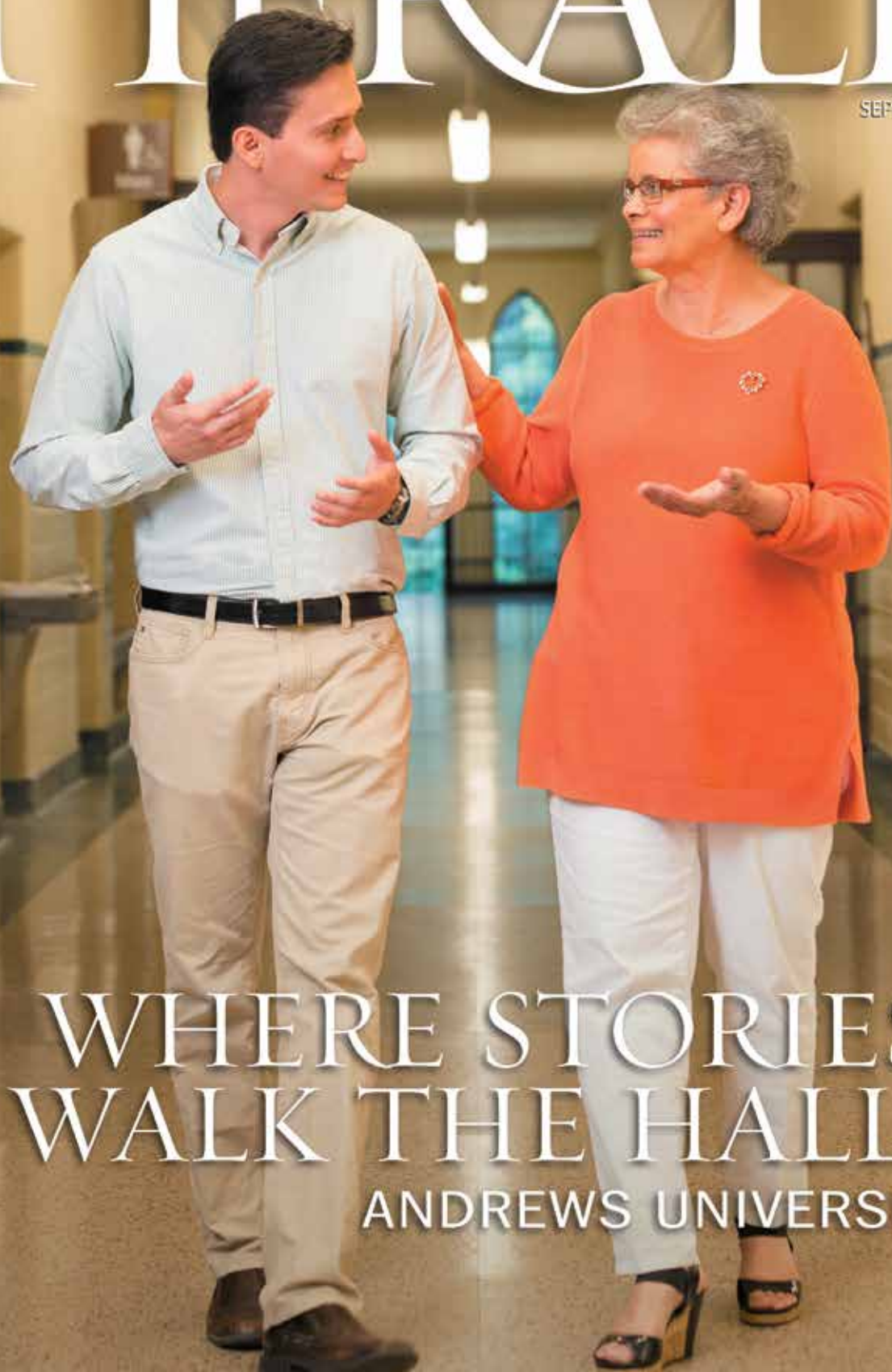
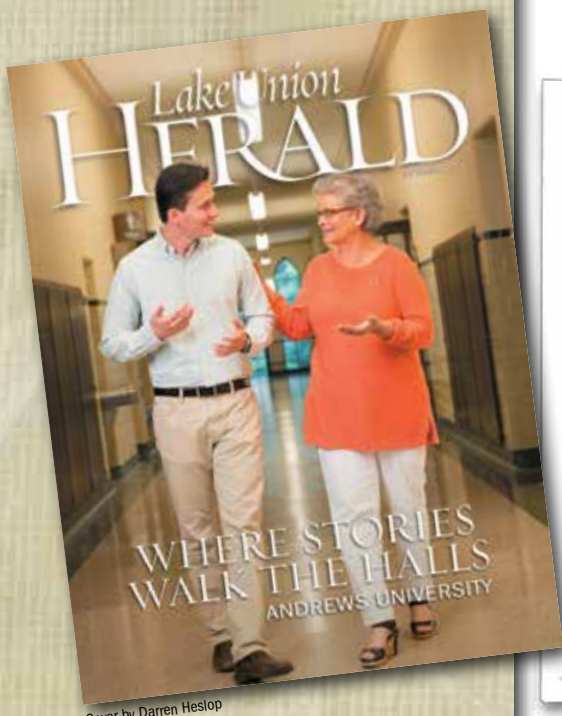


# Lake Union HERALD

SEPTEMBER 2017



WHERE STORIES  
WALK THE HALLS  
ANDREWS UNIVERSITY



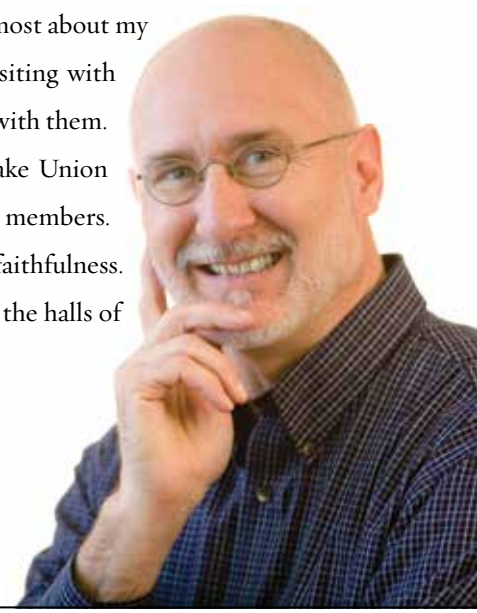
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## In this issue...

Everyone has a story. What I enjoyed the most about my youth and pastoral ministry was my time visiting with people, listening to their stories and praying with them. What I enjoy most about working at the Lake Union is getting out in the field and interviewing members. Your stories are a great testimony to God's faithfulness. I know you'll be inspired by the stories from the halls of Andrews University.

  
Gary Burns, Editor



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# PRESIDENT'S PERSPECTIVE

BY DON LIVESAY, LAKE UNION PRESIDENT



## Thank You, Lake Union Family!

**Y**ou may have heard that Barbara and I are retiring, so this will be my last opportunity to share one more of about 84 editorials over the past 8-3/4 years. Forty-three years of ministry have included volumes of interactions with people and amazing experiences which have helped me formulate many important values. Since values inform our motives and actions, I wanted to share with you, our wonderful Lake Union family, some one-liner values, many of which only begin to communicate both succinct and deeper principles:

- Faith is trusting God — no matter what!
- Always seek to do the right thing, in the right way, at the right time and for the right reason
- Positive spiritual outcomes are paramount in all our interactions with people
- Accountability in society and the church is imperative
- The most blessed among us should help the less privileged
- Authority is not about power nor control, but effectively authoring people into spiritual, purposeful and functional individuals
- A non-anxious approach is more productive than an edgy and demanding style
- Vision is the ability to see what should be in place now as well as the future
- A person without vision needs super-vision
- An attitude of entitlement tends to undermine integrity and good function
- A positive climate comes when people feel safe, respected and nurtured
- We must focus on doing things with and for each other, not to each other
- Take ownership for your mistakes and weaknesses even if they are a small part of a conflict
- The mantle of leadership amplifies both your positive and negative actions
- Unqualified apologies are the most effective for healing negative interactions and advancing personal accountability
- While correcting my wrongs I also should identify the flaw in my heart that leads me to do wrong
- A consistent, critical spirit commonly reveals spiritual defects
- Being trustworthy is extremely important
- Trust comes from both integrity and appropriate delivery of promises
- Compliance undermines good function while commitment produces linear, positive results
- Humility results in “self” becoming secondary to God’s powerful grace
- It is hard to be humble when I am right
- I do some of my greatest sinning when I believe I am right
- Manipulators reveal low trust in God
- Generally, circumstances reveal my character more than they form it
- When you’ve heard half of the story, that’s all you’ve heard!
- Being part of the Remnant is more about responsibility than being exclusive
- Being about the mission of the church leads us to *conserve* core Adventist beliefs and biblical values rather than focusing on being *conservative*
- And, finally, periodic leadership transition is healthy for an organization.

So, after these all too rapidly-passing years here in the Lake Union, Barbara, my cherished partner in ministry, and I are retiring. We have loved living and working with you. Serving in the Lake Union has been one of the greatest joys of our ministry. The people, the churches, the conferences, Andrews University and the Seventh-day Adventist Theological Seminary are all part of our treasured experience. We are extremely thankful God brought us here. We wish each of you God’s greatest blessings as you serve Him in the mission to which He has called you — this *Commission Culture* union for the advancement of His Kingdom.



# Bucking the Trend

BY ANDREA LUXTON

What have I learned and experienced during my first year as president of Andrews University? I have discovered some places on the Andrews campus I had never visited before. I have become more acquainted with some of the highly professional and committed staff and faculty at the University. I have engaged in wonderful conversations with talented students from multiple cultural and national backgrounds. I have participated in a range of alumni events and enjoyed discovering the successes so many have made in their lives since leaving Andrews University. I have been encouraged, advised and embraced by the University and the wider community. I have come to understand even more deeply what a huge blessing Andrews University is and will be for its students and the Church.

It has been a good year, but this year has been far more than discoveries of what is new. It also has been a year of reflection on what is critical to ensure a bright, mission-driven future for the University. This year, nationally and internationally, has been one of rapid change, but not all good changes; in that environment, status quo does not become an option. What is it then that becomes vitally important for all of us going forward?

Recently I have restudied Jesus' prayer at the end of the Gospel of John. This moving prayer, as Jesus looks forward to the crucifixion, is another one of the many examples of Jesus "aching" for his disciples, and us, his later believers, even while he knows what suffering the future holds for him. He knows how easy it will be for his disciples, for us, to be broken apart; he knows that what they need, what we need, is unity and the love that makes that unity possible.



Andrea Luxton

What impresses me most as I read this prayer is the time at which it is prayed. It is as though this is the last will and testament of Jesus before his death. It is as though he is saying to all of us: "Above all things, I leave with you a model, an understanding of unity and love that will show to all people what it is to be a believer. Please, please do not forget this."

As I have reflected on this year, I am convinced that this prayer is vitally important to Andrews University, our church and our community in 2017.

There is so much to break us apart. Acrimony, spreading of fake news, competitiveness, seeing ourselves

as more righteous than others — all of this is sadly part of our community, just as it was in the time of Christ. In Jesus' time, it was acrimony against those who were different. Fake news about Jesus' intent. Competitiveness amongst the disciples and others who weren't part of

Dore Sherwin

the group. Similarly today, it is far too easy to criticize, to spread the bad news, rather than the good. I even hear fake news about the University that exaggerates and demeans. I ask myself why we feel the need to believe the bad and question the good. C.S. Lewis in *Screwtape Letters* posits that the best way to destroy the church is to have it destroy itself by false rumor and destruction from within. Jesus could pray the prayer of John 17 because he modeled the values that urge unity and love so consistently. Look at the way he reproved the disciples for making judgments about others, whether the Samaritans, the publicans or those that believed a bit differently. Look at the way he constantly invited individuals into the circle, rather than excluded them, saw their potential and provided a model of a Kingdom of God that was beautiful in its diversity and richness. He listened and cared when the disciples had already judged.

Current technologies that make it so easy to hide behind words on a screen, sometimes even anonymously, exacerbate the opportunities to break apart our community. We can make judgments on categories of individuals based on one story, on sound bites — people can become inanimate, just because we don't have to speak to them face to face. Our worlds are enriched by the new possibilities that technology brings to us but, unless we intentionally choose to make technology, and particularly social media, a tool for our communication, rather than letting it control us, we run the risk of dehumanizing our community.

So, how do we do it? How do we intentionally live as a University community and a Church community that models the unity and love of Jesus' prayer?

