

Lake Union HERALD

JUNE/JULY 2019



ADVENT HEALTH
EXTENDING THE HEALING MINISTRY OF CHRIST

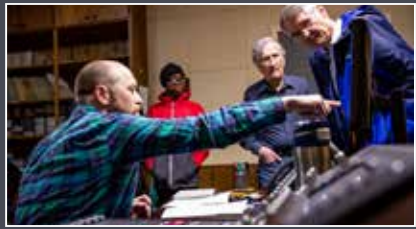
ILLINOIS MEMBERS
ILLINOIS FOCUS
INSIDE



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TWENTY-SEVEN MASTER OF DIVINITY STUDENTS and their sponsors traveled March 15 to Santiago, Cuba, for the seventh annual Care for Cuba evangelistic study tour. Since its inception in 2013, Care for Cuba has baptized 1,800 new believers.



SEVEN DECADES HAVE PASSED since Your Story Hour began its humble journey in a local fire station in Southwest Michigan. On March 27, the Berrien Springs studios were open for the public to meet those who have helped keep the program on the air.



A RECORD-BREAKING CROWD OF OVER 3,000 gathered April 26-27 in Rockford, Ill., for the North American Division level Pathfinder Bible Experience. A total of 209 team travelled from various points across the U.S., Canada and even the United Kingdom.



HINSDALE ADVENTIST ACADEMY "Legends of the Shooting Stars" won two first place awards at the Adventist LEGO Robotics League National Competition on May 5 at Forest Lake Academy in Florida.

Let's Stay in Touch!



VIDEO HIGHLIGHTS OF THE LAKE UNION ASI 2019 SPRING CONFERENCE ARE NOW AVAILABLE.
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Mary Ann and I both come from "hospital" families. When we first met, our parents worked at Kettering Hospital. We both had our first real jobs there, and much later at Hialeah Hospital in South Florida. So we've always appreciated being connected to the healing ministry of Christ, even though we were not medical personnel. I've appreciated the opportunity to support the flagship Hinsdale Hospital (now part of the AMITA Health network), the hospital that inspired Virginia Kettering to establish Kettering Hospital on her estate in Kettering, Ohio. We are fortunate to have a network of Adventist hospitals that continue to bring the healing ministry of Christ to the greater Chicago area. ■

Gary Burns
Gary Burns
Editor

COVER PHOTO: DAVE PFLEDERER

ON THE COVER: Robert Dabney, chaplain at AMITA Health Adventist Medical Center La Grange.



Julie Busch

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Aging in Grace and Wisdom



Deanna Schulte

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Growing Young in the Lake Union

He was prepared to leave the Seventh-day Adventist Church for good. But he went to a Pathfinder event called “Oshkosh,” and now he’s a leader in God’s last day remnant church.



▲ Maurice Valentine

This was the testimony of an individual I recently met at the Camporee orientation held in Oshkosh, Wisconsin, possibly the largest Christian camporee held in the nation.

At the day-long orientation, presentations were made by about 10 or so associate level leaders of the camping extravaganza, all of whom support the Christian Youth Evangelism Department, a resource shared by Andrews University and the Lake Union Conference. They covered a variety of subjects, ranging from where bathrooms and showers will be located to whether you can fly drones (which you cannot.) It’s quite impressive to see! It was a tremendous privilege to see how adroitly Ron Whitehead, affectionately known quite literally around the world as “Pastor Ron,” with his excellent team at his side, has put together this extraordinarily executed event of mammoth proportions.

Parents and “spiritual parents,” and, in some instances, young adults, as was the case with the gentleman I met mentioned above, who probably would be bettered considered a “big brother” to the youth who participate in Pathfinders, take time off from work and money from their pockets, to camp throughout hill and dale of their region to help boys and girls grow into mature servants in God’s work by taking them to events called camporees. They are the true big brothers and sisters of today’s church who, once every five years, come to this event.

This year, tickets to the Oshkosh Camporee sold out faster than ever. The Lake Union is privileged to host 50,000 attendees from all over the globe. “Chosen,” this year’s theme at the international gathering, is

taken from the boyhood life of David. Betty Whitehead, Pastor Ron’s wife, designs a gargantuan stage for the continuing story which is portrayed each night, written on the Camporee theme.

Vernon Byrd, known far and wide as “Vern,” oversees the arrangement of the camporee site; Sue Young and many others serve faithfully in capacities too numerous to cover here.

I’ve only been once before. I could have gone when my children were of Pathfinder age, and regret that I didn’t. I’m sure the youth I pastored would have had a keen appreciation for their pastor accompanying them on the trip, especially my kids. I did attend when I served as a conference president, and the youth of our conference certainly did show their appreciation on that occasion.

When Pastor Ron introduced me to the young man who almost left the church, the young man stated, “It was how well Oshkosh was organized that changed my mind and convinced me to stay in the church.” He went on to say with a look of satisfaction on his face, “Now, I’m the Pathfinder director for my church.”

To that, I immediately said to Pastor Ron, “That’s what makes all this more than worth it. All the headaches and heartaches you’ve endured are satisfied when you meet one person that says, ‘I’m here because of you!’” It reminds me of what the Bible states: *He shall see the travail of His soul and be satisfied: by His knowledge shall My righteous servant justify many; for He shall bear their iniquities . . .* (Is. 53:11 KJV).

Two days after the Oshkosh orientation, Sharon and I were privileged to visit the Pathfinder Bible Experience (PBE), still known by some as Bible

Bowl. Again, what a logistically impressive sight to behold of great planning and execution. Two hundred teams from around the North American Division and beyond were there. They studied the Gospel of Luke and answered Bible questions posed by a moderator, overseen by a judge. When I arrived, there was standing room only as the North American Division organizers underestimated the amount of youth that would participate. A good problem, indeed!

The worldwide Seventh-day Adventist camporee at Oshkosh is the brainchild of Pastor Ron; the Pathfinder Bible Experience (PBE) is the brainchild of Terry Dodge, a long-standing member of the Michigan Conference. These two gentlemen are responsible for the world coming to our doorstep twice this year.

I once spoke at a Union camporee. As I drew my message to that optimistic age of young people to a close, it seemed they were sitting on the edge of their seats, waiting for the sermon appeal before it was given.

At PBE, the young people came in droves to commit their lives to Christ, and thank God they did, as one person I visited stated none of his group had yet been baptized. Thank God for a movement that broadens our horizons and prepares us to be lifelong servant leaders, giving us many opportunities to serve and lead, many of which, we simply take for granted.

This August I hope to see that Pathfinder director, the young man that “almost left,” along with his troop. I’m here today because church members invested time and attention in me as a youth and young adult. Would you do the same? Join me in praying for this worldwide camporee in Oshkosh, Wisconsin, August 12–17.

Thank God for the Lake Union Conference, the place where the Missionary Volunteer Society (now Adventist Youth) and Pathfinders were born, even as the Seventh-day Adventist Church and many other Adventist entities that are now worldwide staples of Adventist polity and culture also were birthed right here in this Union. Thank God for our Center for Youth Evangelism, Ron and Betty Whitehead, and all those who serve under Ron’s leadership in our Lake Union Youth Department. Most of all, praise the Lord for what He has wrought in giving us the Seventh-day Adventist Church! Again, I exclaim, *What hath God wrought!* (Numbers 23:23). ■

Thank God for a movement that broadens our horizons and prepares us to be lifelong servant leaders, giving us many opportunities to serve and lead, many of which, we simply take for granted.



▲ Pathfinder Bible Experience participants and supporters cheer after hearing the final results at the North American Division level in Rockford, Illinois



▲ The main stage of the 2014 Forever Faithful International Camporee

Commandment with Promise

Honour thy father and thy mother: that thy days may be long upon the land which the Lord thy God giveth thee (Exodus 20:12 KJV).



▲ Melissa Ponce-Rodas

Exodus 20:12 is often taught to young children to show them to respect, listen to and obey their parents. However, as a commandment-keeping people, we must understand that while God’s law never changes, how one honors one’s parents must change as you both grow and change.

Last month, my maternal grandmother turned 85. I praise God for her every day. Unfortunately, in this sin-afflicted world, her health is deteriorating and she is suffering from dementia of the Alzheimer’s type. Dementia slowly destroys the connections in our brain which allow us to make new memories and remember old ones. It affects everything, including remembering where we put things, who people are, and how to brush our teeth. As the disease progresses, people can do and remember less and less.

During spring break, my mother and I had the opportunity to help care for grandma. While diseases like these are heart-wrenching as we see the ways our loved ones suffer, my mother’s care (and that of my aunts as well) taught me so much about how our understanding of Exodus 20:12 must tangibly change as we, and our parents, age. The practical ways to honor our aging parents are not the same as when we were children, developing teenagers, or even as young adults, because during many of these stages our parents are still the ones giving advice and caring for us. Honoring our parents must be very different when our roles change, and we, the children, are the ones caring for our aging parents.

Some ways I’ve learned to honor our aging parents is to:

- Meet them where they are. Grandma cannot always remember who her children are, but they honor her

by not getting upset, understanding that this is part of the disease and she is still loving them the only way she can.

- Respect what they are still trying to contribute, especially in the early stages of the disease. Many want to continue doing things like cooking, cleaning or paying the bills. My grandmother can no longer reliably do most of these things, but mom would find one simple task with which she could help and let her do it. She was honored for what Grandma could contribute and found a way for her to feel useful and needed.
- Treat them with dignity. A visiting nurse came to see how she could help with Grandma’s care. Mom had to tell her all of the things Grandma could no longer do for herself, like bathe, dress, or sometimes she even had trouble eating. Mom would discreetly ask the nurse to go into the living room to share this information to avoid ever making Grandma feel incompetent or ashamed.
- How we honor our parents may very well be showing our children how to honor us. By following God’s command to honor our parents at every stage of their lives, may we enjoy the promise of many days in the land the Lord gives us. ■

Melissa Ponce-Rodas is an assistant professor of Psychology at Andrews University. She and her husband, Segundo, have twin boys, Samuel and Jonathan. Her research and advocacy revolve around the intersections of religion and domestic violence.

Unshakeable

It is fascinating how we internalize this notion that we are victims of stress, time and busyness. It is as if we are completely defenseless — running in a hamster wheel, out of breath, often stumbling, sometimes falling, taken for a constant, nauseating spin.

“I don’t have time” has sadly become a staple phrase in most peoples’ vocabulary. We have adapted to simply reacting to whatever is thrown our way and, oftentimes, we are not prepared, nor do we have the resources to react in a way that helps us to actually master the bump with grace, strength and wisdom.

To actually start living our lives to the fullest, we need to seriously shift our mindset, our thinking, and our locus of control. Life is scary; it is hard; it is often unfair. But continuing to point our finger at something or someone else to take responsibility for that which is actually ours to carry will not take you on the path to living up to your fullest potential.

Please do not misunderstand me! I know we cannot control a lot of things that are thrown our way. But I believe we CAN choose how we will respond. I also believe we can train to be ready and fit for those moments in life where things shake us up, knock us off our feet, or where the battle seems endless. *Will you freeze? Will you stay down? Will you just react rather than fight?*

If you are tired of being stressed, too busy or not conquering these hurdles in front of you, and you are ready to get off that hamster wheel, I am cheering you on! Do it! **Today is a great day to start taking responsibility and making positive choices!**

This choice will require a number of important elements, such as being honest with yourself, reorganizing and prioritizing your values, activities, schedules, relationships, and caring for your body, mind, spirituality and interpersonal connections.

We need to create intentional goals and a specific plan of daily action of how to better care for all these areas. Rather than reacting, we start living a life of training, preparation and execution. You will start feeling more balanced, more at peace and more in control. The beauty is, even when you do get knocked down, you will not stay down for long, because you have trained to be **unshakeable**. Being **unshakeable** does not mean that you will not fall — it simply means you are prepared to fight and you have built up resources to be able to fight.

Here are some basic ideas for starting your training to become unshakeable:

1. **Spend a few minutes every day in meaningful connections with God.**
2. **Start incorporating 30 minutes of intentional exercise into your daily routine.**
3. **Create a gratefulness jar, and add one note of gratitude into it daily.**
4. **Pick one person in your network each day to whom you send a message of care, kindness, love or encouragement.**

To live your life to the fullest and be unshakeable, you must choose to change, take responsibility and get off the hamster wheel. You are strong, beautiful and capable. You have been created an extraordinary being with great potential. Do not hold yourself back. **Become unshakeable!** ■

Dominique Gummelt, director, Andrews University Wellness, and executive director, Andreasen Center for Wellness



▲ Dominique Gummelt

Righteousness by Faith and the Third Angel's Message — 6

And I looked, and behold a white cloud, and upon the cloud one sat like unto the Son of Man, having on His head a golden crown, and in His hand a sharp sickle (Revelation 14:14 KJV).



