

MID-AMERICA SEVENTH-DAY ADVENTIST NEWS & INSPIRATION

Special Issue

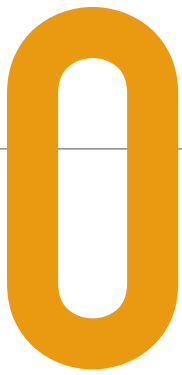
OUTLOOK

UNION COLLEGE
STUDENT
PRODUCED



Who are we?

FEB2016
outlookmag.org



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WELCOME TO OUR 2016 UNION COLLEGE STUDENT-PRODUCED ISSUE

Many of our readers claim the February issue as their favorite of the year. Chris Blake's sophomore-level editing class has once again actively engaged with our chosen theme (rediscovering our Adventist identity) and opened their hearts and minds to share with us.

You may or may not entirely agree with their perspectives. That's OK, because as we are reminded on p. 4-5 our goal in the body of Christ is unity, not uniformity. Because we care about keeping our young adults engaged in church life, we need to know what inspires them and also what concerns them.

So by God's grace let's accept everyone where they are, for who they are, and, immersed in the healing love of Christ, learn together to grow into the committed disciples He designs us to be.

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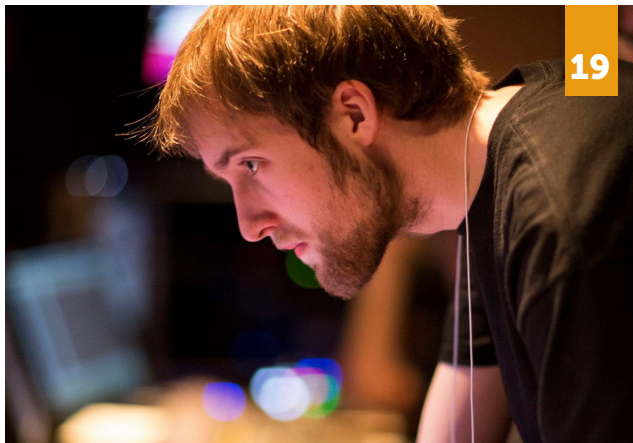
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"I have decided not to be a Madventist, a Sadventist, a Dadventist, a Fadventist or a Badventist. I am a Radventist, following the radical life and teachings of Jesus of Nazareth." p. 5



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Engaged Encounter

Sponsored by Union College
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PERSPECTIVES

DIVERSITY UNIVERSITY

—Chris Blake

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Diversity University

God is a diversity fanatic. Look around. Every retina, every snowflake, every galaxy is unique. Not content with a firefly and a potato bug, God conjured up 300,000 species of beetles and weevils.

The salient question of this special OUTLOOK issue emerges: unity or uniformity? For life on planet Earth, the chasm between the two choices yawns infinitely wide.

Unity is based on internals. Uniformity is based on uniforms.

Uniformity is a melting pot. Unity is a fruit salad.

Unity builds a restaurant menu. Uniformity maintains, “I must like everything on the menu. Otherwise, that item is gone.”

Uniformity drives the precise speed limit—in the fast lane.

Unity is creative. Uniformity is coercive.

Uniformity wears black. Unity wears periwinkle and auburn and forest green and buttercup and fuchsia.

Unity promotes

encouragement. Uniformity produces criticism.

Uniformity is one race, one gender, one age, one orientation, and one socioeconomic level. Unity is not.

Unity is a functioning body. Uniformity is all eyes.

Uniformity breeds deception and fear. Unity fosters courage and compassion.

Unity honors conscience. Uniformity erects creeds.

Uniformity works toward a goal, but the trip is riddled with suspicion and as bitter as bug spray. Unity progresses joyfully.

Unity is music. Uniformity is formulas.

Adolph Hitler demanded uniformity. Jesus of Nazareth propels unity.

Our grace-filled paradox

Those in the church who disagree with us are not *The Enemy*. It's all *We* here. We who believe different things, go to different schools, work at different jobs, eat different foods, wear different clothes,

“Those in the church who disagree with us are not *The Enemy*.”



Steve Nazario

Union College fall semester editing class: (front l-r) Chris Blake, Courtney Krueger, Eve Foster, Emily Segura, Wendy Lawson, Aubraelle Porter, Jesse Evert (back) Stefani Leeper, Grace Escobar, Jill Donald, Sarah Ventura, Yary Jiménez, Emily (Emy) Wood, Megan Wehling.

listen to different music, celebrate different holidays, watch different shows, speak different languages and dialects, vote for different candidates, and live in different neighborhoods. Our diversity-fan God shows us our church can be immensely different and still be *We*.

We are immersed in the sublime paradox of grace, resonant with random meaning, thick with life's marrow. Succumbing to God's kindness, *We* discover ourselves and enjoy the bright journey.

Continuing education

Instead of stopping at the Holiness "R" Us superstore, We can realize that fellowship

takes place not among perfect people but among honest ones. People who profess no allegiance to Christ can exhibit Christian behavior, just as those who claim to be Christian can misbehave in unchristian ways. But what a beautiful congruence takes place when God's daughters and sons freely respond, "Yes, I will love as Jesus loves," and actually do it.

Who are *We*? As a continuing education student, I am learning to cherish what is central over what is peripheral. *We* can determine for ourselves what is central.

You can be an E. G. White Adventist or a Red Letter Adventist. You can

be a guardian Adventist or a seeker Adventist. You can be a *Church Manual* Adventist or a biblical social justice Adventist. You can be a Netherlands Adventist or a Namibian Adventist. You can be an *Advindicate* Adventist or an *Adventist Today* Adventist. You can be a headship Adventist or (yes) a women's ordination Adventist. You choose.

As Barbara Kingsolver notes, "And then if you're lucky, you'll find a way to live inside that hope, running down its hallways, touching the walls on both sides." Ps. 16:11 describes, "In [God's] presence there is fullness of joy."

I have decided not to be a Madventist, a Sadventist, a Dadventist ("because my parents are"), a Fadventist or a Badventist. I am a Radventist, following the radical (literally "to the root") life and teachings of Jesus of Nazareth, the Founder and Professor Emeritus of Diversity University.

Chris Blake is an associate professor of English and communication at Union College. He has won numerous national awards for writing and editing and is the author of hundreds of published articles and many books.

MISCONCEPTIONS

Looking Out

Photos: Yary Jiménez



“Wow, an Adventist who listens!”

View from the outside

Do you believe in Christ?”

“Yes,” I replied.

“But aren’t you a Jewish sect?”

“No.”

“But you’re conservative.”

“There’s actually a spectrum.”

“You guys don’t wear jewelry, right?”

“Well . . .”

“Adventists have a really good health message.”

“Yes.”

“Is Ellen White a saint?”

“No.”

“Stefani, why do Adventists call Catholics the mark of the Devil?”

“Do we?” I hesitated, blinking in surprise. “I was not aware of that.”

These are just snapshots of questions I answered while working as a freelance writer for *The Adventist Today* Foundation at the 2015 San Antonio General Conference. In the city of approximately 1.4 million, expectations and misconceptions ran high as Adventists from all over the world congregated in the city.

“Welcome, Seventh-day Adventists!” greeted billboards along the freeway. These greetings were often followed with invitations to eat great vegetarian food along the San Antonio Riverwalk.

“We have a vegetarian menu just for you!” exclaimed one smiling señorita who spotted my team’s forest green General

Conference badges dangling from our necks.

I smiled at the Cafe Olé waitress as I accepted the all-vegetarian Tex-Mex menu, wondering what the restaurant staff would think of Adventists if I ordered a chicken quesadilla.

This was only the beginning of many encounters, including riverboat captains sporting Adventist-specific welcome pins on their uniforms.

“Wow, I’ve never met an Adventist before who is willing to listen,” voiced one Hindu after I took the time to listen to his view on spirituality.