Someone walked into my office the other day whom I had not met before and said, "I hear you like stories and tea." While that comment needs unpacking, those two ideas may help us here. Listening, valuing each other's story, and understanding how our stories intersect does help us grow personally and as a community into the type of campus and church I believe Jesus asks us to be. You will read some of those encouraging stories in this magazine. "Tea" on the other hand is perhaps a helpful metaphor for engagement and care of each other. In the recent terrorist attacks in the United Kingdom, my home, I followed the stories of the individuals who died and were injured in those incidents. As I listened and watched, the events became not just horrific acts, but devastating in their account of the loss of wonderful individuals loved by God. I wished I had had the opportunity to meet them.

Then the tweets started, in the best of British tradition. "Call me at \_\_\_\_\_; come and have a cup of tea." A metaphor for, "I am so sorry. I don't know you, you don't know me, but if you want some companionship and love, I am here." Listening, sharing, valuing, focusing on what is good in our community. We must start there.

I see this same attitude time and again at Andrews University. Students and employees who model the kingdom on earth that Jesus ached to see: one that seeks to build unity founded on a deep love of others and of God. I see it in the stories of individuals who reach out into the community, into the wider church, to live out God's love in service and mission. I see it in honest conversations where reconciliation and forgiveness happen. I see it in changed lives as students spend time at the foot of the cross and recognize their Savior.

What have I learned this year? That Andrews University is truly an amazing place where many students and employees are unified in wanting to make the University, the Church and the world better places. They speak to the love and character of Jesus Christ by the way they love, show compassion, ask for forgiveness and forgive. It is easy to break apart because of difference and each other's imperfection; it is challenging to forge forward with unity and love, embracing difference and forgiveness. It is easy to allow ourselves to be seduced into an impersonal world where we can excuse indifference; it is difficult to buck the trend and accept the challenge of Jesus' prayer.

At the end of my first year at Andrews University in this new role, I am deeply impressed by my colleagues and our students who are committed to following the gospel. I am personally convinced that for us — as a community, as a campus, as a Church — that commitment must mean embracing the challenge of John 17.

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Andrea Luxton is president of Andrews University.

“Andrews University is truly an amazing place where many students and employees are unified in wanting to make the University, the Church and the world better places.”



## Grief of the Non-custodial Parent

BY ALINA M. BALTAZAR

**M**illions of children do not live with one of their biological parents. This is primarily due to divorce. This situation can be devastating to the children and parents.

The parent who does not have primary custody, the non-custodial parent, faces many struggles. By definition, the non-custodial parent spends less time with their child(ren) than the custodial parent. The children live with the custodial parent on a regular basis. The custodial parent gets to experience life's ups and downs in real time and enjoy spontaneous conversations with their child. The limited time the non-custodial parent has with a child can harm the parent/child bond, which negatively affects the relationship. This is particularly problematic when the child is very young when bonding is more likely to occur.



it is because the favored parent has manipulated the child into alienating the other parent.

This situation is distressing to the child and the alienated parent. Children who grow up without a relationship and involvement by both parents have poorer outcomes. When

a father departs later in a child's life, it was associated with increased adolescent delinquency (Markowitz & Ryan, 2016). Research has found that boys with absent fathers are more likely to become absent fathers and girls who grow up without fathers are more likely to have absent partners (Pouget, et al., 2012).

Divorce has been seen similar to the death of a spouse. There is a loss of a relationship and a grief over the future that the couple may have had together. One way that these situations differ is the public nature of divorce and the guilt that often follows. Spouses turn to their social networks for support. This frequently leads to one parent turning others against their former spouse. Church members and leaders get caught up in this, too, feeling like they have to choose sides.

The non-custodial parent may not have filed for divorce and is saddened by not only the demise of the relationship, but also the regular contact with their child(ren). As hard as it is, the best thing to do is to make peace with the ex. Forgiveness does not excuse the other of their misdeeds. It allows a person to let go of the hurt and anger the situation has caused. A better relationship between exes benefits the children as well. Research has found that when the custodial parent has a good relationship with the non-custodial parent, the non-custodial parent is more likely to stay involved in their child's life (Castillo & Sarver, 2012).

Preoccupied with their own distress, recently separated parents are often upset and may bad-mouth their ex. This is normal. Estranged parents turn to sympathetic listeners. Children are inevitably drawn into these conversations. There are situations where this bad-mouthing is not normal and can lead to parental alienation. It may appear the child is choosing to reject the non-custodial parent for legitimate reasons and that may be the case, but often

What divorced couples need is support and encouragement. Kids caught up in this situation benefit from that support as well.

Alina M. Baltazar, Ph.D, MSW, LMSW, CFLE is associate professor of Social Work and Director of Prevention Education at the Institute for the Prevention of Addictions at Andrews University.

Dehydration may slow down your metabolism.



## How to Boost Your Metabolism

BY DOMINIQUE GUMMELT

**H**ave you hit a plateau in your fitness journey? Do you feel like you can't lose any more weight, no matter what you do? If so, don't despair — you are not alone. Many people struggle to meet their fitness and weight-management goals.

In many cases, the root of the problem lies in not knowing enough about how the body works. It can be easy to focus only on external results rather than pay attention to the internal functioning of our own bodies. The human body is a fascinating creation. If we understand our own physiology just a bit better, we have a better chance of being able to conquer these frustrating plateaus.

Having a good understanding of one's own metabolism is a great place to start. The term metabolism simply refers to the chemical processes that occur within the body to maintain life. There are two categories: catabolism, which refers to the breaking down of organic matter to obtain energy; and anabolism, which refers to the building up of components of cells. These processes require energy, burn energy and produce energy, which significantly impacts each person's fitness and weight-management outcomes.

Interestingly, each person's metabolism is different in terms of speed and effectiveness. Your age, sex and genes can influence your metabolism, but lifestyle choices related to eating, physical activity and sleep also play significant roles. While you can't change some of these factors, you can make better lifestyle choices which will help increase the effectiveness of your metabolism.

Here are some basic things to consider when preparing to make fitness and body weight changes:

- 1. Know your basal metabolic rate (BMR).** This is the amount of energy your body needs to keep functioning while at rest throughout the day. You can find a basic calculator at [https://www.bodybuilding.com/fun/bmr\\_calculator.htm](https://www.bodybuilding.com/fun/bmr_calculator.htm) to get a general idea of your BMR.
- 2. Know your body composition.** It is possible to weigh a "normal" weight and yet still have an unhealthy body-fat



percentage. A body composition assessment can give you a better idea of your body-fat percentage and total muscle mass, and even a breakdown of visceral fat percentage.

**3. Know your daily total caloric intake**, including the specific breakdown of major nutrients, such as fat, carbohydrates and protein.

**4. Keep a two-week journal** of your actual exercise, eating, drinking and sleeping habits. This process can help identify the areas where you're doing well and those that may present potential problems.

To use the metabolism factor to your advantage to reach your fitness goals, here are some basic tips to consider implementing:

**Drink plenty of water.** Dehydration may slow down your metabolism.

**Eat regular meals.** Having smaller meals or healthy snacks every three to four hours helps keep your metabolism burning calories throughout the day. Studies show that people who eat smaller meals regularly are less likely to overeat.

**Build muscle.** Even while at rest, your body burns calories. Every pound of muscle uses about six calories a day just to exist, whereas each pound of fat requires only two calories a day.

Turning these tips into daily habits is a great way to give your metabolism a boost and meet your fitness goals.

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Dominique Gummelt, Ph.D., is director of University Health & Wellness at Andrews University.

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Dominique Gummelt, "The Role of Metabolism in Reaching Your Goals and Improving Your Fitness," *The Fit Life* (blog), ACE Fit, Healthy Living, October 20, 2015, <https://www.acefitness.org/acefit/healthy-living-article/60/5695/the-role-of-metabolism-in-reaching-your-goals-and-improving-your-fitness/?authorScope=15>.

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# LEST WE FORGET

*Following the Lamb wherever He goes*

## The Prophet and Messengers

BY GEORGE R. KNIGHT

*Get Mark and bring him with you; for he is very useful in serving me (2 Timothy 4:11, RSV).*

**T**he biblical prophets and apostles from time to time recommended individuals who would be a special blessing to the church. Ellen White wasn't different in that regard. The most repeated endorsement she made during her ministry was that involving Ellet J. Waggoner and Alonzo T. Jones. Again and again she upheld them for their Christ-centered message.

But did her repeated recommendation mean that she agreed with all they taught — even in relation to the law and the gospel?

Let's let her answer for herself. Early in the Minneapolis meetings, she wrote of her angelic "guide" who "stretched out his arms toward Dr. Waggoner and to you, Elder Butler, and said in substance as follows: 'Neither [has] all the light upon the law; neither position is perfect.'" While the context of that statement is the 1886 General Conference session, she still held the same position in 1888 (Lt 21, 1888).

In early November, she told the delegates at Minneapolis that some of the things that Waggoner had presented on the law in Galatians "do not harmonize with the understanding I have had of this subject." Later in the same talk, she claimed that "some interpretations of Scripture given by Dr. Waggoner I do not regard as correct" (MS 15, 1888).

W.C. White substantiates his mother's position. He wrote to his wife from Minneapolis that "much that Dr. W. teaches is in line with what" his mother had "seen in vision." That had led some to the conclusion "that she

endorses all his views, [and that no] part of his teaching disagrees [with Mother] and with her Testimonies. . . . I could prove all this to be [false]."

Constantly Ellen White validated the central core of what Jones and Waggoner presented on the righteousness of Christ. But an examination of their writings reflects a number of significant theological issues on which she differed from them.

They were, however, pointing in the right direction as they sought to uplift Christ and righteousness through faith rather than through keeping the law.

As with any prophetic pointing, there are no flawless targets. All must be evaluated in the light of the Bible.

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George R. Knight is a retired professor of Church History at the Adventist Theological Seminary at Andrews University. This article is from his book, *Lest We Forget*, a daily devotional, published by the Review and Herald Publishing Association, page 263, printed by permission.



# Prayer Has Made a Difference

BY LEON BRYANT

**A**t a young age, I remember seeing my mother, a person who believed in prayer, along with her friends, who I called “aunts” – Mrs. Bellinger, Mrs. West and Mrs. Penn, gather together to bring their children – and themselves – to the altar in prayer. I saw them putting their children in church school, instructing and encouraging them, and their husbands supporting them. That was the beginning of the process for me, and prayer continues to be a process.

Ron Halverson was my pastor when I was young. His focus on the importance of prayer and having a personal connection with God made an impression on me. I remember him holding a tent meeting around Thanksgiving time in Connecticut, and how that entire event was bathed in prayer.

My relationship with prayer continues to be a process. I haven't always been a person of prayer. There were times in my life when prayer just didn't seem to make a difference. My father being sick and eventually dying, my mother being sick and eventually dying made me question prayer. I said, “Lord, I'm praying. Why are you not answering my prayers?” I'm still learning about prayer and the indwelling of the Holy Spirit — even now.

I began to recognize, when I was a student at the University of Connecticut and then at Oakwood University, the difference in my life when I prayed and when I didn't pray. Also, throughout our marriage, my wife and I have made a conscious effort to pray because it does make a difference in our marriage and as individuals. In ministry, I've seen God give direction and guidance through prayer.

I appreciate the opportunity to be prayer coordinator for the Lake Region Conference because I know it is helping me more than anyone else. In my conference, prayer is under the umbrella of Adult Ministries, Personal Ministries and Sabbath School, so they all work together. I long to see the day when conferences will have a person whose sole responsibility is prayer ministry.



Leon Bryant

In the last two years, I have had the opportunity to bring people together in prayer through conference calls, 10 Days of Prayer and 40 Days of Prayer. In my experience, prayer is the lifeblood of the church. Our president, Clifford Jones, challenged us to use Daniel's prayer as a model (see Daniel 9:4–19), and to follow his example of committing ourselves to prayer three times a day (see Daniel 6:10).

Recently, I've been encouraged to see pastors and church members coming together and realizing the importance of prayer and seeing the relationships that are built around prayer. As pastors, we're often busy doing things and don't pause to spend the time we need in prayer. But prayer has made a difference in our recent “Choose Life” revival meetings in Chicago with Carlton Byrd, and the 24-hour prayer wheel we had leading up to the opening of the meetings.

It has been wonderful to see the unity coming together in the different churches, which grew out of our pastors coming together in prayer and working through our differences, like the disciples did. *When the Day of Pentecost had fully come, they were all with one accord in one place* (Acts 2:1 NKJV). Being together on our knees can make a difference!

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Leon Bryant is the Prayer Ministry coordinator of the Lake Region Conference.