▲ George R. Knight

I dare say that Ellen White could get excited about a few topics. But her enthusiasm was never greater than that which she had for the plan of salvation in Christ.

Reflecting on the recently completed 1888 General Conference session, she noted that “Elder E. J. Waggoner had the privilege granted him of speaking plainly and presenting his views upon justification by faith and the righteousness of Christ in relation to the law. This was no new light, but it was old light placed where it should be in the third angel’s message.

“What is the burden of that message? John sees people. He says, ‘Here is the patience of the saints: here are they that keep the commandments of God, and the faith of Jesus’ (Rev 14:12). This people John beholds just before he sees the Son of Man ‘having on His head a golden crown, and in His hand a sharp sickle’ (Rev 14:14).

“The faith of Jesus has been overlooked and treated in an indifferent, careless manner. It has not occupied the prominent position in which it was revealed to

John. Faith in Christ as the sinner’s only hope has been largely left out, not only of the discourses given but of the religious experience of very many who claim to believe the third angel’s message.

“At this meeting I bore testimony that the most precious light had been shining forth from the Scriptures in the presentation of the great subject of the righteousness of Christ connected with the law, which should be constantly kept before the sinner as his only hope of salvation.

“This was not new light to me for it had come to me from higher authority for the last forty-four years, and I had presented it to our people by pen and voice in the testimonies of His Spirit. But very few had responded. . . . There was altogether too little spoken and written upon this great question. The discourses given of some might be correctly represented as like the offering of Cain — Christless.

“The standard by which to measure character is the royal law. The law is the sin detector. By the law is the knowledge of sin. But the sinner is constantly being drawn to Jesus” who died for each individual’s sins on the cross (MS 24, 1888) [sic].

Meditate upon Him today and what He has done for you. Such thoughts will not only comfort your soul, but will invigorate your life and transform your actions. ■

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 285.

LAKE UNION HERALD

Faithful and True

Although raised as a Seventh-day Adventist, as time went along, I stopped practicing my faith. There was no time for God. I was a busy wife and owner of a successful farrier business where I traveled from farm to farm, trimming and shoeing horses. I eventually came to the place where I knew something was missing.

My older brother sensed my restlessness and began witnessing to me of the peace Jesus brings to life. Soon I began Bible studies with Lena Church pastor, Rick Binford, and loved the studies! Suddenly the Bible wasn’t just [a book of] rules, but one which revealed a God trying to save me and show me how to be completely happy.

I remember taking a walk with my husband; he was not happy with my new choices, as my beliefs were changing my lifestyle. I was walking along one day thinking, “You could just let this all go and return to your old life. Your husband would be happy, and life would be easier.” Then I prayed, “God give me the strength to move forward.” By God’s amazing grace, I was re-baptized; for the first time felt my life was complete.

Since my husband and I do not share the same faith, tithing became an issue. Again, I prayed, and we came to an agreement I would tithe from my income. I was grateful, yet felt I wanted to do more for God in offerings. “How was I to do that and stay true to my husband as well?”

Once again, I took this to God in prayer and He provided an answer. As a farrier, I often received tips, so I decided to return any tips I received to Him.

At church that week, I had learned that our Pathfinders had advanced to the Bible Experience finals and needed funds to travel to Washington D.C. So, Monday morning before work, I prayed, “Please, Lord, I want to help; all my tips are Yours.”

After my second job that morning, my client added \$100 to the bill as a tip. I had to call and share the amazing news with my pastor. I then stopped to tell my younger brother and his wife the good news; they promptly pulled out their checkbook and added to the handsome amount.

Yet God’s answers didn’t stop there. I prayed one morning about my desire to help support a church plant our church is sponsoring, and that very morning a client added a \$70 tip to his bill. You have to understand; tips are common but certainly not for that amount.

God’s gracious answers to prayer continue. One of my client’s daughters, Sarah, took Bible studies and was baptized. And my younger brother and his wife have chosen to be baptized.

I will praise You, O Lord, with my whole heart; I will tell of all Your marvelous works (Psalm 9:1). ■

Jodi Pennings of the Lena Church, with Juanita Edge, Wisconsin Communication director



▲ Jodi Pennings

◀ Jodi Pennings, pictured here with Mike, her husband of 17 years, owns and operates a farrier business called Lucky Horseshoeing. As a hobby, she enjoys rehabbing lost-cause horses and finding good-fit homes for them. She is a member of the Lena Church, leading in Sabbath School and Personal Ministries.

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Dinner Talks a Recipe for Success

By Debbie Norris

HOW CAN A CHURCH REACH ITS COMMUNITY when its residents are unresponsive to invitations to evangelistic meetings? The Petoskey Church used health as an avenue and it worked! More than forty people attended a recent supper club.

Supper clubs were the idea of the Michigan Conference Health Ministries Department, launched in many churches in 2007. Vicki Griffin, director of Michigan Conference Health Ministries, and her board members encouraged churches of any size to open their doors to conduct health programs for their community, with the promise that their department would provide support and resources such as videos, slides, magazines and, possibly, even speakers.

Church member Debbie Norris was familiar with more traditional ways of evangelism, and had little interest in the supper club idea. She had read this statement, “When properly conducted, the health work is an entering wedge, making a way for other truths to reach the heart” (*Counsels on Health*, p 434.2), and reluctantly agreed to help coordinate some type of health outreach.

The very first night, Debbie was surprised by a great turnout from the community and couldn't help but become excited. She said, “The Holy Spirit began to impress me, *“This is the evangelism you were looking for.”*” Debbie and the members decided they would

create the “Heart Healthy Supper Club” and have met consistently each month.

Since its inception, over 200 community individuals have come through their doors, learning about their church, meeting its members and enjoying the presentations and food. They have met people from all over the Petoskey area, including a local pastor and his family who have regularly attended the club for years. Between 20 to 40 guests attend each month.

Supported by donations, supper club guests enjoy talks by members and experts on topics such as exercise, nutrition and resources. Members provide food, recipes, cooking demonstrations and friendship. Topics cover natural remedies, depression, arthritis, autoimmune diseases, plant-based diets, gardening, hypertension, fiber, and other topics people request.

Church members advertise by newspaper and email, as well as invite their friends. Several guests have taken Bible studies and attended church. One woman who now attends Petoskey Church is Kim. “I love our Supper Club because it helps me learn about selecting healthy foods,” she said. “I also love getting to meet new people every month. People here are so friendly and that is why I keep coming back.” Kim invited her friend, Debbie, and she enjoyed the experience. “I learned how to lower my blood pressure through adapting a healthier lifestyle,” said Debbie.

Cody Francis, pastor of the Petoskey Church, said that even though it is small, God has mightily blessed their efforts in more ways than one. “Petoskey members work as a team each month — cooking, cleaning, greeting and mingling with the guests. We are thrilled when it results in Bible studies and some attending our church services,” he said. “We are praying that eternal connections can be made through this outreach.” ■

Debbie Norris, Personal Ministries leader, Petoskey Church

▼ Evelyn Kissinger, director of Lifestyle Matters, presents a supper talk at the Petoskey Church on the relationship between nutrition and lifestyle in the prevention and treatment of chronic diseases.



Joseph Kissinger

Implementando Grupos Pequeños con la Nueva Tecnología

En el año 1998 fui invitado para formar parte del liderazgo para la organización del proyecto NET98. Mi responsabilidad era apoyar la participación de las iglesias hispanas en la División Norteamericana, y recuerdo que en ese tiempo el uso de la tecnología de satélite era algo nuevo.

Me llamaba la atención ver cómo se instalaban antenas satelitales en las iglesias y se aprendía el uso de la tecnología para poder escuchar las predicaciones del pastor Dwight Nelson en uno de los cuarenta idiomas a los cuales se traducían.

Luego, la Iglesia Adventista estableció sus propios canales de televisión para poder televisar programas inspiradores por satélite. Se desarrolló también la manera de transportar el equipo necesario a los auditorios o iglesias grandes con el fin de transmitir las predicaciones de evangelistas a las iglesias que tuviesen un sistema satelital.

La tecnología sigue avanzando, hay aumento en el uso del Internet, y la Iglesia Adventista está aprovechando este avance para comunicar mensajes de salvación. En años anteriores se ha enfatizado la implementación de grupos pequeños como un componente importante de un plan de evangelismo. En esta iniciativa, los líderes hispanos de la División Norteamericana han decidido aprovechar el uso de los medios sociales para ganar almas para Cristo. El plan es hacer uso exclusivo de los grupos pequeños.

En el mes de abril de este año, durante Semana Santa, se organizaron más de 12.000 grupos pequeños. Estos grupos se reunieron en hogares para ver y escuchar los mensajes del pastor Alejandro Bullón. La idea es que los centros de evangelización sean los



hogares en vez de la iglesia.

Deseo expresar mi aprecio y agradecimiento a los pastores y líderes de los grupos pequeños en las asociaciones de Indiana, Illinois, Michigan, Wisconsin y la Regional del Lago. ¡Se han adueñado de VIDAgps y organizado más de 300 grupos! Además, se ha nombrado a los líderes de estos grupos como evangelistas asociados del pastor Alejandro Bullón. Estos líderes

han animado a las visitas en sus grupos a decidirse por Cristo, y nos informan que algunas personas ya han tomado el paso del bautismo.

La respuesta a esta iniciativa ha sido tan positiva que la División Norteamericana ha decidido repetir este método de evangelismo, esta vez con el nombre de “GPS para la Eternidad”. Esta campaña se llevará a cabo del 4 al 12 de octubre de 2019. Se repetirá con recursos nuevos y sermones recientes del pastor Bullón.

Doy gracias a Dios por esta próxima iniciativa pues veo la posibilidad de que se gane más almas para el Señor. Deseo animar a cada lector de este artículo a que hable con su pastor y le exprese su interés de participar en “GPS para la Eternidad”. Tenga la seguridad que, si así lo hace, tendrá la bendición de ver a almas entregarse al Señor en su propio hogar. ■

Carmelo Mercado es el vicepresidente de la Unión del Lago.



▲ Carmelo Mercado



Photos by Laura Lucio

▲ Matthew Lucio practices part of his multi-page script, which will become a 40-50 minute episode for the Adventist History Podcast.

A Unique Voice for a Growing Audience

By Cheri Daniels Lewis

IT'S USUALLY LATE MORNING, ON A FRIDAY, WHEN MATTHEW LUCIO GOES INTO THE PEORIA (ILLINOIS) CHURCH TO RECORD.

Timing is critical as the “studio” space, converted from a small library by the Peoria members, is just about 100 feet from a busy road. Traffic noise can disrupt a recording session.

First, a “Do Not Disturb” sign is taped to the door, the audio levels are tweaked on a small, laptop-sized sound board, the blinds are closed, then the lights go out.

“I’m an introvert,” admits Lucio. “I needed an introvert outlet. It’s just me and the mic,” he explains. For the next hour or so, Lucio’s face is lit only by the glow from the screen of his computer monitor where his most recent 15-20 hour research and writing is displayed.

If you’re not familiar with podcasting, you could be in the minority. Think radio talk show meets newscast on the internet. Put simply, a podcast is an audio or video program file available online at your convenience and downloadable to most any electronic device. Lucio, and others like him who have been podcasting for years, have recently noticed a significant uptake in both podcast creators and their listeners.

Consider Lucio’s stats alone. When he started in 2014 (October 22nd, by the way), he had 12 downloads, meaning potentially 12 unique individuals or groups for that specific podcast. It eventually grew to 33,000, then 80,000. In just the last few months it’s catapulted to more than 154,000 downloads — anything but a great disappointment!

“That’s insane!” exclaims Lucio. “We are pioneering here!”

Victor Muzica, now living in Oregon, was one of Lucio’s early listeners. He and his wife came to the U.S. from the Eastern European country of Moldova and quickly immersed themselves in the English language.

“We were hungry to discover new information and learn new things. That is how we ended up in the world of podcasts,” says the self-described millennial. At the time, Muzica admits he was surprised there weren’t more Adventists using this internet medium. “The only Adventist podcasts (that they had found) were the sermons from Pioneer Memorial Church, but, boy, Dr. Nelson is talking so fast,” he says through a smile.

