

# OUTLOOK

JULY/AUGUST 2013



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## IN THIS ISSUE

While the current focus of many Adventists is fastened on the massive NY13 urban evangelism initiative, we in the Mid-America Union are anticipating our own community evangelistic event in St. Louis in September. Meanwhile, ordinary Midwestern Adventists, under the influence of God's Spirit, are daily living out the call of Jesus to share His love and hope with those around them in extra-ordinary ways. In keeping with our 2013 theme of NOT Business as Usual, in this issue we feature four of these dedicated individuals and their unique ministries. Our hope is that as you read their stories (and the compelling editorial by Elder Webb on page 4) you will be inspired to prayerfully develop and implement your own creative strategy for connecting with people around you—through whatever means—to be a channel of God's grace and truth.

—BRENDA DICKERSON

**Cover Photo:** Dwayne Williams mentors former inmates as they reintegrate into the Kansas City community. Photo by Jazmone E. Wolf.

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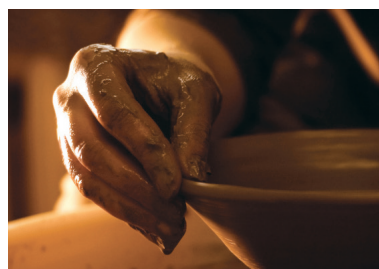
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# Evangelism: Is Implementation our Nemesis?

by Gil F. Webb



I vividly remember five of us students from Golden Gate Academy in Oakland, California piling into the school's vehicle and heading to West Oakland to deliver boxes of food to families in need. The word throughout the church community was that Elder Cleveland was going to have a meeting at the Oakland Auditorium. Now, as an adult, I wonder how many church members still consider meetings to be the evangelist's or the pastor's responsibility.

You will recall that Jesus got into trouble when proclaiming Isa. 61:1-2 as His evangelistic assignment—people wanted to throw Him head first over a cliff. They could not accept the fact that His mission was not what they expected, and the majority of His time would be spent with the despised and dejected, powerless and poor, incarcerated and incurable. “Though He was a Jew, He mingled freely with the Samaritans, setting at naught the Pharisaic customs of His nation. In face of their prejudices He accepted the hospitality of this despised people. He slept under their roofs, ate with them at their tables...taught in their streets, and treated them with the utmost kindness and courtesy” (Ellen White, *Desire of Ages*, p. 193).

Recently, the Institute for American Church Growth surveyed 10,000 people about their spiritual

journey. What led them to Christ? For comparison, here are two of the seven findings: evangelistic crusade, 5 percent; friend/relative, 79 percent (Wayne Zunkel, *Leadership*, vol. 5, no. 3).

“So it is through personal contact and association that men are reached by the saving power of the gospel. They are not saved in masses, but as individuals. Personal influence is a power. We must come close to those whom we desire to benefit” (Ellen White, *Thoughts from the Mount of Blessing*, p. 36).

Based on this comment, some may resist use of the Internet and various types of social media as a way of soul winning, since there may be no sympathetic eye contact, no embrace of comfort or spoken words of encouragement. Yet electronic media has enlarged the circle and quickened the pace of getting the message out in places where we are unable to go (or may not be received) in person. And by the grace of God, online contact can lead to face-to-face fellowship.

In a compelling *Christianity Today* article (Jan/Feb 2013) titled “My Train Wreck Conversion,” author Rosaria Champagne Butterfield, a former leftist/lesbian, speaks of her encounter with a pastor and his wife and cites what I believe are two significant, useful approaches in our endeavor to evangelize. She states that the pastor “brought the church to me” and because he and his wife

did not invite her to attend church “it was safe to be friends.”

Like most of you, I'm convinced that this world in which we live is in terrible shape and Jesus must come soon. I also believe that today we must take risks to reach the many helpless, hopeless, hurting people for Christ. No more shaking of the head in disbelief of the current news—but a sharing of the heart with the destitute, despondent and those deprived of a knowledge of God's love.

I believe that every individual must be given the opportunity to choose between life and death, in those often repeated words, “by any means necessary.” The what, where, who and how of evangelism for Jesus was risky. And He bids His disciples “follow Me.” Fear of being misunderstood and maligned may cause some to retreat. Instead, I encourage you to develop an evangelism plan—not as a judge or a jury, but as a friend. Get to know your neighbors and co-workers. Look for things in common, offer and accept hospitality, and let them introduce God into the conversation.

I close with this challenge: Through whatever means, embrace evangelism. Under the influence of God's Spirit, take the risk and don't allow the form of implementation to be your nemesis. ■

Gil F. Webb is vice president for administration of the Mid-America Union Conference.



# Prison-to-Workforce Pipeline: Transforming a Community

*One man, one organization, three years*

by Thalia Cherry

Thalia Cherry



Brian Estes (pictured far right) entered a Kansas City parole and probation office with an optimistic mindset and a determination to change his course in life. But there was a problem. His prison term had resulted in the loss of his job, car, home, family—“pretty much everything,” he said. It’s a story police and court officials say they hear time and time again: former inmates re-entering society with little direction and even fewer resources. They have dubious housing, scarce financial resources and often lack appropriate forms of identification.

Unfortunately, this scenario is repeated daily all across the nation. While well intended, the current process of integrating former inmates back into society is flawed.

The Twelfth Street Heritage Development Corporation in Kansas City, Missouri has designed a new, innovative model that offers an effective solutions-oriented approach to integrating these individuals into society: the Prison-to-Workforce Pipeline.

Dwayne Williams, president/CEO of Twelfth Street Heritage Development Corporation (a nonprofit entity), is spiritually motivated to support a small portion of the 4,000 inmates released from the state of Missouri on an annual basis. “One of our missions is to help ex-offenders re-enter society, which led to the creation of this program,” he explains. “I believe most people really do want to change; they just have no idea how to do it.”

As a mentor and advocate,

Williams seeks to connect and teach ex-offenders how to successfully build their lives through a community beautification program. “It is ultimately our responsibility to extend ourselves and our resources to allow others to stand on our shoulders. Long-term success ultimately hinges on a person’s desire to change,” adds Williams.

The Prison-to-Workforce Pipeline has become a critical re-entry and re-socialization tool that connects ex-offenders with civic leaders, police representatives, business owners and elected officials to facilitate their re-entry into society. However, the Prison-to-Workforce Pipeline is becoming more than the re-entry program it was originally envisioned to be—it’s changing

**Dwayne Williams (second from left) has designed and implemented an effective model for helping former inmates gain work skills and build positive relationships.**

**Most people really do want to change. They just have no idea how to do it.**



**Programs of this nature are needed in every urban community.**

the face of the community.

The program is twofold in that it helps ex-offenders gain valuable, tangible work skills and changes the lens of a distressed community. Williams engages participants in all aspects of the program, such as networking, budgeting, home ownership, job retention and healthy choices. For example, crew leaders are exposed to diverse networking opportunities. This mechanism allows ex-offenders to build relationships with parties they once viewed as unreachable or even the enemy, such as police officers.

The residual impact of incarceration could have easily nudged former inmates Keith Whitley (pictured second from right) and LeVonne Dallas (far left) back into a life of crime. They might have aligned themselves with the revolving door of offenders cycling in and out of prison. Fortunately, these men utilized the opportunities offered by the Prison-to-Workforce Pipeline as a catalyst to change their lives.

During an interview, both men expressed how Mr.

Williams and the program has influenced their quality of life and created a ripple effect among their families. Whitley's experience taught him to assess situations differently. He acknowledges that his heart is heavy at seeing a community in despair that was once vibrant. "The community is in real bad shape. People lack hope," stated Whitley. Dallas agreed and stated that he believes 90 percent of ex-offenders are overlooked for employment opportunities based on their criminal past. As a result, when challenged by despair and lack of opportunities, many will repeat the same illegal behavior that led to their imprisonment.

A recent study released by the nonpartisan Pew Center\* found that more than 40 percent of offenders nationwide returned to state prison within three years of their release. The Prison-to-Workforce Pipeline is positively shattering this statistic. "Programs of this nature are needed in every urban community," said Dallas. "I am a living example of the transformation. My future is bright as a husband and father

of two children—plus I possess a home and transportation."

Williams is a member of the Bethel Adventist Church in Kansas City (Kansas). Under the leadership of Pastor Ronald Williams, Jr., spiritual guidance is provided to many of the men in the program.

Since the inception of the Prison-to-Workforce Pipeline in 2010, 90 ex-offenders have been impacted, many of whom have secured full-time employment and housing and have reunited with their families. The Kansas City community is now witnessing the positive results driven by one man and one organization pushing to transform a distressed community through job training, educational opportunities and housing for former prisoners.

Thalia Cherry is president of 7 Strategic Management Consulting Firm in Kansas City, Missouri.

For more information about the Prison-to-Workforce Pipeline, contact Dwayne Williams of Twelfth Street Heritage Corporation at 816.674.2718.

\*<http://bit.ly/pew-prisons>

## Email Devotional Spreads Spirituality

by Jacquie Biloff

Courtesy Dakota Conference



The Open Word, an email devotional ministry founded in 2009 by Pastor Mike Temple of

the Grand Forks Church, sends subscribers a daily message with a spiritual application that is both thought provoking and uplifting. The idea for an email devotional came to Temple, then pastor in the Bowman/Bison/Dickinson district, as he was conducting a devotional radio broadcast by the same name every weekday morning. He began sending the emails as a way to optimize his connection with his listeners.

Readership has now grown to include subscribers from across the U.S. "I am so thankful to have the opportunity to be trusted in bringing spiritual thoughts to so many people," says Temple.

To subscribe to this free email devotional, visit [www.openwordshow.org](http://www.openwordshow.org).

Jacquie Biloff is communication director for the Dakota Conference.



# A New Day for Natives

*Kids thrive at The Church House*

by Karina Ewert

Growing up as a homeschooler, my highlights of the week were going to gymnastics and church. But when the two conflicted for my time, church won. I missed gymnastics greatly, but I needed God more. God had always been a big part of my life, but I wanted to tell others about Him as well. There's always a way to share Him, but He was about to provide a greater opportunity.