## A Voice for the Voiceless

BY JORDAN MONDAK

**M**y name is Jordan Mondak; I have lived in Berrien Springs, Michigan, for 16 years. Some people might think I am crazy for staying in this small, Adventist bubble for so long, but I can honestly say I am incredibly grateful that I have. The tight-knit community, lifelong friends and experiences I have from this small town have shaped me into who I am today.

Working at summer camps helped influence which path I wanted to take with my career. I loved working with kids throughout the summer and seeing a positive change in their lives as time went on. Their excitement and zeal for life meshed well with my enthusiasm and positivity, and I knew God was calling me to a profession to help children and families. After much prayer, I chose speech-language pathology my freshman year at Andrews University and was excited to see where God would take me on this journey.

He opened many doors for me throughout my four years at Andrews, including departmental outreach, community service and short-term mission trips. All these experiences helped shape my world-view and how I see the people around me, but one specific outreach solidified my purpose here on earth.

The ministry my friends and I started began with a desire — a desire to serve and show people the love of Jesus Christ. From this desire blossomed an idea to take a group of students to Chicago, just a 90-minute drive from campus, to feed and interact with those who were homeless. This idea then grew into a call to action which tugged on not only my heart, but the hearts of seven of my friends.

So, we took action. We took sack lunches and GLOW tracts to downtown Chicago and prayed with those on the street. It was such an incredible experience that we knew



Jordan Mondak (center) and fellow Andrews University students pray with a homeless gentleman in Chicago.

this opportunity needed to be open to more students. By the grace of God, in just two years, we have gone out a total of 13 times and brought over 1,000 Andrews University students with us to be the hands and feet of Jesus.

Our group wanted to live out Matthew 25, and thus we called it Least of These Ministries. I have met hundreds of amazing people on the streets and heard incredible stories

that I love sharing with others when I return.

I have been given the privilege of sitting down with many hurting people and hearing about their love, passion and faith for Christ in the midst of trials. Now it is my turn to share their stories with those who typically ignore or overlook them. God revealed a new passion in me through this outreach and gave me a newfound purpose: giving a voice to the voiceless.

My career as a speech-language pathologist will give me an opportunity to carry out my calling of giving a voice to the voiceless, literally and figuratively. I will be working with many who are considered outcasts because of their disabilities, and I will be able to shed light for society on the skills, passions and abilities that each individual possesses. Through my experiences, I have learned that we do not need to change who they are; we need to change the attitudes of the people around them — including ourselves.

Jordan Mondak is a senior speech-language pathology major at Andrews University.



## Mis recuerdos de Andrews

POR CARMELO MERCADO

Cuando me bauticé en la Iglesia Adventista era un adolescente que deseaba más que nada seguir los caminos de Dios. En ese tiempo yo asistía a una escuela secundaria especial en Nueva York dedicada a ayudar a alumnos a estudiar las ciencias. Al principio tenía como meta ser astrónomo. Pero con el tiempo sentí que debía seguir una carrera en la que pudiera ayudar a otros a conocer a Dios. Decidí entonces prepararme para ser médico misionero. A pesar de haber sido aceptado con becas en universidades renombradas en Nueva York como Columbia y Fordham decidí asistir a una universidad adventista y acepté ir a Andrews.

Habiendo vivido toda mi juventud en la ciudad de Nueva York, no fue fácil acostumbrarme a ese nuevo ambiente, pero el saber que estaba en un entorno adventista me ayudó mucho. Además de tomar clases en el área de premédica pude también ser parte de un grupo musical que viajaba a distintas iglesias para compartir música cristiana y dar nuestros testimonios

Al concluir mi segundo año en Andrews el preceptor de varones me pidió que sirviera como monitor (*resident advisor*) para el siguiente año escolar. Pasé dos años en esa responsabilidad lo que me permitió servir de apoyo espiritual para muchos jóvenes internos.

En mi tercer año en Andrews vi un aviso que anunciaba que se buscaba a un joven para que fuera al altiplano de Bolivia como estudiante misionero. Su trabajo sería ayudar a un médico en una clínica rodante. Siendo que mi meta era ser médico misionero pensé que sería valioso para mí tomar el año libre de estudios y obtener experiencia médica.

Sin embargo, varias semanas antes de ir a Bolivia recibí la noticia que la Misión Boliviana había tenido que cerrar la clínica; aun así, la Misión quería que yo fuera a Bolivia para ser pastor de una iglesia en la provincia de



Carmelo Mercado como estudiante misionero en Bolivia en 1974

Beni. Sabiendo que Dios abre y cierra puertas, sentí que a pesar de no tener aspiraciones pastorales Dios deseaba que yo aceptara ese llamado. Pasé once meses pastoreando esa iglesia y al concluir mi tiempo allí me di cuenta que Dios me estaba llamando no para ser médico misionero sino para la obra pastoral.

Este año cumpla treinta y ocho años trabajando como pastor adventista.

Al mirar hacia atrás comprendo que mi vida hubiera sin duda tomado

otra dirección si no hubiese estudiado en la Universidad Andrews. La influencia de profesores y preceptores cristianos, amigos espirituales y pastores consagrados me ayudó muchísimo en mi crecimiento espiritual. Mi experiencia testifica que sí vale la pena la educación adventista. Siempre estaré agradecido a Dios por haberme guiado por este camino.

Jóven: Si al leer este artículo sientes el deseo de estudiar en un ambiente adventista, escíbeme al correo electrónico [carmelo.mercado@lakeunion.org](mailto:carmelo.mercado@lakeunion.org) y con gusto te orientaré para que puedas hacerlo.

Carmelo Mercado es el vicepresidente de la Unión del Lago.



# TELLING GOD'S STORIES

## Tatum Fowler's Story

AS TOLD TO BECKY ST. CLAIR

I started my education journey as a psychology major, but felt like it didn't fit. I love psychology, but wasn't happy because I wasn't at home — I felt this empty space in me that I needed to fill. That's when God said, "You should do theology." I said, "No, I don't think that's what you're actually telling me. I'm just going to do psychology."

It took maybe a month for him to wear me down (we had a bit of back- and-forth before I finally gave in). However, I told him I needed a clear sign I was going in the right direction. I can't back down to someone challenging me because I'm unsure, so I needed him to solidify this plan before I moved forward. And he did.

My personal calling is to serve youth and young adults. That's why I was really intentional about coming to Campus Ministries to look for work when the school year started. I'm an introvert, but I love community-building, discipleship and developing relationships, so I decided to do something that would force me to engage with the campus and focus on building relationships with the students here.

Being forced to be more extroverted due to my profession, I'm often pushed beyond my comfort zone into relationships I can't imagine my life without. In order to understand other people and cultures, I have to put myself out there. And I never regret it.

When I followed God's call for my life to the Seminary at Andrews University, I knew I was coming here for a reason. There have been times I've been unsure that I'm headed in the specific, right direction, but I don't question my calling.

As a student chaplain, I've served as co-leader of Room 17:11, a weekly 35-minute Bible study sponsored by Campus Ministries. When people think "Bible study,"



Tatum Fowler

they figure they're going to pick a controversial text and talk about it or read through a book together. That's not what we do in Room 17:11.

When I think "Bible study," I think of a journey — taking a walk through life together. And that's what's happened for so many people who have joined us at Room 17:11. We spend the first ten minutes silently reading a text, alone with God. The last 25

minutes we just talk, discuss and dialogue. Although I've studied the text beforehand, mostly we just let God speak. That's the point: to give him space to speak to us.

Some of the things God has said to and through these students have changed my life. We spend a lot of time in Psalm because I feel it's important to understand human emotion in light of our Holy God, and David goes through a lot of emotions. One minute he wants to kick people in the teeth and the next minute he's pouring out his heart as a sinner. Psalm demonstrates the spectrum of human emotion and how God relates to you in that space.

God has used my time here at Andrews to teach me how to be intentional about giving him space to be with me. I appreciate Andrews for that, and I'm excited about where God is taking me.

Becky St. Clair, Media Communication manager, Andrews University

# A Necessary Chapter

## ASHLEY NEU'S STORY

AS TOLD TO BECKY ST. CLAIR

When I graduated from high school in 2008, I headed to the only school I'd ever considered for college: Andrews University. I declared myself an elementary education major and hit the ground running. Two weeks in, I realized I no longer wanted to do elementary ed. As much as I loved kids, the classroom setting was just not for me.

As long as I could remember, I'd wanted to be a school teacher and had never considered other careers. I didn't know what to do. I felt lost. I went home for Christmas break after my first semester and ended up not going back. My parents understood my dilemma, but they weren't about to let me laze around the house. "If you're not in school, you're going to work," they insisted. So, I got a job and started classes at a community college to explore my options.

I ended up deciding on cosmetology. After a year of school, I got licensed and started working in salons. After taking a year off (which turned into three years) to be a taskforce dean, I realized one morning that I wanted to study public relations.

Andrews was the only place I'd ever wanted to go. I didn't even think about other schools. I enrolled as a PR major and graduated in May 2017.

Now I'm the assistant director of Student Activities & Involvement at Andrews. As a student, I served as an officer of the Student Association and worked as an enrollment ambassador. Getting involved really helped me see how much the Andrews community cares about the students and wants them to prosper while they're here.

College can be stressful and lonely, especially if you don't know what to do with your life. I hope that being in this position gives me the chance to help students feel less



Ashley Neu

Jessica Condon

stressed and less lonely. I want them to know they have a place where they can come hang out and laugh and cry and feel like they are home here. I want to help them feel like they belong — that they can take ownership of this University as they figure out the next steps in their lives.

Being a cosmetologist helped me start to see

where communication could come into play in my career. Cutting and doing hairstyles was fun but, more than that, I loved having conversations with my clients. This, plus my experience as a dean and working as a counselor and assistant director at summer camp, really opened my eyes to what I could be. Working with those kids helped me see that the classroom isn't the only place to nurture young people.

People ask me if it's hard to be an undergraduate student and graduate at 26. But, no, it wasn't hard for me to come back. What was hard was the mental games I played with myself — saying I didn't belong here because I wasn't the right age. Those were just my own issues. I strived more during college at this age than I would have had I stuck with it straight out of high school. My story needed that chapter between high school and college, and now I know I've found my calling. I wouldn't have it any other way.

Becky St. Clair, Media Communication manager, Andrews University

# FROM DARKNESS INTO LIGHT



DWAGNE HASKINS' STORY

AS TOLD TO BECKY ST. CLAIR



Gabriella Passos

**M**y name is Dwagne Joseph Haskins, however, most people call me DJ. I was born and raised in Buffalo, New York, where I was known to many as Daquane. It was once a very booming city — the second largest in New York State. Today it's quite the opposite. Buffalo was listed as the fourth poorest city in America a few years ago, right up there with Detroit and Cleveland. It's a city overrun with drugs and poverty.

Buffalo was my home as a child. It was all I knew. My mother and I went through many different challenges, including being homeless at one point. It seemed as if we were living off a different friend or family member every other month. Government support was helpful, but the aid was scarce and we'd often find ourselves waiting in line at a local soup kitchen, praying for a meal to fill our empty stomachs.

My mom was only 15 years old when she was kicked out of her house for smoking and hanging out with the wrong crowd. She ended up dropping out of high school and living with friends. Growing up in a household where even one parent hasn't completed high school is a significant determinant to a child's success, or lack thereof.

Despite all this, I was surrounded by a network of many people who supported me. They encouraged me to be good and do well in school. They also did as much as they could to help my mom and me. Some of them were drug dealers and gangbangers from my neighborhood but, as a kid, I looked up to them. Not because of the money or the violence, but because they always encouraged me to make better choices than they did.

School came easy to me and I always got good grades. However, I would frequently find myself in trouble. We moved frequently which meant I was constantly "the new kid" at school. I was always trying to find a new group to fit into. I couldn't let myself get bullied and have others think I was a

punk. I was suspended four times for fighting in elementary school alone.

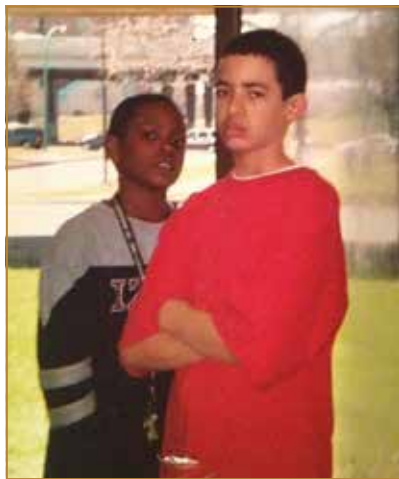
Low-income, inner-city education combined with the detrimental effects of poor nutrition made it very hard to maintain focus at school. My sixth-grade class was so disrespectful and obnoxious that our new teacher frequently broke down crying in frustration. She quit not even halfway through the school year.