Muzica finally came across Lucio’s Adventist History Podcast (AHP), and he was hooked. “Here I found that the true history is not about perfect people doing perfect things, but is about a perfect God working through people (like me). I see this theme crossing all the episodes, and this is more real, more like the Bible, and it is really encouraging,” Muzica explains.

Muzica was so inspired, in fact, that he and a team of translators, editors, voiceover artists, designers and programmers started their own podcast, translating Lucio’s AHP into Russian. Take a listen at adventisthistory.info.

Many faith-based podcasters admit part of the excitement of podcasting is never knowing who you’re going to reach or how the Holy Spirit may use the material. In Lucio’s case, it even served as a “business card” for his next pastoral move (Lucio has served as a pastor for nine years). One of the church elders in Lucio’s current district had been listening to AHP for a while and enjoyed it so much that he got his three kids (ages 11 to 14) to tune in regularly. When the Peoria Church had an opening for a pastor, Matthew Rice mentioned Lucio’s name to conference leadership. Rice admits he wasn’t even sure if the podcaster was a pastor. All he knew was Lucio was engaging and could hold people’s attention. “Jesus taught in parables and stories. That’s just much more impactful,” says Rice.

History itself has made an impact on Lucio, especially in his role as a pastor. Podcasting about the past was a way for him to sort it all out and stay true to the convictions God had placed on his heart. “I found a lot of

controversies (in our church) are rooted in Adventist history — like women’s ordination and communion. I especially need to know and understand that history. I need to be accountable to that knowledge,” says Lucio.

That drive to answer a call or fill a void resonates with many millennial podcasters (or younger), says Ryan Becker. Becker, a podcaster himself, is a founding member of the recently formed group, Podcasters of Adventism. He admits that, in just the past year, the number of Adventist-based podcasts have spiked. The independent ministries of these podcasters dive deep into everything from social justice and church politics to Adventist theology, church culture and, of course, Adventist history.

So, why now? Why the explosion? Becker thinks there are a few reasons. It has become more mainstream in secular news and media; it’s affordable; you don’t necessarily need a special skill to start; and people have simply recognized an opportunity.

“I know many young adults have felt like their voices aren’t heard in institutional Adventism. Podcasting gives its hosts permission to be unfiltered, authentic and heard. It is the perfect outlet for a generation that is feeling like that isn’t the case in their home churches, schools or religious environments,” says Becker.

Lucio began his Adventist History Podcast with William Miller. Now, 54 episodes later, he’s just delved into 1919, the year of one of our famous Bible conferences. Each episode is intimate. “I visualize I’m explaining [our history] to someone in the room with me,” says Lucio. “He/she is young, an Adventist, knows Ellen White (but not much), and is a little irreverent. Basically, I picture myself,” he laughs. And that signature dry wit, laid back style, yet rich, factual detail is weaved into every episode.

“There’s a difference between being serious and taking your truth seriously. Adventist history is a serious thing, but it doesn’t have to be told in a serious way,” insists Lucio.

Telling our Adventist stories — our struggles, our hopes, our frustrations and celebrations — in a different way is, perhaps, the point. At least, a fast-growing audience thinks so. ■

Cheri Daniels Lewis is a freelance writer based in the Quad Cities of Illinois.

Extending the Healing Ministry of Jesus



▲ Thor Thordarson

Following the example set forth by medical pioneers Drs. David and Mary Paulson, the four Adventist medical centers in Illinois follow the belief that preventing disease is as important as treating it.

For more than 100 years, our hospitals in the western suburbs of Chicago — in Hinsdale, La Grange, Bolingbrook and Glendale Heights — support everyday wellness and preventive health care, as well as sophisticated, high-tech diagnostic services and innovative medical treatments.

But what we do differently from other health systems is offer a spiritual refuge — a Seventh-day Adventist organization with its arms open to all without regard to their personal religious preference. As part of AMITA Health, now the largest health care system in Illinois, our medical centers promote the mindset of whole-person care. We focus on treating the whole person and help patients commit to living their best life.

Guided by our parent company, AdventHealth, we continue the Adventist tradition of meeting patients' emotional and spiritual needs, in addition to their physical needs. We reach beyond the walls of our hospitals and into our communities, where we provide health services, educational programs and support groups.

Recently, we participated in a health fair hosted by the Hinsdale Fil-Am Church in Glendale Heights. To promote the event, church members contacted the village leaders to ask for permission to distribute fliers, and the village gave suggestions on which neighborhoods would benefit most. Pathfinders from the church passed out fliers and prayed for each home.

As the young adults were passing out fliers, a police officer drove by, saw the group and stopped them to ask what they were doing. They told the officer about the health fair, where

residents could have access to free medical and dental care. The officer listened carefully, accepted a flier, and shared that her daughter was a single mother who lived nearby. She said she was going to refer her daughter to the clinic, so her grandchildren could receive dental exams.

The officer stayed in the area to make sure the Pathfinders were safe, and thanked them for bringing these needed services to this underserved community. Sure enough, her daughter arrived at the clinic with her children, and told our physicians about how her mother had referred her there.

To be able to witness the impact of this clinic and see the level of care this mother and her children were offered was extraordinary. When we open doors to serve and teach people our health principles, we encourage them to learn more about Jesus Christ.

We do the same for our physician providers. Last year, in October, we held our first Lake Union Provider Well-being Conference, in partnership with the Lake Union Conference. This conference, offered to any provider, regardless of where they practice, featured inspirational guest speakers and activities designed to inform and connect this sacred work to a higher purpose. We are happy to announce the conference will continue next year. Please watch the Lake Union Adventist Medical Professionals webpage at amp.lakeunion.org for details as they become available. ■

Thor Thordarson is the executive vice president and chief operating officer of AMITA Health.

Four Little Questions; Great Potential Impact



If your physician showed interest in your *spiritual* health, would that make a difference in the overall quality of your care?

Absolutely, said Heather Hoffman, director of Clinical Mission Integration for AMITA Health. People desire whole-person care, as shown by the Faith in Practice research study conducted in 2016 by AdventHealth and Duke University. The study also revealed physicians believe taking an active role in the spiritual support of patients is significant in the healing process. That's why AdventHealth launched a Spiritual Wholeness Screening to help physicians uncover issues that may be affecting a patient's overall health. "The questions are very basic, but they speak to matters of the heart," said Hoffman. "They are fruit-of-the-spirit queries that resonate with people, regardless of faith background."

The screening asks patients visiting their physician to answer the following questions:

1. Do you have religious beliefs that influence your medical decisions?
2. Do you have someone who **loves** you and cares for you?
3. Do you have a source of **joy** in your life?
4. Do you have a sense of **peace** today?

Depending on the answers, the doctor may have opportunity to address issues that are impacting health. If a physician believes the patient could benefit from additional support, help is available from CPE-trained professionals with AdventHealth in Florida. Within 48 hours of referral, a patient receives a call from a member of the "e-Spiritual Care Team" who offers support, guidance and, at times, referral to additional local resources. He or she also will report to the doctor so the medical team can follow up with the patient.

Meechai Tessalee, M.D., interventional cardiologist at AMITA Health Adventist Medical Center Hinsdale, is seeing the value of the screening after only a few months. Recently, he walked into the exam room to see his patient staring at the questionnaire. The man handed it back to Tessalee and said, "It's not a good day to be asking these questions." The screening provided a framework for Tessalee to delve deeper into the patient's lack of love, joy and peace. "As his physician, I knew the two difficult heart procedures he had endured, and how he came close to losing his life," said Tessalee. "I told him there is a reason God still has him here." The patient accepted referral to the e-Spiritual Care Team and mentioned he was looking forward to the call.

Although doctors may have initial concerns the screening will surface issues they don't have adequate time to address, Hoffman and Tessalee see it differently. "This is a unique, value-added tool that speaks to who we are as an organization — one that extends the healing ministry of Jesus even to the doctor's office," said Hoffman.

Tessalee believes these four simple questions have significant impact on the physician-patient relationship as well. "Patients look at me as if I'm more human because of this screening," he said. "I think it brings back a personal touch that has been eroded by electronic medical records. It un-masks an area of a patient's being that we wouldn't uncover otherwise." ■

Julie Busch, associate vice president for Communications, AMITA Health

Mission to El Salvador: Team Provides Care to Those in Need



▲ Dr. Gary Lipinski examines a patient



▲ Ismael Gama translates for Dr. Sameer Soheli.



▲ David DeRamos treats a patient at seaside clinic.

Photos by Julie Busch

Using crutches, the man came to the medical clinic seeking treatment for his badly fractured ankle. He had been thrown from a bus and had gone to the hospital in El Salvador, but it was overcrowded and he hadn't been treated in two weeks, so he got frustrated and left.

"In the U.S., this man would have had emergency surgery," said Gary Lipinski, M.D., AMITA Health regional chief medical officer, south region. "We learned there is only one orthopedic surgeon in the area; because his bone was starting to heal, there was nothing else we could do. He will never be able to fully walk on it again."

Lipinski was part of a team of 36 associates, physicians and nurses from AMITA Health who traveled to El Salvador last November to serve those in extreme need. Partnering with a local host and physician, the team treated more than 1,800 patients and filled nearly 5,000 prescriptions over five days.

For the patient with the fractured ankle, local hospitals would likely turn him away since he had left before. Sue Freiburger, a physical therapist with AMITA Health Rehabilitation Hospital, spent time with the man, properly fitting his crutches and teaching him how to use them. She taught him how to get up from a chair using crutches and how to go up and down stairs. No one had ever given him any instructions.

"Every patient we encountered shared a story with us," said Ismael Gama, senior vice president and chief mission officer, who spent some time interpreting for

patients. "Whether it was no access to physicians or not being able to afford medications, they were all facing challenges. It was our mission to extend the healing ministry of Jesus, and to provide hope and comfort to everyone we served."

Physician specialists in OB, internal medicine, dermatology, emergency and family medicine treated patients with things like headaches, allergies, asthma, arthritis and shoulder pain.

Lita Simanis, a social worker at AMITA Health, shared anxiety management tools with a 15-year-old boy, who has felt anxious since a traumatic event three years ago. He was in a boat with his brother when the boat was hit by another boat. He fell into the water and his brother dove in to help him, only to be hit by the boat's motor. His brother survived, but the boy kept playing the event over and over in his mind.

"He was having classic PTSD symptoms," Simanis said. "When he was distracted — at school or at home, he was fine; but when he tried to sleep, he couldn't stop thinking about it. We talked to him about speaking kindly to himself — that he needed to walk through the experience to cope with it. I told him to write it all down,

to talk to his brother if he could, and gave him some anxiety management tools. He seemed very intrigued and hopeful. He listened very carefully."

On the last full day in El Salvador, the mission team set up a mini clinic in the hotel lobby to provide medical care to the hotel staff and their families. The hotel also invited some of its vendors. One patient was a fisherman who sells shrimp to the local hotels. He left home at 5 a.m., sold his shrimp for the day and then came to the clinic.

"We started the week as 36 strangers and, in five short days, we became family," said Rema Johnson, D.O., an emergency medicine physician at AMITA Health St. Alexis Medical Center Hoffman Estates. "We took care of the people here and we took care of each other. That's God at work. The gifts we brought to the country in our service are returned a hundred times in each of our hearts with this experience." ■

Julie Busch, associate vice president, Communications, AMITA Health

▼ The AMITA Health mission team



A Nurse's Perspective on Comforting Others



Dave Pfelester

When life doesn't go as we planned, it can be easy to ask God, "Why this? Why now?" Although I may not immediately understand, I've seen that while God is ministering to me, He is also using my experiences to help other people in need.

I grew up in Yugoslavia where my father was a Seventh-day Adventist pastor. My husband and I came to the United States in 1987, planning to stay only until he completed his M.Div. program. Then war broke out in Yugoslavia in 1992, so we decided to stay a bit longer. The delay gave my husband the opportunity to get his D. Min. at Fuller Theological Seminary, and for me to become an R.N. We've now been here for 32 years. We didn't expect to be in the U.S. so long, but God kept leading my husband to new pastoral roles.

We also didn't expect that I would have a baby at age 50. Even though I had endometriosis all my life and had difficulty getting pregnant with my daughter, and then my son, God blessed us with another baby 13 years later. We were totally shocked, but because of this child, I have more experiences from which I can draw to help others.