In the spring of 2009 my parents and I began handing out Native New Day studies door-to-door in Cass Lake, Minnesota. These handouts were to prepare for a series of meetings by Native American speaker Monte Church. During the meetings I helped with the kid's program. When the meetings ended, my family and I continued to hold the children's program in the elementary school.

Then the Bemidji Adventist Church bought a 16-passenger bus for picking up kids and a house for the meetings that quickly became known as "The Church House." Our average attendance on Wednesday evenings has grown from three kids to about 20 (and often 30). We sing, pray, have nature trivia and then free time. Sometimes we have to get creative thinking of new things. Once we hid a glow stick in the snow and the kids enjoyed searching for it. On Sabbath afternoons we start with singing, followed by a short lesson, prayer and craft or free time. We serve a snack on both days and try to teach

them about healthy foods.

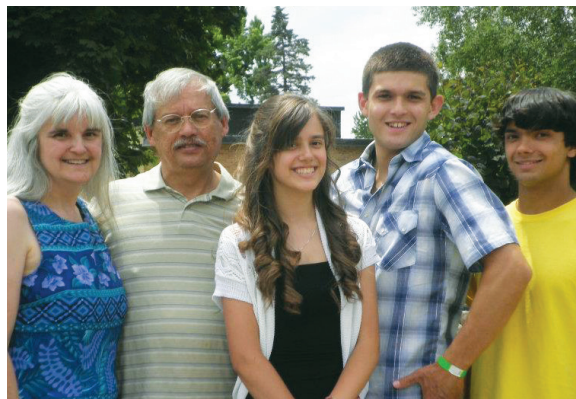
Children radiate energy, and it's easy to catch the excitement and have fun—whether it's rainbow tag, a snowball fight or playing house. Since we are there twice a week, we get attached to them and even get to attend some of their family gatherings.

This year, we began teaching Pathfinder honors. We started with the candle honor. The kids artistically created various types of candles—dipped, sand, ice and water. Next we began the Red Alert honor teaching what to do in emergency situations. We plan on taking camping, canoeing and hiking trips this summer. Pathfinders gives us more time to socialize with the older group.

Sometimes it's challenging getting the kids to listen or be quiet, but it is nothing compared to the special moments we have with the kids. It's all worth it when they ask me about the end times, come to me for comfort, ask about something in the Bible, or yell out "I love you!" when they're leaving. It's astonishing to watch these kids learn and grow. Sometimes when we have kids stay at our house overnight, as we often do, we'll look through old pictures.

They love to remember good times and see how differently they look now from when they began coming to church. We've also brought kids to the Minnesota camp meeting, North Star Camp and many other events my family attends.

Many kids have asked us, "How long are you going to



Photos courtesy Karina Ewert



have church?" The answer is always along the lines of, "We don't plan on quitting!" I look forward to many years of teaching them more about God, and being by their sides in the midst of troubles and joys.

**Karina Ewert (top, center) and her family are mentoring Native American children in Minnesota.**

Karina Ewert, age 15, lives in Bemidji, Minnesota.



# Seeking Divine

*Summer LE: from strangers to friends*

by Mollie Cummings



Mollie Cummings (left) began LE in 2010 with the Rocky Mountain Conference and has continued to work each summer since.

**Literature Evangelism has given me an eternal ministry mindset.**

There is ministry—and then there is door-to-door ministry. If ministries were on a dodge ball team, Literature Evangelism (LE) would probably be chosen last every time. This is the ministry most people look at and say, “No thank you—not for me.”

On the surface, LE may not seem to be the ideal ministry because it consists of physical, emotional and spiritual effort and exhaustion. It entails power walking through extreme summer heat, ignoring those well-earned blisters on your feet, and quoting your memorized canvass for the 25th time that day—all to get rejected by another stranger slamming the door.

Yet it also includes lost souls finding hope—finding Christ

in a book simply brought to their door. To me, this is what makes it worth the effort.

Many people are surprised that I choose to give up my summer plans to go knock on doors. But I do not look at it as being a saleswoman for eight weeks; I look at it as making friends with strangers for eight weeks. With my extroverted personality, I couldn’t think of anything more fulfilling. It’s not my job to come away from the door with a load of money. Instead, it’s my job to leave smiles on faces, a good impression of who Christ is, and a book that tells what He is all about.

My view of people behind those doors drastically changed the very first day out. At each house, doors were slamming in my face faster

and faster. Discouraged and fearing more rejection, I tried to think of excuses to pass the next house. But then I became determined to have someone get a book about Jesus. I rang the doorbell, and a frowning lady came stomping up, giving rejection signals before the door was even completely open. “I can’t afford what you have,” she snapped. “All my money goes to my husband’s hospice care and my mother’s back surgery.”

While the door was quickly shutting I said, “Could I pray for your husband instead?” The door came to an abrupt halt and the woman looked at me in astonishment. “Really?” she asked. The next thing I knew, I was kneeling on the floor beside her frail husband.

After I prayed, the woman





# Appointments

Photos courtesy Mollie Cummings



and I both had tears in our eyes. She went to the kitchen and handed me a larger donation than I had received all day. Within 10 minutes her attitude had completely changed. Now I was giving her books and we were hugging. I came to the door with her yelling, and I left with her saying, “I’m excited to see you in heaven, Mollie.” I’ve never since looked at people as cranky or mean—I see them as hurting.

I may never see the results of my work this side of heaven, but what keeps me going is imagining every person I talk to as someone I will meet again in heaven. I’m able to continue doing LE because I have realized the importance of this work. Having a book brought to

their doorstep might be the only way some people will find Christ.

In this work, it seems you always are seeking rejuvenation of energy, which is why there is no possible way to have a successful summer without spending daily (and even hourly) time talking to God. This is why LE is so much more than people at their doors getting a book.

I didn’t just come away from LE my first summer with cold college cash. I came away with an eternal ministry mindset. I no longer look at people in the supermarket as just people. I see them as candidates for heaven. I no longer go through my day waiting for the Lord to show up. I am actively seeking for divine appointments with

people where the Lord can use me. I am no longer offended by rude people behind a door, or anywhere for that matter. I now am concerned for what must be going on in their lives. I’m no longer waiting for people to come to the church to find the gospel. I’m yearning to bring the gospel to people where they are.

I can confidently say becoming an LE is the best thing that ever happened to me because the effects on the people I meet—and on myself—are eternal.

.....  
Mollie Cummings is a senior Religious Education and Communication major at Union College.

**I imagine every person I talk to as someone I will meet again in heaven.**



# Medical Missionary Training Attracts Inter-denominational Participation

by Ruby J. Wright

The New Beginnings Church in Wichita recently held a series of medical missionary outreach classes. **Rico Hill**, a health evangelist from Phoenix, facilitated the two-week event. Its 30 participants came from New Beginnings, Three Angels and South Seventh-

day Adventist churches, as well as from Kingdom Harvest Full Gospel and Greater Pentecostal Church of God in Christ. Interest in medical missionary evangelism began when member **Viola Todd**, a certified medical missionary, invited Hill to the church for

a series of meetings; this led to requests for a certification class. New Beginnings pastor **Carlos McConico** introduced Hill and The New Life Challenge to the Greater Wichita Ministerial League. As a result, Greater Pentecostal Church

held a Sunday afternoon seminar, and Grant Chapel African Methodist Episcopal Church has scheduled a program.

Ruby J. Wright is health ministries leader for the New Beginnings Church.

# Radio Ministry Celebrates 30th Anniversary

by Felicia King Cooley

Felicia King Cooley



President Maurice R. Valentine II preached for the BAC anniversary celebration.

The Berean Church in St. Louis, pastored by **Joseph T. Ikner**, hosted the 30th anniversary celebration of the Bible Answer Crusade (BAC) radio broadcast on Sabbath, May 18. The BAC was blessed to have **Pastor Maurice R. Valentine II**, Central States Conference president, as guest speaker. Through the years, BAC has engaged a host of phenomenal speakers for

anniversary celebrations, including **Elder R.E. Barron** in 1985; **Dr. Charles Bradford** in 1988; **Dr. Calvin B. Rock** in 1994; **Pastor Hyveth Williams** in 1999; **Dr. Delbert Baker** in 2000; **Elder G. Alexander Bryant** in 2003; **Danny Shelton**, founder of Three Angels Broadcasting Network, in 2004; **Admiral Barry Black**, chaplain of the United States Senate, in 2005; **Dr. Washington Johnson II**, former editor

of *Message* magazine, in 2009; **Pastor Darriel Hoy** in 2010; and **Pastor Duane Thomas** in 2012. BAC began in June 1983, spearheaded by the late **Elder Manual Clay**. It originally aired for 15 minutes with hosts **Elders David** and **Joan Robinson**. Later the program was divided among four teams, each airing broadcasts three months at a time. January through March featured

the health team (chaired by **Elder Lucille B. Mitchell** with co-host **Darlene Mimbs**). The family team (chaired by **Elder Van French** with Mimbs and **Lizz Harrison** as co-hosts) aired April through June. The gospel team (chaired by **Elder Eileen Nelson** with co-hosts **Minnie Simmons** and **George Taylor**) was scheduled July through September. And the prophecy team (chaired by **Elder Howard Pippins** with co-hosts **Elder Richard Merritt** and **Elder Robert Pruitt, Jr.**) finished the year.

Since June 1984 the broadcast has aired on WGNU 920 AM from 9-9:30 am Sundays. Visitors to St. Louis are invited to tune in and call Lucille Mitchell. The BAC family would love to hear from you.

Felicia King Cooley is an award winning photojournalist and a member of the Berean Church in St. Louis, Missouri.



## Park Hill Offers Mentoring and Mission

by Bernadict Quarles



Bernadict Quarles

Attendees at the Spring Socialites Showcase learned more about the group's community projects.

Denver's Park Hill Church recently sponsored a Spring Socialites Showcase, featuring the gifts and talents of girls and young women aged 3-17. The Socialite's focus is developing academic excellence and leadership skills among 11-17-year-olds through mentoring and service projects. The Butterflies (age 10 and under) enthusiastically participate alongside older group members.

The Spring Showcase provided opportunity for families, church members and the community to learn more about The Socialite's projects and get involved. At the event, parents and daughters made a commitment to each other, in a public vow, to abstain from all

risky behaviors.