My father was present during the early portion of my life, but eventually he and my mom went their separate ways. I didn't see him much after that. A few years later, he decided to change his life and moved out of Buffalo. He took steps to better himself and his future, and eventually got married and purchased a home in a nice neighborhood with my wonderful stepmom.

After a few years, my father asked my stepmom about the possibility of having me live with them. Together they began to pray about it, and asked God to open the doors to make it possible. That decision

began a chain of events that turned the course of my life.

At that time, my mother and I were in a rough situation. We were living with my sister, Jessica, and her four children. My mom was beginning to admit to herself that Buffalo was not providing me with the best opportunities. Even though I was doing well in school, she foresaw only trouble due to my environment. I was headed down a road she didn't want to see me go down — a road many of my friends ended up taking — being in a gang, dealing drugs, and headed to or in prison.



*Dwagne Haskins (right) and his childhood best friend, who is now serving time in prison. They remain friends and write regularly.*

Courtesy Dwagne Haskins



*Dwagne and his mother at his graduation last month.*



*Pictures courtesy of Dwagne Haskins*

It deeply saddens me to say my childhood best friend is currently serving time in prison. We write each other regularly and I try to visit him every Christmas. Every time I see him, it's a solemn reminder that my life could've turned out very different. We were best friends; we did everything together. It's safe to say I likely would've been right beside him and gone down for the same crime he did.

It was indescribably difficult and selfless for my mom to consider sending her 11-year-old son to live with someone else. However, with my best interests at heart, she called my dad and asked if I could live with him. In my seventh-grade year, three days before my birthday, I was sent down south to stay with my dad. Words can't describe how hurt and upset I was with my mom for sending me away from the only place I'd ever called home. Buffalo was all I knew, and I had no idea of the incredible gift she had just granted me — a world of opportunity. I didn't have the best relationship with my dad at that time, so being sent away from my mom was devastating. Considering all the good that has come from her decision, there's no denying it was probably the best possible decision she could have made for me. I always will be so grateful for her actions. I also am so thankful for my father and the work God did in his life to allow him to be in the position to raise and support me like he did.

Living with my dad opened up my eyes to a world that was completely foreign. Growing up in Buffalo, no one in our neighborhood was married. No one had careers — everyone worked whatever minimum wage job they could find. No one went to college — it was praiseworthy to make it through high school without dropping out.

Going from that environment to my dad's neighborhood was like moving out of the darkness into the daylight. I met lawyers, physicians and businessowners. For the first time in my life, I started asking myself "What do I want to be? What kind of career do I want to pursue?" I even began to ask myself questions I never considered a possibility: "Which instruments do I want to learn? What sports do I want to play?" In Buffalo, it was, "What can I do to stay out of trouble? Where's our next meal coming from?" Moving down south completely shifted my paradigm about the opportunities available to me and the potential I had to be successful. God opened my eyes and showed me He had a different plan for my life.

Living with my dad also introduced me to God in a more personal way. I had gone to church with my sister's grandmother a few times in Buffalo, but when I went to church down south, it was a different experience. The first church I visited was an Adventist church, a welcoming and



genuinely loving church. They fully accepted me and showed me a different way of life — one where God is in total control and has a plan for you.

I was baptized into the Seventh-day Adventist Church one year after I moved in with my dad and stepmom. That led to me attending Georgia-Cumberland Academy (GCA), where I learned skills that helped develop me into a responsible young man and leader. Some of the students would rebel constantly and complain about the strict rules and regulations. But I was grateful for the chance to attend such an incredible school, and took it as an opportunity to grow and learn about the values I'd missed out on in my early life.

Attending GCA was an incredible learning experience and it blessed me with friendships I'll have for the rest of my life. God allowed me to meet my beautiful fiancé, Gabriella Pasos, at GCA; she has been my biggest supporter ever since. Being at GCA led to me enrolling as a freshman at Andrews University. My parents never attended college and were unfamiliar with the process required to register. My Andrews recruiter held my hand and guided me through the entire registration process; to this day, she's a really great friend of mine.

Now, six years after my first semester at Andrews, I've just graduated as a Doctor of Physical Therapy — Dwagne J. Haskins, PT, DPT.

Gabi, also a 2017 graduate of the DPT program, and I have plans to open our own physical therapy practice in the

next few years. We are firm believers in the Adventist health message and strongly advocate health and wellness, as we believe it is an integral part of physical rehabilitation.

Growing up in Buffalo, there were no local gyms in my neighborhood and hardly anyone I knew exercised. Inner-city Buffalo is considered a food desert — an area where fresh fruit and vegetables are not readily available. As a child, I constantly ate junk food, stuffing my face with chips, cookies, pop and other highly-processed and low-nutrient foods. In the ghetto, most people aren't thinking about how the food they eat affects their health. Why buy an apple for \$1 when a Hot Pocket or several packs of Ramen costs the same, is more appetizing, and will keep you full longer? Unfortunately, this is the reality that many low-income families face. Gabi and I have created an online platform called The PhysioDuo to share our knowledge with others and encourage healthy choices, one step at a time. We look forward to being involved in our local community and helping change lives in the same way mine was changed.

It's been 11 years since I left Buffalo. As I look back, I'm amazed at how far God has brought me. It's my prayer that I can serve, mentor and uplift other children and young adults the same way I have been. I will spend the rest of my life repaying the gift of opportunity and privilege that God has given me.

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Becky St. Clair, Media Communication manager, Andrews University

**I WILL SPEND THE REST  
OF MY LIFE REPAYING THE  
GIFT OF OPPORTUNITY AND  
PRIVILEGE THAT GOD HAS  
GIVEN ME.**



Darren Heslop

# On Display

JACKIE BARRIOS' STORY

AS TOLD TO BECKY ST. CLAIR

In January 2016, I was selected through a rigorous application process to receive the first-ever Andrews University Health & Wellness Transformation Scholarship. The scholarship included what they called a “total lifestyle makeover” — personalized wellness coaching in the areas of exercise, nutrition, mental wellness and physical appearance. Oh, and also: my experience would be captured on film for a short documentary.

# Health is so much more than a number on the scale or the number of pounds you can bench-press... **It's about having a clear mind to connect with God.**

Suddenly my every move was on display. I went shopping for workout clothes with a camera following me. I held inclined planks with sweat literally dripping down my face with a camera staring me down. I made a salad in the cafeteria while a camera zoomed in on my plate. I met with a dietician, my swimming coach and my personal trainer with a camera listening in on our every word. I'll tell you one thing: it really motivated me to do my best!

It's been more than a year since the focused, directed coaching and training ended, and now I'm on my own. It's harder than I thought it would be; I feel like I lost a huge support system. There's no one checking up on me regularly so I can easily slide back into old habits.

I keep myself pretty busy, not only with school and work but also study tours and mission trips, so that can get stressful at times. What I find myself struggling with most, though, is mindset and self-perception.

When you're average — when you don't stand out as overweight, it's okay. You're accepted. People don't push you to do better as hard as they do when you're obviously unhealthy. It's easier to focus on being thin than on being healthy.

Living off-campus brings a whole new set of challenges, since I make meals for myself instead of just relying on the cafeteria to have fresh, healthy options waiting for me as soon as I walk in the door. In the dorm, there was a nice gym just downstairs, but it's not that convenient anymore. Even though I know it's possible and I know I can do it, making healthy choices and sticking with my new, better habits is hard.

That said, I feel healthy right now. I don't get tired as quickly as other people, and I've started jogging, timing myself as a challenge. When I did a mile under 10 minutes, it was a huge accomplishment for me. The next day I set a new goal: Run 5 kilometers (3.1 miles) without stopping. When I did that, I started a time battle against myself at that distance.

In the past year, I've focused more on my mental health than I used to. It's something people tend to push aside to focus on physical confirmations. Now I realize why my scholarship included a counselor. It's about dealing with how your mind works regarding change.

I've always cared what people think about me. I wanted to get over that because it stops me from doing things. For example, it took me until spring of this year to start running on campus as opposed to out in the surrounding neighborhoods, because I was embarrassed about people watching me run.

One day I just told myself I was going to do it, and I did. Then I began running with friends on campus. Challenging myself to do things I don't want to do to get over my fear is another result of this scholarship. I never would have done that before.

That determination has carried over into other parts of my life as well. In June, I went to Chicago with my church, and we went to the Hancock Center where they have the glass window that tilts out over the city. I'm terrified of heights. A year-and-a-half ago, I would never have done it, but I forced myself to face my fear and it wasn't as bad as I expected. I catch myself doing things like that a lot. I want to change for the better in all aspects of my life, not just physical transformation.

I've also learned that I am much more likely to find the motivation to do things if I do them with someone else. I swim with my boyfriend, and run, play tennis and go to church with a group of friends who inspire me with their active lifestyles. Recently a friend from that group came to me and apologized for inviting me more often to go to a movie or out for ice cream than to go running or swimming. It surprised me, because I thought I was supposed to be the one encouraging an active lifestyle. The truth is, we all need to have health in mind — not just ours, but those we're closest to as well.



Courtesy Jackie Barrios

# It's easier to focus on being **thin** than on being **healthy**.

I've learned a lot over the last year. Now when I come to the cafeteria, I get a smaller plate and take less rice, more beans, and mostly vegetables. I always eat my salad first to fill up on greens and eat less of the other stuff. I always finish my meals with fruit because it's sweet. Instead of a piece of cake, I'll have a slice of watermelon or a handful of strawberries. Or, if I do have cake, I'll have a small piece, and then have fruit, too.

I like to eat with people because then you eat slower; the slower you eat, the faster you fill up. When you eat with someone, your brain realizes you're full before you overeat because you're talking. Little things like that really help me out.

There's another component to full-person health that I've come to realize over the last year, and that's spiritual health. When I don't have that connection with God — praying, reading the Bible, helping in the community, I become lazier in my workout routine. I get lazy about taking care of myself. When I have a connection with God, I feel loved; when I feel loved, I want to take care of myself because Someone out there — God — wants me to be happy and give a testimony to his goodness.

When you have a healthy body, you have a healthy mind. And with a healthy mind, you're able to hear God more and connect easier with him. When I read the Bible, I realize how much I'm loved and it improves my mental health. I don't feel depressed or sad or lonely; I feel happy and loved and like I want to give something of myself to the world. The spiritual aspect of health is extremely important.

All of this ties together with how you present yourself. What you portray to the world is not always what it seems, but it is definitely a look into your state of mind. This is where Karla enters my experience.

Part of my scholarship included consultations with Karla, a hairstylist and makeup artist who runs her own hair salon on campus. She restyled my hair, taught me how

to use makeup tastefully, and gave me advice on being presentable to the world. A lot of people think it just comes naturally to do your hair and makeup but, for me, it didn't. Karla taught me that when you look good, you feel good; and when you feel good, you look good. They go together.

It's still hard not to guilt trip myself over things I did or didn't do. It's hard not to dwell on that and stay there, stuck, unmotivated. The first step past those hang-ups is always hard.

Someone who heard my transformation story commented that it's nice to see a natural transformation, rather than stories like "The Biggest Loser." But, for me, it wasn't like that. I don't feel "transformed" yet; I just feel like I'm on a journey to transformation. I'm constantly looking for more physical change — evidence that the choices I'm making are making me thinner, fitter, more attractive. I feel like I have to keep seeing results because people expect that of me, now that I've been in the spotlight. But working out excessively isn't healthy either, so I'm really trying to focus on balance.

Health is so much more than a number on the scale or the number of pounds you can bench-press or the miles you can run in an hour or the pizza and chocolate you can choose not to overeat. It's about having a clear mind to connect with God. That's the ultimate purpose — the reason God urges us to take care of our whole selves.

Some days I don't feel comfortable in my own body. I still have insecurities, but I don't feel unloved like I did before. I know that as long as I keep focusing on God and my health, I can move past the negativity and come out better on the other side. I now recognize the beauty within — the beauty God sees, and that makes a huge difference in how I view myself.

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Becky St. Clair, Media Communication manager, Andrews University



*Wandile Mthiyane had a dream to change the world he grew up in for the better, so he studied architecture as a way of giving back to his childhood community.*

Courtesy Wandile Mthiyane

# I Am, Because You Are

WANDILE MTHIYANE'S STORY

AS TOLD TO BECKY ST. CLAIR

I grew up in the dilapidated shanty towns of Durban, South Africa. As a child, I watched my community work together to build each other's homes out of any materials we had, from a microwave to plywood. We never had the opportunity to play house in a real house, so we kids built our tiny shacks to play house in. This effort instilled in me a culture of making things, and I always aspired to someday achieve a high level of technical skill so I could then return to improve and develop my home community.



