by Fred Earles and Jerryn Schmidt, and interment was in Danby Township Cemetery.

SMESTAD, Blair E., age 90; born April 9, 1925, in Bemidji, Minn.; died Nov. 5, 2015, in Champaign, Ill. He was a member of the Champaign Church.

Survivors include his wife, Lois (Danielson); son, Brad; daughter, Ann King; sisters, Pat Schwartz, Nancy Andre and Sally Kirkvoid; seven grandchildren; and 11 great-grandchildren.

Memorial services were conducted by Larry W. Clonch, Adam Gaines and Raymond J. Plummer, with private inurnment.

WATERMAN, Russell J., age 85; born Feb. 22, 1930, in Chemung, Ill.; died Dec. 5, 2015, in Rockford, Ill. He was a member of the Rockford Church.

Survivors include his wife, Joan (Wright); son, Dean; daughters, Rita and Rhonda Waterman; brothers, Don and George; and two grandchildren.

Private family memorial services were conducted, with private inurnment, Rockford.

Sabbath Sunset Calendar

	Mar 4	Mar 11	Mar 18	Mar 25	Apr 1	Apr 8
Berrien Springs, Mich.	6:39	6:47	7:55	8:03	8:10	8:18
Chicago, Ill.	5:44	5:52	7:00	7:08	7:16	7:23
Detroit, Mich.	6:25	6:34	7:42	7:50	7:58	8:06
Indianapolis, Ind.	6:39	6:47	7:54	8:01	8:08	8:15
La Crosse, Wis.	5:57	6:06	7:14	7:23	7:31	7:40
Lansing, Mich.	6:31	6:39	7:48	7:56	8:04	8:12
Madison, Wis.	5:50	5:59	7:07	7:15	7:23	7:32
Springfield, Ill.	5:53	6:01	7:08	7:15	7:22	7:29

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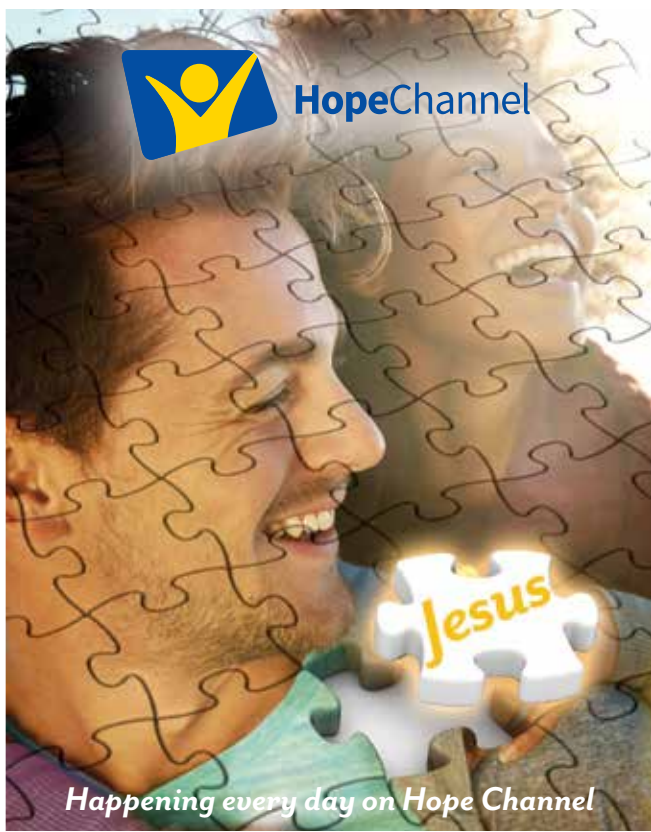
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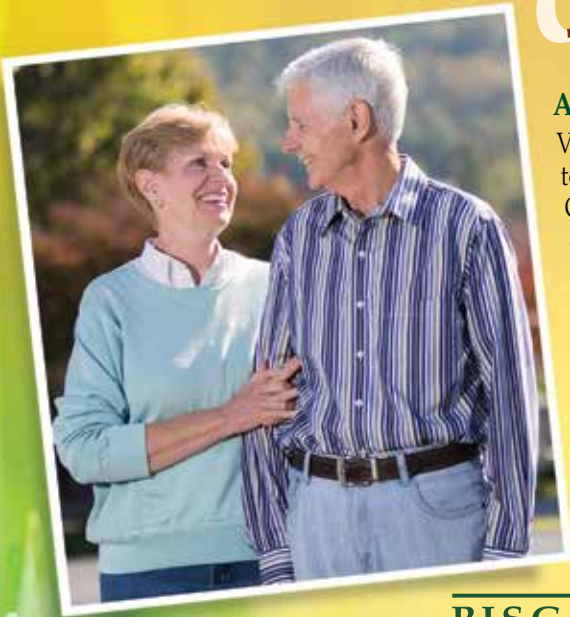
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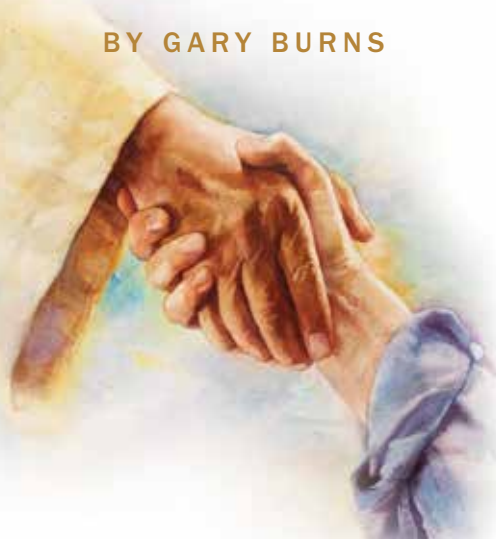
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PARTNERSHIP with GOD

Watchmen on the Walls

BY GARY BURNS



I have set watchmen on your walls, O Jerusalem (Isaiah 62:6 NKJV). Maryann and I recently visited one of God's watchmen on the walls of Adventist education — George Akers.