This year The Socialites visited several mission and homeless centers, started a barber/beauty shop literacy ministry, and launched a helping hands ministry for seniors. Currently they are preparing for a mission trip to North Dakota's Native American reservations. They also are planning a community garden with the help of local seniors.

Bernadict Quarles is director of the Spring Socialites Showcase.

### CENTRAL STATES CALENDAR

FOR MORE INFO, VISIT [WWW.CENTRAL-STATES.ORG](http://WWW.CENTRAL-STATES.ORG)

- |               |   |
|---------------|---|
| July 1-6      | Great Lakes Area Campmeeting<br>Brooklyn Park, MN |
| July 19-20    | Focus on the Family Weekend<br>Great Lakes Area   |
| July 26-28    | Urban Young Adult Retreat<br>St. Louis, MO        |
| July 28-Aug 1 | Youth Ministries Summer Camp<br>Camp Heritage     |
| Aug 9-10      | Focus on the Family Weekend<br>Great Plains Area  |
| Sept 6-7      | Family Min. Leadership Training<br>Denver, CO     |
| Sept 8        | CSC Executive Committee<br>Kansas City, KS        |
| Nov 1-2       | Hispanic Federation<br>Omaha, NE                  |
| Nov 8-9       | Youth Leadership Training<br>Kansas City, KS      |



Clif Freese



# Horse Stables Coming to DAA

by Jacquie Biloff

In December 2012 the Dakota Conference Board of Education met for the first time in the new conference office in Bismarck. One topic discussed was how to promote the continued growth of Dakota Adventist Academy. An idea that found footing was building horse stables so students could bring their horses to school and take advantage of the many riding trails on the 1,000 acres of land the academy owns.

At the January board meeting this action was voted. Construction will begin this summer with nine separate stalls, a hayloft and a tack room. Many students are excited about the prospect of having their horses with them at school.

.....  
Jacquie Bilioff is communication director for the Dakota Conference.



**(top)** An arial view of DAA shows the area (upper right of photo) where construction will begin this summer on horse stables that will enable students to quarter their horses and enjoy the many riding trails on the academy's 1,000 acres of land.



# Primary Class Hosts Community Benefit

by Jacquie Biloff

The Primary Sabbath school class of the Bismarck Adventist Church “took their book learning and walked it around town,” states their teacher, **Laurie Foerderer**. The 10-member class of 7-9-year-olds studies concepts such as empathy and forgiveness. “But how do they take forgiveness and relate it to the bully on the school playground?” wondered Foerderer.

Her answer was for the class to graduate from mere classroom instruction and become missionaries among their neighbors. She asked them to consider what they could do to help in the community. Foerderer researched different options in the Bismarck/Mandan area and discussed each with the class. “I wanted them to have an intrinsic mindset,” said Foerderer. “So I asked how they would feel in specific settings or if certain things happened to them.”

One situation they discussed was that of a gentleman who had recently started attending church. He had lost his wife in a car accident while they were far from home. He and his daughter had nowhere to stay while his wife was hospitalized. Foerderer explained how the man had taken his sad energy and directed it toward creating Tracy’s Sanctuary, a place for



Courtesy: Kelsey Zetnick/Tracy's Sanctuary

Children from the Primary Sabbath school class at Bismarck church raised funds for Tracy’s Sanctuary, a place for people to stay while their loved ones are hospitalized.

people to stay while loved ones were hospitalized in Bismarck.

The children decided to host a fundraiser for Tracy’s Sanctuary and invite the community to a musical program and art auction at the church one Sunday in April. Foerderer, an art teacher at Century High School, made Tracy’s Sanctuary Benefit posters and advertised in the local paper. She also invited the Primaries to her school classroom to paint pictures they had sketched for auctioning. When they arrived, one youngster said through tears, “All I know how to

do is color with crayons. I do not know how to paint.” Foerderer later remarked, “It was pivotal for me to see her fear and realize that what comes so naturally to me may be fearful to another person. Her picture turned out beautifully.”

**Linda Oswald** volunteered to find musicians. Two parents, **Jessica Irelan** and **Lonna Quast**, offered to assist in organizing the event. Foerderer was relieved to have their help since the fundraiser was close to the end of the teaching year—always a busy time.

**Pastor Odea Sigh** welcomed attendees

to the benefit. During a break among the 12 spiritual songs, **Bruce Rittel** told the story behind his development of Tracy’s Sanctuary, which opened in 2005. The Primary class, as a choir, sang the final song.

Their paintings sold for \$200. Along with a freewill offering of \$1,300, the total donated to Tracy’s Sanctuary will provide 30 nights of lodging for families who need a place to rest while loved ones are hospitalized.



Celebrating  
25 Years

# Iowa-Missouri Christian Women's Retreat September 20-22, 2013

## Reflecting The Beauty Of The Lord



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101 East Locust Street  
Des Moines, IA 50309  
515-244-1700

Visit [www.imsda.org/womensministries](http://www.imsda.org/womensministries) for more information.

### IA-MO TOWN HALL MEETINGS

FOR MORE INFO, VISIT [IMSDA.ORG/CALENDAR](http://IMSDA.ORG/CALENDAR)

- Sept 15 Des Moines Church
- Sept 16 Sioux City Church
- Sept 17 Davenport Church
- Sept 18 Chillicothe Church
- Sept 23 Salem Church
- Sept 24 Republic (New Horizons) Church
- Sept 25 Lee's Summit Church
- Sept 26 Waterloo Church
- Nov 13 St. Louis Central Church
- Nov 14 Moberly Church

All meetings are 6:30-8:30 pm. We will discuss financial and statistical reports, "Health of the Conference," and conclude with a Q&A time. If you have questions that you would like addressed at one of the Town Hall meetings, please email Elder Robert Peck, conference vice president for administration ([rpeck@imsda.org](mailto:rpeck@imsda.org)). We will do our best to answer all your questions.

### IA-MO CONFERENCE CALENDAR

FOR MORE INFO, VISIT [IMSDA.ORG/CALENDAR](http://IMSDA.ORG/CALENDAR)

- Aug 2-4 **Men's Retreat**  
Camp Heritage  
Climax Springs, MO  
Register: [pwagley@imsda.org](mailto:pwagley@imsda.org)
- Aug 10 **Northeast Iowa Rally**  
Backbone State Park Auditorium  
Strawberry Point, IA  
Speaker: Scott Michael Bennett  
Info: [kasibonjour@gmail.com](mailto:kasibonjour@gmail.com)
- Aug 23-24 **Loud Thunder Mini Camp Meeting**  
Loud Thunder Forest Preserve  
Illinois City, IL  
Speaker: Marquita Klinedinst  
Info: [vondarae@gmail.com](mailto:vondarae@gmail.com)
- Sept 20-22 **Christian Women's Retreat**  
Embassy Suites  
Des Moines, IA  
Speaker: Dr. Annie Perez  
Info: [imsda.org/womensministries](http://imsda.org/womensministries)



# Reaching People Through Technology

by Michelle Hansen



Dale Smith, Sr.

Pastor Hiram Rester preached an evangelistic series that airs on two local television channels.

Three years ago Springfield, Missouri Adventists undertook a journey to produce an evangelistic telecast tailored for viewing on local TV. Now, thanks to generous donations of time and money, they are airing on local television what may be the first series of evangelistic meetings presented by a local pastor.

**Pastor Hiram Rester** taught for 13 meetings, each an hour long, on topics such as Bible prophecies, the antichrist, death and heaven. The filmed sermons are being shown weekly for one year on KOLR (channel 10) and KOLZ (channel 27), on Sundays at 9:30 am.

A year's worth of programming comes at the hefty price of

\$25,000. Church members were challenged to donate \$1 a day for a year toward the project; so far \$35,000 is pledged.

Much preparation preceded this accomplishment. Several years ago, official Springfield Church "techies" **Dale Smith, Sr.**, **Dale Smith, Jr.**, and **Matt Sheppard** purchased the necessary equipment with funds from a technology ministry donation. Pastor Rester envisioned an active Internet and television ministry, so the team began live streaming the weekly worship services.

In 2011 Pastor Rester preached a series exploring Revelation, which was packaged into 20 one-hour episodes and aired

on a local public access station for 18 months. Each program concluded with a free offer for Amazing Facts Bible Studies. Springfield members delivered the lessons personally in the community and alerted other Adventist pastors to the requests of individuals living outside the immediate area.

As a result of the television and Internet ministries, the church has received emails from viewers in Europe, South America and across North America. Local interest has arisen as well, and the Springfield Church has been blessed with one baptism and one re-baptism.

In recent years, the Springfield Church tech

team has filmed the main meetings at the Iowa-Missouri Conference camp meeting, live streaming them at [www.springfieldsda.org](http://www.springfieldsda.org) and archiving them on the conference's YouTube channel ([www.youtube.com/imsdaconference](http://www.youtube.com/imsdaconference)).

Matt Sheppard has created a website, [www.studyrevelation.com](http://www.studyrevelation.com), which will archive most of the evangelistic series that Pastor Rester has filmed. The church is planning future programming on health topics and Bible questions and answers.

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Michelle Hansen is communication/Sabbath school director for the Iowa-Missouri Conference.



John Treolo



More than 180 Pathfinders representing 15 clubs attended the Conference Pathfinder Camporee at Camp Arrowhead near Lexington, Nebraska. Travis Sager (pictured above), Kansas-Nebraska Pathfinder director, coordinated the annual event. Justin Vibbard, who represented Adventist Community Services' "Youth Empowered to Serve" program, encouraged Pathfinders to discover ways to invest their time and talent in ministry.