And then there was the dumbfounded non-denominational preacher who stared blankly when I had to explain that Adventists actually don’t worship Ellen White and that we believe Adventists and other Christ-worshippers are all one in Christ, not enemies.

Bombarded by questions and preconceived notions about my faith, I realized those of the Adventist faith are perceived as having a holier-than-thou mentality. I also realized it’s difficult to build a complete understanding of a religion that is not always consistent when things are open to individual interpretation. And, of course, these various interpretations create misconceptions amongst ourselves, too, as Jesse realized last summer.

Looking In

View from the inside

I went to Italy this summer and among the many activities I did, I visited the Vatican. I was on edge in the days leading up to the experience, and even as I entered this “Holy Country” I felt I was somehow betraying my religion. I felt uncomfortable.

But then I went into the Sistine Chapel. I thought about all those people I had seen praying to the saints and contemplated how I feel when generalizations are made of me. We are all constantly being put inside boxes, these walls of dos and don'ts.

We are given labels.

In the church, a place where acceptance should reign supreme, we are told of molds we have to fit in.

“You can serve God in ministry through preaching, teaching, or medicine.”

“Other religions are bad.”

We are brought up to view anything else but our own path as the work of the Devil. We become so focused on the fundamentals of our faith that we forget what inspired the fundamentals. We start viewing our own brothers and sisters as inhuman, putting ourselves higher than others.

We are the remnant.

Are we better than the rest of humanity? We have a message to spread, so that must mean we have something

they don't. We are chosen. And to be chosen, we must be of more importance than those around us.

That view is flawed. Every one of us has something our neighbor lacks, and that is wonderful. I go out to eat on the Sabbath, my fellow Adventist friend does not; this is a personal choice. My sister's ears are pierced, and many Adventists view jewelry as corrupt. Some of us can sing, and some of us can play basketball. We all have differences, but we are made with a plan in mind so we can best serve our Lord. We need to escape the labels and tell the world God made us each in special design.

As I stood and gazed at the portraits of our history up on the ceiling that day I realized it isn't what denomination we worship God through, the color of hair, or the expectations hounded into our heads. We are all loved children of God. And if we want to love Him back we will grow with Him, accept who we are, and follow His purpose for our lives. This is who we are.

Stefani Leeper (p. 6) from Northern California is a junior communication major with emphases in journalism and emerging media.

Jesse Evert (right) from Casper, Wyoming is a sophomore language arts education major.



“Other religions are bad.”

Open the Eyes of My Heart

I can't do this. This is crazy.
Why did I commit to this?

"Hi, what are you up to?"

"Oh, hello! I didn't see you in there," I replied, peeking into the man's garage. I had nearly skipped his house. His garage stood open, but nerves still made me timid when doing literature evangelism.

Quickly I switched into canvassing mode. "Well, my name is Emily and this summer . . ." My thoughts trailed off. *He won't want a cookbook or devotional. I can already tell.* I felt slight guilt for making my assumptions, but it was a dreary day and I needed to work quickly before the rain stopped me.

"Wait, go back. What's that one?" The man leaned over to see the children's book. Jesus' smile shone on the cover of *Prince of Peace*.

"Oh, this one? Uhh. Well this is a storybook on the life of Christ for kids . . ." I continued my canvas, surprised when he reached into his back pocket and pulled out his wallet.

"Yeah, I'll support what you're doing!" His enthusiasm caught me off guard. "I believe in education and would love to give this book to my little boy."

Dazed, I left the garage. I nearly rejected this home because I didn't want to break out of my comfort zone. I nearly passed by this man without even speaking to him.

Do I often act this way? Do others know me to carry an attitude of acceptance or do I automatically reject what doesn't fit in my pristine box of presumptions?

Near miss

LE training taught me to be inviting, accepting. The instant I set foot on another person's property, I was to open my ears, eyes, heart and mind for ways to connect. When people see us as accepting, they begin to trust us. Without trust, sharing ideas, expressing beliefs and creating conversation is deeply hindered. Without

acceptance, there is no connection. In nearly skipping over the man's house I nearly missed an opportunity to connect.

The rest of that summer I consciously put God first and my presumptions second. If I wanted to reach more people, acceptance was the crucial first step.

Reopening

We don't have to be literature evangelists to have hearts of acceptance. In our Christian walk, we are often faced with the same question: What do we want to be known for?

My mom once told me, "Our job isn't to criticize, reject, or judge others. Our purpose is to offer a helping hand, compassion and mercy. We are to do unto others as we hope they would do unto us." The same principle can be found in the Bible. Jesus gives the commandment in Mark 12:31 to "love your neighbor as yourself."

This neighborly love and



I can't do this. This is crazy. Why did I commit to this?

Do others know me to carry an attitude of acceptance?

Because if God can love everyone, maybe I should too.

acceptance does not mean we will agree with everything someone says; nor will we idly sit by when wrong occurs. A clear difference exists between agreeing and accepting. Accepting is about caring, about inviting someone in to see what grace has to offer. Accepting others is taking that gift of love God has given us and trying it on for ourselves, even when nerves make us timid. Because if God can love everyone, maybe I should too.

Practicing Acceptance Daily

In an age of technology and fast-paced agendas, how can we open our hearts, minds, ears, and hands to accepting others?

1. Pray. Ask for the Holy Spirit to guide you as God opens opportunities where you can share the meaning of Jesus. Meditate on God's acceptance of everyone. Be inspired by His love.

2. Start conversations. Talk with people you wouldn't normally approach.

Ask more than "How are you?" Rather than pushing forward your own thoughts, focus on listening.

3. Push judgements aside. If we were all the same, life would quickly get boring. Differences force us to think outside of our usual judgements. Share your opinions respectfully if you disagree. Learn to see and acknowledge other positions before reaching conclusions.

Emily "Emy" Wood from Platte City, Missouri is a junior communication major.



ROUGH EDGES

Seeing the Whole Picture

I'm awake but I don't want to be. Exhaustion weighs my eyelids down, and there's a heavy sadness as well. The sheets and stresses tangle around me, pulling me further into weary sleep. As soon as my eyes open, they fill with tears and hopelessness drowns me.

This isn't the first time I've felt this. For as long as I can remember, the cooler fall weather has triggered my depression.

I manage to drag myself out of bed as my alarm rings again, telling me I have an hour to get to work. My aunt comes in to chat but our talk just ends up making me feel empty and I fight tears as I pull on clothes and rush out the door.

I'm late, of course, and I creep into the bathroom to change, hoping my boss doesn't talk with me about my tardiness because I know it will end with me sobbing. *Why am I late again?* I fight back tears that emerge from the thought, inhaling deep breaths before pasting on a weary smile and clocking in.

The morning drifts by. I almost lose it after a stranger looks at me and asks, "Are you OK?"

This cycle continues throughout the day, and I'm

exhausted after a few hours. I know what's happening yet can't seem to stop it. Depression and anxiety are a real struggle for me, sometimes daily.

Struggles

But I'm an Adventist, so I'm not supposed to struggle with sadness.

I'm not supposed to struggle with worry.

I'm not supposed to struggle with rage, disbelief, or any other negative emotion or thought process.

I'm supposed to "be joyful always" (1 Thes. 5) and continually feel a "peace that passes understanding" (Phil. 4).

I'm supposed to be able to pray all this away.

I know I'm not the only one who doesn't perfectly fit the Adventist ideal. I'm an Adventist who struggles with depression and anxiety and I have Adventist family and friends who struggle with anger and doubt. I find that whenever I really get to know the people sitting beside me in church, I realize they're living with and fighting against their own set of flaws.

