

# OUTLOOK

*Special Issue:* UNION COLLEGE STUDENT PRODUCED

## A Piece of My Mind

How to find peace in a turbulent world



**FEB**2017  
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**BRENDA DICKERSON**  
editor

### PEACEMAKING 101

Welcome to the Union College student-produced issue of OUTLOOK magazine. Many of our readers claim this edition as their favorite of the year because they enjoy the fresh experiences and observations of young, energetic Adventists. Although the editing class is small this year, they have worked hard to contribute to our 2017 theme of peacemaking.

Some of you may know that Chris Blake, who has been teaching the editing class at Union College for over 20 years, is retiring at the end of this school year. Mr. Blake has spent countless hours coordinating this collaborative project, and its success is due largely to his skill, dedication and passion for journalism.

We at OUTLOOK find it especially fitting that Mr. Blake's final issue is centered on peacemaking, which has been a main theme in his professional career. We wish him all the best as he devotes more time to writing and other forms of effective communication. May his example inspire each of us toward more listening and peacemaking in our own lives.

### ONLINE



#### The Advance Podcast - On Islam

Pastor Doug Hardt shares his experiences with the world's fastest-growing religion.

[outlookmag.org/the-advance-episode-5](http://outlookmag.org/the-advance-episode-5)



#### New Blog Series on Finances

If managing your money is a goal, you won't want to miss this series.

[outlookmag.org/author/brennanhallock](http://outlookmag.org/author/brennanhallock)

### ON THE COVER

Social media has quickly become a centerpiece of our society. What would it be like if we set aside our phones, turned off our iPads and took a break from social media?

Find out on p. 15.



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**"Let not the flag of morality waver with each passing breeze." – p. 6**



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# A Different Sculpture Garden

*The arc of the moral universe is long, but it bends toward justice.*

—Martin Luther King, Jr.

I look at my class, expecting affirmation, recognition—*something*. Bewildered, blank faces stare back at me.

“You have seen the Peace Sculpture Garden, right?” I continue. *Nada. Zilch.* “The one you’ve passed probably 300 times this school year?” *Netflix zombie eyes.* “All right, let’s take a field trip. Follow me.”

The Conflict and Peacemaking class rises dutifully and trails me out of room 204, down the stairs, into the cold February night air, marching toward the Union College Ortner Center.

It’s not a long journey if we’re merely counting steps,

yet the path to our destination stretches millennia. Through gardens in Eden and Gethsemane. Beneath Francis of Assisi, Leo Tolstoy, Ellen White, Mohandas Gandhi, and Desmond Doss. Winding alongside Martin Luther King, Jr. and Rosa Parks. Under the current Adventist Peace Fellowship.

The path has also slogged through enveloping landscapes of blood. World and civil wars, all of them uncivil. Innumerable acts of revenge, venom, horrific atrocity. Beheadings, lynchings, rapes, brutal tortures. Add to these the daily emotional violence of slurs, taunts, neglect, shaming, shunning.<sup>1</sup>

The winged angels weep.

Entering the Ortner Center, we turn right immediately and pause.

I say, “Here it is.”

## Peacemakers

Seventh-day Adventists are meant to be people of peace. This peace is not timid or tepid. This peace speaks and acts boldly for justice. This peace walks with humility and loves mercy. This peace does not shrink from important conversations, however tense. This peace heals ruptured relationships and restores trust. This peace works as fervently and persistently as does any inciter of violence and disharmony.

Peacemaking is active—not passive—engagement, as light is more than the mere absence of darkness. I pray unabashedly for peace. The difference between a *peace lover* and a *peacemaker* is the difference between loving money and making money.

Jesus promised, “Blessed are the peacemakers, for they shall be called the children of God.”<sup>2</sup> The spirit of peacemaking is simple: We must be followers of Jesus.

Union College’s Peace Sculpture Garden features four sculptures. On the far left, “Peace Plow” carries the scars of past weapons. Isaiah 2:4 proclaims, “They shall beat their swords into plowshares, and their spears into fishing hooks; nation shall not lift up sword against nation, neither shall they learn war any more.”

Next, “The Wall” is an actual piece of the Berlin Wall. This wire symbolizes walls that stand between people—barriers of prejudice and hatred. Like that wall in

Berlin, these barriers can be broken down and peacefully removed.

“Prince of Peace” by Victor Issa, 1980 graduate of Union College, shows Jesus of Nazareth, the Lion and Lamb paradox who brings gracious harmony to our weary, hostile, strife-torn world. “Love your enemies,” He commands.<sup>3</sup>

“Liberation” depicts the power of education to lift all people above prisons of superstition and ignorance. Every person is endowed by the Creator with the freeing ability to think and to do. To depict this liberation, Amanda Clark, Union College 2010 graduate, welded doves rising from an open book.

A marker accompanying the sculptures declares, “While nations and people will often try to defend themselves by responding militarily—which sometimes results in short-term success—violence does not build enduring solutions. From both a Christian and a practical perspective, any lasting peace involves at least four ingredients: dialogue, justice, forgiveness, and reconciliation.”<sup>4</sup>

## Hopeful and clear

Martin Luther King, Jr. observed, “Nonviolence means avoiding not only external physical violence but also internal violence of spirit. You not only refuse to shoot a man, but you refuse to hate him.”



Union College's Peace Sculpture Garden, located in the Ortner Center, features four sculptures, two of which were created by alumni.



Like his Master, Dr. King preached that violence breeds violence. Revelation 13 announces, “If you kill by the sword, by the sword you will be killed. Here is a call for the endurance and faith of the saints.”<sup>5</sup>

It is also a call for a just balance. R. C. Sproul admits, “Social ethics must never be substituted for personal ethics. Crusading can easily become a dodge for facing up to one’s lack of personal morality. By the same token, even if I am a model of personal righteousness, that does not excuse my participation in social evil. The man who is faithful to his wife while he exercises bigotry toward his neighbors is no better than the adulterer who crusades for social justice. What God requires is justice both personal and social.” Without a balanced approach to peacemaking, Adventists appear as clueless as a Kardashian

without a camera crew.

An art contest was once held with the theme of peace. Entries poured in, paintings of mist-veiled waterfalls, barefoot lovers strolling along endless sand, sublime sunsets, suckling babies, and azure mountain lakes mirroring snow-capped peaks. However, the winner was none of these.

The winning entry depicted a terrific storm at sea. Rain like liquid bullets fell in torrents. Ferocious winds whipped towering waves. Dark, heavy clouds pressed down while lightning stabbed the sky. In the very midst of this turmoil, along the curl of a wave, a seagull glided serenely.

The gull’s progress did not require tranquil surroundings. Its happiness wasn’t dependent on circumstances. It carried inner peace.

“Peace I leave with you; my peace I give you,” says the

### Union College's fall semester editing class: (l-r) Josue Feliciano, Ginger Hany, Madeleine Temple, Danica Eysten, Chris Blake.

Savior. “I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.”<sup>6</sup> This prescribed courage is a commandment of God just as clearly as is the Sabbath commandment. Such defiant optimism appears dozens of times in Scripture: *Do not be afraid. Peace be with you.*

“There is no way to peace,” writes A. J. Muste. “Peace is the way.” Lacking the vision and resilience of peace, the future appears fierce, sad, and bewildering. We can fail to recognize the ancient path even though it bends right beneath our feet. **O**

Chris Blake teaches writing, editing and film critique at Union College in Lincoln, Nebraska.

*Unless noted otherwise, Bible quotations are from the New International Version.*

1. Robert Louis Stevenson writes, “The cruelest lies are often told in silence.”
2. Matt. 5:9
3. Matt. 5:44
4. From the official Seventh-day Adventist Church statement “Call to Peace”
5. Verse 10, Revised Standard Version. See also Matt. 26:52.
6. John 14:27

# S

# standing on the Shoulders

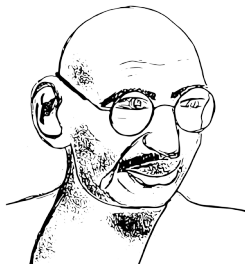
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## Let not the flag of morality waver

Whenever I meet someone new, a question I like to ask is, “What kind of music do you like?” I like finding new music to listen to, broadening my sonic horizons. One can learn much about a person from their musical taste.