Wandile Mthiyane presents his project concepts to potential supporters during graduate school at Andrews University.

Courtesy Wandile Mthiyane

Thanks to a generous gift from Ethekwini Municipality in South Africa, I was able to attend Andrews University, where my desire to assist people back home merged with my interest in architecture. This led to the creation of Ubuntu Design Group, my master's project.

We, the people from South Africa, see ourselves as an extension of our geography; when we encounter what is called "development" in the West, we are removed not only from our land but also from our identity and culture. That often doesn't work.

One of my biggest problems since leaving Durban has been facing the Western mindset of knowing what's best for the communities in the developing world. The cookie-cutter houses from Western developers aren't designed for the South African climate and have a short lifespan. Once these structures have collapsed, people move back into their shanty towns and they're back where they started.

At Ubuntu, we aim to help people help themselves, primarily through assisting them in developing innovations in architecture that will lead them to create inexpensive, long-lasting and culturally authentic homes for their own communities. Most importantly, though, in our approach, the locals are empowered. This is where the name of our group comes from: *Ubuntu* is a word in the local language which conveys the idea that "I am because you are."

Many of the residents of Durban are already recycling materials in order to build their shanty towns; everyone

is an architect but they just don't have the resources to be able to grow. Ubuntu wants to harness those skills to help them build their own houses, rather than instructing them how to build in a way that is inauthentic to them. There's a natural creative community spirit that exists in these towns, and we don't want them to lose that.

So, we created the "half-house" concept: We design and build houses alongside the families who live there, helping them with budgeting, designing, building and landscaping, all tailored for each particular family.

Ubumbulu has many small, narrow passageways and no street lighting. We work with the local residents to redesign the streets to open up space, along with installing street lights and redesigning homes to include windows. By doing so, more eyes are on the neighborhood and we can instantly reduce crime. Kids in Ubumbulu often miss school due to a light rainstorm that gets into the classrooms, damaging books and other learning materials. Improving the design of shanty town structures can drastically alter the lives and experiences of the people living there. This better Durban is what I want for the kids walking in my footsteps, for the neighbors I grew up with.

We struggled for the first couple of months to find the right people to talk to about fundraising. We knocked on the wrong doors, met with people who couldn't or wouldn't see the vision and were sometimes racially profiled. A majority of people didn't pay much attention to us.



Local high school students contribute to the building process in Durban, South Africa, a project inspiration birthed by Wandile Mthiyane, Andrews University architecture graduate.

Wandile Mthiyane

Then we started approaching the media in South Africa. A radio station picked us up and we were on their prime time show. I told my story and the story of Ubuntu. People listened while sitting in traffic on their way to work. It was like the whole of Durban froze for a moment as they heard about Ubuntu, and it worked. After that show, we heard from quite a few businesses reaching out to offer skills, money and materials.

This past spring, we began our first physical project in Durban: a home for a family of three — the father, who is disabled and wheelchair-bound; the mother, who is skilled but needs a place from which to run her business; and their teenage son. We've partnered with area schools who are sending students to help us do the physical labor and — here's the kicker — one of those students is the teenage son of the family for whom we're building the house. He is helping to build his own home.

Most of these students, however, come from predominantly privileged neighborhoods. After a few days on the project site, they pulled me aside and told me that because of the racial divide and the history of South Africa, they wouldn't even drive by this neighborhood before becoming involved with Ubuntu because of what they'd been taught. Now, thanks to Ubuntu, they feel safe, loved and accepted here.

We started the project with goals: it's not just about building a home, it's about creating community. In this respect, Ubuntu has built bridges far bigger and broader

than we initially planned. The community-building reached beyond the boundaries of Ubumbulu and its people and penetrated other communities, races, cultures. We have given lectures at local universities and appeared in newspapers, blogs, radio shows and the news. All of a sudden, we have a following of young, enthusiastic architecture students who want to make a difference. This is beautiful, because our work is now shaping the next generation of architects to make a difference, rather than just building for the top ten percent.

My role in this world is to be an advocate for others and lead by example. I'd like for architecture to be a medium through which we bring dignity back to communities by allowing people the opportunity to have input into the design of their own communities, no matter which part of the world they live in or what social class they come from.

Architecture is not just about designing tall, shiny buildings for multimillionaires or huge corporations. Architecture is actually a vehicle we can use to make this world safer and improve living conditions for all people, no matter their budget. Great architecture becomes great when it is built for all people, by all people.

What we're doing here in Durban is going far beyond what we intended — breaking down racial divides and barriers, breaking down the precedent set by apartheid. Maybe we're doing something right.

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Becky St. Clair, Media Communication manager, Andrews University



Sierff photographer

*Out of respect for the Adventist faith and the importance of observing the Sabbath, AMITA Health and Ascension agreed to postpone the Symphony go-live by 24 hours.*

## Symphony and the Sabbath

When AMITA Health was formed in 2015, it was with great respect for the church cultures and theology of two faith-based health systems — Adventist Health System and Ascension. As the two organizations worked to combine operations and coordinate clinical care, the mission of extending the healing ministry of Jesus was always at the forefront.

Nearly two years ago, the organization began a project known as Symphony, a significant business transformation project that integrates Finance, Human Resources and Supply Chain functions. Symphony impacts every associate's daily work life — from accessing payroll information to ordering surgical supplies.

Because of the massive scope of the project, traditionally, the go-live occurs on a Monday, with staff beginning the process on Friday night and continuing to work 24/7 over the weekend. That

schedule would impact one of the religious tenets that is very important to Adventists — the observance of the Sabbath.

“The Seventh-day Adventist Church believes that the Sabbath is God’s gift to us, a time for rest and restoration of our connection to God and others. It reminds us of God’s creation and Jesus’ grace,” said John Rapp, senior vice president and chief mission officer for AMITA Health.

In observance of the Sabbath, non-patient care services within Adventist Health are traditionally closed between the hours of sundown Fridays to sundown Saturdays, with the expectation that no work, except as necessary for patient care, be performed on behalf of Adventist Health during this period.

Out of respect for this important tenet of the Adventist faith, AMITA Health and Ascension agreed to postpone the Symphony go-live by 24 hours, moving it to Tuesday instead. This change permitted weekend cutover activities in preparation for go-live

to begin Saturday evening after the Sabbath.

“Ascension not only respected but welcomed the biblical theology of the Adventist Church,” Rapp said. “It was an opportunity for Adventist Health System to witness about the beliefs, theology and lifestyle so deeply rooted in our church.”

While the go-live was in progress, all Ascension staff were unable to access the system. Ascension notified thousands of leaders about the delay, explaining the Sabbath rest and strong conviction about honoring God by observing the seventh day.

Thor Thordarson, executive vice president and chief operating officer, said observing the Sabbath demonstrates our reverence, partnership and shared commitment to faith-based healthcare and spirituality in the workplace.

Thordarson said this experience reminded him of what the apostle Paul said, *And we know that for those who love God all things work together for good, for those who are called according to his purpose* (Romans 8:28 ESV).

“We are truly thankful for the clarity of our Adventist mission and beliefs,” Thordarson said.

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Julie Busch, AMITA Health associate vice president of Communications



Sierff photographer

*John Rapp (right), senior vice president and chief mission officer, and Thor Thordarson, executive vice president and chief operating officer, discuss the importance of the Sabbath at a recent leadership symposium.*





Darren Heslop

David Iwasa

## A tale from Heart Mountain

David Iwasa's story

My grandfather came from Japan and settled on orchard property in Oregon. My father, George Yutaka Iwasa, was born there, an only child, and told he would return to Japan to become a Buddhist monk.

Then December 7, 1941, happened. Pearl Harbor. It changed everyone's life. Japanese living within a certain distance of the coastline were given one month to relocate, or they risked internment. My father returned to school to find that he no longer had any friends as they were no longer allowed to be friends with "that Jap."

In February 1942, President Roosevelt signed papers saying that Japanese people could be forcibly removed from their properties. My grandfather tried desperately to sell his farm, which was supposed to provide a bumper crop that year and was incredibly valuable, but no one would

do business with a Japanese man and he ended up with pennies on the dollar.

My father graduated from eighth grade in the spring and, by the end of the summer, when he should have been going to high school, my father and his parents were in an internment camp. So he started ninth grade there.

There were 11,000 Japanese interned at Heart Mountain, including my father and his parents. Each family was housed in a barrack with 6-foot tar paper dividers for walls and a small pot-belly stove to stave off the Wyoming winter cold.

The camp was broken into communities around brick cafeterias. My father's family had what they considered a "good cook:" one who paid attention to the food supply, rationing it to ensure everyone had something until the next trainload of food arrived.

My father never complained about the life he lived interned; he was grateful for the intervention in his trajectory to becoming a monk. The one thing that made him angry was the draft notice

that arrived his senior year. He was livid that, after being penned up for four years, the U.S. government now wanted him to fight for them.

After the war, my father graduated college in Chicago, then interned with a Japanese optometrist in Portland, Ore. During this time, he agreed to a blind date with a nursing student who became, after some years, my mother.

My mother's father would not let them marry unless my father was an Adventist, so, to get the girl, he began taking Bible studies. What he wasn't expecting was to become a dedicated and fully converted Seventh-day Adventist.

They settled just outside the boundary where Japanese were allowed to live during the war. For the first few years, they still saw "No Japs Allowed" signs on several local businesses, and my father served only Japanese patients but, over time, he began to develop positive relationships with other people in the community. He practiced optometry for nearly 50 years.

My life was pretty good, but I wouldn't be here if this wasn't my dad's story, so it's my story, too. And I'm proud to share where my family has come from.

Becky St. Clair is Media Communications manager at Andrews University



Courtesy David Iwasa

David Iwasa (right) with his father, George, and family at David's son's high school graduation in 2013.

## [ EDUCATION NEWS ]

### Urban garden sprouts up at Chicago school

**Lake Region**— Behind a small playground, in the heart of the south side of Chicago, lies an oasis of vegetables and flowers, where students of the Chicago Elementary School prepared the soil for planting, in hopes of creating a small inner-city farmer's market.

Marilynn Jones-Fouché, president of the alumni association, and Bayyinah Montgomery-Muhammad thought the students should know more about produce than that it is just bought at the grocery store. So, during the 2015-2016 school year, the Shiloh/Chicago Academy Alumni Association gifted the school with a garden. Built and landscaped by alumni Anthony Reese and Monique Powell-Daniels, it is named for an alumnus, Sharon Dixon, who has faithfully supported Christian education for decades.

As part science project and part simply play-in-the-dirt fun, on a hot and sunny June morning, the children dug, planted, watered and packed several varieties of tomatoes, peppers, sweet potatoes, squash, herbs and flower plants. Assisted by Scott Johnson, the science teacher, and Jones-Fouché, the students watered the plants every day during the hot summer months.



*Chicago students tended to a summer garden and learned that, while it takes hard work and constant care to grow the nutritious food they eat, the fruits of their labor are beautiful and delicious.*

The students watched anxiously as the buds appeared followed by flowers and finally turned into the actual vegetables. "It was like being in the car with kids on vacation," said Jones-Fouché. "Instead of them asking over and over, 'Are we there yet?' they asked, 'When are the vegetables coming?' If only you could have seen the smiles on their

faces and heard the laughter as they watched the plants grow."

Eventually the veggies were available to pick. Some never made it to the basket, as they were immediately popped into happy mouths.

*Marilyn Jones-Fouché, Shiloh/Chicago Academy Alumni Association president, and Marie Smith, principal*

## [ LOCAL CHURCH NEWS ]

### Wilson Church heavily damaged by fire

**Michigan**— A major fire roared through an Upper Peninsular church on July 25, destroying the sanctuary and causing extensive damage to other parts of the building.

The fire began when a lightning strike hit the roof of the Wilson Church, igniting a fire in the attic.

Fifty volunteers, including four from the Wilson Church, responded to the fire and they more than three hours extinguishing the large flames.

"We are so thankful for the protection that the Lord provided so that no one was injured," said Tom Hubbard,

pastor. "Even though the structure is standing and appears to be sound from the outside, there is extreme damage to the roof, and the sanctuary is a total loss and unsafe to enter."

Since the fire, the 200-member church has moved their meeting place to the nearby church school and have been grateful for the outpouring of support from surrounding churches.