But instead of seeing Adventism as an unreachable ideal, it's best to see us as a puzzle that fits together

imperfectly because it's made up of people with rough edges and missing pieces. Too often we think church members, pastors, and leaders are supposed to always be healthy and happy—but healthy people aren't the ones in need of a Doctor. Perfect people don't need a Savior. Jesus said, "It's not the healthy who need a doctor, but the sick. I've not come to call the righteous, but sinners" (Mark 2). It's the troubled who need healing, the lost who need finding, the lonely who need company—and that's all of us.

Sometimes I feel I'm inadequate because I struggle, as though I haven't prayed enough or don't have enough faith to be instantly and permanently healed. But in reality, God gives us a number of tools and tactics to deal with mental duress and illness. So even though my Seasonal Affective Disorder is triggered each fall, I've found some practical ways to cope with it.

Grace Escobar from Lincoln, Nebraska is a junior English major.

Sarah Ventura from Kasson, Minnesota graduated in December 2015 with English.

Mentally Healthy Habits

Maybe you've experienced times when disabling struggles didn't miraculously disappear. Instead of shaming ourselves when that happens, we need to find practical ways to work through, heal from, and cope with our emotions and thoughts. Here are some tips to living a healthy life in the midst of mental struggle:

1. Talk about it. The emotions you're experiencing are real. Find a safe, compassionate person and tell them what you're feeling.

2. Seek professional help. This help is especially important if your depression, anxiety, anger, or doubt has been triggered by personal loss, trauma, or if you have been experiencing it for weeks without reprieve.

3. Dim the screen on social media. As Theodore Roosevelt observed, "Comparison is the thief of joy." A constant connection to Facebook and Instagram can deepen our dissatisfaction when we compare ourselves to the edited pictures of other people's lives.

4. Remember: You are not the only one struggling. Let go of any shame that comes from feeling like you are alone. Offer yourself grace, and seek the help you need.



Seventh-day Catholicism?

Which school should I choose? I like Wesleyan's campus except for the dorms. I've always wanted to go to UNL like Sean. But Union has the master's program I want and I can make connections with professors early.

Choosing Union College was purely on an educational basis, mostly because I didn't know the Seventh-day Adventist Church was a denomination. My childhood consisted of Catholic and public schools.

The required religion courses and worship credits at Union caused me to hesitate enrolling. I felt as if I was being forced to learn a new religion and was appalled I had no say in the matter. Also I know there are Adventists who would walk away immediately if told they had to take classes about Catholicism.

During my first semester my first experience with the Adventist Church generated a desire to switch schools. All incoming students are required to take Christian Beliefs, so that was my first religion course at Union. *This will give me a chance to understand this environment*, I thought.

Knowing few people on campus and feeling like a complete

outsider, I made my way into my Christian Beliefs class and sat in the back row to survey the class and professor. Exams were laid on the desks.

"Just do your best. I am looking to see where everyone is at," the professor assured us.

I am going to fail this. I know nothing about this religion. I feel foolish.

We were instructed to write our religion at the top of the front page before we turned in our exams. Later the professor told me, "Because you are not Adventist you will struggle in this class and most likely fail. My teaching style is fast paced."

Well, that wasn't the warm welcome I was hoping for. I guess he's saying I'm not good enough. How am I supposed to learn this religion and get through the next four years?

Luckily, Pastor Rich Carlson, who teaches the Intro to Christian Beliefs course, changed my perspective of Union College and Adventists. Pastor Rich gave assignments such as having to attend three different Adventist churches, reading Mr. Blake's book *Swimming Against the Current*, and writing a one page paper about our own religion to introduce it to the other students.

These assignments gave me a good beginning to understanding Adventist ways.

Eye Opener

I have enjoyed the religion courses I have taken the past four years. My eyes were opened not just to Adventism but also to new ideas about Catholicism. Connecting with friends in the Adventist church—and professors as well—has made me feel welcomed and that I'm not so different from other students after all.

Being at Union and attending worships has strengthened my own faith and beliefs in a way that I'm more active in my own church, or I'm attempting to be. I understand more clearly what I personally believe. Most of all, I have a better understanding of what it means to follow in God's footsteps no matter what denomination we claim. My school choice was perfect and helped me with my education and spiritual life.

It's easy to call people who are different from us crude names when we don't understand their ways.

Some Adventists believe Catholicism is the prophecy of "the beast" and Catholics are coercive and deceptive to



I guess he's saying I'm not good enough.

My first experience generated a desire to switch schools.

My eyes were opened not just to Adventism but also to new ideas about Catholicism.

everyone around us. But is it not true that everyone is deceptive at one point or another? Everyone struggles admitting their own faults; that's human nature.

Even if we may not share the same beliefs, we all look to the Bible for guidance. One answer given to us multiple times is to love each other.

Bridging connections

As an outsider, I had to learn some lessons to make it easier to bridge connections with people who are different from me. We all have to do this. Here are tips to help the transitions.

Ask questions. You may learn your beliefs are actually not that different.

Make friends. Even if you don't carry the same beliefs that doesn't mean you can't hold similar interests in another part of life.

Be open to seeing different perspectives. There is nothing wrong with looking at a subject from different sides.

Take action. Learn about different viewpoints so you can be knowledgeable. Then make new friends, as I have.

.....
Megan Wehling from Lincoln, Nebraska is a senior English major.

A CHURCH THAT GROWS

Soft music played in the background as we walked into the small, crowded temple. The peachy walls and tall, white pillars added dramatic effect. Feeling awkward and uncomfortable, we lingered near the doorway.

“This is so weird and almost creepy,” my friend, Paige, whispered.

Slipping into a pew near the back, I continued to observe the happenings around me.

A man I presumed to be the pastor stood up front, talking calmly and casually. He leaned against the side of the pulpit, lazily using his hands while he spoke. He spoke completely in Castilian Spanish to his audience who shouted comments, responses, and questions at him. He thoughtfully tossed answers back.

Wide-eyed, Paige leaned over.

“How informal and . . . disrespectful! What kind of church is this?” she exclaimed.

This experience remained in the back of my mind as I packed my bags and moved from Battle Creek, Michigan to Lincoln, Nebraska. I didn’t know what to expect. I wanted to find a church that fit me, where I felt comfortable to use my gifts and talents and could

receive the blessing I needed. Growing up in a family where church played a key part in our lives, I had experienced a wide variety of church congregations, but nothing that made me want to send down my roots. I set out to Nebraska with open eyes and arms.

Finding a home

Upon arriving in Lincoln, I traveled the city Sabbath to Sabbath searching for the best church for me. The college church felt too big, the “younger” family church seemed too young and I don’t speak fluent Spanish, ruling out the Hispanic church.

As I continued my search, I stumbled on a tiny chapel with small pews, lively, meaningful music and powerful messages; it felt familiar. I loved its warm, family-like atmosphere and how they immediately got me involved before I was even a member. Instantly, I felt at home, and it grew on me.

My dad once said, “Church is not a place I go. It’s a place where I am. It’s where I express to others what God has done for me. As God has shown me mercy and done things for me, I will show others mercy and do things for them.”

This made me realize that it is easy for Christians to go to church for the wrong reasons, causing them to end up resenting church. Many are quick to judge other churches and even members of their own churches, which in turn hinders their own church experience.

For many Jews, the informal dialogue in the temple is as holy as any choir singing Handel’s “Hallelujah Chorus” in a cathedral! We have all been commissioned by God to perform varying tasks and to speak differing languages to uplift and encourage others.

When we find a community that nourishes us, we are better able to grow in grace—as the psalmist sings, “They are like trees planted by streams of water, which yield their fruit in its season, and their leaves do not wither” (Ps. 1:3, NRSV).

We are called to be the church, yet having a church where we can “yield our fruit” makes the mission that much easier.

Aubraelle Porter from Battle Creek, Michigan is a sophomore business marketing and communication major with an emphasis in public relations.



When your church doesn't fit

Every church is not for every person. If you're struggling to grow and flourish, here are some tips:

1. Be the change you want to see.

Unhappy with the atmosphere, attitude or overall aura of the church? Start the change. If you don't like the climate, be the positive change. Transformation starts with one.