I enjoy listening to ‘80s music. The Smiths, Alphaville, and Tears for Fears are among my favorite bands. Though I wasn’t alive during that period, the fact that the time has passed long ago means there are no surprises, nothing that should alarm me. I find in that a sort of peace.

My life is heavily influenced by my desire for peace. Just as we would learn to fish from a fisherman (or woman), or learn how to teach from a teacher, a great way to learn to be more peaceful is by learning from those who exemplify peace. Following are three of my favorites.



### I know a way out of hell

Born in 1869, Mahatma Gandhi is popularly known as a radical advocate of peace. One notable story occurred during a great war between the Hindu and Muslim people in India. Blood was shed and many died. One night, a man came to Gandhi, distraught and deeply troubled.

“Gandhi, I have committed a

great evil and I am going to hell.”

Gandhi remained silent.

“I have killed a child. A Muslim child.”

“Why did you do that?”

“A Muslim killed my child.”

After some time of silence, Gandhi spoke up.

“I know a way out of hell.”

“How? Tell me.”

“Find a child whose parents have died in the war. Raise him as your own. Raise him a devout Muslim.”

The man hesitated. *Raise him a Muslim? But I’m a Buddhist.*

Gandhi always tried to find the common ground between people. He didn’t see reconciliation through violence, but instead through growth and acceptance.



### You aren't moving me

Irene Morgan was a Seventh-day Adventist African-American woman who was born in 1917 in Baltimore, Maryland. In 1944, when she was 27 years old, she boarded a Greyhound bus. Shortly thereafter, so did the city sheriff.

“Ma’am, I’m going to have to ask you to move.”

“Why is that?”

“This seat is for white folks.

Colored people sit in the back of the bus.”

“You aren’t moving me. I am one of God’s children just like any other person on this bus, so you haven’t got an argument in the world that will convince me to move.”

“Ma’am, the only argument I need is this arrest warrant,” the sheriff said, holding a slightly yellowed piece of paper in his hand, a victorious smile on his face. Irene reached out.

“Let me see that for a second.” Grasping the paper, she quickly yanked it from the sheriff’s hand and tore it to shreds. The smile grew on Irene’s face as it wilted on the sheriff’s. He then frowned and became louder, declaring, “You are coming with me, young lady.” Grabbing her by the arm, he continued to bark remarks at her, causing unrest in the bus. The power in his voice suddenly shriveled as Irene gave him a swift kick to the groin. Releasing her, the sheriff fell to the bus floor in pain.

Soon afterward, other men came to take Irene away. They saw her sitting calmly in her seat, but this calm demeanor quickly dissipated when they tried to take her away. Irene used every ounce of strength she had to fight the men taking her to jail. When she arrived at her hearing she pleaded guilty for resisting arrest—and innocent for violating segregation laws. Irene fought for what she believed in. Like Irene, we should be willing to stand up, or stay sitting, for what is right, and be willing to fight when necessary.

# of Peaceful Giants

with each passing breeze



## Sir, I must respectfully decline the firearm

There is a time, however, when fighting is not the answer. In these moments, peace should be readily at the disposal of a Christian. Desmond Doss exemplified this. Enlisting as a soldier in 1942, Doss spent the next four years working hard for the United States. His acts of valor caused him to be a war hero and earn the Medal of Honor, among other awards. He was promoted to corporal and combat medic. Though all of these accomplishments were commendable, none was his greatest feat.

One day, Doss' commanding officer instructed the troops to pick up their standard issue guns upon falling out of formation. Desmond spoke up.

"Sir, I must respectfully decline the firearm."

"What did you say, Private?"

"I said that I must respectfully decline the gun."

"Yes? And why is that? Are you too scared to shoot someone?"

"No, Sir. I just don't believe it is right. I am a conscientious objector."

"I've heard of fellas like you, but I never thought I would be unlucky enough to deal with one. Doss, let

me ask you a question. If out on the battlefield, a German comes up to you and points a gun at you, what are you going to do?"

"I'm going to trust that my God will save me."

"And if he doesn't?"

"Then I will not waver in my belief in Him."

After a moment's silence, the sergeant answered with: "Doss, as long as it clears my superiors, it's alright with me. We will see how well your God does at saving you from death."

Many pressured Doss into changing his stance on violence, but he remained resilient. During his entire career, Doss held true to his promise to the Lord. His actions have inspired several books along with two movies. The second, *Hacksaw Ridge*, starring Andrew Garfield, was released Nov. 4, 2016.

## What have we learned?

Like Gandhi, we must search for common ground between ourselves and those who surround us. Like Morgan, we must stand for what is right, even in the face of adversity. Like Doss, we need to stand firm and hold true to our beliefs and not let the flags of our morality shift and waver with each passing breeze. Let us follow the notes their actions have left in history, and carry on singing the lyrics of their lives for generations. **0**

Josue Feliciano is an English and language arts education major.

## Three ways to make peace

Like Gandhi, we must search for common ground between ourselves and those who surround us.

Like Morgan, we must stand for what is right, even in the face of adversity.

Like Doss, we must hold true to our beliefs.



Illustrations by  
Brennan Hallock





# The Eye of the Storm

## Seeds of hope planted now will spread, creating pockets of peace and rest

The black flies buzzed thickly around him as Nickolai grimaced and reached down. His legs were numb again. Massaging his feet, calves and thighs, he groaned in pain. The sensation was almost unbearable, but he had to keep the blood circulating.

He had barely enough room to move in the 3 x 3 x 2-foot wooden box, and it was day eight of his punishment for refusing to work on the Sabbath. The stench was overpowering, but there was no way to escape. The crate was strong, and even if he did manage to get out, he would never be able to make it home from the remote Siberian prison camp to which he had been sent for refusing to betray his church members (*The Miracle of the Seventh-day Ox*).

### Security failing

The world in which we live is rapidly crumbling. Though there has always been persecution and catastrophe, the last decade seems to have brought a marked increase in their incidence.

The crisis is international: 1.3 million people face starvation in a Kenyan drought. ISIS holes up in Mosul, using local captives as human shields.

The crisis is also local: catastrophic flooding destroys tens of thousands of homes in Louisiana. An Orlando club massacre kills 49 and wounds 53.

At home or abroad, reading the newspaper or watching the news is impossible without coming across yet another report of rights violation, disaster or violence.

In addition to all the calamities befalling us, we also seem to have lost our footing in the social realm. What is this strange fervor that seems to be falling upon our citizens, where offense is taken at nearly everything? Where presidential campaigns are primarily spectacles? Where racial tension and violence are exploding? Morality seems to have gone out the window. Tolerance, common sense and personal responsibility seem to have fled. Can we even trust each other any more?

### Slipping away

I can see it in my friend's eyes. "I'm not sure what's going to happen with this law. So far, everything's been okay with his doctor. But if we ever had to take him to the emergency room . . ." She trails off, and we watch her two-year-old son, playing happily on the floor. He's quite possibly the healthiest child I've ever seen, chubby with bright eyes brimming with intelligence. An amber necklace sits around his neck to help with teething.

"Mama, pum?" She steps over to the counter and he follows, watching as she halves several Italian prunes. He reaches for the knife.

"Honey, no." She hands him a wooden knife as an alternative. He retrieves a toy fruit stored across the kitchen and sets to work sawing it in half. Watching his simple trust and adoration of his mother, I find it hard to imagine a claim of neglect or abuse being legitimately considered against her. Would the law really intervene simply because a majority of the public doesn't agree with her

alternative medical choices?

Some of the liberties we took for granted just a few years ago are already being rescinded. As of this past summer, children in California have lost their right to free public education if they are not vaccinated. There are no exceptions for personal or religious beliefs.<sup>1, 2</sup> In California and again in Georgia, Dr. Eric Walsh lost employment because he had preached—at church, not at work—on Biblical principles such as "health, marriage, sexuality, world religions, science and creationism."<sup>3</sup> The legal organization First Liberty is pursuing a discrimination lawsuit on his behalf, and now the State of Georgia is demanding all the sermons he has given since age 18, as well as his Bible.<sup>4, 5</sup> Where is his freedom of speech? Where is his right to practice the religion he deems fit (which happens to be Adventism)?