I was pregnant when we arrived in the Chicago area in 2017, so I looked for a job with flexible hours and prayed for a miracle. God was faithful to point me toward an opening in the Pain Management Clinic at AMITA Health Adventist Medical Center Hinsdale.

When I started there, I had no idea so many people are suffering with chronic pain and immobility. Because patients come to the clinic frequently, they become like

family and I get to share my faith journey with them. Our department also is very intentional about handing out cards with Scripture verses. Often, we've given them to people who are in a bad mood who then smile, thank us and tell us it's so meaningful that we care for them in this way.

Recently I was admitting a patient who had been to other hospitals for care. I took time to explain her treatment, and she told me, "I've been doing this for a while and you are the first one who really explained and cared for me enough not to assume I know everything." She said there was something different about me. It was a nice affirmation for others to see Christ in me.

I've also been blessed to help other women giving birth at an advanced age. It can be so stressful, as you're concerned about the baby's health as well as your own. Yet through all of my experiences, the biggest lesson I've learned is not to be anxious about tomorrow. I just need to live one day at a time to the fullest and serve God in it. He took care of me before and He will take care of me in the future. I'm grateful to be able to share that lesson with patients and coworkers each day. ■

Carmen Piroski, R.N., Pain Management Clinic, AMITA Health Adventist

He Will Carry to Completion



Dave Pfelester

Robert Dabney knows God began a good work in him as a child. But when Dabney left the Seventh-day Adventist church at 16, and joined the military at 18, little did he know God would continue that work in an army base camp in Kuwait.

Deployed for a second tour of duty in 2005, Dabney, a combat medical specialist, and his brigade hunkered down in Kuwait, awaiting orders to head to Iraq. What should have been a four- to five-day layover became a three-month training exercise. With little to do in his free time, Dabney went to a camp church service one Sunday.

"I went in bored and reluctant but, while I was sitting there, the songs began to make me cry," said Dabney. "Suddenly I felt the same love from God that I felt as a child. That began my journey back to Him."

That love drew Dabney to services each week. And it was that love that sustained him when his brigade was finally sent to Iraq. His renewed relationship with God made his second deployment much different than the first. "Being in the heat of battle was still frightening, but this time I felt like David in the valley of the shadow," said Dabney. "I knew that God was with me and would care for me."

Following his tour, Dabney and his wife decided to leave military life and return to his hometown of Memphis with their four children. Once there, he was asked to serve in local prison ministry. After meeting with prisoners once a week for two years, Dabney believed God was calling him to Southern Adventist University to pursue a degree in theology. Upon graduation, he had the opportunity to participate in an M.Div./CPE program at AdventHealth Orlando, and "fell in love with it." After completing

the one-year program, he took a position as chaplain at AMITA Health Adventist Medical Center La Grange, where he has served since 2017.

As a combat medic, Dabney was accustomed to alleviating pain or addressing illness or injury through physical intervention. Today he offers spiritual and emotional support. "I try to connect with people where they are, and ask God to use what He has done in my life to be a blessing in theirs," he said. "I often use my own life experiences as 'scripture' before I use the Bible to minister to them."

In March, Dabney officiated at his first wedding to celebrate a family he served while the bride was recovering following a cardiac arrest. After weeks on life support, she spent months at AMITA Health La Grange. While Dabney prayed with and comforted her and her family members, he was astonished at the woman's progress. "I realized I was being careful not to offer false hope, but in the process God was saying, 'Let me show you that I've given you what you've been praying for.'"

Now when he prays with patients and families, he is more mindful to pray in confidence that God can do anything. "Seeing God's work is fuel for my fire; it's what keeps me going," said Dabney. ■

Julie Busch, associate vice president, Communications, AMITA Health

AGING IN GRACE AND WISDOM

June is an opportune time for us to focus on health. This month we celebrate 156 years since the beginning of the Seventh-day Adventist health message. On June 6, 1863, in Otsego, Michigan, God revealed through Ellen White that Adventists should begin to pay attention to their health and lifestyle. This first major vision on health transformed the Seventh-day Adventist Church to become a leading entity in health and health science around the world.

Our members have benefited greatly from White's wise counsel on diet, exercise and other healthful practices. So, knowing that wisdom is found in the aged and long life brings understanding (see Job 12:12), we are highlighting

some of our oldest members — 90 years and older, suggested by our conferences — who have modeled healthy living and cultivated a long walk with God. We can learn so much from them!

VIRGINIA DUNDER 96 YEARS OLD

Joshua Pedroza

“Stay close, read your Bible every day, and you’ll grow.”

VIRGINIA (CLOSSER) DUNDER and her husband, George, were missionaries in Tanzania for ten years. He taught English at the academy while she raised their three boys. She admits life hasn't always been easy. While in Africa, George had an accident which left him paralyzed from the waist down. However, when they moved back to Indiana in 1973, they continued to serve their church.

Despite her age, Virginia continues her faithful church and prayer meeting attendance at her Cicero (Indiana) Church where she's a member to this day. “From a child I wanted to help people know the Lord, even in grade school. If you ever want to know what the Lord wants you to do, He will show you and guide you.

“What do I do for fun? Work! That's the joy of my life — doing what needs to be done. If someone needs something, I will try and help. Just do the work, then the next thing that needs to be done. Do it! and the Lord will bless.

“The Lord has been very, very, very good to me, so I cannot sit still. I'm always on the move. I used to canvass and sell books, and I walked everywhere. Exercise is a part of God's blessings.”

When asked what advice she would give for growing old with grace, the nearly life-long vegetarian replied, “Stay close, read your Bible every day, and you'll grow. The Lord will bless you because of that.” ■

Joshua Pedroza is a freelance photographer and Timber Ridge Camp staff.

“Don't take life too seriously.”

MELVIN LUND 96 YEARS OLD

MELVIN LUND is professor emeritus of Operative Dentistry at Indiana University School of Dentistry where he served as chair of the Department of Operative Dentistry for 14 years. Prior to that, he was a founding faculty member of Loma Linda University School of Dentistry and served as chair of its Department of Restorative Dentistry for 13 years. He continues to serve his church in Glendale (Indiana), singing in the choir and teaching a monthly Sabbath School class.

When asked how he stays healthy, he stated, “I play golf and used to ski until recent years. Eating between meals is not a problem for me. I always get eight hours of sleep. A sense of humor is important as it promotes and fosters a jovial spirit. If you're going to heaven, there are a few things you'll take with you, and a sense of humor is one of them. It's important to not take things too seriously. You certainly don't want to throw a dark curtain over things.

“I like to do a lot of reading. Right now, I'm reading about Winston Churchill. I'm a World War II veteran and am sensitive to those times, how they arranged their armies and so forth to accomplish

what they did. I realize that falling is my biggest enemy and do whatever to minimize that possibility.”

When asked what advice he has for younger members, he responded:

“If you're going to develop a landing platform for this time in your life, don't wait 'til you get there because by that time you'll have missed the boat. You're going to [need to] make a plan — whether it's financial, educational, philosophical, and you're going to want to begin making it early. Be consistent.

“Don't take life too seriously. For sure, don't be easily irritated. If you make a mistake, shake it off and go on. This attitude contributes to longevity. It's the little things, the things that don't get mentioned that supports your activity in life.”

As he ponders the end, he said, wryly: “When it comes, I hope that I've lived a life that makes sense. I still believe in the resurrection. That's part of the game plan. We'll see how well they tolerate me in heaven!” ■

Joshua Pedroza is a freelance photographer and Timber Ridge Camp staff.

“We’ve got a lot of good information from our health message. We just need to apply it.”



Deanna Schulle

AGNES MOUSHON 92 YEARS OLD

NINETY-TWO-YEAR-OLD AGNES MOUSHON is still going strong — whether that means producing her weekly cable news program, delving into Revelation as prep for a Sabbath School class, or lighting up her Gibson electric guitar with The Music Makers, a gospel band with which she’s played for the last 18 years. Moushon is an active and engaged member of the Richland Bridge Church in Chillicothe, Illinois. She teaches, helps out with Pathfinders, assists with evangelism, and even does some maintenance from time to time.

She was baptized in the Illinois River in her teens, after one of her dad’s coworkers started coming to the house, offering studies. While she’s warm and welcoming, her no-nonsense side shines through, too, probably from decades of working as a probations officer for the Illinois Department of Corrections. When the State recruited her to work in a new juvenile delinquent facility (after seeing her interact with some young people), she couldn’t even read the letter that offered her the job. However, soon thereafter, she was working fulltime and going to school, capping off her education with a Master’s in Criminology and Sociology.

Here’s Agnes, a mother of 10, with 33 grandchildren and 13 great grandchildren, explaining, in her

own words, the secrets to her long life filled with happiness:

“I keep moving. I’m always out of bed no later than 5 a.m. and I’m in bed by quarter past nine — unless I’m at a party... You’re gonna die earlier than you would if you don’t keep busy!”

“I want to get one of those push lawnmowers — I know I need the exercise. Stairs are important . . . and I try to park a distance from any front door.”

“We’ve got a lot of good information from our health message. We just need to apply it.”

“Be happy! Do what makes you feel happy.”

“I read tons. I like to learn, mostly about prophecy.”

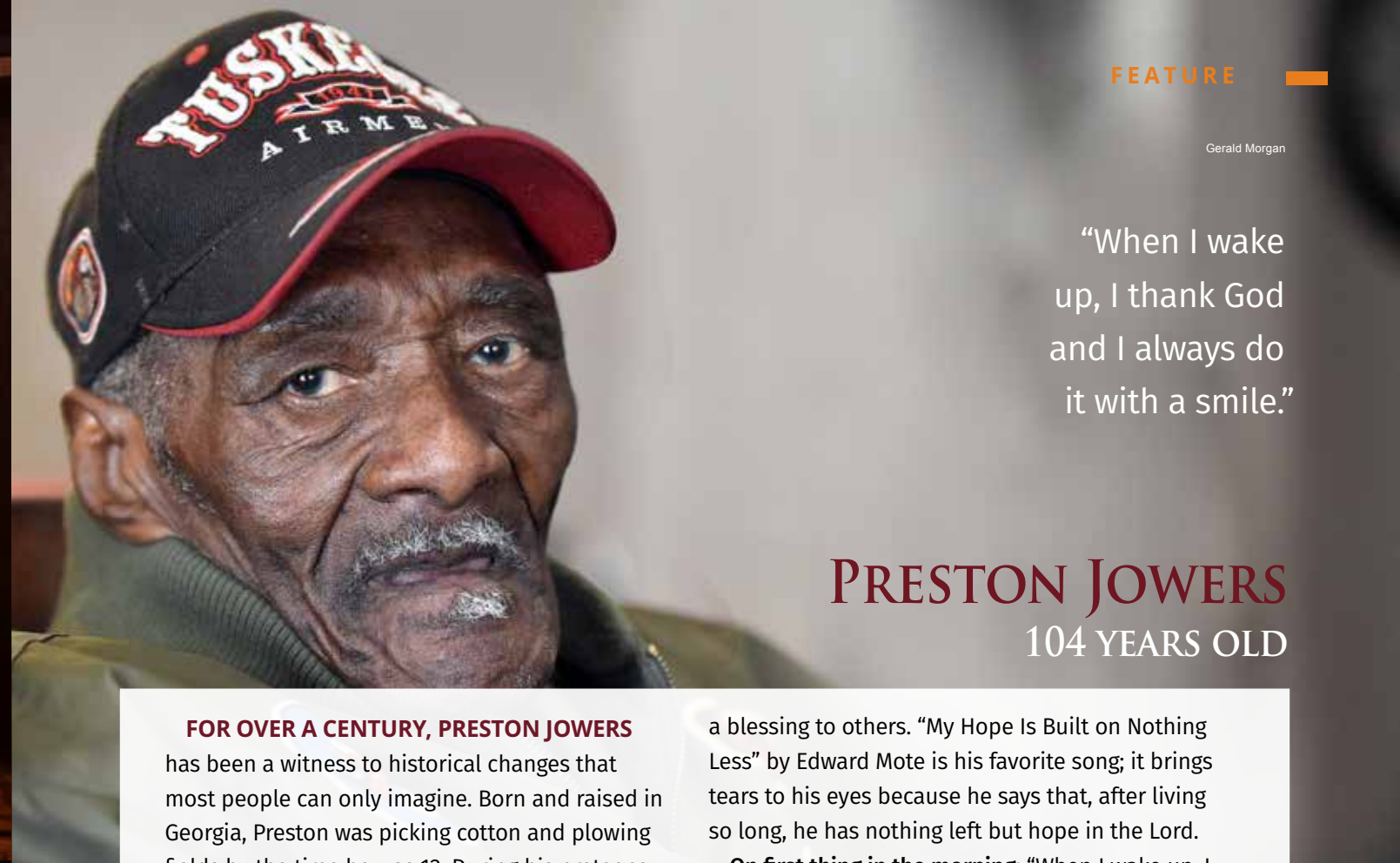
“I’ve always been interested in the Bible. It’s fascinating to me; it still is. I think about it all day long. I sit down and study three to four hours per day, at least! . . . Develop an interest in Revelation. We don’t know what’s coming if we don’t. Bible literacy is so important. Just put aside those cell phones and pick up the Bible. I think we’d have a blessing we haven’t experienced before.” ■

Cheri Daniels Lewis, freelance writer based in the Quad Cities of Illinois

Gerald Morgan

“When I wake up, I thank God and I always do it with a smile.”