### KS-NE CONFERENCE CALENDAR

FOR MORE INFO, VISIT [WWW.KS-NE.ORG](http://WWW.KS-NE.ORG)

**July 2-7**     **Family Camp**  
Broken Arrow Ranch  
Contact: [tsager@ks-ne.org](mailto:tsager@ks-ne.org)

**July 7-14**     **Adventure Camp**  
Broken Arrow Ranch  
Contact: [tsager@ks-ne.org](mailto:tsager@ks-ne.org)

**July 18-20**     **BAR Staff Runion**  
Broken Arrow Ranch  
Contact: [tsager@ks-ne.org](mailto:tsager@ks-ne.org)

**July 26-28**     **Central NE Camp Meeting**  
Camp Arrowhead  
Contact: [steveschaffner@msn.com](mailto:steveschaffner@msn.com)

**Aug 12**     **School Resumes**



**Central Nebraska Camp Meeting at Arrowhead**  
**July 26-28, 2013**  
**Lexington, NE**

**THEME: CHRIST IN ME**

**SPEAKER:**  
**Marc Lien**

(with wife Danielle and children Isaiah and Megan)  
**Pastor, Washington Conference**

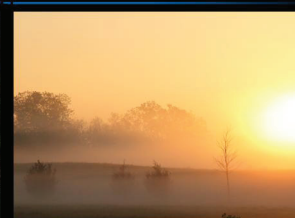
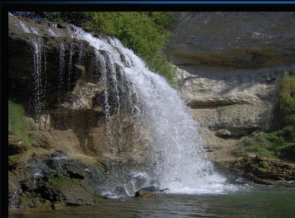


**CONCERT:**  
**Maidelgyn Easey,**  
Salina Church member

For further information,  
[steveschaffner@msn.com](mailto:steveschaffner@msn.com)



Your photos are needed for the 2014 Conference Calendar. Images must be captured within the Kansas-Nebraska territory. Deadline for submission is October 1, 2013. Email jpegs to [jtreolo@ks-ne.org](mailto:jtreolo@ks-ne.org) or call 785.478.4726.





# Self Accepts Pastoral Calling

by John Treolo

After earning theology degrees and gaining pastoral experience in California, Montana and now Kansas (plus missionary service in Palau and Taiwan) **Luke Self**, youth pastor at the New Haven (Overland Park, KS) Church, has been ordained to gospel ministry.

In the true spirit of humility, Self credited the many relatives, associates and friends who have guided him along his journey. He insisted that the ultimate credit goes to Jesus Christ. “I have come to realize as I look at my life and who I am—it is not about my strengths; not about what I can or cannot do. It’s about what He can do,” Self said.

**Douglas Elsey**, lead pastor at New Haven, presented Self as a candidate for ordination. Elsey baptized Self during his 8th grade year in Redlands, California, and they have since served together at churches in Redlands and Yucaipa, California; Mount Ellis Academy in Montana (Self taught Bible and was associate chaplain); and for the past three years at New Haven.

It was at Mount Ellis that Self met and married **Keri**, then head dean of girls. Elsey performed their wedding ceremony. They have two children, **Aeden** and **Elizabeth**, and a third will join the family soon.

**John Sweigart**, conference vice president for administration, led the ordination charge. “What you’re receiving today is an

authority to serve,” Sweigart said. “We are charging you to carry on the responsibility of pastoral ministry—overseeing, nurturing, teaching and visiting.”

During his message, conference president **Ron Carlson** affirmed Self for accepting the call to ministry. “Challenge your thinking. Realize there is so much more in God’s Word than any of us realize. There is more there—dig deeper,” Carlson said. “Let Jesus challenge your thinking. Allow yourself to minister to others and be relevant.”

**Sue Carlson**, women’s ministries director, welcomed Keri to the sisterhood of ministerial spouses. “God will use you in wonderful ways to bless your husband, family, church family and community,” she said. “Lean on Jesus every day for His strength, and He will see you through the tough times.”

Among the approximately 100 in attendance were several of Self’s students from Midland Adventist Academy, where he teaches Bible. Self said he was moved that they attended this special ceremony. “This is the longest I have ministered in one location,” Self told the congregation. “You have really become like family to us.”

John Treolo is communication director for the Kansas-Nebraska Conference.



Luke and Keri Self



Luke and Keri surrounded by his Bible students from Midland Adventist Academy who attended the ordination



Ordination ceremony participants: (l-r) front row: Luke and Keri Self, Ron Carlson; middle row: Chanda Nunes, Don Stricker; back row: John Sweigart, Douglas Elsey



# Staffing Changes at the Minnesota Conference Office

by Ed Barnett

Jeff Wines



Doug English has joined the Minnesota Conference as associate director of Gift Planning and Trust Services and director of Personal Ministries.

When **Claudio** and **Pamela Consuegra** left the Minnesota Conference in 2010, only one person was hired to fill the vacancy—resulting in the loss of a position in the conference office. **Justin Lyons** was then moved into the position of vice president for administration while he continued to hold the position of director of Gift Planning and Trust Services as well as his other responsibilities.

Since then five or six pastoral/Bible worker positions have been added. With this in mind, the Minnesota Conference Board (formerly known as the Executive Committee) recently made the decision to hire one additional person to work in the conference office.

**Elder Doug English**, pastor of the Minnetonka Church for the past three years, has been invited to be the associate director of Gift Planning and Trust Services. (He has already completed the requirements

for certification to work in this capacity.) Doug will also be director of Personal Ministries and will help facilitate much-needed training programs in this area.

With Doug helping with Gift Planning and Trust Services, Justin will be able to add the Sabbath School Department (which has not been covered for some time) to his responsibilities.

**Connie McCormick** has also accepted the Children's Ministry directorship as an additional responsibility.

I hope these changes will help us move forward in finishing the work in the great state of Minnesota. We praise God for the faithfulness of His saints in this conference. Keep up the good work!

Ed Barnett is president of the Minnesota Conference.

Courtesy Moorhead Church



Last September the Moorhead Church began a Bible study class for 17 children using *Good News for Today: Kids' Lessons*. On Sabbath, May 3, Pastor Fred Crowell baptized two of the students, in addition to two adults who participated in other small group Bible classes.

Two of the newly baptized members are related. Aubree Nedrebo faithfully attended the children's Bible class while her mother, Brianne Nedrebo, joined an adult Bible study. Over the past few years, Moorhead Church leadership has concertedly encouraged members to form small group Bible classes in their homes and at the church facility.

Pictured (l-r) are Pastor Fred Crowell with new members Marsha Larson, Richard Nishimwe, Brianne Nedrebo and Aubree Nedrebo.



## Best Wishes Lynette; Welcome Dee Ann

by Ed Barnett

Brad Leavelle



Jeff Wines



Lynette Hubin (left), who has worked for the Minnesota Conference for 11 years, is retiring. The position she vacates will be filled by Dee Ann Lechner (right), who will serve in the Gift Planning and Trust Services Department as well as the Personal Ministries Department.

**Lynette Hubin**, who has worked for the conference and in the Adventist Book Center for the past 11 years, is retiring. She will be missed greatly in our office. She has been a terrific worker, efficient in all that she does, and conscientious in her work. She always arrived early to the office and did her work with a sweet spirit.

Lynette has been head elder at The Edge Christian Worship Center, one of our

churches on the north side of the Twin Cities. She was also director of Women's Ministries for a number of years. The Hubins will be retiring here in Minnesota, so we will still be able to see them from time to time, and we hope at every camp meeting. We wish her the best in retirement and pray that God will continue to richly bless her!

**Dee Ann Lechner** was hired recently to fill the position vacated by

Lynette. The two ladies have worked together to ensure a smooth transition. Dee Ann recently moved to Minnesota from St. Louis, Missouri, with her husband **Rob**, who is now the pastor of The Edge Christian Worship Center in Brooklyn Park. She has years of experience working in offices and is a great fit here in our conference. She will be working in the Gift Planning and Trust Services Department

and will also be assisting the personal ministries director. And, like the other administrative assistants in the office, she will fill in wherever departmental directors need assistance. We are happy to have Dee Ann on board here in the Minnesota Conference.



# Al Williams Retires after 42 Years of Denominational Service

by Carol Bolden

Mark Bond



Al Williams, ministerial director for the Rocky Mountain Conference for the past 10 years, will continue to serve during retirement by leading the Awaken Wyoming evangelism initiative.

Al Williams, ministerial director and assistant to the president for Rocky Mountain Conference for the past 10 years, has chosen to retire after 42 years of denominational work. But retirement will not mean inactivity. His new role is coordinator for the outreach initiative Awaken Wyoming.

A graduate of Andrews University, Williams began his career with the Indiana Conference in 1971.

During his years there, he completed a master's degree in religion and a Master's of Divinity.

In 1980, he was called to New Jersey where he served at Hackettstown Hospital

as director of community relations, development and pastoral care. His wife Shari, a nurse, directed the intensive care unit.

When invited in 1986 by then-president Don Schneider, Williams came to the Rocky Mountain Conference, where he served as pastor at the Casper Church and then at Campion Academy.

Since joining the conference office team in 1990, Williams has filled many roles, including Sabbath school director, personal ministries director and community services director. As ministerial director he has always been available to the pastors, according to Ted Williams, pastor of the Fort Lupton Church. "He is an example of what God can do with a Spirit-filled, educated and dedicated disciple," Williams said.

After being asked to work with Family Life, Williams began a doctorate in marriage and family therapy.

"There's no way to truly calculate the number of lives that Al Williams has touched during his ministry

here," stated president Gary Thurber. "As a pastor, he led numerous congregations to be a great lighthouse to the communities around them. As a ministerial director, he has encouraged many pastors on their journey in ministry. I am so thankful that he is willing to continue his leadership through Awaken Wyoming."

As he spearheads this project, Williams believes the only way to truly awaken Wyoming is by helping members there develop a relationship with Jesus through a powerful prayer life. "Awaken Wyoming is not something I can do," explained Williams, "but God has made every provision for success. I can't use the Holy Spirit, but the Holy Spirit wants to use me. God's vision for awakening Wyoming will happen—on an individual basis as I and others surrender and pray for the outpouring of the Holy Spirit."

Carol Bolden is membership coordinator and assistant to the communication director for the Rocky Mountain Conference.