2. Talk to your church family.

Communicate with trusted members about the issues you're having. Often, others will be struggling with the same issues or will provide solutions.

3. It may be time for you to use your spiritual gifts in a different setting.

God knows where we should be and plants us there with good reason. Ask God to guide you as you follow His leading.

GIVE ME A BREAK

I had tried many churches: one where I stood, swayed and tapped my foot more than I sat. One started at 9:15 and another at noon. Dull exhaustion filled my otherwise empty spiritual life.



On Dec. 15, 2014 I sat alone at The Mill, a coffee shop less than a block from Union College's campus. My hand cradled a hot apple cider and on the table sat a binder, a pink pen, and my laptop. As I studied for my finals, music played quietly through my headphones.

CO is carbon monoxide, C6H12O6 is gluco . . . What is this song? It's beautiful. "To Build A Home" by the Cinematic Orchestra, I don't think I've ever heard of them. Instantly, I became mesmerized, enticed to feel more than just effects of a well-recorded song, but to dive into a world built upon the artist's intimate yearnings.

Through all six minutes, I found myself staring out the window, my mind carried away like the snow drifting through the breeze. *Breathe Jill.* I became unable to do anything except focus on the song's pure simplicity.

As the last notes held my consciousness, I clicked the save button. *Now I won't forget it. I never want to forget this feeling.* For a while, each time I listened, I was shocked to find myself with the overwhelming inability to focus on anything besides the song.

Months later, I mindlessly listened to my playlist as I studied. *Hmmm hmmm hmmmm. Wait, this is "To Build a Home." How did I not notice? I was singing to it.*

Eventually it became more difficult to focus on the song. No longer did I feel the same connection and peace. *Maybe*

if I close my eyes. Maybe if I turn off my lights. Maybe if I go back to The Mill. But nothing could bring back the intense emotion of the first few times hearing it.

What did I do? Did I ruin it by listening too much? Did I overexpose myself? Maybe I need to find a new way to experience it. Maybe I need to let it go for a while, take a break, experience something new.

"Welcome to College View Seventh-day Adventist Church. Will those of you who are able, please join me on your knees for prayer? Dear Most Heavenly Father..."

Dull exhaustion filled my empty spiritual life. No church-going experience would bring rejuvenation to my Spirit-drained soul. There I sat, front row, second service. My bottom numbed in the pew and my soul fire flickered.

Does the pastor bore of preaching the same sermon twice? And the choir, standing up there two services in a row . . . "Please stand as we sing our closing hymn, 'We Have This Hope,' number 214 in your hymnal." Though this is my favorite hymn, the "hope that burns within our hearts" had dripped out of mine. I yawned and the sanctuary swallowed the benediction. "Have a happy Sabbath!" rang the pastor.

I squinted, stepping out into drapes of orange sun that shone into my hollowness. *Where was the rest, fellowship,*

and spiritual rejuvenation I usually found in church?

Seven days later, I rolled out of bed early and the air again smelled like Sabbath. Doxologies hallowed the morning, haystack beans soaked in the crockpot, and dress options slid off hangers into a pile on the dorm floor. I paused. After pouring a steaming cup of mint Bigelow, I spread out on my yoga mat with my Bible. My roommate left for church. I stared into bruised clouds and counted my breaths to heel clicks disappearing down the sidewalk outside my open window.

In for four, out for five. Was church not challenging or accepting/forgiving/authentic/involving enough? Was it too exclusive, old-fashioned, political? Had I forgotten the God I was taught to love and the alpine water that publicly signified my 12-year-old stand? Was I a leaving millennial?

No. I was simply pausing my customary church attendance to recenter my focus on the Holy Spirit in whom I find my identity rather than on the denomination to which I pay my tithe. Deep

breath. Obsessions with ritual repetitions had begun to take the place of God. *Exhale.* I let go of calcifying fleshly ordinances and embraced this habit of silence, prayer, and thanksgiving.

As a divinity seeker, I regained flexibility and discipline. My lungs expanded again with the breath of God and the dismal fire of my soul was rekindled. Deep within a sanctuary where no organ played I relearned the motions of my dance with God.

A month later, I spread my toes into nylon and I didn't miss the processional. "Good morning, Pastor. Happy Sabbath." My front row pew was warm. The beautiful motions of Sabbath morning service were the same. Yet now they are no longer habitual but part of my praise with my church family of the God who burns within.

Jill Donald from Summit, South Dakota is a junior English language arts education major.

Emily Segura from Dallas, Oregon is a junior international rescue and relief major.

Family Life Ministries Strengthen Relationships

Courtesy Central States Conference



Charles and Launice Brown lead out in an all-day Family Life Ministries event in Denver aimed at strengthening relationships.

Park Hill Church's Family Life Ministries hosted a wonderful all-day event last December that was attended by over 70 individuals. Led by **Launice** and **Charles Brown**, the time was filled with praise, worship, meditation, breakout workshops for women, men and children and great food. Sabbath School was led by **Elder Earsul Banks** and **Elder Joseph Burkes** and the sermon was given by **Elder Jeffrey Harris**. "Attendees were so engaged that they did not want to stop," stated Launice.

Marlon and Denise Johnson, Central States Conference Family Life Ministry directors, were pleased that the day was planned with the goal of empowering participants to

develop stronger relationships in all areas of their lives. As part of the programming, special guest **Philip Mitchell**, Park Hill member and local Denver policeman, came to demonstrate how to respond when approached by police.

This event was an introduction to the May 2016 Family Life event training families to be healthier mentally, financially and, most importantly,

spiritually. The May event will be a combined effort with other Colorado area churches to continue encouraging the spiritual growth of all members through enthusiastic worship, interesting Bible study, supportive friendship and opportunities for service.

.....
Brittany Winkfield is communication director for the Central States Conference.

RIISING TO THE TOP

Join the dialogue and help shape the future of the Central States Conference basketball league. We're bringing it back and we want it to be better than ever! If you're interested in organizing a team or teams at your church email Pastor Hoy at youthministry@central-states.org.

A large background image for the United Youth Congress 2016 poster. It shows a modern, multi-story building with a grid-like facade, possibly a convention center, under a bright, hazy sky. The foreground features a paved walkway with a railing and several bicycles parked along it.

4GIVEN
UNITED YOUTH CONGRESS 2016

UNITED YOUTH CONGRESS

DATE
April 13-17

LOCATION
Virginia Beach Convention Center, 1000 19th Street, Virginia Beach, VA 23451

WHO SHOULD ATTEND
Youth and Young Adults (10-35)
Youth and AYS Leaders

LEARN MORE AT WWW.UNITEDYOUTHCONGRESS.ORG

Student Ministers Through His Passion

Jordan Bitz uses skills to expand Adventist media



Jordan Bitz

Caleb Hauff of Three Fold Productions

Jordan Bitz was a junior in high school when he started volunteering at a local internet radio station and began cultivating an interest in radio. Since then his interest has turned into a passion, and that passion into a ministry that Bitz hopes will become a career.

As a senior in high school he accepted an internship at the local community media center where he is employed today as an audio technician.

Currently a 20-year-old student at Bismarck State College, Bitz will graduate with an associates degree in mass communications in May of 2016. While at BSC Jordan has worked on various productions including three live basketball broadcasts, numerous State Board of Higher Education webcasts and several newscasts. He has also served as the program director for the

college's radio station. His stint at the college station has given him the privilege of traveling to New York City to network with numerous radio and television professionals. Bitz has also worked hard rebuilding a local contemporary Christian music station, which fostered his passion for Christian radio.