PRESTON JOWERS 104 YEARS OLD



FOR OVER A CENTURY, PRESTON JOWERS

has been a witness to historical changes that most people can only imagine. Born and raised in Georgia, Preston was picking cotton and plowing fields by the time he was 12. During his preteens, Preston lived with his grandmother for a while. She had three rules: go to school, go to church, and obey the 11 p.m. curfew. This is where Preston said his life shifted and he started to find his footing for the type of man he wanted to become. Years later, he joined the army and worked as an airplane mechanic for the Tuskegee Airmen, a group of African-Americans who fought in World War II. He won the Superior Award twice for “Best Kept Plane.”

After migrating to Detroit, Preston met and married a dear woman, Mable (now deceased), and they had five children (two are deceased). In 1947, Preston and Mable were baptized at City Temple Church (then known as Hartford Church), although he has been a member of Burns Church on Detroit’s east side for over 50 years.

Throughout the years, he has worked in several church ministries involving young people, including coaching youth basketball teams for the Christian Fellowship League. He credits his longevity to being around youth. “That’s what keeps me going every day.”

Celebrating his 104th birthday this June, Preston says he has two goals in life: to see God and to be

a blessing to others. “My Hope Is Built on Nothing Less” by Edward Mote is his favorite song; it brings tears to his eyes because he says that, after living so long, he has nothing left but hope in the Lord.

On first thing in the morning: “When I wake up, I thank God and I always do it with a smile because I want the good side of me to work every day. The good side of me thinks about other people and their situation in life.”

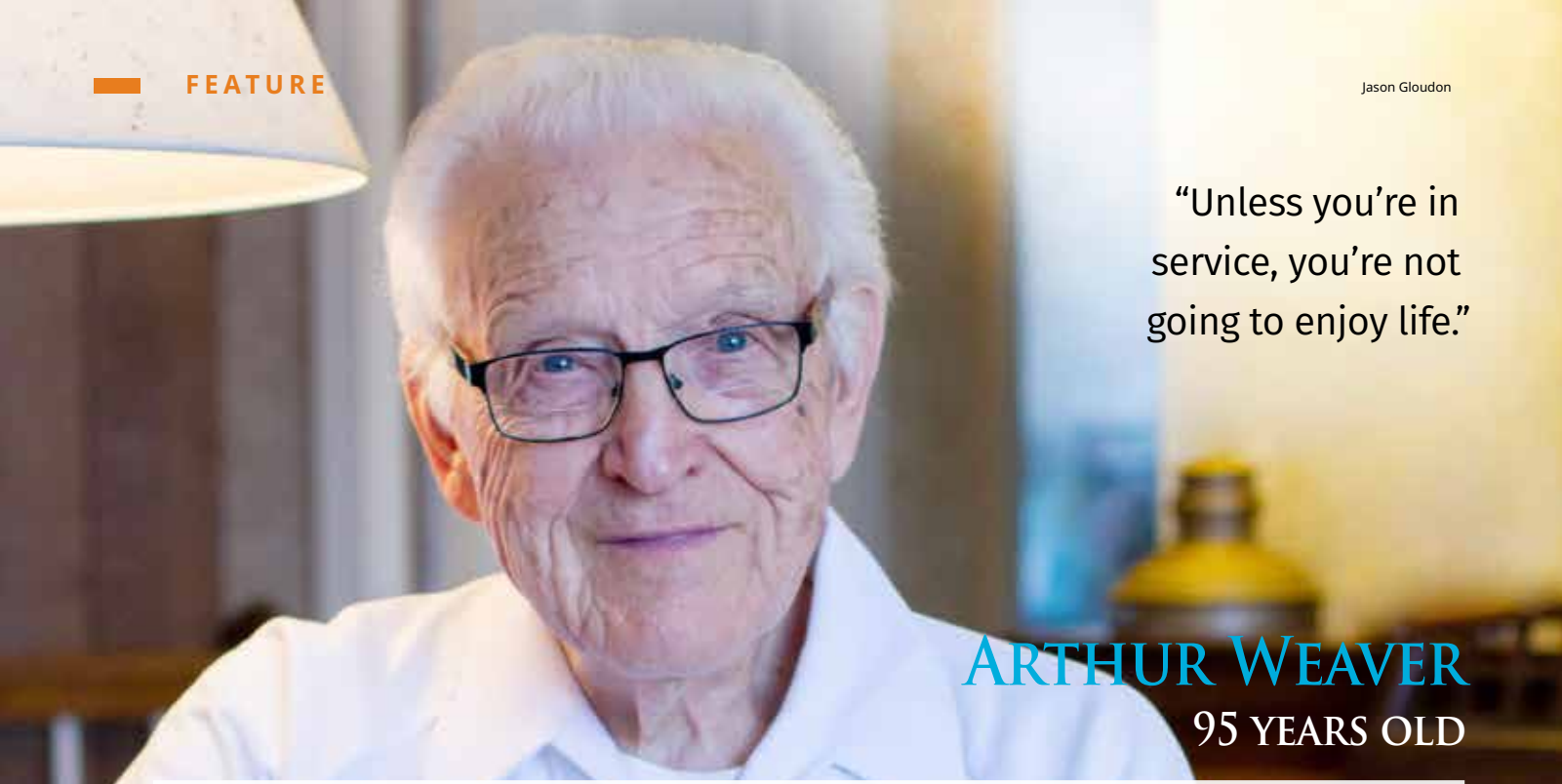
On a healthy diet: “I love vegetables. I love fruit like bananas, apples, oranges and grapes. Sometimes I cut them up and mix them together. I drink water but, I’ll be honest, I don’t drink enough.”

On physical activity: “I exercise my arms and my legs. When I sit in my chair looking at TV, I don’t just sit there. I move my arms and my legs. I do it about three to four times a week.”

Advice to young people: “Pick what you think you want to do in life and stick with it. And always do the best you can in anything you do. That’s what helped me in this world.”

Advice to senior: “The young people have a lot to give back to us if only we would accept it in the right way. What I mean by that is, if you make a mistake, I get down on you in the wrong way. I should do it with love. We old people don’t do that enough.” ■

Malissa Martin, Detroit-based freelance writer



“Unless you’re in service, you’re not going to enjoy life.”

ARTHUR WEAVER
95 YEARS OLD

AT 95, ARTHUR WEAVER is still busy serving his church. He sits on the Michigan Conference Camp Au Sable board, where today he is carefully helping to oversee construction of their newest building, Eagle Lodge. He serves as first elder of the Plymouth Church, and helps correspond with 1,500 prison inmates. “Service produces joy,” he said recently in a strong, clear voice.

Before his retirement, Arthur worked at several Detroit area hospitals and became Chief of Surgery at the V.A. Hospital. During his time as a surgeon, his philosophy was to never turn anyone away because of financial inability to pay. He also quickly gained the reputation for tackling some of the more difficult head and neck cancer problems.

Although Arthur saved thousands of lives during his surgical career, he said that he believes his work with Better Living Seminars ministry may have saved more.

He, and his wife, Natalie (now deceased), started Better Living Seminars after a five-year stint serving as missionaries in Pakistan. Noticing there weren’t any local stop smoking programs (this was shortly after the first Surgeon General’s report linking smoking to diseases), he made it his mission to develop seminars in Metro Detroit.

The five-day seminar he ended up utilizing was so successful that it was featured in the local media. The Michigan Cancer Foundation also made available, upon request, a booklet Arthur helped produce that

included further information and suggestions on how to successfully enjoy a smoke-free lifestyle. More than 100,000 booklets were requested and distributed. Arthur said that many people told him they quit smoking when they saw him cut into a cancerous lung during one of his programs. This was only the beginning of nearly 50 years of presenting stop-smoking seminars. His seminars were featured in The Detroit News and Detroit Free Press newspapers, presented on the local Detroit Channel 4 television, and all around Michigan. Many large corporations, such as General Motors and the Ford Motor Company, have utilized his services.

His wife, Mary Lou, 71 (they married last year), says Arthur is more active than most seniors she knows. “I can hardly keep up with him!” she said. Their prison ministry is thriving. Each day the mailbox is stuffed with letters from inmates across America. Arthur usually gets the mail and together they correct the Bible studies, write personal letters, and send the prisoners books and calendars.

When pressed to answer why he keeps going when he could sit back and enjoy his family of over 80, including children, their spouses, grandchildren and great-grandchildren, Arthur reiterated: “Unless you’re in service, you’re not going to enjoy life.” ■

Debbie Michel, associate director of Communication, with excerpts from Lake Union Herald, Aug. 2015 article, “Three Decisions, Two Lives, One Mission.”



“We have to be willing to not only read what it says in the Bible, but eat and live that way.”

LOLA LUTTIG
92 YEARS OLD

FORMER WISCONSIN SCHOOL TEACHER, LOLA LUTTIG, TURNS 92 THIS JUNE. Her little house is nestled deep in a beautiful valley, just above her watercress spring, on a road that bears her family’s name. But while Lola may be out in the country, it doesn’t keep her from getting around. She’s always driving her red Jeep around Richland Center and, during Wisconsin camp meeting, her little purple golf cart can be seen zooming around Camp Wakonda.

Lola acknowledges she wasn’t always as fastidious about her health as she is now. In 2008, she broke her hip and, during her bedridden recovery, had an epiphany. “There’s nothing wrong with my mind,” she recalls. Feeling impressed to call an herbalist to see if he was still doing classes, she discovered that, not only was he still in the business, the classes were half price. Before she knew it, she was signed up and taking classes. More than interesting, the classes were also transformative.

Eager to impart advice about nutrition, mission, and how young and old can form more meaningful relationships, here’s Lola — a mother of one son, grandmother of five, great grandmother of one, in her own words.

On diet and exercise: “Food is what builds our body. There’s no use in thinking otherwise. We have to be willing to not only read what it says in the Bible but be willing to eat and live that way. It’s also very important not only to eat properly, but to realize how near to the end we are.

“I take two cloves of garlic every day. ... Take at least a teaspoon of processed tomatoes — that takes the smell away! ... I drink soup every morning since it gives me lots of water. ... If you walk 1,300 steps a day, that’s the same as if you walked for two miles. I got me one of those gadgets and pinned it to me [to track my number of steps].”

On missions: “I travelled to 60 countries, seven with Wisconsin Academy. Only until you travel to foreign countries do you really realize how fortunate we are to be here in the United States to have religious freedom. When I was in Hungary, the [church] officers had to go to the state police to get the keys for the church. They (the members) hadn’t been in church for five years. They got the keys on Friday and had to return the keys on Monday when the state office opened, or they’d be fined heavily. ... There is an overwhelming need for assistance throughout the world.”

Advise to seniors: “Get involved in raising grandchildren. ... A senior citizen always needs one or two close friends, and also a non-Adventist friend, so you can get them to come to church. If each one can gain one, what a difference that would be.”

On youth finding wisdom: “One thing every teenager should do is to find an elderly person and become a friend to them. Find a retired person, not someone involved in their work. When someone tells you they need you, they want you, it does something to your body. It’s a joy to me to see that someone wants my company.” ■

Debbie Michel, associate director of Communication, with Anthony Isense, Wisconsin-based freelance photographer and filmmaker.



▲ Security officer Bryan Madden helps lead the processional during a dignified departure at AMITA Health Bolingbrook.



▲ Cristina Grys, manager, Spiritual Care Services (left), walks with local resident Kathy Stalker during a dignified processional.



▲ A volunteer works at God's Abundant Pantry.