### Beyond confusion

"Would you like a free book about The Great Hope?"

## In the midst of this darkness, we are called to offer light.

I smile at the young woman walking by, squinting behind my sunglasses as I hold a book out toward her.

“Oh, no thank you.” She pauses. “I’m already a Christian.”

It’s the second Sabbath of August and my church is handing out free literature at the local logging fair. We have a booth, a Bible quiz and free ice water. I’m in the grassy walkway, intercepting passersby.

“Already Christian? That’s great!” I switch hands and offer her the second book in my stash, *The Great Controversy*. “Then you’d probably enjoy this one. It talks about the history of the Christian church. Have you studied Revelation at all? It talks about that, too—what will happen just before Jesus comes back.” Looking into her eyes, I’m surprised to read a glimmer of genuine apprehension.

“I don’t really like Revelation.” She shifts her weight uneasily. “The beasts, all the things that happen . . . it’s terrifying.”

Her fear is not an isolated case. The end of the world, a few years ago just a fleeting thought, has become a serious topic. Apocalyptic movies and books are common. Fear of Revelation abounds. Preppers are building specialized homes in the countryside and stocking up on food, water, and ammunition. Conspiracy theory has exploded (Does the government track every step we take?). The population at

large can sense something is happening, and is starting to get nervous.

There is something strange about this movement.

Though this country has been through multiple wars and hard economic times, 54 percent of us now agree that it can be necessary for the U.S. government to sacrifice freedoms to fight terrorism. Sacrifice our freedoms! This belief flourishes in spite of statistics telling us we are 13 times more likely to die in a railway accident, 1,048 times more likely to die in a car accident and 12,571 times more likely to die of cancer than from a terrorist attack.<sup>6</sup> There is a deep-seated fear sweeping the country along, seemingly out of proportion to what has actually happened.

The Bible does tell us trials and terrors will come upon the earth. Luke 21 depicts wars, earthquakes, signs in the heavens and fear. 2 Tim. chapter 3 describes moral paucity.

Revelation details specific events, including the rise of the United States, the role of the papacy, and an ultimate choice resting on worship. Our earthly situation will continue to grow worse until the second coming.

Jesus knew it wouldn’t be easy. Sending forth the 12 disciples to minister, He warned them, “Do not think that I came to bring peace on earth. I did not come to bring peace but a sword” (Matt. 10:34). How, then, can we make peace in our society at

all? Should we even try?

### The Bible tells us so

According to Scripture, the answer is an overwhelming “Yes.” During His three and a half years of public ministry, Jesus experienced many trials. Once He had rubbed the church leaders the wrong way—which happened rather quickly—challenges were constant. Confrontations were common. Murder was attempted on more than one occasion. In spite of it all, He carried on quietly. Taking every opportunity to minister to the hurting and lost, He turned no one away, including church leaders (Luke 7:36) and the Romans under whose rule the nation was chafing (Luke 7:2-3).

After Jesus’ ascension, Paul and Silas followed in His footsteps through their kindness to a Philippian jailer (Acts 16:28). We as Christians are called to do the same as those who have gone before us, even when the sky is dark and threats are innumerable. Our actions are not simply to be reactions to the world around us, but interactions with heaven. It is this that sets us apart.

Many instances in Scripture call us to act in a peaceful way despite challenging circumstances. Consider Matt. 5:9: “Blessed are the peacemakers, for they shall be called sons of God.” Gal. 5:16 tells us to “walk in the Spirit” and then in verse 22 describes what that entails: “love, joy, peace,

longsuffering, kindness, goodness, faithfulness, gentleness, self-control.”

Isa. 58:6 calls us to “undo the heavy burdens [and] let the oppressed go free.” What better example of burden and oppression is there than today’s world? Slavery and poverty abound around the globe. Desperation and hopelessness fill all classes of people. In the midst of this darkness, we are called to offer light.

## Seeds of hope

Nickolai sat on a barrel, gratefully accepting the cook’s hot borsch and Russian black bread. It had been several months since the warden had let him out of the box, agreeing to his weekly Sabbath rest if he could bring enough water for the camp in six days instead of seven. God had come through with a miracle every week. The cook, by now Nickolai’s close friend, suddenly spoke up.

“I want to be baptized.” Nickolai looked at him in surprise. “I believe in everything you’ve told me because I’ve seen the power of God in your life.”

The conditions at the camp were difficult. However, because of Nickolai’s hard, faithful work and his trust in God, the entire camp glimpsed the peace of heaven. This heavenly peace eventually gained Nickolai his freedom.

The results of our labors may or may not be seen by our eyes. Regardless, we

need to remember the door of mercy is still open. Hearts that seem impenetrable to us may yet be convicted as history draws to a close.

“In the morning sow your seed, and in the evening do not withhold your hand; for you do not know which will prosper, either this or that, or whether both alike will be good” (Eccl. 11:6).

Even if the second coming doesn’t occur in our lifetime, the seeds of quietness and hope we plant now will spread to others, creating pockets of peace and rest. The effects won’t go unnoticed. In spite of the winds of strife raging around us, we can be the peace in the eye of the storm. **1**

Ginger Hany is a biomedical science major with a pre-PA emphasis from Eatonville, Washington.

1. [www.foxnews.com/us/2016/08/23/scores-california-schoolchildren-could-be-kept-from-class-over-vaccine-law.html](http://www.foxnews.com/us/2016/08/23/scores-california-schoolchildren-could-be-kept-from-class-over-vaccine-law.html)

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3. [www.foxnews.com/opinion/2016/04/20/fired-for-preaching-georgia-dumps-doctor-over-church-sermons.html](http://www.foxnews.com/opinion/2016/04/20/fired-for-preaching-georgia-dumps-doctor-over-church-sermons.html)

4. [www.frc.org/newsroom/family-research-council-calls-on-georgia-governor-to-withdraw-demand-for-pastors-sermons-and-documents](http://www.frc.org/newsroom/family-research-council-calls-on-georgia-governor-to-withdraw-demand-for-pastors-sermons-and-documents)

5. <https://firstliberty.org/cases/walsh/>

6. [www.washingtonsblog.com/2013/04/statistics-you-are-not-going-to-be-killed-by-terrorists.html](http://www.washingtonsblog.com/2013/04/statistics-you-are-not-going-to-be-killed-by-terrorists.html)

# HOW TO LIVE FEARLESSLY

In the midst of increasing uncertainty and turmoil, these three small actions can give us the peace we yearn for.

## 1. Guard your mind

By beholding we become changed. If we focus on the darkness around us, we will continually live in fear. If we dwell on Jesus and His promises, however, our agitation will dissipate.

Putting positive things into our minds helps us focus on the good. Memorizing Scripture reminds us that God is faithful and in control. Ps. 103; Col. 3:1-2; 1 Thess. 5:24.

## 2. Practice trusting and acting

Our actions in the little things determine our response in the big things. Every time we choose to listen to and obey the Holy Spirit’s nudging, we strengthen our faith.

Though it is difficult and awkward to act at first, making it a habit will bring peace as we see God’s faithfulness. Ps. 37:3-6; Gen. 15:6.

## 3. Own your relationship with Christ

Jesus came to pardon our sin and stands interceding for His people—still broken—in heaven. His love is unchangeable and His mercy as high as the heavens. We know these truths in our minds, but if we don’t own our relationship with Jesus, they have no power in our lives.

Spending significant time with Him each day and reading His Word develop the intimacy that grows peace. Ps. 36:5-7; 2 Tim. 4:8.

# RADICAL PEACEMAKING

Most issues could be worked out in minutes if people would sit down, listen and graciously talk things through



“You are so wrong!” I said with a sarcastic smile. “Show me in the Bible where it says that.”

“I’m telling you, it’s true,” he replied, shifting his weight impatiently.

“I’m not having this conversation with you. We can agree to disagree, but the fact is I’m right.”

“I’ll prove you wrong.” Spinning on his heel, he headed for the boys’ dorm. “I’ll make you change your mind,” he called back.