During Bitz's freshman year in college, he was called to be media director at the Bismarck Church where he had the opportunity to cultivate his passion and prepare himself to take over the chief operator position at 90.9 KTWJ, the local Adventist radio station. KTWJ's 100,000-watt signal covers a large area of central North Dakota. His vision and drive took the station from a tiny room in the basement of Dakota Adventist Academy to a spacious studio at the Dakota

Conference office. In the year since he took the position, the station has reached new heights through a programming partnership with LifeTalk, the NAD's official radio ministry. Support from the station's board of directors and listeners has also increased.

Through this partnership and Bitz's efforts, KTWJ has been able to bring programming produced at a local level to a national audience. KTWJ is unique in that its programming appeals to Adventists and community members alike, making it a true outreached-focused radio station.

Bitz's extensive production, on-air, and technical experience has helped to boost the production and audio quality of KTWJ as well as other Adventist radio stations in the Dakota Conference. Through KTWJ seeds have been planted and relationships formed with local community organizations. Bitz says he hopes the Lord will continue using his skills and talents to expand Adventist media throughout the Dakotas.

.....
Jacquie Biloff, communication director for the Dakota Conference, collaborated with Jordan Bitz on this article.



To learn more about KTWJ, visit www.ktwj.org. If you'd like to contact Bitz, you may email him at jordan@ktwj.org.

LifeTalk radio stations

90.9 KTWJ
Bismarck, ND

103.7 KPAR
Dickinson, ND

105.1 KPGN
Pierre, SD

92.9 KRWH
Sioux Falls, SD

3ABN radio stations

90.7 KWLJ
Moorhead, MN
(covering Fargo, ND)

93.7 KBEP
Bismarck, ND

104.1 KSAF
Minot, ND

103.1 KOBT
Grand Forks, ND



Facing God, Facing the World
21st Annual Men's Retreat

March 11-13

Held in beautiful and historic Medora, North Dakota

Dr. Thomas Shepherd, presenter

Early Sabbath Lessons Lead to Baptism

Nativity-Themed Float Wins Two Awards



Diane Easterday

Church members portray the nativity scene on their float during the Gainesville Christmas Parade.

Members and friends of the Richville Church in Dora, Missouri collaborated with the Next Step Church in West Plains to build a nativity-themed float that was entered in two Christmas parades last December. The float took home two prizes, and 1,000 copies of *The Great Hope* by Ellen White were handed out.

The float featured Mary, Joseph, baby Jesus, shepherds, wise men and angels. Church members also served as runners alongside the float to give out the books with candy

canes (and the story behind the invention of the candy cane) attached.

The float won the grand prize and \$150 in the Gainesville parade and second place and \$200 in the West Plains parade. The Richville Church donated the grand prize money to the Ozark County Food Pantry. The second place earnings will be put in a fund to buy giveaway books for the 2016 West Plains Christmas Parade.

Diane Easterday is a member of the Richville (MO) Church.



Vonda Hinkhouse

Pastor Eddie Cabrera baptizes Pen at the Muscatine Church in Iowa.

I was shopping at ALDI when I received a call.

“Hello. Can I come to your church?”

She came and we got to know the lady with the kind Asian voice as **Pen**. She had come to the U.S. from Myanmar a few years earlier and settled in Muscatine, Iowa with her husband, **Mong**, and their daughter, **Rebecca**. A couple of the ladies from our church, **Heidi** and **Lynn**, embraced Pen and soon we had a foursome studying the Bible together.

Pen had sought out the Seventh-day Adventist Church because she knew we kept the Bible Sabbath like her parents taught her from early childhood. After moving to the U.S. she strayed from the Lord, but her daughter’s interest in learning about Jesus created a conviction that led Pen to make her way back. She loved our church and a small group of people became her church family.

Pen was moving through the Lifting Up Jesus lessons when she mentioned her Sabbath work conflict. We went into

prayer mode and I suggested submitting a letter from myself and the church on her behalf asking for an accommodation. A week later, I heard that sweet voice on the phone saying, “I am so happy, Pastor. They changed my work schedule so I could keep the Sabbath!”

As spring turned into summer, Pen informed us that her family was moving to Colorado to start a new business. She was not quite finished with the lessons, but she wanted to make a commitment in baptism and join our church before they left. During her well-attended baptismal service Pen asked for the microphone and shared a testimony of how the Lord had changed her life.

We were sad to see her go and will never forget her experience with us. We continue to pray for her and keep in touch as she makes friends in Grand Junction during this new chapter of her life.

Eddie Cabrera pastors the Muscatine (IA) Church.

International Sabbath Honors 37 Countries



Pastor Delmar Austin, seated in Nigerian dress, listens as Pathfinders present special music during International Sabbath at the Omaha Memorial Church.

The annual celebration of International Sabbath at Omaha Memorial Church recognizes the rich cultural tapestry represented within our church. This year Pathfinders marched in displaying over 37 countries' national flags. Members wore beautiful native dress in fabrics and designs straight from the countries of origin.

Pastor Delmar Austin wore custom-made Nigerian attire given to him from some of his previous church members. Assistant pastor Greg Bullion and his wife, Jen, from the Philippines, with their toddler, Pearl, participated in the multi-cultural display as well. Delicious international cuisine gave a wonderful opportunity to literally taste the flavors of the countries represented this Sabbath.

Omaha Memorial claims each and every member of all the 37 countries as a family of brothers and sisters in Christ working

together to share the good news of Jesus' soon return.

"Our purpose in celebrating International Sabbath is to affirm the diversity of our church and to remind us of our worldwide emphasis and mission," said Pastor Austin. "Recognizing the different cultural groups in our church helps us to see a bigger vision of reaching every nation, tribe, tongue, and people."

Debra Dehning is a member of the Omaha Memorial Church.

Gottfried Appointed VP for Finance



John Treolo

Kansas-Nebraska Conference leaders: Ron Carlson, president; Darin Gottfried, vp for finance; Don Stricker, retiring vp for finance; and John Sweigart, vp for administration.

Darin Gottfried, who has served as association/associate treasurer for the Kansas-Nebraska Conference since 2012, was appointed vice president for finance at a recent Conference Executive Committee meeting. He replaces Don Stricker, who retired after nearly 15 years as vp for finance.

Gottfried received a bachelor's degree from Union

College in business administration, with an emphasis in finance and accounting, and a master's degree from Webster University in business administration.

Previously, Gottfried served in the finance department at Park Ridge Hospital in Fletcher, North Carolina, and as vice principal for finance at Wisconsin Academy.

President Ron Carlson said, "Darin will be a great addition to our officer team. Having watched him serve as our association/associate treasurer has revealed not only his financial expertise and good judgment, but his sincere commitment to the ministry of our conference. His youthfulness is an added benefit to the future of God's church."

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

Retiro de DAMAS Abril 1-3
Puentes de Salvación
Oradora invitada: Cinthia Riffel
 Hilton Garden Inn
 410 S 3rd St. Manhattan, KS 66502
 Para Información: Paula Correa
 robpauccorrea@hotmail.com
 Formularios de reserva mail a: KS-NE Conference
 3440 SW Urish Road, Topeka, KS 66614
 Fecha límite para registrarse:
 Febrero 26, 2016

North Star Camp Renovation Update



Photos: Kristen and Russell Hallman

For the past six years we have been renovating North Star Camp. We are now working on the final phase, the main lodge. It is exciting to see the work being done. Because of the unusually mild winter weather earlier, the construction of the lodge took off at a rapid pace. As of Dec. 22, 2015, the concrete floor had been poured, the kitchen had been framed and the kitchen roof went on that very day! The timbers for the dining

hall section went up the next month, and new water, septic and power services have all been updated to accommodate the new facility.

It will be wonderful to enjoy the new lodge this summer. Our thanks to God and all the people who helped bring this about!

Carol Lyons, communication assistant for the Minnesota Conference, collaborated with Kristen Hallman on this update.