Join us for the 5th Annual

## RESTORATION INTERNATIONAL COLORADO FAMILY CAMPMEETING

July 24th - July 28th (Wed. evening - Sun. morning)

Eden Valley Institute Loveland, CO

Speakers: Tom and Alane Waters and the Rayne Family

Contact: Bill or Kelly Plank: 303-593-2899 wdplank@earthlink.net

[www.restoration-international.org](http://www.restoration-international.org)



# Sunshine Christian School Presents Adventure

by Mark Bond

*The following story, adapted from the Valley Courier (Alamosa's newspaper) demonstrates how Adventist schools are connecting with their community in unique ways.*

Sunshine Christian School, an Adventist elementary in Alamosa, recently organized and presented the 3rd T-Rex Express on the Rio Grande Scenic Railroad (RGRR) to excited amateur paleontologists of all ages. While participants waited to ride the train to the simulated dig site, they could purchase Girl Scout cookies, get a dinosaur balloon tied, have their faces painted, or have their picture taken with Rexie, the friendly T-Rex mascot.

After boarding, **Jim Moon**, local Adventist pastor and writer of paleontology songs just for the T-Rex Express and RGRR (such as "Can You Dig It" and "Whooley Mammoth") performed for the guests. As they traveled to and from the dig site, Great Sand Dunes National Park ranger **Patrick Meyers** gave a hands-on presentation of fossils and bones that have been found in the San Luis Valley and surrounding area. After arriving, participants were able to dig up actual mammoth bones and put them on a large mat with a life-size picture of a mammoth.

Community businesses, along with private donors, provided bags with shovels, dinosaur masks,

cookies and toys for each child, including the PALS (Positive Activities Lift the Spirit) kids.

PALS is a community service in Alamosa for kids who face extreme difficulties in life. This program offers opportunities for them to have positive experiences, and Sunshine Christian School is motivated to help provide an educational and fun activity for them—along with other children and families interested in learning more about our world.

"This is a really good thing for Alamosa and the San Luis Valley," commented Alamosa mayor **Cathy Rogers**. "I am looking forward to next year."

Sunshine Christian School has presented other activities that have benefited their neighbors and the valley as a whole. According to **Sue Kanen**, coordinator for the T-Rex Express, the school plans to continue providing quality programs for the community.

"We believe it is beneficial for us to connect with the community in positive, educational ways," Kanen said. "I am amazed at the generosity of our community businesses and private donors. When we see the smiles on the faces of the PALS kids, it makes all the hard work and time invested totally worth it!"

Mark Bond is communication director for the Rocky Mountain Conference.



Photos: Susanne Kanen

Each year the Alamosa Adventist school has raised money for PALS (Positive Activities Lift the Spirit), a community program for children who are underprivileged or homeless.



Pastor Jim Moon from the Alamosa Church performs songs on the T-Rex Express that he wrote for the children.



# The Right School, the Right Time

by Joellyn Sheehy

“In October 2009, my nursing advisor at Southeast Community College in Lincoln said they would put my name on the list, and I could probably start taking nursing classes in 2012,” recalled **Damion Caudy**. “I left my advisor’s office that day and thought, *What am I going to do? I have a daughter at home to support. I have to go to school!* About 15 seconds later, I heard an ad for the Union College nursing program on the radio.”

Her sights set on nursing school, Caudy was finishing up prerequisites during the fall semester of 2009. “As I was driving away, I told God *I’ve got to do something now; I can’t wait for three years,*” she said. “Even though the ad said that if I applied right away, I could start classes in January, I didn’t believe it.”

But she could not ignore the little voice in her head telling her to try. *What do I have to lose?* she thought. So she applied and was promptly accepted into Union College’s nursing program. Caudy graduated from Union in December 2012, and is now beginning her new career within a few months of when she would have just started her education elsewhere.

“I had driven past Union for years and never even realized it was a college,” Caudy admitted. “My parents were excited. They are Catholic, so as Christians they were definitely open to faith-based education. I told them

a little about Seventh-day Adventists, and they have come to a couple of events we’ve had here.” Her parents were pleased she would be earning a bachelor’s degree at Union, rather than an associate degree from community college.

“I decided to be a nurse back in high school,” said Caudy. But after graduation she only took classes here and there, working enough to pay for school as she went. “I got a job and lived paycheck to paycheck. I paid for school, then took a semester off when I ran out of money.”

Even after an unexpected pregnancy and the realization that she would be raising her daughter alone, Caudy never gave up on her education. “I decided to work until I had the baby, stay home for five or six months and then finish school,” she said. “I planned to finish before she turned five because I didn’t want to relocate after she started school.”

After celebrating her daughter’s fifth birthday in February, Caudy credits God for her success. “Now that I’m done, I know God let it happen emotionally and financially,” she reflected. “Throughout my entire career, He has answered all my prayers.”

When financial difficulties arose, **Taryn Rouse**, Union’s director of Student Financial Services, helped her find additional money, including a \$10,000 grant to fund her last semester of school. “It

even paid for me to take the NCLEX-RN licensure exam and for gas to and from school,” she smiled. “God has been working. Every time I struggled in class and was afraid I wouldn’t pass, I ended up doing much better than I thought. Whenever there’s been a challenge in my life, financially or emotionally, someone at Union came up and gave me a hug. It’s just been a blessing.”

Union’s nursing program is also committed to mentoring students and encouraging them along their academic journey.

“I love my nursing instructors,” said Caudy. “They have such knowledge, patience and organization. Each one made me think through problems and come to the answer myself instead of just giving out facts.”

Small class sizes also afford professors more opportunity to get to know students and work with their individual needs. “The teachers are incredible with the amount of encouragement they give,” said Caudy. “**Dr. Robison** [professor of English] is amazing. He really wants you to learn, and he makes



Steve Nazario/Union College

When Lincoln resident Damion Caudy needed a nursing school, God sent her to Union College.



the classes wonderful. I'm not a strong writer, and I don't do well in the classroom setting. He took the time to meet with me one-on-one and taught me like a directed study."

Caudy appreciates her time spent at Union and encourages others to consider it as an option. "I've recommended Union to several friends, and I

would recommend it to anybody, no matter what your field of interest," she added. "I've had so many opportunities I wouldn't have other places. I was able to go to Nicaragua for a week with the Frontier Nursing class. I'd never seen the ocean or been to a different country before, yet got to do it all in one day. I got to be a nurse in a

developing country, and it gave me a whole different perspective. There are just so many experiences here at Union—I could talk for days."

The next stage for Caudy will involve a lot of new experiences, but she feels well equipped to handle the challenges and possibilities the future brings. "God is going to guide me and put

me where He needs me to be," she said at graduation. "It won't be easy, but I know it'll work out."

Joellyn Sheehy is a senior international rescue and relief major from the United Kingdom.

To learn more about studying nursing or any other program at Union, visit [www.ucollege.edu](http://www.ucollege.edu) or call 800.228.4600.

## Summer Math Workshops Return to Union College

by Ruby Ruano

After a one-year hiatus, Union College will once again offer a summer math workshop for math educators at all levels—kindergarten through college. Under the direction of Union College mathematics professor **Larry Ray**, the one-week course will focus on bringing together teachers from every level to enhance teaching skills. Discussions and learning activities will emphasize implementation of the NAD-USA Elementary Math Standards 2012, which are closely aligned with the new Common Core State Standards.

"At first college professors or high school teachers may ask themselves what they have to learn from elementary teachers," said Ray. "But once they get together and start working on lesson plans, they discover so much about each other," he added.

"I went to the first one because I needed to renew my certification," said

**Michelle Weikum**, a 2006 Union graduate who teaches math at Auburn Adventist Academy in Washington. "But the first one was such a positive experience of collaboration with teachers at all levels, I decided to attend again the next year."

In the July 8-12 workshop, teachers will be working as teams that include two elementary teachers, a middle school teacher, a high school math teacher, and a college math professor. By putting together lesson plans collaboratively, the teams learn what teachers at each level face and how students are impacted when they reach high school or college. Teams are expected to participate from many schools around North America.

"Sometimes college teachers blame high school teachers for not teaching students correctly, while high school teachers blame junior high teachers, who in turn blame elementary teachers," Ray explained. "And the elementary teachers blame

the parents for not properly sitting down with the children to teach them."

According to Weikum, the most valuable part of the workshop is the communication among teachers. "Instead of pointing a finger at elementary teachers and blaming them for not teaching properly, we work together for the good of our students," she said.

As a high school teacher, Weikum had forgotten how difficult it could be to help early elementary students to grasp the number system. "I gained a lot of respect for my elementary colleagues," she said. "I learned so much working with them."

More than 250 Seventh-day Adventist academy and local Lincoln high school teachers have been through Union College summer math workshops over the past eight summers. Ray expects nearly 40 teachers to attend this summer.

Various grants have allowed Union College to provide the credit hours they

earn for a very small fee. This year, thanks to a grant from **Tom and Vi Zapara**, the class—worth two semester credit hours—will be offered for only \$100. In addition, each attendee will receive a \$250 scholarship to help cover travel costs and a place to stay.

"We want to shrink the gap between each level of education," said Ray. "If we can get teachers of every level talking, they will do a better job educating our students. Then students will have an easier time understanding what is expected of them."

"The workshops always energize me," said Weikum. "And the collaboration helps me better understand what my students should know when they come to me in high school. It is so important that we work together across all levels to provide the best learning environment so our students can be successful."

Ruby Ruano is a senior nursing major from California.



# Reflections on a Life of Service

## In Memory of Dr. Roy Nelson

*Shortly after this article was written, Dr. Nelson passed away unexpectedly. He is remembered fondly by his Avista Adventist Hospital family, who asked that the article be published as scheduled—in his memory.*

Dr. Roy Nelson still remembers that spring day in 2000. The new bronze sculpture of Jesus, Eden Restored, was being unveiled at the front entrance of Avista Adventist

Hospital, and almost as though it had been staged, children began playfully interacting with it.

Over the years since then, he's often observed children sitting on the lap of Jesus, adults lingering nearby, and people connecting with this life-sized piece of art that acts as a reminder of Christ's invitation to enter into a personal relationship with Him.

The piece serves as a

fitting welcome to Avista, a hospital that places restoration and faith at the center of its healing work—a commitment that Dr. Nelson, a pediatrician, shares.

Nelson's roots in Adventist healthcare go back to the day he was recruited to Boulder Memorial Hospital in 1981. When Avista opened, he was one of the first physicians to take up residency in the medical office building.