Wilson church member

The Wilson Church sanctuary was completely destroyed by a fire on July 25.

the Wilson Junior Academy gymnasium across the street without missing a single Sabbath.”

Members are looking forward to rebuilding and are encouraged by what happened in 1948 when the Wilson church faced similar circumstances. A fire destroyed the church then and the community rebuilt the structure that was in operation until now. “We have so many beautiful memories because of the faithfulness of those who have gone before us,” said Hubbard. “Many more memories will be made as we see the wonderful miracles the Lord performs as we work together to rebuild once again.”

Lake Union Herald staff, with Tom Hubbard, pastor of the Wilson Church

Hubbard said that the church has been “so encouraged by the kindness of so many area churches and friends who have given hymnals, Bibles and

monetary donations. Because of the outpouring of love and support by so many, we have been able to continue Sabbath school and worship services at

## Couples celebrate the gift of marriage

**Michigan**— In a joyful celebration of their long-lasting marriages, 21 Pioneer Memorial Church couples, married between 50 to 70 years, gathered to praise God for his bountiful blessings.

The couples met for brunch at a restaurant in Mishawaka, Ind., on July 23, and had the opportunity to bring their wedding pictures, share their proposal story, and make prayer requests. Several couples held the group spellbound and rolling with laughter as they shared their stories of how they became engaged.

Pat and Knobby Mauro have been married the longest — 70 years!

All these marriages took place between 1947 and 1967 — before color TV, cellphones and Facebook became



Cleon and Sandra White

The couples who have been married for 50 years and more gathered for brunch in Mishawaka, Ind., on July 23. Pictured are: Ed and Jan Higgins, Jim and Carol Curry, Dave and Marilyn Bender, James and Audrey North, KV and Sumi Rathnam, Ron and Arlene Graham, Roy and Arlene Puymon, Gary and Pat Erhard, Herald and Donna Habenicht, Chuck and Beverly Peck, Knobby and Pat Mauro, Don and Carol Dronen, Norm and Beverly Pottle, Jim and DeLauna McKee, Peter and Cobie van Bemmelen, Paul and Doris Arnold, Shirley and Bruce Moyer, Cleon and Sandra White, Roger and Peggy Dudley  
Not pictured: Ken and Norma Franz, Steven and Esther Tarangle

such an integral part of everyday life. We wonder how we managed without them.

Don Dronen, Pioneer Memorial Church pastor, offered the Prayer of

Praise, which included the recognition of God’s direction in bringing each couple together.

Roger and Peggy Dudley, Pioneer Memorial Church members



Michigan Conference

Cassandra McNulty was one of the presenters at the #Adulting evangelistic event.

## Young adults discover secrets to success at #Adulting event

**Michigan**—“Amazing!” “This was awesome!” Those are a few of the enthusiastic reactions from attendees at #Adulting: “Succeeding in the Real World,” an outreach event for young adults organized by the Lansing Church.

“Great event — keep going,” wrote one participant. “Everything was excellent,” commented another.

The #Adulting concept was born last fall when the young adult ministry team caught a vision for creating an evangelistic event that would attract fellow young adults by meeting their practical, emotional and spiritual needs. The title comes from a social media hashtag used wryly by young adults to describe the novelty of performing grown-up tasks.

Held at a local library, the three-night series attracted 45 participants, primarily ages 20-35. A quarter of them had no previous contact with our church, while several others were young adults who attend but are not active members.

Each session featured 10-minute talks on five topics: careers, finances, relationships, health and hope (spirituality). After the program, attendees eagerly lined up to talk with the presenters at booths offering free materials on their topics. The format and the pertinent subjects made it easy to connect and build friendships with participants.

“We had their confidence from the very first night,” observed Wes Peppers, pastor, who spoke for the hope track on the importance of forgiveness and community in mental and emotional health.

To recruit speakers, we drew on the professional and ministry expertise of church members. For instance, our church treasurer, a CPA, spoke on “How Much Does Your Loan Really Cost You?” while our Health Ministries leaders presented a series on the “why,” “what” and “how” of good nutrition and exercise. Other young adults shared from their personal experience and research in areas such as communication skills and dating.

Knowing the initial series would only scratch the surface, we followed

up with #Adulting In-Depth, a six-week series at the church, with longer presentations in each of the subject areas. Topics ranged from “Avoiding Common Interview Mistakes” to “If God Is Good, Why Is There So Much Suffering?”

#Adulting participants have already attended Young Adult Sabbath School and other church events. Using “Christ’s method” of showing concern for people’s needs has given us the opportunity to invite them to a deeper spiritual commitment (see *The Ministry of Healing*, p. 143).

The young adults who helped with the event loved it as much as the community attendees, since we learned practical tips for our own lives. “We should do this every year, just like VBS!” exclaimed Paul Wehrmeyer, our Personal Ministries leader, who attended nightly to stream the event via Facebook Live. He didn’t realize that the Young Adult team planned from the outset to make this a repeatable event!

One exciting possibility is holding future programs at local schools. Team members spoke to teachers and counselors at public high schools and Lansing Community College about the series, with an enthusiastic reception.

Any church can hold an event like this, even if they don’t have many young people. Topics could include home and auto maintenance, home decorating on a budget, maintaining your wardrobe, and more, depending on the expertise of your members.

If you would like to know more about the #Adulting series, visit <http://adultinglansing.org> or contact [rachelcabose@gmail.com](mailto:rachelcabose@gmail.com).

Rachel Cabose, Lansing CONNECT Young Adult Ministry leader



Sanctuary model that Marcia Harycki, Orv Gauger and Kayla Hays hand-painted and assembled.

## Fair attendees introduced to the Sanctuary

**Wisconsin** — What might be the best way to get the attention of hundreds of men, women and children walking around at a local fairground?

That was the challenge facing members of the Chippewa Valley Church (CVSDA) as they planned an outreach event at the local Northern Wisconsin State Fair this past July. A plan began to take shape, and it centered on the desire to reach out to the public to tell them about the two 3ABN-broadcasting low-power FM radio stations in the area, and to offer free copies of the book *The Great Controversy*.

The stage for outreach had been set this past winter when church members handed out the book *The Hero of Hacksaw Ridge* inside a local theater. Now a core group of church members were ready to try another outreach project. After reserving a table in one of the heavily-traveled fair exhibit buildings, they outfitted the booth with signs, tee-shirts, fliers, a free drawing, catalogs, free books and even a model of the wilderness tabernacle.

Since a central pillar of our faith is Christ's ministry in the Sanctuary,



Rhonda and Terry Goss

and since no other Protestant church really has anything to say about the Sanctuary, it was decided that fairgoers might be interested to see a beautiful, hand-painted model of the wilderness Sanctuary as given to Moses by God. As the public walked by, conversations were initiated by presenting a flyer, inviting them to listen to the radio stations; then they could be pointed to the Sanctuary model and asked, "Do you know what this is?"

The decision to include the Sanctuary model yielded interesting interactions. Some people recognized the tabernacle immediately and spent some time looking at the model more closely and commenting on its features. Children loved the display. It was often a child's eyes that spied the Sanctuary model and brought their parents over for a closer look. Mothers would hold up their little ones so they could look down at the interior of the Holy and Most Holy places. Church members would point out the lamb being sacrificed, the priests and high priest, the altar and laver, the golden candlestick, table of showbread and altar of incense. Then they would point to the Ark of the Covenant and ask, "Do you know what is inside that?" If booth visitors



Whitney and Tamara Schauer speaking to a little boy about the sanctuary model

showed interest, they were offered an Amazing Facts Bible study guide about the Sanctuary called "God Drew the Plans" and directed to Chapter 23 in a copy of *The Great Controversy* which they were encouraged to keep.

Many people expressed thanks for what they encountered at the booth. Church members had opportunity to meet people of all ages, giving out more than 230 books, 64 Bible studies, and hundreds of fliers and catalogs. It was encouraging to hear many people mention that they were already listening to and being blessed by the radio stations. In total, a group of 28 church members spent over 100 hours meeting, talking and interacting with approximately 700 people. The results of those efforts will only truly be known someday in the Kingdom, but what a blessing it was to us!

Marcia Harycki, Personal Ministry Department, Chippewa Valley Church



Michelle Larson, Deb Hogenson, Alrene Jasinski

## [ EDUCATION NEWS ]

### Beloved teacher retires from Berrien Springs Village School

**Michigan**—After 40 years of faithful service as a teacher, 23 years of them at the Village Adventist Elementary School (VAES), eighth-grade teacher Barry Marden has retired.

“The landscape of VAES will certainly change without his presence,” says VAES’ principal Wendy Baldwin. “We will miss the sound of his voice stating, ‘Greetings . . .’ each morning.” She went on to say that students will remember his easy manner, sense of humor, Ping-Pong games, the “dreaded” relationship talks, and that feeling of simply belonging in his classroom. “Countless lives have been impacted through him for Christ’s honor and glory.”



Sarah Kurtz

*Barry Marden was honored at the Village School Alumni Association for his 23 years of service at VAES. Principal Wendy Baldwin spoke of the many lives he impacted for Christ.*

A quote from the 2016 yearbook, written by the class officers, sums up the sentiment for many students: “Thank you for the Bible classes that taught us about life. Thank you for the

history lessons that taught us about the world we live in. Thank you for teaching us how to put words into sentences and sentences into stories.”

Marden’s story has been one of service and love for Christ. He graduated from Southern Missionary College in 1977. His first school was Mayfair Christian School near Akron, Ohio, where he served from 1977-1984. He then transitioned to Grand Rapids Jr. Academy in 1984 and, finally, to Village in 1994.

When asked for a quote, Marden simply requested to share his favorite Bible text, which is 1 John 3:31: *Behold, what manner of love the Father hath bestowed upon us, that we should be called the children of God.*

*Lake Union Herald staff, with Wendy Baldwin, principal, Village Adventist Elementary School*

### Andrews University names Michael Nixon as its first VP for Diversity & Inclusion

On July 6, president Andrea Luxton announced that Michael Nixon has accepted the invitation to serve as Andrews University’s first vice president for Diversity & Inclusion. He will begin in this position on August 1.

Nixon, an Andrews University alumnus and graduate of The John Marshall Law School in Chicago, was offered the position after a formal search process, which took place over the past two months on the University campus.

The search committee was made up of 13 members, all Andrews University administration, faculty, staff and students, and chaired by Luxton.



Courtesy Michael Nixon

*Michael Nixon*

The committee ultimately conducted in-person interviews with five applicants for the position, followed by presentations to the campus community in late June by the two finalists. During their campus visit, the finalists also met with University administrators and leaders from the Lake Union and Lake Region conferences.

The committee’s work, and the final selection of Michael Nixon,

reflected the job description that called for this new position to provide “spiritual, administrative and academic leadership for the equity and diversity vision, resources and programs across the University.”

During the search process, Nixon, who first moved to the Andrews University community when he was 10 years old, shared that, “In all my years being associated with Andrews, I have never been more optimistic about its future than I am now. This renewed focus on seeking true, gospel-infused diversity and inclusion on campus is an amazing commitment.”

In one of his presentations to the search committee, Nixon noted that the work of diversity must be a collaborative, God-centered process.

“It should be a process that seeks to understand and respond to the complexities of our diverse campus

community and commit to transform our perspectives through trust-building conversations and engagement that will work to revamp our campus culture permanently,” he said. Nixon also noted that “this will take arduous work. We will surely make mistakes, but if we remain committed to each other, this shared commitment to be transformed — along with our commitment to Christ — will infuse us with his spirit and enable us to become the institution we have been called to be.”

President Luxton describes Nixon as “an individual who has had to

face challenging decisions on his faith commitment and his choice of priorities.” She continues: “In making his choices, Michael’s passion for his faith has deepened, so has his understanding and commitment to equity and inclusion. In the last few years he has shown unequivocally that, when it comes to faith and career, faith must come first. And when he has chosen where to ‘walk,’ it has been to walk alongside the disadvantaged, rather than where he might find visible personal success.”

Currently, Nixon serves as the legal coordinator for the Fair Housing

Justice Center in New York City. His previous experience has included the establishment of an Office of Service and Social Action at the University of Saint Francis while serving as an AmeriCorps VISTA volunteer, and working with the Council of American Islamic Relations and in The John Marshall Law School Fair Housing Legal Clinic while attending law school in Chicago.

Stephen Payne is vice president for Integrated Marketing & Communication at Andrews University.

## [WORLD NEWS]

### GC General Counsel issues fraud warning

Citing multiple reports of fraudulent activities across the United States, the General Conference Office of General Counsel issued an advisory, warning churches, schools and other entities to avoid conducting business with Insouciance Abroad Travel Agency.