Community Service is Part of Church Mission



Courtesy: Minnesota Conference

Faith Church International is thinking seriously about the mission the Lord wants the church to undertake (Matt. 25:31-46). Recently they decided to visit and serve the homeless—to interact with the brothers and sisters in the shelter and hear their life stories.

This was very emotional at first. As Adventists we are so accustomed to living within communities where people have good jobs, good houses and good families. This visit was really an eye opener for some members, who discovered that people in shelters are not bad people. Anyone can end up in a shelter. One mistake can land someone in trouble with the law and in jail and the consequences can follow for the rest of their lives.

Faith Church International members realize that God has called the church to minister to people who are hungry, homeless or those struggling

financially. The joy and gratitude expressed by these brothers and sisters became a driving motivation. God can bring good out of any situation and He is definitely doing so with this visit to the shelter. The church members who participated feel very close to each other and see their role in the mission of the church.

“As we interacted with these brothers and sisters, we saw the good in them and at the same time our faith was reinforced; a new spirit for service was born. Our members gained a new perspective on life,” said **David Kamande**, an elder at Faith Church International. “There is a determination to work for the good of others in showing sympathy, winning their confidence, and inviting them to follow Jesus.”

Brian Mungandi is communication director for the Minnesota Conference.

Humanitarian Award Presented to GHI's Director

Brittany McLachlan



In recognition of his exemplary international humanitarian service, **Greg Hodgson**, director of the Global Health Initiative, received the annual Avista Adventist Hospital Humanitarian Award. Established several years ago, the award was presented last

December by **Dennis Barts**, CEO of the Louisville-based health institution.

Hodgson, who returned from a visit to Haiti the day before, said he was accepting the reward in recognition of the efforts of scores of volunteers, physicians and medical

professionals who devote their time and resources to helping others. Hodgson also expressed appreciation for their commitment to the “service of the healing ministry of Christ.”

Hodgson noted that the occasion coincided with the Christmas season when we remember the gift of Christ, and said that “helping those who cannot repay us—that’s the Spirit of Christmas.”

Hodgson’s recognition occurred as a surprise, he said. The 2015 award comes in the 10th year of Global Health Initiative’s activities in Peru, Rwanda, Nepal and Haiti. Every year dozens of volunteers from Colorado-based Centura Health hospitals donate their

skills, time and resources assisting in providing services in countries with acute need of health services.

Barts, who is also involved with providing administrative support to a GHI project at Clinica Adventista Ana Stahl, located on the shores of the Amazon River in Iquitos, Peru, observed Hodgson in action and said that “Greg is recognized for his calming presence” as he coordinates a program requiring management skills in difficult circumstances with a variety of personalities engaged in each project.

.....
Rajmund Dabrowski is communication director for the Rocky Mountain Conference.

Southwest Native Ministries Mark 100 Years

On May 18, 1916 a letter was written to Orno Follett from the General Conference president officially commissioning him and his wife, Agnes, to be the first Adventist missionaries to the Navajo nation in the southwestern part of the United States. Follett, who had moved to the desert climate after a diagnosis of tuberculosis and the doctor’s prediction that he would only live six months, purchased a team and wagon that summer and began looking for a place to set up a mission. He wandered throughout the Navajo reservation and finally settled near Smith Lake where he felt impressed by God to establish the mission. Emulating Christ’s ministry, his work focused on teaching and

healing. As the influenza epidemic spread across America, whole families of Navajo perished, but many were saved by the efforts of Orno and Agnes.

Orno’s own health continued to improve and their labors for the Navajo were unceasing. Eventually a teenage Navajo girl became acquainted with the Folletts and began riding her horse 10 miles to the mission, showing up at their log cabin every day at breakfast time for a Bible study. Lilikai Julian became the first baptized Seventh-day Adventist Navajo at the age of 18. She went on to also become the first woman elected to the tribal council.

From this humble beginning 100 years ago, the missionary effort has grown through

Southwest Native Ministries until it now includes more than a dozen churches, schools and missions in Colorado, New Mexico, Arizona and Utah whose members have a passion to share Jesus with the Native Americans of those areas.

.....
Pastor Steve Gillham is the director of La Vida Mission.

To read about Lilikai’s Circle of Light vision and the founding of La Vida Mission near Farmington, New Mexico (along with more stories) go to lavidamission.org.



SMH Keeps Hearts Beating Healthy in Kansas City

Like many people around the world, Americans know February as the month of love. But what you may not realize is that February is also American Heart Month, and the perfect time to celebrate our healthy hearts.

In February and throughout the year, Shawnee Mission Health is sponsoring events that educate the community about heart disease. For the third consecutive year, SMH is partnering with local Kansas City restaurants to offer special dishes incorporating healthy foods such as salmon, citrus and tomatoes. For each heart-healthy dish enjoyed by consumers in February, the participating restaurants will donate 10 percent to the Shawnee Mission Heart & Vascular Center to fund programs supporting the education and prevention of cardiovascular disease.

“The restaurant program is a unique way for us to raise awareness about heart disease and educate people about heart health,” said **Vickie Franck**, executive director of Shawnee Mission Heart & Vascular Center.

According to the American Heart Association, national

efforts have been successful in reducing the death rate from heart disease, but it still continues to be the number one killer of men and women. In fact, heart disease kills more women each year than all forms of cancer combined.

This past January, SMH presented the Go Red for Women Kick-Off Party—a fun, educational night focused on increasing awareness of heart disease in women. The evening featured cooking demonstrations, physician speakers, fitness tips, a photo booth and door prizes.

SMH is also proving its commitment to women’s heart health through their Living in Vitality program, called Take Time to LIV. The organization has selected 12 women with metabolic syndrome to participate in the 10-month program, which includes time with a health coach, dietitian, personal trainer and cardiovascular nurse practitioner, as well as lab work, coronary calcium scoring, lifestyle modification suggestions and stress management counseling.

“Our goal is to reduce each individual’s risk for cardiovascular disease and help them to transition to a healthier and

happier lifestyle,” said Franck. “More than one in three females have some form of cardiovascular disease and the death rate for women exceeds that of men. Shawnee Mission Health is committed to changing these statistics in our local community.”

One way to lower the death statistics for men and women is to train more people in CPR so they can step up and help in an emergency. SMH, the Foundation for Shawnee Mission Medical Center and Johnson County MED-ACT have teamed up to work with schools to incorporate Hands-Only CPR into the curriculum. Thanks to this program, more than 6,000 students have been trained and are now better prepared to save a life.

SMH continues to look for new opportunities to educate patients and the greater community about the risk factors and prevention of cardiovascular disease. For more information about how to keep your heart healthy, visit heart.org. To find a SMH cardiologist, visit ShawneeMission.org.

Jackie Woods is a writer for Shawnee Mission Health.

Are You at Risk for Heart Disease?

These five metabolic risk factors tend to occur together and increase the risk for heart disease:

1. Abdominal obesity, also known as a large waistline or an apple shape
2. High level of triglycerides, a type of fat found in the blood
3. Low level of HDL cholesterol, also known as good cholesterol
4. High blood pressure
5. High fasting blood sugar

Give Your Heart Some Love

1. Fifteen minutes of relaxation a day is good for your heart.
2. A brisk 30-minute walk several times a week can make a big difference in your heart health.
3. Laughing, though not proven, is said to help the heart.



A Way to Grow

Union College graduate serves in administrative residency



Spencer Way

Spencer Way, administrative resident at Porter Adventist Hospital, is thankful for the education he received at Union College.

When **Spencer Way** arrived as a freshman at Union College in the fall of 2008, he already knew he wanted to be a hospital administrator. The business degree he completed at Union in 2014 well prepared him to follow that dream.

Today, Spencer is halfway through a three-year administrative residency at Porter Adventist Hospital. Administrative residencies are designed to prepare recent college graduates for careers in healthcare leadership.