A third-generation Adventist, Nelson has cultivated his career with faith at the center. "Portraying the healing ministry of Jesus Christ is in our hospital mission statement. I want to portray that to others," he says. "And it's more than that. What I've found—and what surprised me—is that there's a nicer atmosphere working with people who share this desire. It's collegial and supportive."

Besides the role his upbringing played, Nelson traces the shaping of his views of faith-based healthcare back to his education—first at Union College, and then at Loma Linda University. "I was eager to attend an Adventist Christian school and eventually be associated with Adventist hospitals," says Nelson. It was at Union, while studying to be a science teacher, that he made the decision to pursue medicine.

Pediatrics, he's found, has

been a good fit for him all the way around. "Imagine a job where you get to play with cute kids all day long and get paid for it," he quips.

One of the few remaining solo practice owners, Nelson likes the freedom of deciding how his practice will run. At times, that may mean providing services at no cost for patients in certain situations. Or offering them support and resources—like parenting books that he loans from his own library. It also means that he not only gives his patients direct access to him after hours, he's been known to make house calls, as well. "I work hard to help my patients feel comfortable," he adds.

As for his relationship with Avista, he's an advocate for their distinctive way of delivering healthcare. "I tell my patients that Avista is one of the best places in Denver metro to have a baby. It's certifiable. It's safe as far as outcomes, there's lots of support for parents, and patients really feel the deep sense of caring there. All the staff—doctors, nurses, janitors, cafeteria workers—go the extra mile."

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This article was submitted by Stephen King, senior vice president for mission and ministry for the Rocky Mountain Adventist Health System/Centura Health, where he serves the five Adventist hospitals in Colorado. It was written by CMBell Company.

Courtesy, Adventist Health System



Shortly before his death, Dr. Roy Nelson received the Avista Adventist Hospital 2012 Founder's Award for his decades of service to the hospital and the community.





# SMMC's Wellness Program Rejuvenates Mind, Body and Spirit

by Jackie Woods

Caring for others can be difficult work. Shawnee Mission Medical Center (SMMC) recognizes the physical and mental challenges created by a high-stress work environment. To keep associates healthy, Mission Wellness, SMMC's associate wellness program, focuses on a holistic approach to improve the mind, body and spirit of associates and their families.

While many programs concentrate solely on exercise and nutrition, Mission Wellness takes the whole person into account and uses CREATION Health principles to not only improve physical health, but also mental and spiritual wellbeing.

"CREATION Health is a realistic and doable model of what life can be for all of us," said Juliet Stoddart, associate wellness coordinator. "The eight principles work together in unison and can lead to optimum personal health."

CREATION Health is an acronym that stands for:

*Choice:* A gift given to us at Creation, the power to choose can directly impact our wellbeing.

*Rest:* Important for functioning at full capacity, rest helps to refresh and regenerate the mind, body and soul.

*Environment:* A healthy environment is created by engaging the senses.

*Activity:* Increased activity enhances physical

and mental development.

*Trust:* A trusting relationship with our Creator affects overall health, which is ultimately guided by our faith, beliefs and hope.

*Interpersonal Relationships:* Strong relationships take time to build, but serve as one of our greatest blessings.

*Outlook:* A positive outlook on life improves personal health by encouraging God's gifts of hope, love and peace.

*Nutrition:* Nutritious foods are one of the most powerful tools we have to promote health.

As part of Mission Wellness, Stoddart uses these principles to develop monthly wellness challenges. Each challenge aims to improve the physical, mental and spiritual wellbeing of associates by focusing on at least one of the eight CREATION principles. Past wellness challenges encouraged recycling, relaxation, interaction between co-workers and increasing water, fruit and vegetable intake. More than 30 wellness teams from various departments throughout the hospital compete each month for points, prizes and the wellness trophy.

Along with monthly challenges, Mission Wellness also benefits associates by offering one-on-one consultations with Stoddart, personal trainers



Courtesy/ Adventist Health System

**Juliet Stoddart, associate wellness coordinator, uses CREATION Health principles to help SMMC associates achieve their lifestyle goals.**

in SMMC's fitness center, the use of pedometers, CREATION Health classes, and reduced-cost swimming lessons for children of associates.

After the birth of her second child, SMMC associate Brook Boyer turned to the program to help her lose weight. Thanks to her hard work and determination, coupled with Stoddart's encouragement, Boyer lost more than 20 pounds.

Improved physical health is not the only benefit Boyer has received from the program. She also enhanced her mental and spiritual health by working with Stoddart to follow a plan specifically tailored to help a working mom of two

achieve success.

"I needed someone to believe I could be successful and Juliet did," said Boyer. "Not only have I almost achieved my weight loss goal, but I feel much happier."

Helping to create a culture of wellness is extremely rewarding for Stoddart. "I love to see associates who are engaged and invested in their own health. I cheer them on when they reach their milestones, and have laughed and cried with many associates."

Jackie Woods is a writer for Shawnee Mission Medical Center.

*Correction from June issue:*

**Achtziger, Alexander "Ron"**, b. May 15, 1949 in Belle Fourche, SD. d. Mar. 26, 2013 in Sundance, WY. Member of College View Church. Served in US Army as a medic in Vietnam. Preceded in death by parents. Survivors include wife Anna; 2 sisters.

**Bachman, Art**, b. Dec. 15, 1928. d. Jan. 24, 2013 in Maryville, IL. Member of St. Louis Central Church. Survivors include wife Carrie; daughter Christine Nungesser; 1 sister; 1 grandchild.

**Bechthold, Elizabeth L.**, b. Nov. 16, 1915 in Harvey, ND. d. May 9, 2013 in Lincoln, NE. Member of College View Church. Survivors include daughter Ardyce Bullock; son Kurby; 1 sister; 4 grandchildren; 6 great-grandchildren.

**Bonte, Mary**, b. Dec. 29, 1945. d. May 11, 2013 in Peach Tree, GA. Member of Davenport (IA) Church. Preceded in death by 5 siblings. Survivors include daughter Stephanie Smith; sons Troy, Lawrence and Barry Smith; 4 siblings; 2 grandchildren.

**Carner, Helen P.**, b. Feb. 2, 1921 in Atchley, OK. d. Apr. 4, 2013 in Lincoln, NE. Member of Piedmont Park Church. Preceded in death by husband Joe Carner. Survivors include sons Vern and Virgil Carner; 2 siblings; 2 grandchildren; 4 great-grandchildren.

**Casinillo, Sally**, b. May 26, 1960 in Mindoro, Philippines. d. May 4, 2013 in Joplin, MO. Member of Joplin Church. Preceded in death by 2 sisters. Survivors include husband Mario; sons Marc and Andrew; 6 siblings.

**Coe, Freda**, b. Oct. 14, 1934 in Boone County, IA. d. Mar. 20, 2013 in Boone, IA. Member of Boone Church. Survivors include husband Larry; daughter Dawn Coe; sons John and Steven; 2 grandchildren; 4 great-grandchildren.

**Easley, Wanda L.**, b. Aug. 24, 1939 in Keene, TX. d. May 20, 2013 in Harvey, ND. Member of Harvey Church. Preceded in death by 2 brothers. Survivors include husband Wayne; daughter Linda Brinegar; sons Evan, Kevin and Steven; 3 grandchildren; 1 great-grandchild.

**Flemmer, Esther**, b. Apr. 14, 1919 in Cleveland, ND. d. May 4, 2013 in Jamestown, ND. Member of Cleveland Church. Preceded in death by husband Jacob; daughter Jeanette; 12 siblings. Survivors include daughters Charlotte Batsch and Gloria Wetzel; 4 grandchildren; 6 great-grandchildren.

**Flemmer, Esther A.**, b. Sept. 24, 1931 in Tenvik, ND. d. May 26, 2013 in Brighton, CO. Member of Brighton Church. Preceded in death by husband Erwin. Survivors include daughters Jacqueline Dunkin, Janice Rasmussen, Arleen Opp and Ardyce Flemmer; 6 grandchildren; 1 great-grandchild.

**Gottfried, Bertha**, b. Sept. 26, 1918 in Freeman, SD. d. Apr. 29, 2013 in Littleton, CO. Member of Littleton Church. Preceded in death by husband William; 3 children; 4 siblings. Survivors include daughters Donna Hibberd and Karen Schmidt; 9 grandchildren; 11 great-grandchildren.

**Hardesty, Pat**, b. Aug. 8, 1937 in Rocky Ford, CO. d. Feb. 6, 2013 in Sturgeon, MO. Member of Sunnydale Church. Preceded in death by 1 brother. Survivors include daughters Beverly Pischel, Jeannie Pearce, Gayleen Bradley, Joy Waller and Mishelle Weimer; 20 grandchildren; 15 great-grandchildren.

*Correction from May issue:*

**Herra, Mary A. (Fish)**, b. Aug. 21, 1934 in Platte, SD. d. Jan. 27, 2013 in Custer, SD. Member of Custer Church. Preceded in death by husband Dean; 2 siblings. Survivors include daughter Gloria Marcoe; sons Gordon, Melvin, Gary, Donald, Clifford, Rodney and Raymond; 2 siblings; 15 grandchildren; 16 great-grandchildren.

**Jones, Margery**, b. Jan. 4, 1926 in Kansas City, KS. d. Mar. 5, 2013 in Kansas City, MO. Member of Kansas City Central Church. Preceded in death by husband Edward. Survivors include daughter Carolyn Jones; 1 brother.

**Kading, Geraldine "Gerri" (Heier)**, b. July 31, 1943 in Detroit Lakes, MN. d. Apr. 10, 2013 in Detroit Lakes, MN. Member of Detroit Lakes Church. Preceded in death by husband Elmer; parents. Survivors include daughter Rhonda Franklin; sons Roger, Robert and

Richard; 1 sister; 8 grandchildren; 3 great-grandchildren.

**Lange, Merna K.**, b. Apr. 22, 1915 in Hurdsfield, ND. d. Apr. 19, 2013 in Siloam Springs, AR. Member of Dakota Conference. Preceded in death by husband Jake; 8 siblings. Survivors include daughters Pearl Stabel and Jackie Wren; son Jerry; 1 sister; 6 grandchildren; 13 great-grandchildren.