I smiled, slinging my backpack over my shoulder. *He’s wasting his time. I already know what I believe.*

During my senior year of high school, a friend had approached me after class in the hall. He wanted to discuss current hot topics in Adventism. Eventually, talking about our desire for change within the church

became a ritual. Our discussions evolved into opinionated debates that lasted for hours.

Although I enjoyed intellectual conversations, I felt frustrated when his ideas didn’t agree with mine. Instead of listening, I shut down his opinions with anger and resentment. The more I thought about our discussions, the more bitter I became. *Why did I feel the need to be right?*

Looking back, I recognize my hypocrisy. I had focused on the negative aspects of the church. Pride took over, and I behaved in a manner that was less than Christlike.

## PRACTICAL STEPS TO PEACEMAKING

Conflict is always present within the church. How do we deal with it? A recent online poll I conducted provides insight. More than 80 responses were received from a wide variety of Adventist members. When asked, “What responses have you witnessed toward internal congregational conflicts?” nearly 60 percent agreed that spiritual pride seemed evident in fellow members when disagreements arose.

In response to the second question, “Do you feel that church conflicts are dealt with in a peaceful manner?” more than 56 percent responded that church members *sometimes* handled conflict peacefully.

As Christians, how do we

redirect the negative feelings that create obvious conflict? How do we bring lasting peace to our local congregations? The following five steps deserve consideration:

### 1 Recognize that no one is perfect

Because we’re all naturally sinful, comparing ourselves to one another is ineffective for peacemaking. Opinions may differ, but our approach should be filtered through Christ’s example. John 13:34-35 provides insight: “A new commandment I give to you, that you also love one another, as I have loved you. By this all will know that you are My disciples, if you have love for one another.” When dealing with others, always reflect Christ’s attributes and remain humble.

## 2 Bathe everything in prayer

Whenever there's doubt, prayer is always the answer. Ask God to give you guidance when dealing with difficult issues. Pray for an understanding mindset that forgives and loves unconditionally. Before initiating conflict, ask for peace and a Christ-centered approach. Let go of your anger, and open your heart for God to transform.

Whenever there's doubt, prayer is always the answer.

## 3 Approach others directly with love

After prayerful consideration, do something you normally wouldn't do: Go to the source, and speak face to face. Confronting someone may be uncomfortable, but God calls us to do so in Matt. 18:15: "If another member of the church sins against you, go and point out the fault when the two of you are alone. If the member listens to you, you have regained that one" (NRSV).

Godly confrontation is needed when dealing with gossip, backbiting, personal issues, or disagreements. Above all else, remain loving and kind when confronting an issue. Work through disagreements with honesty and transparency. Most issues could be worked out in minutes if people would sit down and talk.

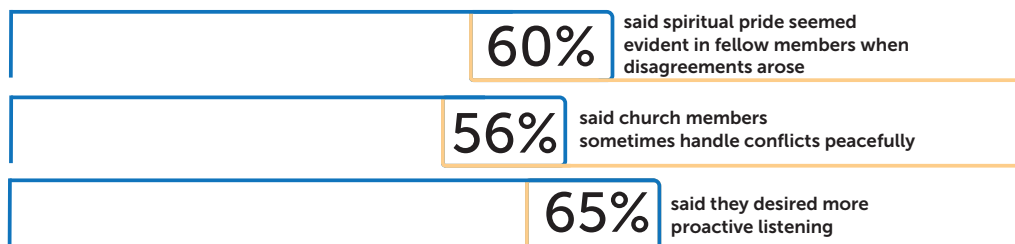
## 4 Listen

In disagreements, our first instinct is to form a defensive reply. In my survey, when participants were asked, "What improvements would create a more peaceful, loving environment in your local church?" 65 percent of the surveyors said they desired more proactive listening. Most conflicts could be worked out if we all took the time to listen. Disagreements become inflamed when people feel unheard. Proactive listening involves interest in what the other person is saying, without interruption. Showing genuine care and consideration for other opinions is an important step in creating peace.

## 5 Extend grace

This final step in the peacemaking process is particularly important. Grace is sacred, and the very word implies a second chance being extended to the undeserving. I've always put grace on a pedestal, categorizing it as a gift I'm unable to give. Though I associate this word with God, I rarely include it in my daily life. However, if I practice giving grace to others, when mistakes occur, peace will be well on its way to restoration. Nobody is perfect or "deserving." If we look through Christ's lens, we too can show others an image that resembles His.

## Results of Online Poll\*



\*Over 80 responses from a broad range of Adventists. Conducted fall 2015.



## MISS SEEKER'S VISIT

Miss Seeker pulled on the door handle apprehensively. Years had passed since she'd stepped inside a church. After several bad relationships and addiction, the young woman was desperately seeking forgiveness and purpose. *Is there really a God? Can I escape the turmoil and ridicule often thrown my way?*

Picking up a bulletin, Miss Seeker nervously entered the sanctuary. The room featured soft red 1970s carpet, brown wooden pews, and a podium surrounded by plants. Sliding into a pew toward the back, she glanced around the room, catching the eye of Mrs. Gossip. The older woman's eyes crinkled in apparent amusement. Miss Seeker shifted uncomfortably in her mini skirt, and her gaze fell downward to her new, suede

heels. Unfiltered whispers caught her ear.

"Mrs. Traditional won't be pleased that someone's sitting in her pew," Mrs. Gossip said, leaning toward a friend.

"She's clearly never been to church before," responded Ms. Hurtful. "Her outfit is completely inappropriate for Sabbath."

A lump formed in the back of Miss Seeker's throat. The air became stuffy and the silence was filled with tension. Desiring less attention, she quietly focused toward the front.

The rest of the morning turned out to be equally uncomfortable. Sabbath school entailed Ms. Argumentative and Mr. Proudful's arguing over doctrinal beliefs. Mr. Judgmental shot frequent glances in Miss Seeker's direction, and loud whispering was heard from Mrs. Gossip. Church was nothing like Miss Seeker

remembered. *How can the people of this congregation help me, when they themselves won't approach visitors?*

When the service ended, Miss Seeker slipped out of the church, never to return.

## BRINGING PEACEFUL CHANGE

As a pastor's kid, I have witnessed these scenarios in church. I am ashamed to say, on several occasions I have participated in excluding visitors. It's easy to cast judgment on others when we're unaware of their personal journey. But as Christians we must get rid of disagreement and resentment before they consume our churches.

When peace and love are not part of a congregation, people are driven away. Without God, we have no church; no body of Christ, no truth. He is the center of

everything, and if we lose sight of Him, our congregations suffer.

Can we resolve conflict and bring about peace? Yes! If we have the desire to approach others in love, immediate change will take place.

Conflict will inevitably arise on occasion, yet it's how we respond that speaks volumes. As a 20-year-old college student, I struggle when it comes to a Christlike approach. I pray daily for an understanding heart that reflects Christ. We must put aside our wounds and pride to come together as a family. Only then will peace be restored within our church doors. **Q**

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Madeleine Temple is an English major with writing and speaking emphases from Buxton, North Dakota.



# A Piece of My Mind

## How much does social media affect our lives?

College is tough. Period. Maintaining a balance between school, work, sleep, and a social life is *really* hard.

Some days I feel as if I'm taking on too much. Maybe my aspirations are a little too high. I'm just an overwhelmed, sleep-deprived student. There are days I wish I could go home and hide from people and responsibilities for a while—that I could be a complete introvert.

The constant thought of “I need to . . .” eats at me. *I need to push myself harder. I need to be successful.*

Do I let my worries show? Of course not. I'm strong; I'm independent. I often don't voice my feelings because students around me appear to be managing. Why throw myself a pity party?

People may think I have

my life together. I smile big and greet people as they pass in the halls. I offer help to those in need. I volunteer for charities. I appear to be on the road to success. However, in my head, things aren't that simple. I'm pedaling on a never-ending cycle of “needing to reach higher.”

Yet a larger problem looms. We live in a society that is constantly on-the-go. Advertisers and employers tell us we have to be the best and have access to the best—the latest iPhone, Amazon Prime, Uber, and Netflix—all designed to make our lives easier. But do they actually accomplish that? The truth is, technology can be debilitating and addictive.