New 'Code Dignity' honors life and death of patients

The processional started quietly. A chaplain read Psalm 23 and the sounds of "Amazing Grace" filled the air. More than 40 staff members lined the hallway and silently prayed as the family followed their loved one. When a patient dies at AMITA Health Adventist Medical Center Bolingbrook, the family is offered the opportunity to walk with their loved one along a back hallway to the morgue. A "Code Dignity" is called overhead and staff have five minutes to arrive at the designated area to participate.

"When a family loses a loved one, their world comes to a stop," said Cristina Grys, manager, Spiritual Care Services. "So, we stop with them and honor the patient whose earthly journey

has ended and give support to the grieving family."

Grys said within minutes of the Code Dignity announcement, doctors, nurses, kitchen staff, volunteers, the ICU team and more come to pay their respects. "All nurses and leaders have been supportive and responded with presence," said Grys. "It's a beautiful experience for all of us."

"If you see it happen in real life, you [will] hardly see a dry eye, because everybody is connecting to the purpose we have here," said Obed Cruz, chief nursing officer.

When local resident Kathy Stalker's loved one passed away recently, the family graciously accepted the offer of the dignified processional. "As we turned the corner, I was taken back, my eyes filled with

tears as we saw staff lining both sides of the long corridor in quiet reverence," she said. "The procession, the Psalm, the song . . . It was such a sacred moment! I cried. Our beloved was honored in her death — a beautiful child of God."

"Our Value of Dignity states, 'every person is sacred and of immeasurable worth,'" Grys said. "Showing respect after death and compassion to the family is a powerful way to demonstrate our mission of extending the healing ministry of Jesus."

"I was touched by it. I was moved by it. But the thing I kept thinking was, 'God is present here.' It was a holy and sacred moment," said Stalker. ■

Julie Busch, associate vice president, Communications, AMITA Health

Students share funding with God's Abundant Pantry

As Nehemiah Sitler, a freshman Communication major, was in class, he began to talk with other students about a mutual predicament: what to do with unused funds on their meal plans.

Rosemary Bailey, a University employee in the same class, overheard the conversation and began to think about students on the other end of the spectrum — those without enough to eat. "I know we have Andrews students where food insecurity is a problem, especially with graduate students who have families and only one parent has a work visa," says Rosemary. "I also know Chuck and Bev Peck who volunteer at God's Abundant Pantry. I wished there was a way these undergraduate students could connect with the ministry."

God's Abundant Pantry (GAP), a food bank ministry of Pioneer Memorial Church, has impacted the lives of thousands of Andrews students over the course of 40 years. Each Tuesday and Thursday, students who qualify to receive GAP supplemental food staples can pick up items such as canned goods, rice, beans, pasta, cereal, bread and flour. Chuck Peck, who coordinates GAP's food distribution, reports, "We serve 80 to 100 clients during cold months and from 140 to 150 clients in September when fresh produce is available. Some student clients line up an hour ahead of time to receive the food."

Rosemary recommended to Nehemiah that he work with Chuck Peck to find a way to allow undergraduates to donate unused

funds on their meal plans to GAP. Her idea was met with enthusiasm.

Nehemiah, who also serves as an Andrews University Student Association (AUSA) senator, thought he might be able to work such a project through the AUSA Senate. "In my experience, life is segmented here at Andrews. As an undergraduate, the only graduate students I know are the ones that work with me or sit next to me in class. However, graduate students make up so much of our campus and University. Because of this separation, I never noticed the need until I looked in that direction. There are so many international graduate students who are doing well [just] to pay the bills and come to school — life is hard for them."

Initially, Nehemiah hoped the unused student funds could be used to host a banquet for clients of GAP. When he talked with Lawrence Schalk, senior vice president for Financial Administration, Lawrence suggested a direct donation to GAP, where each dollar is worth four to five times the amount donated. Nehemiah proposed this plan to the AUSA Senate, and they excitedly approved it.

Nehemiah set up a booth in the Campus Center to offer this giving opportunity to other students. Within 36 hours, 131 students had donated from their unused funds.

"As an undergraduate student, I feel blessed to have so much and the support of a family that helps me with what I need. That's why I did this project," says Nehemiah. "I think it worked because students wanted a better way to use their leftover meal plans. It is exciting to me that in a University that values diversity and inclusion, we are able to help the members of our family who truly need support." ■

Gillian Panigot, Media Communications manager and FOCUS editor, Andrews University



▲ Vic Van Schaik, president of Indiana Conference, and Aaron Clark, pastor from Cicero, dedicate a new church.

Courtesy Aaron Berger

▲ Top left photo: the white hard hat was worn by Howard Berger, age 99, who had been the main builder of the destroyed church. Other shovelers were, from left to right, Les Messersmith, head deacon; Aaron Berger of the board of elders, Howard Berger, Tom Hubbard, pastor, Mark Blomquist and Kyle Blomquist, architects on the project. Other photos: Artist renderings of the exterior and interior of the new church building projected for completion in December 2019

Wilson Church breaks ground on new building

The congregation of the Wilson Church on County Road 551 gathered Sunday morning, March 31, for a groundbreaking celebration as the rebuilding of their church was set to begin. The building being replaced was struck by lightning the night of July 25, 2017, and damaged beyond repair. For the Adventist congregation in Gourley Township (Michigan), that was the second church housing destroyed by fire. The building of that church was characterized by a kind of “barn-raising” spirit in which the whole membership got involved in gathering money and material (stories of sacrificial

giving abound). Members provided nearly all the building labor as well.

The groundbreaking date was settled with very short notice. A one-call was made to alert members, and to ask any who were willing to help with the meal to call Char Moon . . . and people did call; the result was a hearty breakfast featuring biscuits and gravy (two kinds), potato dishes (also two kinds), coffee cakes, sweet rolls, cereals, fruit and pancakes. Ah, what pancakes! Jerry DeGrave fired up his big griddle, turning out lots and lots of pancakes topped with new-season, locally-made maple syrup. The Wilson Church is fortunate to have a professional florist, Fred Berger, in its membership, and he arranged strikingly unique table décor.

Following brunch in the gymnasium of Wilson Junior Academy, the group crossed the road to the building site where six men in hard hats with golden shovels participated in the ceremonial ground-breaking.

The church being replaced was built in a simpler time, when codes and permits were not so sophisticated, and planning much less complicated. Today, the preparation has been more complex, but the congregation is excited to be moving forward, hoping to occupy the new sanctuary by Christmas. This will be a one-level structure, with a covered unloading area and handicap access features. Progress may be tracked on the website wilsonsdachurch.org. ■

Charlotte Moon is a member of the Wilson Church building committee.

Indiana and Michigan churches unite for mission in Central America

With one of the highest crime rates in the world, El Salvador might not have been the first place some people would choose to spend their spring break. But for 152 volunteers from the Lake Union, El Salvador was the place that brought them together for service, community, and mission. The large group was organized by pastors and members from Cicero Church in Indiana and Village Church in Berrien Springs, Mich., who were joined by pastors and members from many churches across Michigan and Indiana.

Once in the country, several buses carried the volunteers two-and-a-half hours to the only Adventist boarding school in El Salvador — ECAS. Housed in a bare-bones dormitory, we spent the next ten days painting the school, landscaping the grounds, holding a VBS and two week-of-prayer sessions, building two churches, and operating two free medical clinics.

Richard and Patty Upphas moved to the campus of ECAS after they saw what happens to children who are recruited or forced into gangs. They also are

recruiting, but their recruits are donors who would like to get a child off the streets and into the safe environment of the 80-acre ECAS school for the cost of US\$155/month. With a population similar to Indiana, El Salvador has over 200,000 Seventh-day Adventist members! Their leaders are dreaming big, longing to build a university or at least have a satellite school from one of our other Central American colleges. Their pockets are empty, but their faith is full.

Rod Thompson, who pastors the Mt. Pleasant and Midland churches and worked on construction, said that his members raised \$30,000 in five weeks. “We have something to offer them [money], but they have something to offer us, too, in the spiritual arena,” says Rod.

John Lanphear, owner of a manufacturing company and member of the Otsego Church, loved interacting with the military people stationed at the construction sites and a medical clinic. This was his family’s first mission trip. “I grew up poor so this has been an opportunity for my family to experience what I went through as a child,” he said.

One member from the Oakwood Church in Michigan recently joined the Adventist Church during “Unlock Revelation.” He was part of an

initial group that went to El Salvador in November to determine which sites would be chosen for development. As the group walked around one of the properties, they learned that this group did not yet have sponsorship. By faith, the locals had already cleared the land and submitted all the paperwork, not knowing how their church would be funded. When the member heard their story and saw their personal sacrifice, he recognized the Holy Spirit’s moving. “I’ll sponsor this church!” he declared, and made \$10,000 available — the cost of each new small church. From there, other members, catching the inspiration, are sponsoring additional churches. One hundred seventy more churches still need to be built.

Although seed money is provided from members in the United States, the locals are giving all they can to make these churches a reality. It’s common for a church to be built by five or six people who work hard every evening after work, from 6 p.m. until past midnight, for several months in a row. The combined sacrifices of people from both countries is giving the Holy Spirit new opportunities to reorient our hearts and families to our purpose, our mission, our calling and our destiny. ■

Joe Reeves, associate pastor, Berrien Springs Village Church



▲ Students give gifts to honor U.S. teachers Collene Kelly (on left), Ruth Murdoch Elementary School 4th grade teacher, and Evelyn Savory, principal of Ruth Murdoch Elementary.



Photos by Dave Pfeleiderer

▲ Three Seventh-day Adventist churches in the Chicago area teamed up with the Lake Union Conference and AMITA Health, the largest health care system in Illinois, to provide free eye and dental care. The all-day expo, held at the Glendale Heights Sports Hub, also featured free health screenings, food and recipes, haircuts and health literature.

Working together to help change lives

Providing free health care to improve lives, serving those in need, and following in the footsteps of Jesus Christ was the essence of the second annual Dental/Vision Clinic and Health Expo in April in Glendale Heights, Ill., a suburb of Chicago.

Three Seventh-day Adventist churches in the Chicago area teamed up with the Lake Union Conference and AMITA Health, the largest health system in Illinois, to provide free eye and dental care. The all-day expo, held at the Glendale Heights Sports Hub, also featured free health screenings, food and recipes, haircuts and health literature.

"It was fantastic event — we provided more than 200 dental and vision exams," said Jason Goliath, M.D., member of the Lake Union Conference executive board, head elder at Hinsdale Filipino-American (Fil-Am) Church, and general surgeon at AMITA Health Adventist medical centers. "As Christians, we serve people. That's how we change lives."

Goliath, who helped launch the fair in 2018, said the Village of Glendale Heights invited the Hinsdale Fil-Am Church back after the success last year. This year, the church partnered with two smaller churches in Glen Ellyn and La Grange,

suburbs of Chicago. There were about 250 volunteers of all ages from several churches and AMITA Health. "It was a team effort. There is no way we could have sponsored this event without the support of so many volunteers."

For the second year, Randy Griffin, D.D.S., director, Adventist Community Health, Lake Union Conference of Seventh-day Adventists, brought their mobile dental and vision equipment. Faculty and students from Midwest University, Chicago College of Optometry, helped manage the optometry booth. Volunteer dentists and hygienists managed the dental clinic.

Funding for the Expo was made possible through the Hinsdale Fil-Am Church, the Illinois Conference of Seventh-day Adventists and AMITA Health.

Illinois-licensed professionals offered free mobile dental and vision services, including cleanings, fillings, extractions and eye exams. Glasses were offered for \$10. Griffin will return to Chicago in four to five weeks to deliver the glasses.

AMITA Health community relations nurses provided free screenings for cholesterol and glucose levels, bone density and cardiac-risk assessments. Other volunteers performed screenings for blood pressure, height and weight, body-mass index, flexibility, muscular strength/conditioning, and computer health-age assessments with printed recommendations

for improvements. The expo also offered a physical therapy booth, chair massages and chiropractic adjustments.

Services included:

Dental

- 141 guests served (more than double last year's number)
- 78 x-rays
- 96 teeth cleanings
- 14 extractions
- 36 fillings

Vision

- 80 guests served
- 76 pairs of glasses will be made
- Total value: \$73,750**

The weekend before the Expo, about 100 people from the three participating churches conducted a prayer walk through the community. But before church members could ask the Village for permission to distribute fliers in the community, a Village board member contacted the church and gave suggestions on blanketing fliers in neighborhoods that would benefit most.