**Moore, Terry**, b. Jan. 3, 1953 in Marshalltown, IA. d. Mar. 27, 2013 in Marshalltown, IA. Member of Marshalltown Church. Preceded in death by parents. Survivors include 2 brothers.

**Ochsner, Joseph**, b. Sept. 19, 1918 in Medina, ND. d. May 14, 2013 in Jamestown, ND. Member of Cleveland Church. Preceded in death by wife Lydia; 4 siblings.

**Opp, June**, b. June 6, 1930 in Goodrich, ND. d. May 25, 2013 in Lincoln, NE. Member of College View Church. Survivors include daughter Joan Prentice; sons Bruce, Rodney and Douglas; 2 sisters; 6 grandchildren; 7 great-grandchildren.

**Orner, Paul F.**, b. Jan. 19, 1946 in Carlisle, PA. d. May 20, 2013 in Jamestown, ND. Member of Jamestown Church. Preceded in death by parents; 1 sister.

**Perekrestenko, Alvina**, b. Apr. 20, 1921 near Grassy Butte, ND. d. May 7, 2013 in Velva, ND. Member of Minot Church. Preceded in death by son Leroy; 8 siblings. Survivors include sons Duane and Merel.

**Pritchett, Sterling**, b. Jan. 17, 1927 in Gray Summit, MO. d. Apr. 4, 2013 in Kansas City, MO. Member of Oak Grove (MO) Church. Survivors include wife Alice; daughters Carolyn Daniels and Dorothy Kilmer; 3 grandchildren.

**Robinson, Donald G. Sr.**, b. Apr. 14, 1928 in Henrietta, OK. d. Dec. 18, 2011 in Lakewood, CO. Member of Denver West Church. Preceded in death by sons Don Jr. and Mike. Survivors include wife DeLoris Robinson; daughter DeLana Cardinal; son John; 7 grandchildren; 8 great-grandchildren.

**Roghair, Dennis**, b. Jan. 16, 1953 in LeMars, IA. d. Apr. 20, 2013 in Hinckley, MN. Member of

Hinckley Church. Preceded in death by parents. Survivors include wife Beverly; children Dawn and Dan Roghair, Dawn Mead, Jackie, Terry and Jodie Haavisto; 5 siblings; numerous grandchildren and great-grandchildren.

**Sahlin, Carl W.**, b. Feb. 16, 1926 in Saint Joseph, MO. d. Nov. 1, 2012 in Loma Linda, CA. Member of Redlands (CA) Church. Preceded in death by first wife Janice; 3 siblings. Survivors include wife Donna; sons Monte and Christopher; stepdaughters Sandi Parker and Sheri Conklin; 2 grandchildren; 1 stepgrandchild; 3 great-grandchildren.

**Schmidt, Valerie Z.**, b. July 25, 1951 in Heron Lake, MN. d. Apr. 18, 2013 in Lowry, MN. Member of Lakes Area Church. Preceded in death by parents.

**Shoemaker, Michael**, b. Mar. 15, 1956. d. Mar. 23, 2013 in Monahans, TX. Member of Sedalia (MO) Church. Preceded in death by wife Barbara; parents. Survivors include daughter Micandi McDonald; son Troy Shoemaker; 2 grandchildren; 5 siblings; stepfather.

**Stofer, Kathleen "Kitty" R.**, b. Apr. 11, 1930 in Elko, MN. d. Apr. 13, 2013 in Faribault, MN. Member of Faribault Church. Preceded in death by 5 siblings. Survivors include husband Glen; children Elizabeth Liebelt, Robert Stofer, Nancy Moore and Laurie Stofer; 1 sister; 4 grandsons; 1 great-granddaughter.

**Vermilya, Bayard**, b. May 2, 1931 in Glendo, WY. d. Apr. 4, 2013 in Mountain Grove, MO. Member of Mountain Grove Church. Survivors include wife Becky; daughter Stephanie Veegold; 3 siblings.

**Waggoner, Marion**, b. Dec. 8, 1921. d. Mar. 25, 2013 in St. Joseph, MO. Member of Three Angels (St. Joseph, MO) Church. Preceded in death by husband Sharon; 2 sisters. Survivors include daughter Marcella Hassen; son John Waggoner; 1 sister; 3 grandchildren.

**To submit an obituary to OUTLOOK**, visit [outlookmag.org/submit-obituary](http://outlookmag.org/submit-obituary). Please contact Randy Harmdierks with questions: 402.484.3012 [randy@outlookmag.org](mailto:randy@outlookmag.org)



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## SERVICES

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**AdventistSingles.org** Free 14-day Trial! Join thousands of Adventist singles online. Free chat, search, profiles, match notifications! Adventist owners since 1993. Visit [www.elliodylan.com](http://www.elliodylan.com) for the Undercover Angels series of novels for Christian teens that build on Biblical principles and reinforce integrity. Great for Sabbath reading, church and home schools, and gifts!

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**Single and Over 40?** The only interracial group for Adventist singles over 40. Stay home and meet new friends in USA with a Pen Pal monthly newsletter of members and album. For information send large

self-addressed stamped envelope to ASO 40; 2747 Nonpareil; Sutherlin, OR 97479.

**Southern Adventist University** offers master's degrees in business, computer science, counseling, education, nursing, religion and social work. Flexibility is provided through some online and many on-campus programs. Financial aid may be available. For more information, call 423.236.2585 or visit [www.southern.edu/graduatestudies](http://www.southern.edu/graduatestudies).

**Summit Ridge Retirement Village** is an Adventist community in a rural Oklahoma setting but close to Oklahoma City medical facilities and shopping. Made up of mostly individual homes, the village has a fellowship you'll enjoy. On-site church, independent living, nursing home and transportation as needed. Call Bill Norman 405.208.1289.

## EMPLOYMENT

**Adventist University of Health Sciences is seeking applicants for an accounting, finance or economics professor** for their new Master of Healthcare Administration program. A doctoral degree is required. Submit CV to: Dr. Benita David, Chair of Healthcare Administration, Adventist University of Health Sciences, 671 Winyah Drive, Orlando, FL 32803; [benita.david@adu.edu](mailto:benita.david@adu.edu).

**Nurse Practitioner or Physician Assistant** job opportunity for growing Outpatient Psychiatric Practice in Auburn, California. Beautiful Minds Medical, Inc., focuses on whole-person care by integrating holistic lifestyle principles, Christian counseling, and evidence-based practice into mental health treatment. Nestled in the beautiful Sierra Foothills, great place for outdoors enthusiast! Contact information: 530.889.8780 [www.beautifulmindsmedical.com](http://www.beautifulmindsmedical.com).

**Southern Adventist University Counseling & Testing Services/ Student Success Center** seeks Licensed Professional Counselor. Candidates must have a Master's degree and licensure in counseling (LPC) and a minimum of three years of successful counseling

related experience. Candidate must have a strongly expressed commitment to Jesus Christ, and be a Seventh-day Adventist church member in good and regular standing. Submit resume and cover letter to Jim Wampler, Southern Adventist University, Student Success Center, Box 370, Collegedale, TN, 37315-0370 or [jwampler@southern.edu](mailto:jwampler@southern.edu).

**Southern Adventist University School of Nursing** seeks applicants committed to SDA nursing education to join a mission-focused team as adjunct, part- or full-time faculty. Earned doctorate required. Advanced practice certification/experience preferred, but not required for some courses. Consideration given for candidates who wish to teach online without relocating. Must be a member in good and regular standing in the Seventh-day Adventist Church. Send curriculum vitae to Dr. Barbara James, [bjames@southern.edu](mailto:bjames@southern.edu). SAU School of Nursing, PO Box 370, Collegedale, TN 37315.

**Southern Adventist University School of Education and Psychology** seeks faculty for Counseling programs. Qualified candidates must have an earned doctorate in Counseling or Counselor Education, preferably from a CACREP-accredited program, with a concentration in School or Clinical Mental Health Counseling. The candidate must have a strongly expressed commitment to Jesus Christ, and be a Seventh-day Adventist church member in good and regular standing. Submit curriculum vitae and cover letter to John McCoy, School of Ed/Psych, Box 370, Collegedale, TN, 37315-0370.

**Southern Adventist University seeks Dean for School of Business and Management.** A Doctoral degree required. Will oversee the undergraduate and graduate programs. Priority given to applications received by July 1, 2013. The successful candidate must have a strongly expressed commitment to Jesus Christ, and be an SDA church member in good and regular standing. Submit curriculum vitae and cover letter to Pat Coverdale, Director of Human Resources:



plcoverdale@southern.edu or Human Resources, Southern Adventist University, PO Box 370, Collegedale, TN 37363.

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**Now is the time. Are you ready to move to the country?** *Fundamentals of Christian Education*, p. 326, 327. This home is for sale. It is a bed and breakfast, used for retreats: [whyliveupnorth.com](http://whyliveupnorth.com). Pastor Walter James.

## EVENTS

**2014 Forever Faithful International Camporee** is seeking Pathfinders age 9-19 who play an instrument or sing to join the Symphony Orchestra or Mass Choir. Submissions are also being accepted for the theme song competition. Winner receives two free tickets to the camporee. For information/regulations visit [www.camporee.org](http://www.camporee.org) or contact Catrina LeSure at [catrinalesure@yahoo.com](mailto:catrinalesure@yahoo.com).

**Campion Academy's Alumni Weekend will be held on Sept. 27-29.** We have a great weekend planned. The guest speaker will be Barry Black, Chaplain of the US Senate. He will be the speaker for Friday night vespers and Sabbath 11 o'clock service. Gospel singer Larry Ford will give a concert Saturday evening at 6:30 at the Campion Church. Mark these dates on your calendar. It's a weekend you won't want to miss.

**Congratulations to Duane and Betty (Wencel) Ready,** of Arvada, CO, celebrating 60 years of marriage! Married in the Boulder Church on June 28, 1953. Graduates of Campion Academy class of 1952. Attended Union College before settling in the Denver area. Four daughters, seven grandchildren (first great-grandchild on the way). Long-time members of LifeSource Adventist Fellowship. For photos and more, go to [www.outlookmag.org/mile-markers](http://www.outlookmag.org/mile-markers).