A number of my Facebook friends have posted they're going to deactivate their

account—and if I want to get in contact with them I'll have to use email or the phone (old school!). They log off with the intention of never logging back on, yet that rarely happens. Weeks, sometimes months pass, but eventually most reactivate their Facebook profiles.

### The experiment

I wanted to see just how different my life would be if I eliminated social media. How much time do I spend “liking” Facebook and Instagram posts and viewing Snapchat stories? To find out, I embarked on a five-day social media fast. Surely it wouldn't be too difficult. After all, I'm trying to manage 17 credit hours and four part-time jobs. I could give

up wasting what little free time I have scrolling through social media.

My rules were simple: Get through an entire school week without checking social media. I set just one stipulation—even though I would refrain from social media for the week, I could communicate via email and text message. After all, I'm a college student living halfway across the country from my family, so this seemed like reasonable middle ground.

This wouldn't be the first time I had gone without social media. I had been on a two-week mission trip to Belize a few months prior with no internet access. Also, I had traveled to Serbia multiple times, for both mission work and to visit relatives, for weeks at a time, and social

We need to maintain peace within before we can radiate peace to those around us.

media definitely hadn't been a priority for me there. I could do this easily.

## The results

### Day 1

Monday morning. Yuck. Mondays are one of my busiest days, so surely I wouldn't spend much time thinking about social media. However, as I was sitting in Algebra, my first class of the day, my mind began to wander. Not thinking, I pulled out my phone and opened Facebook. Oops. I quickly remembered my social media fast and started writing a grocery list to pass the time instead.

Later that day, I grew tired of hearing my phone beep notifications, so I not only turned them off but also put all of my social media apps in one folder on the last page of my phone screen so I could avoid them. Perhaps this was going to be more difficult than I thought.

### Day 2

Tuesday was a little easier. I felt a few Instagram withdrawals, but I managed to go the entire day without accidentally opening an app. I guess that folder *was* beneficial.

### Day 3

On Wednesday, I was working on a Photoshop edit for graphic design class and the results were great. I wanted to Snapchat a picture

of it to a couple of my friends who were across campus, but then I remembered I was still fasting. I ended up taking a picture and showing it to them in person.

### Day 4

Thursday was different from most other days—I had free time! After classes I enjoyed a solid two-hour chunk of time. After finishing homework, I would typically have used a portion of this gift to check and update my social media accounts. Instead, I ended up taking a nap—a win-win situation!

### Day 5

Friday was smooth sailing. My fast was over at lunch time, after I had finished my classes. I hadn't even thought about social media. I sat down and ate with a friend. He asked, "How did your social media fast go? Are you glad to be done?"

I had completely forgotten! I was technically "allowed" to use social media, and the thought hadn't even occurred to me.

Overall, my experiment didn't turn out quite as I had expected. I was more attached to my phone and social media than I had originally believed. Also, I learned it is much more difficult to refrain from social media here at home than in foreign countries. Checking our apps throughout the day here becomes habitual.

Staying away from apps and networking sites during the week provided me with such freedom. I wasn't distracted or tied to my phone. Taking a much-needed break provided me with peace of mind.

Researchers from the University of Missouri recently performed a study on 40 young adult smartphone users ranging in age from 18 to 24.<sup>1</sup> The study found that people who were separated from their smartphones actually suffered from both physiological and psychological effects. Participants were stationed on one side of a room with their cell phones placed at the other end. When their phones rang and they were unable to answer them, participants experienced an increase in blood pressure and heart rate as well as feelings of anxiety.

It's crazy how much impact our smartphones can have on our daily lives.

## The survey

To discover just how much social media affects the lives of today's Adventist young adults, I surveyed 335 current college students from both Adventist and public colleges and universities.<sup>2</sup>

The results are intriguing. Social media is a great way to communicate with friends, according to 83 percent of respondents. However, over 50 percent find social media to be stressful, and just less than 79 percent of students



agree they find themselves easily distracted while using social media. Of those surveyed, 33 percent agreed seeing what their friends post on social media makes them feel like their lives are boring.

More than 64 percent of respondents (215 people!) said the thought of deleting their social media accounts has crossed their minds. What stopped them? What brought them back to social media? Perhaps they felt the need to keep up with the Joneses?

In addition, 160 people agreed a large amount of their time is spent contemplating what to post. These numbers aren't surprising—we live for the Facebook "likes," the Instagram "hearts" and the Twitter "retweets." We crave recognition and affirmation. Why do we feel such a need for approval?

Maybe it's because our minds are uneasy. We're seemingly all put together, but we're secretly falling apart. We don't quite realize our good deeds and plastered smiles don't mean much if we aren't kind to ourselves.

Simply put, we need to maintain peace within before we can radiate peace to those around us. How do we obtain peace within? Here's a thought: Focus on the now. Anxiety can be caused by regret of the past or uneasiness of the future. But why dwell on something we cannot change? Why stress over something that hasn't even happened yet?

Live in the now. When

we take our focus off things we have no control over, we come to appreciate the value in things that do matter.

## Recharging

Do we spend as much time recharging ourselves spiritually as we spend recharging our smartphones? Do we open up God's Book as often as we scroll through Facebook? I can speak only for myself, but I know my answers often aren't something to be proud of.

Jesus provides assurance in John 16:33. "These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world."

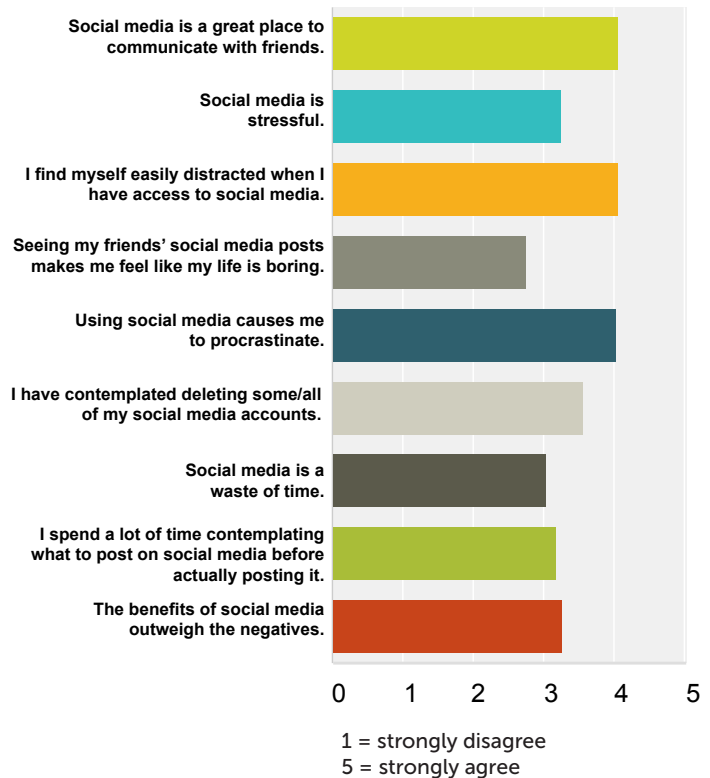
If we'll accept it, Jesus gives us peace. He's willing to take me—an overwhelmed, sleep-deprived college student—and tackle the craziness I just can't handle. He has overcome the world, so imagine what He can do in our technology. **U**

Danica Eysten is a junior studying communication with an emphasis in emerging media and a minor in business administration. She is from Bridgeton, New Jersey.