As participants left the Expo, they could stop by the Creation Health and prayer table for a giveaway bag for goodies collected. Volunteers provided a health needs assessment to plan for next year and offered a prayer. CREATION Health is a faith-based lifestyle transformation program.

"It was an amazing day working alongside fellow believers from multiple churches, as well as AMITA Health community relations nurses and church members who work at AMITA Health," said Heather Hoffman, regional director, Clinical Mission Integration, AMITA Health, who helped staff the CREATION Health booth. ■

Katie Lesch, manager, Communications, AMITA Health



▲ Artist rendering of Neighbor to Neighbor's planned expansion

Neighbor to Neighbor to expand service with \$1.2 million, two-phase construction project

In a historic vote on March 14, board members of Neighbor to Neighbor, the Adventist Community Services social service agency in Berrien Springs, authorized a \$1.2 million expansion that will nearly double the physical size of existing operations at the facility adjacent to the campus of Andrews University.

The action will bring about the first, large-scale facility expansion in nearly 50 years, launching a \$950,000 first phase for a new building for the thrift store, and a \$250,000 second phase for important aesthetic upgrades to the grounds, public access points and parking areas, and a complete remodel of the entire existing building. The first phase total includes more than \$125,000 already invested for land acquisition, site preparation and architecture fees. The agency opened at its present location in 1970. The thrift store began operation in 2002. A receiving/processing area was added in 2008. Following a fire in 2010, a small addition with a garage was added to the back.

"This new building and remodel plan inaugurate a new era for Neighbor to Neighbor," said board chair Harvey Kilsby.

Kilsby said the new building, on which construction is expected to begin on

this summer, will provide for a robust, expanded thrift store operation and a much more pleasant shopping experience for the store's thousands of annual walk-in customers. The second phase will allow the agency's extensive counseling, social service and food bank operations to expand in sorely needed remodeled quarters in the existing building.

The board chose to break the total project into two phases to get things moving in an efficient way, according to board member and building committee member Tom McCormick. "It's important to get the thrift store operational in its new setting as quickly as possible. We expect that will modestly increase overall sales revenue from the store, which is important to our expanding operations. So, we're starting with that. The second phase, which will follow very quickly, is to completely remodel the existing building to provide a better experience and facilities for our regular client services."

Last year Neighbor to Neighbor provided direct assistance to more than 3,000 clients, according to Laura Meyer, executive director of Neighbor to Neighbor. In the annual report for 2018 presented to the board at a recent meeting, she said the agency had distributed nearly \$52,000 in food, \$91,000 of clothing certificates for use in the thrift store, \$31,000 in furniture, and provided many classes and support groups. These services were supported by more than 31,000 hours of donated

work from more than 160 regular and periodic volunteers, according to Meyer. She said that Neighbor to Neighbor is part of a strong network of social service agencies in the region, and partners closely with United Way, Salvation Army and the American Red Cross.

Neighbor to Neighbor is a 501(c)(3) organization. Charitable contributions are tax deductible. The agency is owned by the Michigan Conference of Seventh-day Adventists, and is operated by a local board comprised of at-large members and designated representatives from several Adventist congregations in Berrien County. ■

Ron Knott, Neighbor to Neighbor board member



Jean Mitchell

▲ Neighbor to Neighbor executive director, Laura Meyer

Lake Union ASI features new leadership and ministries

On April 19–20, the Lake Union chapter of Adventist Laymen’s Services and Industries (ASI) met for their spring fellowship in Benton Harbor, Mich., under the theme of “All In. All Out.” This year marked a new term in leadership and featured emerging ministries along with the advancement of previous projects. Nilton Garcia, Hispanic coordinator for the Michigan Conference and pastor at the Berrien Springs Spanish Church, spoke on the principles of prayer for the Friday seminar. Also, Andrews University professor and Leadership Department chair Duane Covrig presented the seminar, “Who Made You a Moral Judge?”

Taurus Montgomery, pastor of the Harbor of Hope Church in Benton Harbor, Mich., opened Friday night with his testimony “Attending AU — Adversity University.” He detailed his journey from Mobile, Ala., to Andrews University, and how God provided growth and development through various hardships and complications, all beginning with the loss of his childhood home. “The reason I thank God my house burned is because when we were homeless, there was a Seventh-day Adventist family that heard about our situation that called my mom and said, ‘You can live with us.’” Montgomery explained, “For the first time in my life, I discovered there were people on earth who didn’t eat meat.”

“Adversity University” became somewhat of a sub-theme at the conference, as different ministries explained how their difficulties were utilized. This year, eight ministries were featured, including Your Story Hour, the Orphans’ International Hotline in Haiti, Adventist Frontier Mission (AFM) Mali Project, It Is Written, Advocates for the Southeast Asian and



▲ Lake Union Conference vice president, Carmelo Mercado (with microphone), introduces the new Lake Union ASI leadership team. Left to right: Gill Chapman; Chuck Randall; Manuel Alva, Lake Union ASI president; Carmelo Mercado; Joy Kauffman, Lake Union ASI vice president; Julia O’Carey, Lake Union ASI vice president of Evangelism; Kathy Morrissey, Lake Union ASI vice president of Communications; and Trudi Starlin.



▲ One hundred fifty people attended the Lake Union ASI spring fellowship at the Hilton Garden Inn, Benton Harbor, Mich.

the Persecuted (ASAP), and the fledgling Adelante Community Health Center in Berwyn, Ill.

Offering collected totaled \$21,106, eclipsing the projected goal of \$16,826, was allocated as follows: \$6,126 for equipping FARM STEW with a health and farming educator in Jnja, Uganda; \$4,500 for assisting Orphans International Helpline’s with land and equipment for a chicken farm; \$1,200 for AFM’s support of George and Teresa Tooray in Mali, Africa; \$5,000 towards advertising and programing for the Adelante Community Health Center, a grassroots outreach program that provides health instructions. Headed by the physician team of Manuel and Esther Alva,

along with other ASI members, the Center aims to provide education on preventing, treating and reversing chronic conditions.

Additionally, this ASI convention marked a change in leadership, which introduced the following new officers and board members for the upcoming term: Manuel Alva, president; Joy Kauffman, general vice president; Julia O’Carey, vice president of Evangelism; Kathy Morrissey, vice president of Communications.

The next international ASI convention will be in Louisville, KY, from July 31 to August 3, with the theme “Business Unusual.” ■

Konner Dent is a freelance writer, based in Berrien Springs, Mich.



Courtesy Andrews University

Lake Union schools receive \$115,000 for STEM education

Fifteen Lake Union schools received grants totaling \$115,000 from the Versacare Foundation to fund Science, Technology, Engineering and Math (STEM) education.

In response to the good news, Linda Fuchs, Education director of the Lake Union, says although this grant is not the first, these funds have been valuable in helping educators with student learning. “We have had help with technology in our schools to strengthen them. We’ve had help with special education and flexible seating that allows students to be better learners,” she says. “We are very grateful for the Versacare grant.” The Lake Union has 85 schools with 560 teachers serving a population of 6,732 students.

Among the many uses of STEM funds are the purchase of classroom smartboards, providing tablets or Chromebooks for student use, equipping or updating student computer labs, installation of 3D printers and related software, initiating or funding robotics programs, instruction in software coding, and the equipping of

chemistry, physics and biology labs, and more.

The STEM grant program is open to every NAD conference or church-sponsored primary or secondary schools and provides funding in three categories:

- \$5,000 for smaller schools of 3 classrooms or less;
- \$10,000 for larger schools of 4 or more classrooms and 12-year schools;
- \$10,000 for senior academies.

This is Versacare’s fourth successive year funding STEM grants. To date, they have provided 228 schools with a total of \$1,825,000.

Versacare, Inc., is the largest independent private foundation supporting the varied ministries of the Seventh-day Adventist Church with grant funding. A self-funded lay organization, it is comprised of both lay Adventists and present and former Adventist Church employees. It awarded its first grants in 1990, totaling \$26,000, to five different Adventist ministries. Since then, it has awarded nearly 1,200 grants totaling over \$26,000,000.

For more information about Versacare’s STEM grant program, please visit www.versacare.org. ■

Versacare news release, with Herald staff



Lake Union

Three Conferences; 15 schools; \$115,000

ILLINOIS CONFERENCE

Chicago Christian School - \$10,000
Hinsdale Adventist Academy - \$10,000
Marion Adventist Christian School - \$5,000

INDIANA CONFERENCE

Cross Street Christian School - \$5,000
Indianapolis Junior Academy - \$10,000
Indianapolis Southside Christian Academy - \$5,000
Northwest Adventist Christian School - \$5,000

MICHIGAN CONFERENCE

Adelphian Jr. Academy - \$5,000
Andrews Academy - \$10,000
First Flint Christian School - \$5,000
Great Lakes Adventist Academy - \$10,000
Grand Rapids Adventist Academy - \$10,000
Griggs International Academy - \$10,000
Holland Adventist Academy - \$10,000
Marquette Elementary School - \$5,000



JUNE AND JULY Summer

ANDREWS UNIVERSITY

GENERAL EVENTS

- June 16–22:** *Worship and Music Leadership Certificate (Spanish track); registration required*
- June 23–29:** *Worship and Music Leadership Certificate (English track); registration required*
- July 18–20:** *Adventist Conference on Family Research and Practice*
- July 22–24:** *Leadership Roundtable Conference, Howard Performing Arts Center*

ILLINOIS

- May 29–June 5:** *Mission Akita*
- June 16–June 23:** *Cub Camp, Camp Akita*
- June 23–June 30:** *Junior Camp, Camp Akita*
- June 30–July 7:** *Tween Camp, Camp Akita*
- July 7–July 14:** *Teen Camp I, Camp Akita*
- July 14–July 21:** *Teen Specialty Camp, Camp Akita*
- July 24–July 27:** *Family Camp, Camp Akita*

INDIANA

- June 9–16:** *Indiana Conference Camp Meeting, Indiana Academy*
- June 16–23:** *National Camp for the Blind, Timber Ridge Camp*
- June 20–23:** *Single Mom's Camp, Timber Ridge Camp*
- June 23–30:** *Cub Camp, Timber Ridge Camp*
- June 30–July 7:** *Junior Camp, Timber Ridge Camp*
- July 7–14:** *Tween Camp, Timber Ridge Camp*
- July 21–28:** *Family Camp, Timber Ridge Camp*

LAKE REGION

- June 7:** *Young Adult Retreat, Bair Lake Bible Camp, Jones, Mich.*
- June 9:** *Pathfinder Fair, Camp Wagner*
- June 14–22:** *Camp Meeting, Camp Wagner*
- June 19:** *Capacitación del Ministerio Infantil, Ill.*
- June 22:** *Capacitación del Ministerio Infantil, Mich.*
- July 20:** *Congreso de Vida Familiar, Grand Rapids, Mich.*
- July 27:** *Hispanic Seminario Adventista Laico III.*

MICHIGAN

- June 9–15:** *Adventure Camp, Camp Au Sable*
- June 14–22:** *Camp Meeting, Great Lakes Adventist Academy*
- June 16–22:** *Junior Camp, Camp Au Sable*
- June 23–29:** *Tween Camp, Camp Au Sable*
- June 30–July 6:** *Teen Camp, Camp Au Sable*
- June 30–July 4:** *Father-Son Canoe Trip*
- July 7–13:** *Family Camp I, Camp Au Sable*
- July 14–20:** *Family Camp II, Camp Au Sable*
- July 14–20:** *Father-Son Backpacking Trip*
- July 21–27:** *Family Camp III, Camp Au Sable*
- July 27–28:** *Statewide Youth Rally*

WISCONSIN

- June 14–22:** *Camp Meeting, Camp Wakonda*
- June 26–30:** *Specialty Camp, Camp Wakonda*
- June 30–July 7:** *Junior Camp, Camp Wakonda*
- July 7–14:** *Tween Camp, Camp Wakonda*
- July 7:** *JAHWI Sports Day, Milwaukee*
- July 14–21:** *Teen Camp, Camp Wakonda*
- July 21–28:** *Family Camp 1, Camp Wakonda*
- July 28–Aug. 4:** *Family Camp 2, Camp Wakonda*

LAKE UNION

- May 31–June 2:** *Hispanic Women's Retreat, Andrews University*
- June 1–2:** *Free Health and Dental Clinic, Collinsville Middle School Gymnasium, Ill.*
- July 28:** *Free Health and Dental Clinic, Lafayette, Ind.*

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.lakeunionherald.org>. Conference addresses and phone numbers are listed in the masthead on the inside back cover.