According to the Office of General Counsel, they have received more than a half-dozen complaints of substantial funds paid to Insouciance Abroad in advance of travel plans, only to discover right before the trip or during the trip that airline tickets, hotel accommodations and/or excursion arrangements were not paid for by the travel agency. “The parties were left scrambling to make last minute arrangements or had to cancel their trips outright,” according to a public statement.

“In Adventist circles, there’s trust created and fostered in this community,” explained Josue Pierre, associate general counsel for the General Counsel. “We should be vigilant about those operating in these spheres and taking advantage of



this trust.” He advised that groups planning trips engage the services of licensed and bonded travel agents.

Peter Lombard, president and founder of Insouciance Abroad, denied any involvement in fraudulent activities and said he has worked with hundreds of church groups and has only had issues with a few. Lombard said that the allegations are spurred on by groups “fighting not to pay” for their trips. He further

said, “Mistakes happen and things have not always gone as planned, but people always get their money back.”

The GC General Counsel is asking for anyone who has a pending trip through Insouciance Abroad or has experienced similar issues with the company to contact Josue Pierre at [pierrej@gc.adventist.org](mailto:pierrej@gc.adventist.org).

Debbie Michel, associate communication director, Lake Union Conference

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

**SciFest & ArtFest 2017:** Andrews University invites high school students to register ASAP for SciFest 2017. This annual STEM weekend, **Sept. 21-23**, offers high school students a unique college experience on the University's main campus in Berrien Springs, Michigan. Come explore the seven STEM departments at Andrews, and find out what this year's theme, Cells, means in Agriculture, Biology, Chemistry, Computer Science, Engineering, Mathematics and Physics. ArtFest will run concurrently on campus with the theme, Building Blocks. For information about SciFest email [stemconnect@andrews.edu](mailto:stemconnect@andrews.edu); for information about ArtFest, email [commdept@andrews.edu](mailto:commdept@andrews.edu).

**Andrews University Alumni Homecoming 2017** will take place **Sept. 28-Oct. 1**. Visit <http://Andrews.edu/alumniTODAY> for a calendar of weekend events, and to register for the Wes Christiansen Memorial Golf Outing, Homecoming Parade, 5K/10K Run & 1-Mile Walk and RSVP for the Women's Scholarship Brunch. Email [alumni@andrews.edu](mailto:alumni@andrews.edu) or call 269-471-3591 with any questions.

**Howard Center Presents... The Heritage Singers in Concert:** On Sat., **Oct. 7**, Andrews University will host the Heritage Singers in concert on the stage of the Howard Performing Arts Center at 7:30 p.m. For ticket information visit <http://howard.andrews.edu> or call 269-471-3560.

**Adventist Online Learning Conference, Oct. 10-12** on the campus of Andrews University, offers a space to explore and discuss current trends and best practices in online education. Participants will share ideas and projects that enable others to make the best use of online environment, aligning technology to needs of the Adventist Church. For details and registration: <http://adventistlearn.online>.

**Howard Center Presents... U.S. Air Force Band of Mid-America:** On **Thurs., Oct. 12**, Andrews University welcomes this special concert band to the stage of the Howard Performing Arts Center at 7:00 p.m. For ticket information visit <http://howard.andrews.edu> or call 269-471-3560.

**"Pornography: Help for Such a Sensitive Subject."** The annual HMS Richards Lectureship at Andrews University will feature guest speaker Matthew Gamble, pastor of the Haven Adventist Church in Calif. Event dates are **Oct. 30-31** and it will take place in the Seminary Chapel on the Andrews campus. Lunch on Monday is included. For details on registration and participation, email [hyveth@andrews.edu](mailto:hyveth@andrews.edu) or [sylvie@andrews.edu](mailto:sylvie@andrews.edu), or call 269-471-6371.

**500th Anniversary Martin Luther Conference:** The Andrews University Departments of History & Political Science and Religion & Biblical Languages in collaboration with the Office of Research and Creative Scholarship and the General Conference of Seventh-day Adventists' Office of Archives, Statistics, and Research proudly announce its upcoming conference to commemorate the 500-year anniversary of Martin Luther's Ninety-Five Theses. The conference will be held at Andrews University **Oct. 31-Nov. 3**. For more information: <http://Andrews.edu/history>.

## Indiana

**South Bend Junior Academy in Indiana is celebrating our 100th year Sept. 23-24!** Register online at <http://www.oursbja.com> or call 574-287-3713. And LIKE us on Facebook—South Bend Junior Academy. Save the date! Don't miss it!!

**Indiana Academy Homecoming Weekend is Oct. 13-14.** Honor classes this year are: 1967, '77, '87, '92, '97, 2007, '12, '17. Please contact the alumni office or alumni president, Lester Pitogo, at [lester.pitogo.94@live](mailto:lester.pitogo.94@live).

com for questions regarding reunion locations or related inquiries.

**Indiana Academy invites all alumni and friends** to participate in the 27th Annual Golf Classic on **Oct. 13**. The event will be held at Pebble Brook Golf Club in Noblesville. To register, please contact Bill Summitt, '82, Golf Classic chair, at [iagolfgclassic@gmail.com](mailto:iagolfgclassic@gmail.com).

**Indiana Conference Women's Ministries Fall Retreat, Oct. 20-22**, will take place at Blue Gate Garden Inn, 760 S. Van Buren St., in Shipshewana, Ind. Philip Samaan, a theology professor at Southern Adventist University, will present "Christ's Way of Affirmation." For more information, contact Tammy Begley at 317-919-5318 or [tammy.begley@gmail.com](mailto:tammy.begley@gmail.com). Early bird registration deadline is Sept. 1. Last day to register is Sept. 29. Visit <http://www.indysda.org>.

## Lake Region

**2017 Lake Region Conference TLT Boot Camp – Raising the Bar – M&M.** Join us for our 7th Annual Lake Region Conference TLT Boot Camp held at Camp Wagner, 19088 Brownsville Rd., Cassopolis, Mich., **Nov. 3-5**. Goals: to help staff improve their mentoring skills by providing informative workshops; and to help the TLT have a spiritually enriched weekend while completing some team-building exercises. The Mentor & Mentee component remains in place, so all Mentors need to make sure to be in attendance this year! Fee, which includes meals, program materials, lodging, but NOT Extra Activities, is due by Oct. 5. For more information, call Angie Gardner, Lake Region Conference TLT coordinator, at 313-915-8758 or email [gardner.angeline@yahoo.com](mailto:gardner.angeline@yahoo.com).

## Lake Union

### Offerings

**Sept. 2** Local Church Budget  
**Sept. 9** World Budget (emphasis Fall Mission Appeal)  
**Sept. 16** Local Church Budget  
**Sept. 23** Local Conference Advance  
**Sept. 30** IL: Local Combined Budget; IN: Indiana Academy; LR: Camp Wagner; MI: Evangelism; WI: Church Planting

## Thirteenth Sabbath Offering

**Sept. 30** Southern Asia Division

### Special Days

**Sept. 2** Men's Day of Prayer  
**Sept. 10-16** Nurture Periodicals (*Adventist Review, Insight, Guide, Primary Treasure, Little Friend*)  
**Sept. 10-16** Family Togetherness Week  
**Sept. 16** Family Togetherness Sabbath  
**Sept. 16** Let's Move Day  
**Sept. 17-23** Hispanic Heritage Week  
**Sept. 17-23** Let's Move Week/Health Education Week/Vibrant Life

## North American Division

**Uchee Pines Alumni Reunion and Retreat: Sept. 17-23.** For more information, visit our website at <http://ucheepines.org>, or call 877-UCHEE PINES.

**Sandia View Academy/Spanish-American Seminary Alumni Reunion, Oct. 5-7.** Honor Classes: every 5 years. '50s and '60s group meet for lunch Thurs. noon at Little Anita's in Old Town. Cookout Social 5:30 p.m. Thurs. evening. Golf Tournament Friday morning. For more information, contact Paul Chavez, president, Alumni Association Inc., at 505-899-4181 or 505-304-3885, or Jerry Ruybalid, Class '54 at 505-357-7949. Business meeting Friday, 5:00 p.m., with meal. Saturday: Sabbath school and Church; Afternoon Vespers; basketball games after sundown.

**Sheyenne River Academy/Plainview Academy/Dakota Adventist Academy Alumni Weekend Oct. 6-7** at Dakota Adventist Academy, 15905 Sheyenne Circle, Bismarck, N.D. Come and renew your friendships. Honor classes: 1943, '48, '53, '58, '63, '68, '78, '88, '93, '98, 2003, '08, '13. For more information, contact 701-751-6177, ext. 212, or visit our website at <http://www.dakotaadventistacademy.org>.

## World Church

**10 Days of Prayer returns Jan. 10-20, 2018**, with the theme "Our High Priest." Congregations worldwide continue to be blessed by this powerful prayer initiative. For more information and to sign up your church, visit <http://www.tendaysofprayer.org>.



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.

## Anniversaries



David and Patricia Hutchins celebrated their 50th wedding anniversary on June 18, 2017, with a family brunch at the Grand Traverse Resort Aerie Restaurant in Traverse City, Mich.

They have been members of the Traverse City Church for two years.

David A. Hutchins and Patricia Meek were married June 17, 1967, in Nashville, Tenn., by Pastor Thompson. David has been a M.D., Ob/Gyn, retiring in 2014. Patricia has been a commercial and residential realtor, retiring in 2002.

The Hutchins family includes Brian and Deanna Hutchins of Mason, Mich.; Michael Hutchins and Jill Parker of Canton, Mich.; and two granddaughters.

## Obituaries

**CHURCHILL, Normagene (Hunt)**, age 88; born Oct. 19, 1928, in North Branch, Mich.; died June 19, 2017, in Monroe, Mich. She was a member of the First Flint (Mich.) Church.

Survivors include her husband, Byron; son, Garwin; daughter, Vonnie Jo Acre; sister, Edith Peterson; nine grandchildren; and three great-grandchildren.

Funeral services were conducted July 30, and interment was in Great Lakes National Cemetery, Holly, Mich.



## LISTEN TO OUR NEW PODCAST



Timely discussions on issues in public affairs and religious liberty, education, stewardship, leadership, youth and family.

Available at [SoundCloud.com](https://www.soundcloud.com)



September 13–16, 2017  
Andrews University, Berrien Springs, MI

Refugees and migrants make up a massive political, economic, healthcare, and missional challenge in our day.

- How does ministry to Refugees and migrants fit into the church's mission?
- How shall we best respond to the needs and challenges?

To address these challenging questions, an outstanding group of field leaders and scholars has been invited to make thoughtful, practical presentations.

Register today at [Plusline.org](http://Plusline.org).  
Find more information at [www.nadei.org](http://www.nadei.org).

## Sabbath Sunset Calendar

	Sep 1	Sep 8	Sep 15	Sep 22	Sep 29	Oct 6
Berrien Springs, Mich.	8:20	8:08	7:56	7:44	7:32	7:20
Chicago, Ill.	7:25	7:13	7:01	6:49	6:37	6:25
Detroit, Mich.	8:08	7:56	7:43	7:31	7:19	7:06
Indianapolis, Ind.	8:17	8:06	7:54	7:43	7:31	7:20
La Crosse, Wis.	7:42	7:29	7:17	7:04	6:51	6:38
Lansing, Mich.	8:14	8:02	7:49	7:37	7:24	7:12
Madison, Wis.	7:34	7:21	7:09	6:56	6:44	6:31
Springfield, Ill.	7:31	7:20	7:08	6:57	6:45	6:34

# Classifieds

All classified ads must be sent to your local conference for approval. No phoned ads will be accepted. Allow at least eight weeks for publication. Fifty words maximum. No limit of insertions. Rates: \$36 per insertion for Lake Union church members; \$46 per insertion for all others. A form is available at <http://www.herald.lakeunion.org> for printing out and filling in your ad. Ads must be prepaid. Make money order or check payable to the Lake Union Conference. There will be no refunds for cancellations. The *Lake Union Herald* cannot be responsible for advertisements appearing in its columns, and reserves the right to edit ads in accordance with editorial policies. The *Lake Union Herald* does not accept responsibility for typographical errors. Submission eligibility guidelines are listed at <http://www.herald.lakeunion.org>.

## At Your Service

**ADVENTIST BOOKS:** Whether you're looking for new titles or reprints from our pioneers, visit <http://www.TEACH Services.com> or ask your ABC for our titles. For used Adventist books, visit <http://www.LNFBooks.com>. **AUTHORS:** Interested in having your book published, call 800-367-1844 for free evaluations.