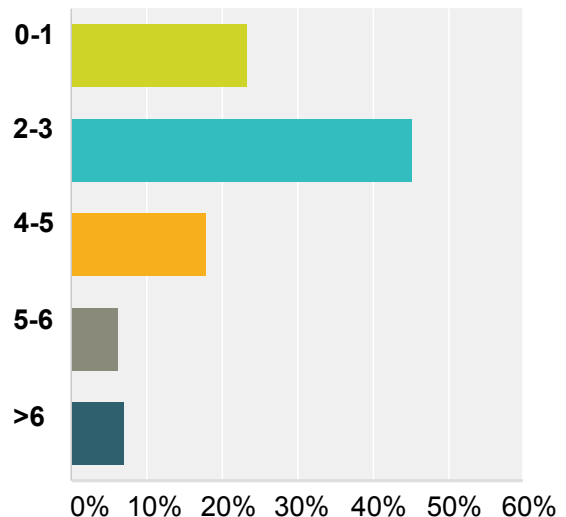
1. <http://munews.missouri.edu/news-releases/2015/0108-ip-hone-separation-linked-to-physiological-anxiety-poor-cognitive-performance-mu-study-finds/>

2. More results of this study can be found at [outlookmag.org/social-media-survey-2015](http://outlookmag.org/social-media-survey-2015).

### On a scale of 1-5, describe your feelings toward the following statements.



### On a typical day, about how many hours do you spend looking at content on a social networking website or app?



# CSC Student Wins *Build Me A Better School Challenge*

The *Better School, Better World Challenge* is a fundraising campaign being conducted by Black Star Economic Alliance in conjunction with Atlanta Black Star, the number one Black-owned online publication for Black news, history and culture.

BSEA challenged students at Pine Forge Academy to explain how they are going to build a better world in a 90-second video. In addition, the community was challenged to show support for these students by donating to their education and voting for the best video.

*Build Me A Better School Challenge* was a fundraiser for students to be creative and reach out to their personal contacts and social media network to campaign. For every \$5 you donate to the cause, you get one vote. The student with the most votes wins the challenge, which was up to one year of paid tuition and expenses at Pine Forge Academy.

Two academy students, **Tyler McKinney** and **Solomon Williams** created videos and raised \$14,025 in two months. Central State's own Tyler McKinney of Linwood Church in Kansas City, Missouri, won the competition with the most video votes. McKinney's video shows him starting his day as an academy student. He tells how Pine Forge is molding and shaping him



Courtesy Central States Conference

Mr. Mason West (center), event organizer, presented checks last December to the two winners, Tyler McKinney (left) and Solomon Williams. Mr. West is a class of 1988 graduate of Pine Forge Academy.

as a world leader with God and ends with the quote "If you can build me a better school, I can build you a better world." Tyler is a senior and the balance of his account at the competition end was \$10,937.65. Solomon

Williams was also a winner, receiving \$3,087.64.

Brittany Winkfield is communication director for the Central States Conference.

View their videos online at:

Tyler's video:  
<http://bit.ly/2iAW1M1>

Solomon's video:  
<http://bit.ly/2ioc2BR>



# Married Pastors Encourage Each Other in Ministry

When **Ricky Melendez** and **Brooke Lietzke-Melendez** first saw each other in the fall of 2014, neither of them had any idea they were meeting their future spouse. Melendez was a recent graduate of Union College and had begun working for the Dakota Conference, first as an interim pastor at the Jamestown Adventist Church and then as the only Dakota pastor in public campus ministries.

After attending an event at the University of Jamestown, Melendez felt God impressing him to go talk to one of the facilitators, who turned out to be the only religion major on campus. Lietzke saw “this dude” from the back of the room walking directly toward her in his skinny jeans, strange haircut and sweater with a button-down shirt. *Who is this guy?* she thought, *He’s definitely not from around here.*

After talking about ministry together, they became friends and formed the first branch of what is now Just Jesus. Adventist Campus Ministries at Lietzke’s apartment, inviting students and acquaintances to join them every week. Through studying and learning more about Jesus, Lietzke was baptized into the Adventist Church in February 2015.

A series of events (miracles) followed and eventually Lietzke met with **Elder Neil Biloff**, president of the

Ricky Melendez and Brooke Lietzke-Melendez are serving as public campus pastors in North Dakota.

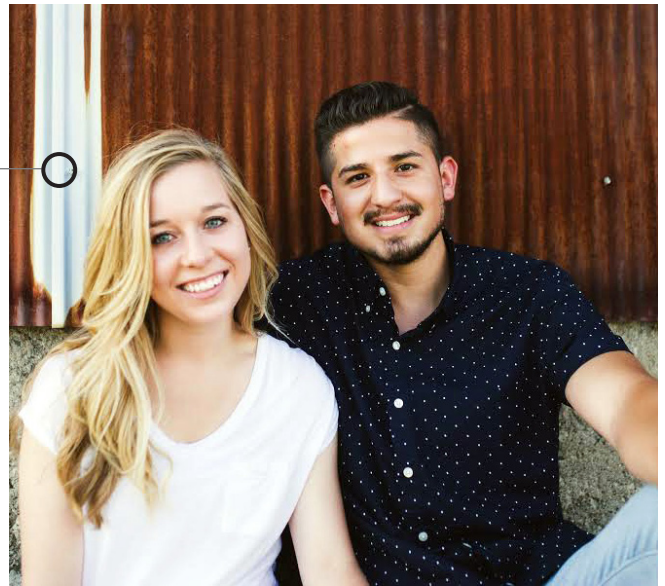
Dakota Conference, to ask if he would give her even a part-time job. The Dakota Executive Committee voted to offer Lietzke a job as a full-time pastor working with Adventist Campus Ministries. With this answer to prayer, and the blessing of his boss, Pastor Melendez asked Pastor Lietzke to be his girlfriend.

Almost two years after the couple met, they were married. The Melendezes admit being married to a ministry partner has its highs and lows. However, “the blessings really do obliterate the negatives,” says Lietzke-Melendez. “It is miraculous how God led us to being in ministry together so we can strengthen each other.”

Melendez says, “There is so much love in our hearts for Jesus and each other that it spills over and falls upon the people we minister to every day.”

Jodi Dossenko is administrative secretary, conference clerk and education secretary for the Dakota Conference.

Read the full story at [outlookmag.org/married-in-ministry](http://outlookmag.org/married-in-ministry)



Zach Davis Photography

## Dakota Men’s Retreat



**March 10 -12, 2017**  
**Ramkota Hotel**  
**Aberdeen, SD**

[www.dakotaadventist.org](http://www.dakotaadventist.org)

# Rolla Church Pays Off Mortgage 20 Years Early

Thanks to answered prayers, the faithfulness of generous donors, and commitment from all of their church members, 2016 was a year of miracles for the Rolla Church in Missouri.

The church began the year with over \$468,000 in mortgage debt. Then, during the first week of the year an anonymous donor gave \$357,500 toward the debt. Excited about the possibility of freeing up financial

resources for ministry, church members began to pray that God would reveal to them how the remainder of the debt could be paid off quickly.

Soon after, another donor stepped forward and agreed to match contributions given toward reducing the mortgage up to \$35,000. This encouraged every member to get involved. Month by month, members watched in amazement as the loan

balance came down and their goal appeared more and more attainable.

At the end of November, the Rolla Church celebrated debt freedom with a mortgage burning ceremony.

“We thought we had another 20 years of payments,” said one member.

“We asked God to take care of it and lead us, and He did just that. Now we plan on expanding, not in a building but in His work to reach the community.”

Sandra Diaz is communications leader for the Rolla Church in Missouri.

Pastor Jose LaPorte, treasurer Linda White and elders David White and Ira Thompson participate in a mortgage burning ceremony at the Rolla Church.



Courtesy Sandra Diaz

# Seed-sowing Church Looks to Grow



Courtesy: Kansas-Nebraska Conference

Members of the Friday night Bible study group attending a district prayer retreat together.

The Junction City Church in Kansas really needed to grow. Only three faithful members attended each Sabbath, oftentimes watching 3ABN when their pastor was visiting the other two churches in their district.

Since the church is situated six miles from Fort Riley Military Base, **Pastor Jonathan Burt** saw an opportunity to reach out and engage soldiers and their families. He decided to have a Bible study each Friday evening. Through word of mouth the Friday evening Bible study began to fill up. Currently, any given Friday there are between 15 and 23 young soldiers who attend.

Pastor Burt asks his attendees what topics or questions they have and their Bible studies focus on those issues.

“Each week the attendees leave excited. They have a thirst to grow and learn,” says Pastor Burt. They return to Fort Riley and invite their friends to come with them the next week. Every Friday there are new faces.