ANNIVERSARY AND RETIREMENT



Harry and Ingrid Rogers are celebrating their 56th wedding anniversary and retirement from years of sharing their lives in ministry on June 30 at the Village SDA Church in Berrien Springs, Mich. from 2:00-4:00 p.m. No gifts, please. They have been members of the Michigan Conference for 56 years. Harry Rogers and Ingrid Reimann were married June 30, 1963, in Detroit, Mich., by Elder Bahr at the German Church. Harry has been a teacher, builder, and currently serves as a pastor. Ingrid has been a homemaker, teacher, executive secretary and a pastor's assistant. The Rogers family includes Douglas Rogers of Zeeland, Mich.; Gail and Roger

Walter of La Center, Wash.; Debbie and Steve Ficke of Stevensville, Mich.; 13 grandchildren; three great-grandchildren; and two step-great-grandchildren.

OBITUARIES

FERREE, John T., age 94; Feb. 11, 1925, in Livonia, Ind.; died March 10, 2019, in Charlotte, Mich. He was a member of the Indiana Conference. Survivors include his son, Darrell W. Ferree; daughters, Rhonda K. Monroe, Rosanne E. Grove, and Carol Benjamin; six grandchildren; and five great-grandchildren. Memorial services were conducted by Pastor John Dellinger; inurnment was in Needmore Cemetery in Chester Township, Mich.

FRASE, Dorothy Irene (Simkin), age 90; born June 3, 1928, in Silver Spring, Md.; died Jan. 23, 2019, in Malvern, Ark. She was a member of the Christ Community Church in Bessemer, Mich. Survivors include her husband, Gordon A. Frase; son, Autumn Frase; daughters, Rhona Brown and Esther Erb; brother, Gordon Simkin; six grandchildren; and three great-grandchildren. Memorial services were conducted by Carrol Graybeal; inurnment was in Arkansas Cremation Services.

GREER, Charles D., age 55; born May 22, 1963, in Ann Arbor, Mich.; died Dec. 18, 2018, in Saline, Mich. He was a member of the First Flint Church. Survivors include his sons, Jose Greer and Aaron Mitchell; stepsons, Brain Rowland, Derek Rowlands, and Tommie Rowlands; daughters, Tania Greer, Shameka

Greer, and Jamie Hodge; brother, Gerald Greer; sisters, Kayla Greer, Tanya Greer, and Frieda Campbell; grandparent, Jim Campbell; and nine grandchildren. Funeral services were conducted by deacon Jim Merrell.

LESPINASSE, Fritz, age 88; born Feb. 12, 1931, in Port Au Prince, Haiti; died Feb. 6, 2019, in Chicago, Ill. He was a member of the North Shore Church, Chicago, Ill. Survivors include his sons, Luigi Lespinasse, Dimitri Lespinasse, and Sam Lespinasse; daughters, Ingrid Kikljus and Ludmilz Lane; and 13 grandchildren. Funeral services were conducted by Pastor Jonathan Burnett at North Shore Church in Chicago, Ill., interment was in Rosehill Cemetery in Chicago.

PILBEAM, Marjorie L. (Satterlee), age 93; born March 23, 1925, in Eagle, Mich.; died Nov. 15, 2018, in Charlotte, Mich. She was a member of the Charlotte Church in Charlotte. Survivors include daughters, Debra Pilbeam, Carol Patrick, and Sandra Zank; six grandchildren; and 12 great-grandchildren. Memorial services were conducted by Pastor Jerry Schmidt at Maple Hill Cemetery; inurnment was in Loose Funeral Home, Anderson, Ind.

SAXTON, Rosebell M., age 84; born Sept. 25, 1934, in Township of Friendship, Fond du lac County, Wis.; died Jan. 16, 2019, in the Neighbors of Dunn County in Menomonie, Wis. She was a member of the Menomonie Church, Menomonie, Wis. Survivors include her sons, Melvin Saxton, Calvin (Kim) Saxton; daughters, Kathleen (Mike) Mikesell, Darlene (Kane) Wienke, Jolene (David) Nelson; brothers, Roger Brockway and Dale Brockway; sister, Diane Davis; 16 grandchildren and many great-grandchildren.

SHOW, Harry K., age 99, born April 28, 1919, in Alton, Ill.; died Oct. 29, 2018, in Niles, Mich. He was a member of the Pioneer Memorial

Sabbath Sunset Calendar

	JUNE 7	JUNE 14	JUNE 21	JUNE 28	JULY 5	JULY 12	JULY 19	JULY 26
Berrien Springs, Mich.	9:18	9:22	9:24	9:25	9:24	9:21	9:17	9:11
Chicago, Ill.	8:23	8:26	8:29	8:30	8:29	8:26	8:22	8:16
Detroit, Mich.	9:06	9:10	9:13	9:13	9:13	9:10	9:06	9:00
Indianapolis, Ind.	9:10	9:14	9:16	9:17	9:16	9:14	9:10	9:05
La Crosse, Wis.	8:44	8:48	8:50	8:51	8:50	8:47	8:43	8:36
Lansing, Mich.	9:13	9:17	9:20	9:20	9:20	9:17	9:12	9:06
Madison, Wis.	8:34	8:38	8:40	8:41	8:40	8:37	8:33	8:27
Springfield, Ill.	8:24	8:28	8:30	8:31	8:30	8:28	8:24	8:19

Church in Berrien Springs, Mich. Survivors include his son, Richard Show; brother, Larry Show; three grandchildren; and three great-grandchildren. Memorial services were conducted by Pastor Skip MacCarty; interment was at Rose Hill Cemetery in Berrien Springs.

WEESNER, Marilyn, age 85; born Aug. 12, 1933, in Converse, Ind.; died Jan. 12, 2019, in North Manchester, Ind. She was a member of the Cicero Church in Cicero, Ind. Survivors include sisters, Barbara Wazdatskey, Shirley Tucker, and Nova Weesner. Memorial services were conducted by Aaron Clark; private inurnment.

WESLEY, Waneta M., age 88, born Oct. 26, 1930, in Detroit, Mich.; died April 15, 2019, in Bolingbrook, Ill. She was a member of the Bolingbrook Church in Bolingbrook. Survivors include her sons, Steve (Tonya) Wesley, and Jeff (June) Wesley; daughter, Teresa Wesley; seven grandchildren; and 12 great-grandchildren. Memorial service will be held at a later date.

WHITIS, Catherine J., age 98; born Aug. 5, 1920, in Indianapolis, Ind.; died Jan. 28, 2019, in Corydon, Ind. She was a member of the New Albany Church in New Albany, Ind. Survivors include her sons, James L. and Harris Lloyd Whitis; daughter, Janine Whitis; brother, John Monroe Harris; five grandchildren; and six great-grandchildren. Funeral services were conducted by Eric Freking; interment was at Beanblossom-Cesar Funeral Home Cemetery.

CALENDAR OF OFFERINGS 2019

- June 1** Local Church Budget
- June 8** World Budget
(Emphasis: Multilingual/Chaplaincy Ministries)
- June 15** Local Church Budget
- June 22** Local Conference Advance
- July 6** Local Church Budget
- July 13** North American Division
(Emphasis: Women's Ministries)
- July 20** Local Church Budget
- July 27** Local Conference Advance

THIRTEEN SABBATH OFFERING

- June 29** South Pacific Division

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.lakeunionherald.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.lakeunionherald.org>.

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MISCELLANEOUS

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Contributors: Writer guidelines are available online at http://lakeunionherald.org.
 Indexed in the Seventh-day Adventist Periodical Index

Sweeter as the Days Go By

By Mikelle Wile



▲ Mikelle Wile

SOMETIMES, FOR NO OBVIOUS REASON,

something you've heard a million times finally clicks. It can be anything from a Bible verse to a tired cliché. It's like when your mom tells you that you'll regret quitting piano lessons and then, one day, it all makes sense and you realize she was right.

When I was 14 years old, God spoke to me through a familiar thought, "*Does a hungry man share his food? How can we share Jesus if we don't have Him for ourselves?*" I heard it in a sermon between my

grandparents' loud "whispering" and the whirling of church fans. I realized that I knew a lot about Jesus, but I was pretty sure I didn't know Him. That week I started the first of my now 12 prayer journals and began to discover what it means to have a relationship with Jesus. I'm amazed at how He has molded me as my Creator and walked with me as my Friend. There is no question He has been leading me and I'm not so hungry anymore. I have food to share and God has given me so much opportunity to do so.

After returning from my year as a student missionary, I asked Him for another opportunity at Andrews University. Through the twists and turns typical of God's plan, I ended up at Harbor of Hope Church in Benton Harbor. They were just beginning to hold a children's program in the lobby of an apartment building. Each Sabbath there were many curious on-lookers. Sometimes I wasn't sure if they were curious about the program or just trying to get to the vending machine at the back of the room. If there ever was a

strategically-placed vending machine, it was that one ("*thanks, Jesus*"). Attendance grew and grew.

Soon, we started putting on events in the neighborhood, just to show a sliver of the unusual kindness of a God whose love is better than any earthly love. Block parties, fall fests, trips to Andrews campus . . . We did our little work and God did what only He can do. Today there are three children's programs in different communities, a teens program and regular door-to-door ministry for the parents! Not only that but, despite the time we students devote to ministry, our GPAs have only benefitted. He is showing us that He multiplies our blessings when we hand out our blessings!

As is the case with most things in life, the kids program costs money. On one canvassing trip to Chicago, we found ourselves lacking \$900 of our overall goal. Our canvassing director felt impressed that we should just hand out literature and pray with people that day and trust God with our financial need. In the evening, we counted up more than \$1000! I learned that our success has very little to do with our efforts and a lot more to do with how much faith we have in God to accomplish His work.

Nobody really wants to get old, right? But ever since I started my journey with Jesus, I'm starting to think it might not be so bad. That familiar song popularized by the Gaithers says it well: "[It gets] sweeter as the days go by."* ■

Mikelle Wile is from Yellowknife, Canada, although there are many places in the world that have a piece of her heart. She graduated with a B.A. in Social Work from Andrews University in May and is eager to follow God wherever He leads.

**"Sweeter as the Days Go By." Words and music by Genser Smith; copyright 1951 by LeFevre Sing Publishing, BMI.*

He is showing us that He multiplies our blessings when we hand out our blessings!

Purpose From Pain

By Cheri Daniels Lewis



▲ Karacan Sayrun-Thomas

SOMETIMES YOU HAVE TO LOSE or give up things to find your real purpose. That has certainly been Karacan Sayrun-Thomas' experience. The 26-year-old from Edgewater, Illinois (the north side of Chicago), will be the first to tell you she's been through some traumatic experiences. Perhaps topping the list is losing her mom at age 8. The family is still not sure what happened to the artsy, intelligent, bipolar alcoholic. She went missing September 1, 2001, and has never been found.

"It still makes me upset — the not knowing part," admits Karacan.

Even before that fateful September day, it was far from a fairy-tale childhood. She and her sister already were being raised primarily by grandparents, as their mother battled her demons, which included severe depression.

"She was a very loving parent, but she just couldn't break out of her mental illness. The alcohol brought out things she could normally repress (like hearing voices in her head, etc.)," says Karacan. "She loved us so

much, but didn't know how to be with us full-time."

Obviously, an unstable mother, who then becomes a missing person case, means incredible confusion and loss for a person of any age, but Karacan says the experience, in many ways, has made her keenly aware of other people's pain.

"Many of us don't know how to connect with people suffering. I know that's what I'm good at," she says confidently. So good, perhaps, it drove her, in a sense, to "give up."

The lifelong Adventist had been serving as the Young Adult leader at the North Shore Church for two years, but recently stepped down — primarily, she says, because she's so passionate about meeting the needs of those in pain/trauma.

"I'm not saying church programs are bad, but sometimes [they are] unnecessary distractions," Karacan points out. The professionally trained social worker regularly refers to her vision of providing a "safe space" that is heavy on resources, light on structure.

"I want to start a community of faith where we can learn from health professionals. . . . Many [in the church] are dealing with internal trauma — lots of it," she says soberly.

What that "safe space" looks like exactly, Karacan isn't quite sure yet. She admits she's in an "interesting wilderness" right now. It isn't clear where her career path is taking her and she's still journeying through her ministry vision. But what she *does* know is the Great Counselor has a purpose for her — a purpose, perhaps, being refined at her life's greatest pinnacles of pain. ■

Cheri Daniels Lewis is a freelance writer based in the Quad Cities of Illinois.



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