Under the direction of an executive preceptor, administrative residents attend and participate in executive level meetings, rotate in clinical and ancillary departments of hospitals and corporate departments, and assist in and direct projects pertaining to their future specialization. Graduate school is also a residency

requirement.

Spencer is thrilled to have been chosen to participate in the residency program at Porter. He has progressed through the program under the guidance of executive preceptors **Randy Haffner** and **Morre Dean**, past and current presidents of the Denver-based hospital system.

“I can’t imagine a more amazing opportunity for a young person who desires to grow and learn how to manage a hospital,” says Spencer. “I get to attend high-level meetings. I’ve had direct exposure to all the inner workings of the hospital. I’ve spent time in the emergency department learning how they manage the flow of patients. I’ve sat in board meetings, and I’ve even learned how they make hash browns in the cafeteria.”

The most valuable aspect of

the program, says Spencer, is having full access to leadership. “I am actually encouraged to ask tough questions—to look at processes and probe to try to figure out why things are done certain ways. I get to formulate ways to make things even better.”

When asked about his training at Union College, Spencer passionately responds, “I owe a huge debt of gratitude to Union College. Union is a place where I was given the freedom to pursue my passion, along with the guidance to mold that passion for a broader experience.”

Spencer believes his experience at Union was especially valuable in two additional ways. First, Union’s intimate size made it possible for Spencer’s professors to invest in him personally and to address his unique areas of weakness,

fostering personal growth in a safe environment. Second, he was able to take on campus leadership roles, including a stint as captain of the gymnastics team, which laid a solid foundation for his future career in healthcare leadership.

“I love the mission of Adventist Health System,” Spencer says. “I live it, work it, and support it every day. It’s a gift to be here, and I have nothing but gratitude for the opportunity to work in an institution that daily seeks to improve people’s lives. I wake up each morning excited to serve.”

.....
This article was submitted by Stephen King, senior vice president for Rocky Mountain Adventist Health/Centura Health, where he serves the five Adventist hospital campuses in Colorado. It was written by Mark Bond.

FAREWELL

Altenhofen, Thomas I., b. Nov. 19, 1987 in Denver, CO. d. Oct. 6, 2015 in Cincinnati, OH. Member of Brighton Church. Survivors include parents Terry and Melanie; sister Tamara Pano; 1 grandmother; numerous uncles, aunts and cousins.

Atkins, Vera, b. Jan. 31, 1931. d. Nov. 26, 2015. Member of Goldsberry (MO) Church. Survivors include husband Gerald.

Eisenman, Bertha, b. Dec. 26, 1917. d. Oct. 26, 2015. Member of Loveland (CO) Church.

Green, Susan M., b. Feb. 11, 1950. d. Dec. 15, 2015. Member of Lander (WY) Church.

Hansen, Ivan, b. Feb. 12, 1929 in Exira, IA. d. Nov. 30, 2015 in Nevada, IA. Member of Nevada Church. Preceded in death by wife Sally. Survivors include daughter Yvonne Losey; sons Eugene and Delvin; 7 grandchildren; 12 great-grandchildren.

Htoo, Eh Ka Lu, b. Aug. 13, 1986 in Karen State (Burma). d. Aug. 22, 2015 in Northern CO. Member of Huron (SD) Church. Survivors include parents Khi Cho Oo and Willison.

Joyner, Eleanor, b. Aug. 21, 1933. d. Nov. 14, 2015. Member of Loveland (CO) Church. Survivors include husband Jim; daughters Mary Joyner and Peggy Nickel; sons James, Steven and Jeffrey; 6 grandchildren; 4 great-grandchildren.

Martin, Dicksey, b. Mar. 31, 1941 in Richmond, CA. d. Nov. 30, 2015 in Blue

Springs, MO. Member of Oak Grove Church. Preceded in death by daughter Deborah Lee; son Richard Laddusaw. Survivors include daughter Rebekah Lyman; sons John and Stephen Laddusaw; 2 sisters; 4 grandchildren; 3 great-grandchildren.

Mattenklodt, Sylvia D., b. Mar. 6, 1933 in New Orleans, LA. d. Nov. 9, 2015 in Greeley, CO. Member of Elm Haven Church. Preceded in death by husband Bill; daughter Cheri Lee Mattenklodt; 1 brother. Survivors include daughters Marie Burton, Teresa Mellott and Sylvia Godson; son William Jr.; 11 grandchildren; 3 great-grandchildren.

Neeley, Sylvia K., b. July 6, 1948 in Beatrice, NE. d. Oct. 18, 2015 in Thornton, CO. Member of Brighton Church. Survivors include husband Mark; daughter Ciana; sons Harrison and Markus.

Nelson, Sallie R., b. Jan. 17, 1922 in Sterling, IL. d. Nov. 15, 2015 in Dolliver, IA. Member of Cañon City Church. Preceded in death by husband Bob; 1 son; 1 brother. Survivors include 1 sister; 1 granddaughter; 5 step-grandchildren.

Nightingale, Janice M., b. Jan. 13, 1925 in Des Moines, IA. d. Nov. 15, 2015 in Lincoln, NE. Member of Piedmont Park Church. Preceded in death by twin sister. Survivors include husband Donald; sons Dale and David; 1 brother; 5 grandchildren; 7 great-grandchildren.

Pierson, Eileen, b. May 7, 1926. d. Dec. 1, 2015. Member of Buffalo Church.

Rappe (Riel), Mary Alice, b. Apr. 25, 1955 in Aberdeen, SD. d. Dec. 1, 2015 in Aberdeen, SD. Member of Aberdeen Church. Preceded in death by parents; 2 sisters. Survivors include sons Robert O'Brien, Clark White and Paul White; 5 siblings; 6 grandchildren.

Reddish, Thomas, b. Sept. 6, 1944. d. Nov. 29, 2015 in Doniphan, MO. Member of Doniphan Church. Survivors include wife Lucia; daughters Tammy Shields, Esther Reddish, Anna Schroeder, Lilly Lewis and Misty Gibson; son Steven; more than 20 grandchildren; 1 great-grandchild.

Ritter (Pekelder), Leonora, b. Dec. 27, 1928 in Wakpala, SD. d. Dec. 14, 2015 in Mobridge, SD. Member of Dakota Conference. Preceded in death by husband Alvin; 2 brothers. Survivors include children Audrey Miller, Leland Ritter, Roland Ritter and Sandy Meckle; 1 sister; 7 grandchildren; 3 step-grandchildren; 6 great-grandchildren.

Spaulding, Guadalupe, b. Apr. 18, 1946 in Seguin, TX. d. Oct. 10, 2015 in Pueblo, CO. Member of Pueblo First Church. Preceded in death by parents; 7 siblings. Survivors include husband Charles; daughter Lori Brasuell; sons Kenneth and Loren; 4 brothers; 1 grandson.

Steele, Emmett, b. Nov. 25, 1943. d. June 2, 2013. Member of Junction City (KS) Church. Survivors include daughters Elizabeth Lord and Samantha Keene; sons Michael and Timothy; 15 grandchildren. Served two tours of duty in Vietnam.

Thompson, Alice, b. June 19, 1939 in Ennis, TX. d. Aug. 21, 2015 in Junction City, KS. Member of Junction City Church. Preceded in death by husbands Clifford Williams, Anthony Williams and Oliver Thompson; son Anthony Williams; 4 siblings. Survivors include daughters Vicki Martin, Darlisa Serman and Sherlyn Williams; sons Clifford, Lemuel, Michael and Patrick Williams; 2 sisters; 17 grandchildren; 8 great-grandchildren.

Tibbs, Betty, b. June 3, 1935 in Oxly, MO. d. Dec. 4, 2015 in Poplar Bluff, MO. Member of Poplar Bluff Church. Preceded in death by husband Ralph; 4 siblings. Survivors include daughters Pam Madden and Carla Hodge; sons Steve, Dennis and Mike Hubbard; step-daughters Darlene Yancy and Sheena Carson; step-sons Marion, Allen and Ron Tibbs; 3 brothers; numerous grandchildren and great-grandchildren.