Pastor Burt also stays connected with them during the week. He visits them in their homes and texts them when something is happening at the church. “Being present on a weekly basis builds connection with the people. Visitation is key,” Pastor Burt shares.

Sabbath attendance at Junction City Church has also risen. Instead of watching 3ABN, several area members regularly provide sermons for this group. The Sabbath services are planned and led by the military.

The one challenge to having a primarily military membership is the revolving door. Each month one third of their attendees either deploy or move. Yet the group continues to stay strong despite the constantly changing faces. Soldiers may go, but they always bring people in before they leave.

There is a good lesson to be learned through this group’s example, Pastor Burt says. “Never assume a congregation is dead just because attendance is low.”

Stephanie Gottfried is publications director for the Kansas-Nebraska Conference.

## Men’s Retreat

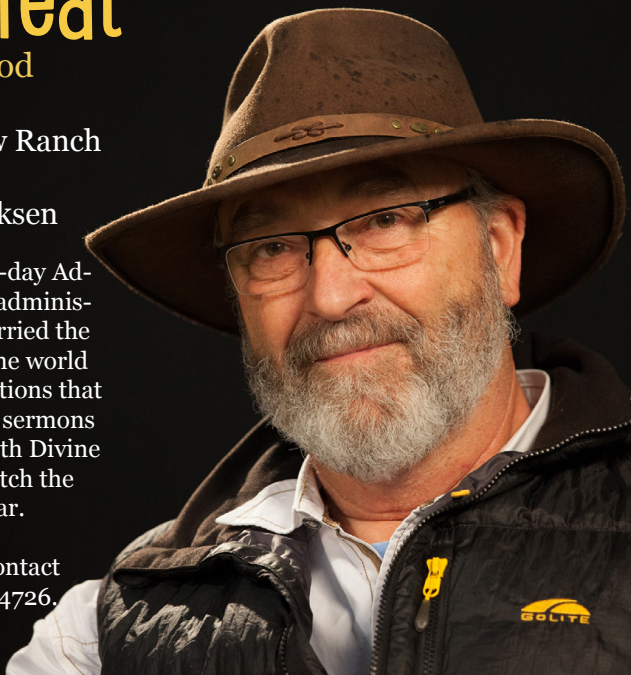
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April 7-9 Broken Arrow Ranch

Speaker: Dick Duerksen

During 47 years as a Seventh-day Adventist preacher, pastor and administrator, Dick Duerksen has carried the good news of grace around the world using narrative-style presentations that bring hope to your heart. His sermons focus on stories permeated with Divine Velcro to help the gospel catch the hearts of those who hear.

For further information contact Cheryl Barker at 785.478.4726.



# Elementary School Films *Christmas Comes to Lone Star Gulch*



Collene Rognlie-Klick

“It was a dark and stormy night...” Apologies to Edward Bulwer-Lytton, but it really was a dark and stormy night on December 7 when the Stone Ridge Christian School presented its Christmas program. In spite of the weather, 65 friends, family and church members—some from two and a half hours away—turned out to watch the movie *Christmas Comes to Lone Star Gulch*.

The play began as Mr. Mayor intoned his pompous greeting to the towns folks, and Mrs. Mayor expressed her indignation at the storekeeper’s smelliness, the audience laughing with appreciation as the characters sprang to life. Mr. Storekeeper, a well-known

town grump, disliked the Christmas season. Despite this, the parson encouraged Mr. Storekeeper to give his heart to Jesus, and a baby abandoned on his porch began to work a miracle in his heart. The audience warmed to the character’s desire to change and how hard that can be.

“Every year for 20 years, we would have a Christmas play, and every year some folks would come to me, pat my hand and say, ‘I’m sure it was a lovely play, but I couldn’t hear a word of it,’” laments **Rudy Carlson**, head teacher at Stone Ridge. “I tried getting the students to speak up, adding more microphones and finally miking each child, but none of that worked!

Students at Stone Ridge Christian School joined with area homeschoolers to produce a movie for their annual Christmas program.

About eight years ago, I decided to make a movie, and about six years ago, we added subtitles so if you can read, you can tell what the actors are saying. Now, no one ever complains they were unable to understand what was being said!”

Stone Ridge Christian School enjoys a good working relationship with the local church homeschoolers, and everyone was delighted they joined in making this year’s movie. They were a welcome addition to the production and to the evening’s program. In addition, Minnesota Conference’s education

superintendent, **John Bedell**, dropped by while we were filming and generously agreed to be written into the movie. He was great, and his understated comedic touch was perfect for his character.

We appreciate the support of our constituent church members and guests as they attend the programs and activities of our school. Thank you for understanding the school is a mission field right here in our own backyard.

Collene Rognlie-Klick is communications officer for Stone Ridge Christian School in Duluth, Minnesota.

## Top Ranking for Mile High Academy



Mile High Academy has a beautiful new location in Highlands Ranch, Colorado.

Rajmund Dabrowski

Mile High Academy topped the list in several key areas in this year's private high schools 2017 Best School in America list by Niche. Niche, the largest website for researching K-12 schools, uses rigorous analysis of statistics and student and parent reviews in order to rank schools. "Parents trying to make the best decision for their children's education can add national rankings to their list of criteria," said **Agape Hammond**, director for marketing.

The MHA top rankings include: first in 2017 Most Diverse Private High Schools in Colorado; third in 2017 Best Christian High Schools in Denver Metro; and fourth in 2017 Best Christian High Schools in Colorado.

Hammond explained that such high rankings indicate

students are happy with their school experience, the school is doing a good job providing high standards of academics, the school fosters an accepting and positive culture, and students are actively involved in a variety of extracurricular activities that provide balanced learning.

"We have been working hard to provide our students with the tools they need for their future. However, getting national recognition for all the hard work our teachers and students put in daily is gratifying," Hammond commented.

Agape Hammond is the marketing director at Mile High Academy.

Learn more: [k12.niche.com/mile-high-academy-denver-co/rankings](http://k12.niche.com/mile-high-academy-denver-co/rankings)

## Modern-day Dorcas Keeps Giving Back



Karen Gates

Rose Gates is much loved by residents and staff alike at Holly Creek Retirement Community.

Although she is a small woman, **Rose Gates** has an oversized heart. At 93, she can look back over a long life of service to the poor, a tradition for her that continues even today.

Within months of moving to Holly Creek Retirement Community, Rose formed a group of ladies interested in sewing and knitting. "Needles and Threads" meets every Tuesday in order to create blankets, sweaters, caps and booties for newborns. They deliver them to Warm Hearts, Warm Babies four times each year. With financial help from Holly Creek Christian Living Center, the ladies sent 70 blankets, 14 quilts, and 6 knitted blankets, along with 15 sweater sets last month.

Rose's journey began January 9, 1923, when she and her identical twin sister,

**Ruthie**, were born in Arriba, Colorado, into a world of difficulty. Because their father was in and out of their lives and their mother was "very loose," the girls received little care or direction. Eventually, the state placed them in a foster home, which was no better than the home they came from. Yet Rose took the hard times in stride, turned them around, and has spent her life helping others.

Carol Bolden is an assistant in communication at the Rocky Mountain Conference.

Read the full story: [www.rmcsda.org/news\\_entries/6062](http://www.rmcsda.org/news_entries/6062)

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# Leadership Around Every Corner



Ryan Teller

Michelle Thompson developed leadership skills while managing Cooper's Corner, the snack shop in Union College's student center.

For many, a college job meant waiting tables, cleaning bathrooms, or fetching someone's coffee. But at Union, student employees—like senior business major **Michelle Thompson**—find many opportunities to develop valuable skills such as adaptability, communication and problem solving—skills that will help them be better employees, leaders and people.

For Thompson, that opportunity came in the form of a job as manager of Cooper's Corner, a convenience-style snack shop located in Union's student center. As manager, she hires and fires student

employees, maintains inventory, and opens and closes the store. "It's also my job to order food from multiple distributors by each given deadline, meet with food representatives, organize employee work schedules, keep track of money, stock the shelves, and work the register," Thompson adds.