**Midland Adventist Academy Alumni Association 1st Annual 5k Run/Walk.** [Midlandacademy.org/alumni](http://Midlandacademy.org/alumni). Regular: July 1- Sept. 27 (\$45). Late Registration: Sept. 28 - Oct. 12 (\$50). Children 12 years and under: \$15.

**Oak Park Academy's Alumni Homecoming weekend is Sept. 27-28 in Nevada, Iowa.** Honor classes of 1963 (50 years) and 1973 (40 years) will lead out in the services. Jaime Jorge concert on Sabbath. For more information contact Michael Porter [mporteratp@gmail.com](mailto:mporteratp@gmail.com) or 202.746.0744.

**Sheyenne River Academy/Dakota Adventist Academy Alumni Weekend, Oct. 4-5** at Dakota Adventist Academy, 15905 Sheyenne Circle, Bismarck, ND. Honor Classes: '39, '44, '49, '54, '59, '64, '74, '84, '89, '94, '04, '09. For more information contact 701.258.9000 ext 236, or visit our website at: [www.dakotaadventistacademy.org/alumni/alumnierevents](http://www.dakotaadventistacademy.org/alumni/alumnierevents).

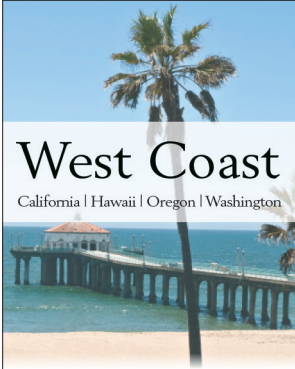
**"Showers of Blessing" 2013 Homecoming Weekend:** Pastor Gary Collins, officers and members of the Sharon Seventh-day Adventist Church, 3336 Lake Street, Omaha, Nebraska invite all former pastors, former members, friends, alumni and former staff of

Dolea Fullwood Junior Academy to join us Aug. 15-18, as we celebrate our "Showers of Blessings" Homecoming Weekend. Greet old friends, make new friends and experience a "Shower of Blessings."

**We are preparing for the 100th Anniversary Celebration of Jefferson Academy** in Jefferson, Texas. If you were a faculty or student, please send your contact information to [JeffersonAcademyAlumni, P. O. Box 187, Jefferson, TX 75657](mailto:JeffersonAcademyAlumni, P. O. Box 187, Jefferson, TX 75657) or [jeffersonacademyalumni@gmail.com](mailto:jeffersonacademyalumni@gmail.com).

**Worship with us at Yellowstone National Park** every Sabbath from Memorial Day through Labor Day. Services at 10 am in employee recreational hall connected to Old Faithful Lodge.

**You're invited to the 2013 Maranatha Volunteers International Convention** (Roseville, CA.) This FREE event features speakers from around the world and musical guest Steve Green. September 20-21. Register at [www.maranatha.org](http://www.maranatha.org).




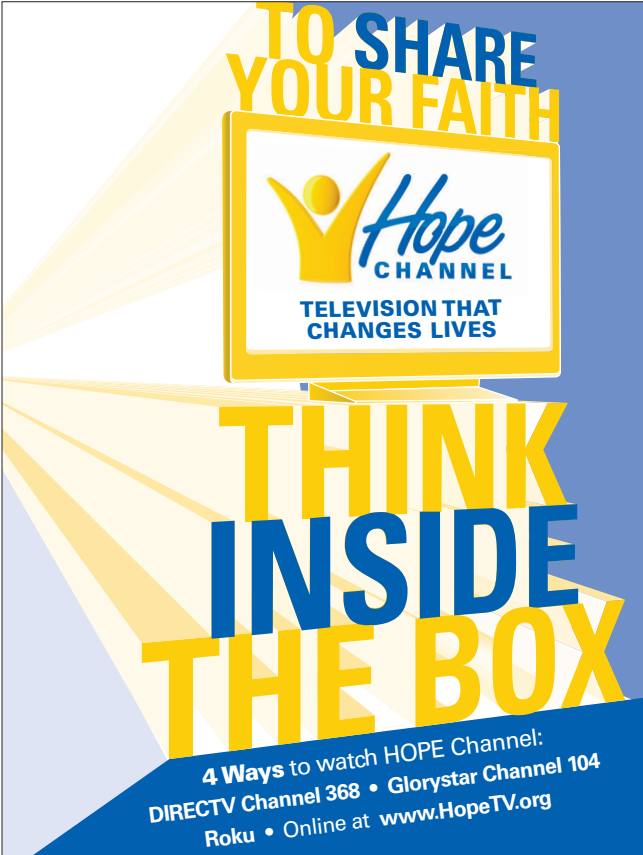
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SUNSET CALENDAR	Colorado	July 5	July 12	July 19	July 26	Aug 2
	Denver	8:31	8:28	8:24	8:19	8:12
	Grand Junction	8:43	8:41	8:37	8:31	8:24
	Pueblo	8:25	8:23	8:19	8:14	8:07
	<b>Iowa</b>					
	Davenport	8:39	8:36	8:32	8:26	8:18
	Des Moines	8:52	8:49	8:44	8:38	8:31
Sioux City	9:06	9:03	8:58	8:52	8:44	
<b>Kansas</b>						
Dodge City	9:05	9:03	8:59	8:54	8:47	
Goodland	8:17	8:14	8:10	8:05	7:58	
Topeka	8:52	8:49	8:45	8:40	8:33	
<b>Minnesota</b>						
Duluth	9:05	9:01	8:55	8:48	8:39	
International Falls	9:18	9:14	9:07	8:59	8:49	
Minneapolis	9:02	8:59	8:53	8:46	8:38	
<b>Missouri</b>						
Columbia	8:38	8:35	8:31	8:26	8:19	
Kansas City	8:47	8:45	8:41	8:35	8:28	
St. Louis	8:29	8:26	8:22	8:17	8:10	
<b>Nebraska</b>						
Lincoln	9:01	8:58	8:54	8:48	8:41	
North Platte	9:19	9:16	9:11	9:05	8:58	
Scottsbluff	8:33	8:30	8:25	8:19	8:11	
<b>North Dakota</b>						
Bismarck	9:40	9:36	9:30	9:22	9:13	
Fargo	9:24	9:20	9:14	9:07	8:57	
Williston	9:57	9:52	9:46	9:38	9:29	
<b>South Dakota</b>						
Pierre	9:28	9:25	9:20	9:13	9:05	
Rapid City	8:39	8:35	8:30	8:23	8:15	
Sioux Falls	9:11	9:07	9:02	8:56	8:48	
<b>Wyoming</b>						
Casper	8:47	8:43	8:39	8:32	8:24	
Cheyenne	8:35	8:32	8:27	8:21	8:14	
Sheridan	8:56	8:53	8:48	8:41	8:32	

SUNSET CALENDAR	Colorado	Aug 2	Aug 9	Aug 16	Aug 23	Aug 30
	Denver	8:12	8:03	7:54	7:44	7:34
	Grand Junction	8:24	8:16	8:07	7:58	7:47
	Pueblo	8:07	7:59	7:51	7:41	7:31
	<b>Iowa</b>					
	Davenport	8:18	8:10	8:00	7:49	7:38
	Des Moines	8:31	8:22	8:12	8:02	7:51
Sioux City	8:44	8:35	8:25	8:14	8:03	
<b>Kansas</b>						
Dodge City	8:47	8:40	8:31	8:22	8:12	
Goodland	7:58	7:50	7:41	7:31	7:20	
Topeka	8:33	8:25	8:16	8:06	7:56	
<b>Minnesota</b>						
Duluth	8:39	8:28	8:17	8:04	7:51	
International Falls	8:49	8:38	8:26	8:13	7:59	
Minneapolis	8:38	8:28	8:17	8:06	7:53	
<b>Missouri</b>						
Columbia	8:19	8:11	8:02	7:52	7:42	
Kansas City	8:28	8:20	8:11	8:02	7:51	
St. Louis	8:10	8:02	7:54	7:44	7:34	
<b>Nebraska</b>						
Lincoln	8:41	8:32	8:23	8:13	8:02	
North Platte	8:58	8:49	8:40	8:30	8:18	
Scottsbluff	8:11	8:03	7:53	7:42	7:31	
<b>North Dakota</b>						
Bismarck	9:13	9:03	8:51	8:39	8:26	
Fargo	8:57	8:47	8:35	8:23	8:10	
Williston	9:29	9:18	9:06	8:53	8:39	
<b>South Dakota</b>						
Pierre	9:05	8:55	8:44	8:33	8:21	
Rapid City	8:15	8:06	7:55	7:44	7:32	
Sioux Falls	8:48	8:39	8:28	8:17	8:05	
<b>Wyoming</b>						
Casper	8:24	8:15	8:05	7:54	7:43	
Cheyenne	8:14	8:06	7:56	7:46	7:35	
Sheridan	8:32	8:22	8:12	8:00	7:48	

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OCTOBER 25-27, 2013

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**READ THE FULL STORY** in "A Journey of Faith and Healing," WMMC's centennial history book.

**SATURDAY, OCTOBER 26 | Hospital Sabbath Program**  
Elders Charles White, great grandson of Ellen White, and Gordon Bietz, president of Southern Adventist University  
Concert by Sandi Patty, acclaimed Christian vocalist

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# LET'S MOVE! DAY

Sunday, September 22, 2013



HELP US REACH OUR 2 MILLION MILE GOAL!

Register at [www.AdventistsInStepForLife.org](http://www.AdventistsInStepForLife.org)

Whether you host a 5K run/walk, join a community event, or organize other activities, consider how your team can involve as many people as possible in physical activity. Invite your community to join your church, school, or hospital as we move together and promote a healthier lifestyle.

Find resources and information at [www.AdventistsInStepForLife.org](http://www.AdventistsInStepForLife.org)



Let's Move Day is an event of Adventists InStep for Life. It is sponsored by the North American Division Health Ministries Department in partnership with Adventist Community Services, Children's, Disabilities, Education, Family, Women's, Youth, and Adventist Chaplaincy Ministries, and the Ministerial Department.



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