Williams, Lolene B., b. Mar. 5, 1942 in La Ceiba, Honduras. d. Dec. 21, 2015 in Lincoln, NE. Member of Piedmont Park Church. Survivors include husband Oliver; children Vaughn, Vernon, Vorce, Veda and Victor; 2 siblings; 14 grandchildren; 9 great-grandchildren.

To submit an obituary visit outlookmag.org/contact or email Raschelle Hines at raschelle@outlookmag.org. Questions? 402.484.3012.



**Watch, stand fast in the
faith, be brave, be strong.
Let all that you do be
done with love.**

1 Cor. 16:13-14, NKJV

Mid-America Calendar & Resources

March 16-17

MAUC Spring Meetings

April 7-9

Union College Alumni Weekend

April 16-17

NAD Day of Hope and
Compassion

April 20-23

Mid-America ASI Convention
(Denver)

May 6-8

Union College Graduation
Weekend

June 1-4

Kansas-Nebraska Camp Meeting

June 7-11

Dakota Camp Meeting

June 7-11

Iowa-Missouri Camp Meeting

June 8-11

Central States Camp Meeting

June 10-11

Rocky Mountain Northeast
Camp Meeting

June 10-18

Minnesota Camp Meeting

July 6-10

Rocky Mountain Cowboy
Camp Meeting

July 12-16

Rocky Mountain Wyoming
Camp Meeting

Sept. 2-4

Rocky Mountain Hispanic
Camp Meeting

Sept. 11-12

Mid-America
Constituency Session

Sept. 18-25

Let's Move Week

Nov. 14-17

MAUC Year End Meetings

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Want to know more about the Mid-America Union?

Visit midamericaadventist.org.

**Questions? Concerns? Suggestions? Prayer Requests?
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KEVIN WILFLEY



VIRGIL COVEL



DENEIL CLARK

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CONTACT: More info and registration: Susan Treolo
785.478.4726 or streolo@ks-ne.org

www.midamericaprays.com

Engaged Encounter

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February 26-28

Engaged couples are invited to spend a weekend developing communication skills in the context of a Christ-centered relationship. For information contact Stan and Angie Hardt at 402.423.2896 or anhardt@ucollege.edu

Held at the Mid-America Union office building:
8307 Pine Lake Road, Lincoln, NE.

Application deadline: February 19

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Gospel music recording artist LoLo Harris is currently accepting ministry requests for concerts, evangelism, AYS, retreats, conventions and more for 2016 and 2017. For more information, CDs and more visit www.LoLoHarris.com, call 937.545.8227 or write to PO BOX 492124, Atlanta, GA 30349.

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New Book by Agatha Thrash, MD. *Nature's Healing Practices: A Natural Remedies Encyclopedia* is available in both paperback and hardback editions. This 545-page encyclopedia includes a large section on conditions and diseases, followed by home emergencies, natural remedies, herbal remedies, and dietary information. Contact Uchee Pines: 877.824.3374, natureshealingpractices@gmail.com.

Southern Adventist University offers master's degrees in business, computer science, counseling, education, global community development, 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.

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.

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EMPLOYMENT

Adventist Health System is seeking a Summer Associate to work in their Corporate Legal department for at least six weeks in 2016. Candidate must be in top 25% of class. Interest/experience in healthcare industry preferred, but not required. Duties include legal research and other projects, totaling 40 hours per week. Pay is \$20 - \$25 per hour; reasonable relocation expenses will be reimbursed. Please send transcript and resume to Manuela.asaftei@ahss.org.

Adventist owned and operated rural health clinic in southern Missouri seeks collaborating family practice physician. OB experience preferred. Also seeking dentist. Call Northside Health Clinic at 417.935.4050.

Now hiring early childhood teachers to be based in Chengdu, China. Competitive salary package based on competence and experience. Must be native English speaker and hold a Bachelor's degree, preferably with early childhood teaching experience. Education Center run by Adventist professionals. Visit sgg.com.sg/career/jobs.htm or email gateway@sgg.com.sg for more details.

Southwestern Adventist University seeks Development Director. Responsibilities include fundraising, special events and donor recognition. Exceptional communication skills are essential. Bachelor's degree and previous fundraising experience

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Walla Walla University is looking to fill several full-time, tenure-track faculty positions in the areas of Educational Psychology, English Education/Children's Literature, Industrial Design, Nineteenth Century British Literature, Research Services Librarian, Music, Psychology, and Social Work. For a detailed description of each position and to apply, please visit jobs.wallawalla.edu.

TRAVEL/RENTALS

"New Testament Alive" Tour of Rome/Greece/Patmos/Turkey. June 1-12. Sites include Roman Coliseum and Forum, Catacombs, Mamertine Prison, Vatican, Revelation's Seven Churches, Athens, Mars Hill, a ferry to Patmos, and Sabbath worship in Corinth. Co-led by Dr. Andy Nash and Dr. Greg King. \$2150, plus flight. For info email andynash5@gmail.com. (Israel tour, June 12-22, also available!)

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EVENTS

Broadview Academy Alumni Weekend, Apr. 29-30. All alumni encouraged to attend. Honor classes: '46, '56, '66, '76, '86, '91, '96 and '06. N. Aurora SDA Church, N. Aurora, IL. Friday vespers, Sabbath school and church. We need email addresses. Send to Ed Gutierrez: edjulie1@att.net; or call: 630.232.9034.

Plainview Academy "Last Blast" Alumni Reunion, June 24-26 at Dakota Adventist Academy. Due to age, health issues and long travel distances this will be the final official organized PVA reunion. For more information contact PVA Alumni VP Everett Schlisner at 706.463.2861, or PVA Alumni Treasurer Lloyd Binder at 605.577.6280.

SUNSET CALENDAR

Colorado	Jan 29	Feb 5	Feb 12	Feb 19	Feb 26
Denver	5:16	5:24	5:32	5:40	5:48
Grand Junction	5:31	5:39	5:48	5:56	6:03
Pueblo	5:17	5:25	5:33	5:41	5:48
Iowa					
Davenport	5:14	5:23	5:32	5:40	5:49
Des Moines	5:26	5:35	5:44	5:52	6:01
Sioux City	5:35	5:44	5:53	6:02	6:11
Kansas					
Dodge City	6:00	6:08	6:15	6:23	6:30
Goodland	5:03	5:12	5:20	5:28	5:36
Topeka	5:40	5:48	5:56	6:04	6:12
Minnesota					
Duluth	5:07	5:17	5:28	5:39	5:49
International Falls	5:07	5:18	5:29	5:41	5:52
Minneapolis	5:16	5:26	5:36	5:46	5:56
Missouri					
Columbia	5:26	5:34	5:42	5:50	5:58
Kansas City	5:35	5:43	5:52	5:59	6:07
St. Louis	5:19	5:27	5:35	5:43	5:50
Nebraska					
Lincoln	5:40	5:49	5:57	6:06	6:14
North Platte	5:56	6:04	6:13	6:22	6:30
Scottsbluff	5:05	5:14	5:23	5:32	5:41
North Dakota					
Bismarck	5:41	5:52	6:03	6:13	6:24
Fargo	5:25	5:36	5:47	5:57	6:08
Williston	5:49	6:00	6:11	6:22	6:33
South Dakota					
Pierre	5:46	5:56	6:06	6:15	6:25
Rapid City	4:58	5:08	5:18	5:27	5:37
Sioux Falls	5:34	5:43	5:53	6:02	6:11
Wyoming					
Casper	5:14	5:23	5:32	5:42	5:50
Cheyenne	5:12	5:20	5:29	5:38	5:46
Sheridan	5:11	5:21	5:31	5:41	5:51

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