## MOVE WITH AN AWARD-WINNING AGENCY.

Apex Moving & Storage partners with the General Conference to provide quality moves for you. Call us for all

your relocation needs. Contact Marcy Danté at 800-766-1902, or visit our website: <http://www.apexmoving.com/adventist>.

**THE CLERGY MOVE CENTER™** at Stevens Worldwide Van Lines is The Way To Move from one state to another! Through our national contract with the General Conference, we extend our moving services to all Adventist families. Quality is inherent. Contact one of our dedicated Move Counselors today for a no-cost/no-obligation estimate at 800-248-8313. Or learn

more about us at <http://www.stevensworldwide.com/sda>.

## Travel/Vacation

### COLLEGE DALE, TENN., GUESTHOUSE:

Fully equipped condo with kitchen and laundry, 1-1/2 bedrooms, no steps, huge deck, secluded woodland setting. "What a find!" say guests, "Delightful!" \$70/night for two (two-night minimum). For information, call 423-236-4688 or 423-716-1298. See pictures at <http://www.rogerkingrentals.com>.

### ISRAEL TOUR WITH JIM GILLEY, 3ABN's

**C.A. MURRAY AND FRIENDS.** Two trips this fall: Nov. 12-20, \$2,995; Nov. 19-27, \$2,995. Includes all tips, taxes, air, and breakfast and dinner buffets daily. From New York, Chicago or Los Angeles. Other departure cities available. For more information, call Jennifer at 602-788-8864.

## Miscellaneous

### SOUTHERN ADVENTIST UNIVERSITY OFFERS

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—Ty Gibson



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Scandinavia and Andrews University as an adjunct voice instructor, he has recorded/appeared on 3ABN and performed as soloist at the 2010 GC in Atlanta. For more information, contact Vladimir at [vladoslavujevic@yahoo.com](mailto:vladoslavujevic@yahoo.com) or call 269-473-2826. Appointments accepted through March 31.

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**Questions:** Contact Dr. Abraham Swamidass  
**Phone:** (608) 843-7475 or E-mail [aswamidass@charter.net](mailto:aswamidass@charter.net)  
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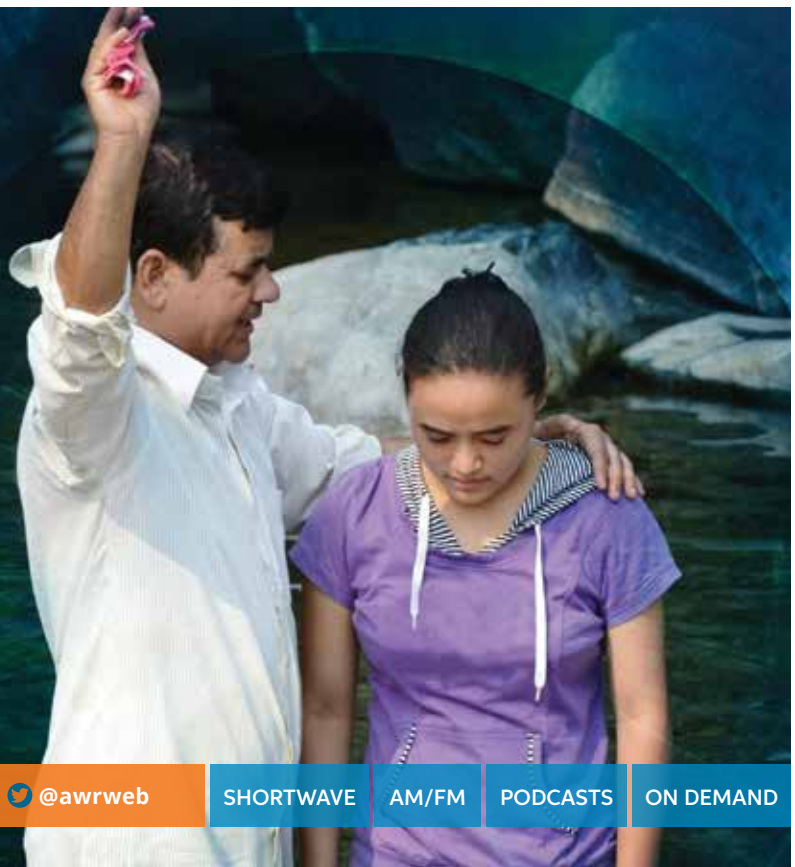


Dr. Swamidass



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## PARL: Social Justice and Reformation Conference



**September 15-17, 2017**

### LOCATIONS

- Sept. 15 and 17:** Straford Memorial Church  
500 W. 119th Street  
Chicago, IL 60628
- Sept. 16:** Shiloh Church  
7000 S. Michigan Ave.  
Chicago, IL 60637

### SPEAKERS

- Lincoln Steed, *Liberty Magazine*  
Dr. Ira Carruthers (Invited), Samuel Dewitt Proctor Conference  
Superintendent Eddie Johnson (Invited), Chicago Police Department  
Kimberly Foxx, Cook County State Attorney (Invited)  
Dr. G. Russell Seay, Oakwood University  
Dr. C. Wesley Knight, Oakwood University  
Dr. Nicholas Miller, Lake Union Conference  
Michael Ibrahim, Ibrahim Law Office

### REGISTRATION

Cost is \$50 per person or two for \$80. Registration closes Thursday, Sept. 7. For more information, please visit [lrcsda.com/ministries/parl](http://lrcsda.com/ministries/parl) or call 773-846-2661, ext. 202.

### SCHEDULE

The PARL: Social Justice and Reformation Conference starts Friday, Sept. 15 at 1 p.m. Registration starts at noon at Straford Memorial Church. The conference ends Sunday, Sept. 17 at 1 p.m. All services on Saturday, Sept. 16 are at Shiloh Church.

Dr. R. Clifford Jones, President • Dr. Timothy Nixon, Executive Secretary • Yvonne Collins, Treasurer  
Elder Eddie Allen, Vice President • Edward Woods III, PARL Director



# WE ARE ALL MAKARIOS

“I am Makarios; you are Makarios; we are all Makarios.” This is how a group of Latino students at Andrews University was described for the first time, with only one purpose in mind: to carry the message of hope that Christ lives and can change the life of each child, teenager, adult and senior. There are no barriers



Courtesy Pedro Navia

to miracles that God can do in the hearts of those who seek him or in those that flee from him.

Makarios began ten years ago as a result of the belief of some young Hispanics studying at Andrews University that, just as they were preparing to become professionals, other Hispanic young people in the church should have the same opportunity. One autumn afternoon, they gathered in Griggs Hall and decided to do something about it. They prayed as they began the arduous task of planning how to carry out this important mission.

National statistics indicate that less than 30 percent of Hispanics who finish high school continue to university and less than 25 percent of Hispanics have an interest in the religion of their parents. The challenge was great, especially considering that funds were needed to carry out their mission. Makarios, which, in Greek, means “happiness and blessing,” is what fueled the hearts of these students.

Makarios learned that when the challenges are great is when the miracles that God works are also great. A pastor of one of the Hispanic churches in Lexington, Kentucky, contacted Makarios first. There was a group of young people at his church who needed help and guidance in all

aspects of their future. Makarios organized music, drama, poetry and spoken word, coordinated many hours of rehearsal, preparation, prayer and dedication, all while continuing to stay focused on their responsibilities as university students: studying, attending classes and taking exams.

In the end, the programs

Makarios carried out in Kentucky were richly blessed by God. The faces of joy, the voices of praise and the prayers that came from the depths of the heart were proof of the presence of God in that place. Two weeks later, the pastor of the church sent a letter to Makarios saying that three young men had decided to give their hearts to God.

Calls to strengthen and encourage the youth of Hispanic churches continue to come from places such as Illinois, Indiana, New York, New Jersey, Missouri, Ohio, Michigan and Georgia. In addition, Makarios has had the opportunity to organize mission trips to Costa Rica and Puerto Rico to engage with youth there.

If you are interested in having Makarios visit your church, please contact us via [facebook.com/ministerio.makarios](https://www.facebook.com/ministerio.makarios) or write to us at [inls@andrews.edu](mailto:inls@andrews.edu). Makarios would be very happy to visit your church and share experiences and God’s love with the teens and youth of your church and your community.

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Written by Pedro Navia, chair and professor of International Languages and Global Studies at Andrews University

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Translation by Eve Youngberg

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Edited by Becky St. Clair

# Leaving a Legacy

BY JUSTIN JOHNSON

Last school year, I was elected by my peers as the Student Association (SA) president at Andrews Academy. There was so much pressure looming over my head as I constantly thought about the previous presidents and how well they had done their jobs. I wanted to be added to that list.

The word “legacy” came up often. My principal, Jeanie Leiterman, kept telling me, “You are part of a legacy. Remember that how you walk in the hallways speaks for all of us.” I learned that each president had left behind a legacy — good or bad. After all, a legacy is the story of someone’s life, the things they did, the places they went, the goals they accomplished, their failures and more. A legacy is something that a person leaves behind by which they are remembered. Legacies are pathways that guide people in decisions of what to do or what not to do. By wanting to leave a mark and create a legacy for people to follow, Martin Luther King Jr. left behind his legacy of positive and selfless actions. Adolf Hitler left behind a legacy of negativity and destruction.

One day, my SA sponsor and I were discussing a team issue. During our conversation, he brought up the point of servant leadership. I had heard this before and was about to tune him out. My sponsor explained that Jesus did not come to be served, but to serve. As I walked out of my sponsor’s office, I realized I had been leading the wrong way. I had been so preoccupied with who I was going to be, that I forgot that I should be concerned with who I was going to serve. Instead of making my own legacy, I should have been carrying on Jesus’ legacy.

Jesus left a legacy of his time on earth. The story of his life is one of the

greatest ever told and, because of what he did, many people know him and want to be like him. Jesus set an example that we all should follow; as followers of Christ, it is our responsibility to carry on his legacy. However we live our lives, someone will always be watching and making conclusions about who we are.

As the school year drew to a close, my perspective on leadership and legacies changed. My new priority was leaving people a legacy where they could see God, rather than my accomplishments. As John C. Maxwell says, “True leadership must be for the benefit of the followers, not to enrich the leader.”

While I was walking down the aisle of Pioneer Memorial Church during graduation, I reflected on all that my teachers had taught me. What stuck out the most was what my principal had repeated time and time again. It is because of her constant reminder that my perspective on legacies and life evolved so much during my senior year. To this day, some students believe she meant that we were part of our school’s legacy. I like to think that it meant we are part of something higher.

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Justin Johnson is a recent graduate of Andrews Academy and he received a \$100 scholarship for this article.

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If you’re a youth or young adult interested in submitting an article for consideration, please email: [herald@lakenion.org](mailto:herald@lakenion.org).



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

Indexed in the Seventh-day Adventist Periodical Index

# Extreme Engagement

AS TOLD TO BECKY ST. CLAIR

**M**y father became a pastor when I was 10. Despite thinking I, too, wanted to be a pastor, seeing from the inside what it meant to be a pastor, I began to wonder if that life was actually for me. I decided to go into journalism instead. When my friend felt impressed to ask me to join him in the Seminary, God and I had a conversation and, in the end, I enrolled in the Seminary to pursue my M.Div., with the goal of becoming a chaplain.



Darren Heslop

Alwayne Allen

One of my favorite ways to connect with people right now is through Spartan races. Spartan is a sport, a community, and a training and nutrition program known for its extreme obstacle course races. These races have three levels: Sprint, Super and Beast. The first one I did was the Super; there were four of us who went together; despite being the newbie, I finished 45 minutes ahead of all of them.

Once you do a Spartan, either you swear you'll never do it again, or you register for the next one as soon as you're done. I was in the second category. In May 2016, I did the Beast. It's 14 miles and has over 30 obstacles. It took my friends and I nine-and-a-half hours.

Why do I bring this up? Because Spartan is really an event where you build camaraderie with people. Random people encourage you along the way, and people you don't even know will cheer you over an obstacle. Other racers will stop along the way and give you a boost or push you over something if you need it. The goal is to finish and you help each other reach that goal.

There are so many object lessons you can draw from Spartan for the Christian journey. We're all the body of Christ and it's our duty to help each other through the various obstacles that we face. In both Spartan and our walk through the Christian life, our focus should be not on parking but on finishing, and helping as many others as we can along the way.

Spartan is an opportunity for me to interact with people I wouldn't otherwise meet. You never know what kinds of bonds you'll have after those interactions; it's an avenue to build more relationships, and that's what ministry is all about: building relationships with people and then helping them seek and find a relationship with Christ. And that's exactly what I want out of life as a chaplain and a Christian.

Becky St. Clair, Media Communication manager, Andrews University

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