Now, lest we get confused, the watchmen were not prophets. They were attentive observers. They did not prophesy or predict the future; they announced what was obvious to them from their unique vantage point. Our friend George was such a watchman.

We visited George and Imogene, at their home in Collegedale, just a few days ago. George was our college president when we were students at what is now Washington Adventist University. They have become such dear friends. I received my background in Fundamentals of Adventist Education from George and, later, he assisted with my Masters in Religious Education from Andrews University.

We were eager to include a visit with George and Imogene on our trip as his health was challenged following a fall. We weren't sure what to expect. We were delighted to see that the 88-year-old "watchman" was still at his post, sharing his recent perspectives on current national educational developments, offering some counsel and "predicting" some outcomes.

Watchmen can be inconvenient at times. They have a way of disrupting our routine. Their voices often cut a path right through our plans. *I set watchmen over you, saying, 'Listen to the sound of the trumpet!' But they said, 'We will not listen'* (Jeremiah 6:17 NKJV). Being in partnership with God involves listening to his watchmen. Has God provided some watchmen in your local Adventist education community?

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

Helping Jesus

BY ANASTASIA WILHELM

I live in Flint, Michigan, and the water is bad. It has lead in it and you can't drink it. If you drink it you can get rashes and kids can get brain damage. When we shower with it, my mom's and my hair breaks off in chunks so I have to go to a hair salon that has good water to wash my hair. It also dries mine and my mom's skin out because of the chemicals in it. It's not only hurting people but dogs are dying too.

Last year when we found out that the water had lead in it, we stopped drinking it. We also didn't use the water for cooking. My mom and grandparents started buying bottled water to drink and jugs of water to cook with. Also the lady that my mom works for lets my mom fill up jugs of water at her house because she doesn't have Flint water and has a water filtration system. We also have gotten water from the National Guards who were going door to door passing out water. My mom and grandparents have also gone down to the fire station to get water. Some people don't have transportation so my grandpa takes them down to the fire station to get water.

I see God helping in this situation because churches and community centers are giving out water and people are volunteering. The people at my church also are giving out water and plan to give out GLOW tracts so people can know



Anastasia Wilhelm

Caillin Moore Photography

more about God. At my school, the kids are helping pass out water and GLOW tracts.

Jesus said, *For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me. Then the righteous will answer him, 'Lord, when did we see you hungry and feed you, or thirsty and give you something to drink? When did we see you a stranger and invite you in, or needing clothes and clothe you? When did we see you sick or in prison and go to visit you?'* The King will reply, *Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you*

did for me (Matthew 25:35-40).

People are doing what God wants us to do by helping. It's like helping Jesus when we help others.

Anastasia Wilhelm is 13 years old and attends the First Flint Seventh-day Adventist Christian School.

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Contributors: Writer guidelines are available online at <http://herald.lakeunion.org>.

Indexed in the Seventh-day Adventist Periodical Index

The Avoided Conversation

BY DEBBIE MICHEL

As a sophomore at a public school, Rebekah Amaya is often faced with secular beliefs. She recently had a conversation with a classmate who defines herself as an agnostic. The girl's negative connotations about religion stemmed from her confusion about the true image of God. Instead of pressing her towards acceptance of a rather vague concept, Rebekah says she simply listened and answered any questions her classmate had about God.



Rebekah Amaya

“Through a healthy, comprehensive conversation, she was able to understand that God is not oppressive, or forceful,” says Rebekah. “I attempted to paint a picture of God distinct from the one she had received since a young age.” Rebekah says that her classmate accepted her insights and, with each new question, Rebekah could see the hunger in the girl's eyes for God's love grow. They talked in class for forty-five minutes and although no classwork was finished that day, Rebekah felt there was a greater work being done in the girl's heart.

Starting a conversation about religion is not always as simple as it sounds. One has a heightened sense of wariness when speaking to a non-believer. Choosing words carefully and avoiding derogatory terms can help communicate the message of God's love. Although there is no single correct way to bring up the topic of religion, Rebekah says she has realized that the conversation needs to be started.

“It is imperative in our day and age to spread the message of the Second Coming to everyone,” says Rebekah. “I believe that no one is ever too young or inexperienced to start it. It is easy, as fervent believers in our faith, to want to spread the word and tell about God's love to anyone who will listen. I have noticed that I have to be careful about not falling into the habit of lecturing my beliefs, rather to listen to the beliefs of others.”

Rebekah is delighted that each day when she walks into class the once-agnostic girl plies her with more inquiries about God and religion. “With God's guidance, I can lead others to Christ by simply giving an ear to spiritual needs of those starving for knowledge about our wonderful Creator.”

Let your speech always be with grace, as though seasoned with salt, so that you will know how you should respond to each person (Colossians 4:6).

Debbie Michel is the associate director of communication for the Lake Union Conference.

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I came so that they may **have** and **enjoy** life, and have it in **abundance**. — John 10:10



Abundant Life

Adventist Health System takes a Christ-centered, whole-person approach to healthcare, serving more than 4.7 million patients each year. To do this, we look to the principles of Creation as the blueprint for helping others live an abundant life. Explore these eight principles of CREATION Health at [CreationHealth.com](https://www.creationhealth.com).