Before taking this job, Thompson said she was pretty shy. "I preferred to be told what to do to avoid upsetting anyone," she says. "But since being placed in charge of employees, money, and everyone's late night snacks, I've learned how to step up into a leadership position by

communicating with the students who work at Cooper's and with my boss. I've learned how to deal with criticism and also better understand how to be aware of what people like and dislike."

Now in her second year as manager, Thompson finds she really enjoys her job and the people she works with. "I have great employees, it's a good opportunity to meet a lot of people on campus, and it's fun to try new snacks for the store!"

**Peter Blankenship**, director of Dining Services at Union College, selected Thompson to manage Cooper's based on the recommendation of her predecessor. "Michelle had worked a year in Cooper's already," he says. "So she knew the store, she had experience, and she had a good recommendation from the previous student manager."

Blankenship says the job requires a student to develop skills in organization, communication, punctuality, leadership, and attention to what people want. "You have to pay close attention to detail when it comes to anything to do with retail," he explains. "You have to constantly babysit the business."

He believes campus jobs like this prepare students to be successful after college. "I feel confident that whatever they do next will yield the same results. They're prepared for life."

Kaylin Thurber graduated from Union College in December 2016.

## Union College News

### ELECTRONIC TRANSCRIPT DELIVERY

Union College now offers electronic transcript delivery through a partnership with Parchment. The new service will dramatically shorten the time it takes to fill transcript requests for students and alumni.

Learn more at [www.ucollege.edu/Electronic-Transcript-Delivery](http://www.ucollege.edu/Electronic-Transcript-Delivery).

### HOMECOMING 2017

Join us April 6-9 for "125 Years—Our Spirit Endures" to honor the classes of 1947, 1957, 1962, 1967, 1977, 1987, 1992, 1997 and 2007. Meet faculty and students, explore our new facilities and catch up with classmates.

Learn more or register now at [www.ucollege.edu/advancement/homecoming](http://www.ucollege.edu/advancement/homecoming).

### WATCH UCLIVE

Union College webcasts a wide variety of worship, music and athletic events live on our student-run video channel at [www.ucollege.edu/uclive](http://www.ucollege.edu/uclive).

### Mid-America Union Music Festival

Academy students from across Mid-America form a mass orchestra and band for a performance that will be broadcast live at 5 pm on Feb. 4.

### Union College Invitational Basketball Tournament 2017

Men's and women's basketball teams from academies across Mid-America and around the country compete in a five-day tournament Feb. 15-19. Watch most of the games live or on demand.

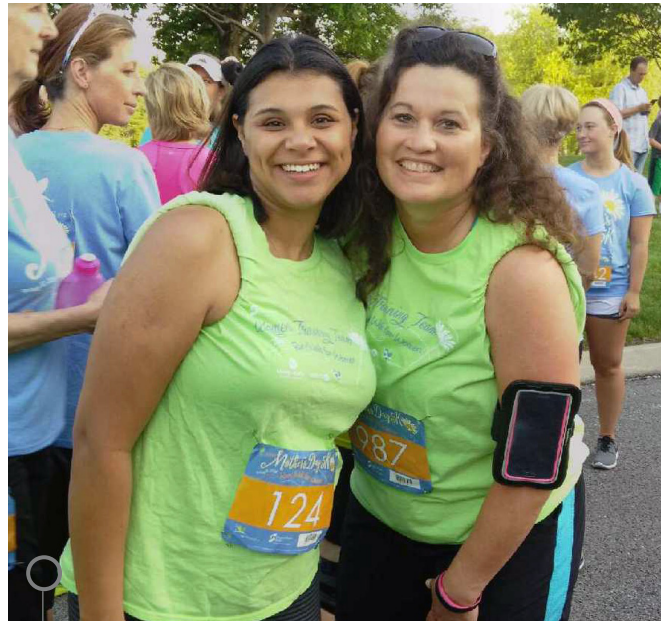
# Shawnee Mission Health Encourages Women to Love Their Hearts

February is Heart Month and a perfect time to reflect on our heart health and look for ways to reduce the risk of cardiovascular disease. With a long-standing commitment to cardiac care and the American Heart Association, Shawnee Mission Health is paving the way to raising awareness of cardiovascular disease among women within the Kansas City community.

Heart disease is the number one killer of women and takes a life every minute; however many women do not consider heart disease an immediate threat to their health. In fact, according to the AHA, one in three women suffer from heart disease, but only one in five believes she is personally at risk. SMH is working to change that perception and make a difference in the lives of women in Kansas City through AHA's Go Red for Women movement and the Take Time to LIV program.

SMH has supported AHA's Go Red for Women luncheon for several years, but recently stepped up their commitment for 2017 by signing on as the Presenting Medical Sponsor. The new sponsorship allows SMH to take a lead role in educating women about the signs and symptoms of heart disease and encouraging them to take action to reduce their risk.

According to SMH executive director of Heart & Vascular Services **Vickie Franck**, prevention starts with staying active and eating



Shawnee Mission Health

Take Time to LIV participants were encouraged to walk or run in the Mother's Day 5K.

a nutritious diet. It sounds like a simple task, but that is not always the case.

"Many women multi-task roles of mother, wife, housekeeper and professional, and tend to care for other's needs before their own," said Franck. "In this busy world, it is difficult to eat healthy and make time for physical activity, especially with processed and fast food all around us."

The objective of Go Red for Women is to educate women to know their personal risk and encourage them to intentionally change their habits. Past attendees have shared their success stories with SMH and how they were empowered to visit their physician for testing after hearing other women's stories and experiences with heart disease.

"I sincerely believe the Go

Red for Women movement raises awareness that we must take care of ourselves or we will not be there to care for those most important to us," said Franck.

Adopting the desire to change is the first step to improving health, but women must also have access to tools needed to make change a reality. To support those on their journey to better heart health, SMH offers the Take Time to LIV wellness program as part of the annual Living in Vitality conference. Currently in its second year, the program is supported in part by a grant from the Arvin Gottlieb Charitable Foundation.

Through Take Time to LIV, SMH identifies 12 to 15 women who are at risk for heart disease to participate in an intensive seven-month

wellness program.

Participants are chosen based on risk factors such as high blood pressure, triglyceride level, HDL cholesterol and size of waistline.

Take Time to LIV is SMH's way of directly impacting the health of women in the community it serves, and their efforts have proven to be successful. In 2016, program participants had an average decrease in waist circumference of five inches. One participant lost more than 10 pounds and decreased her total cholesterol number by 121 as well as her LDL, or bad cholesterol, by 112.

"We are creatures of habit, and it is hard to change bad habits and recreate them into healthy ones," said program manager **Libby Davis**. "Take Time to LIV provides women in our community with necessary tools such as education, accountability and support to change their lives."

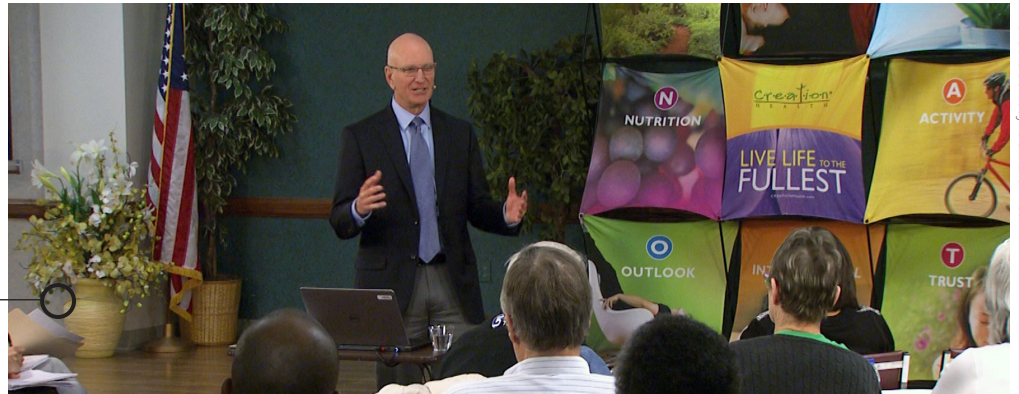
SMH is hoping to provide the opportunity for more women to participate in Take Time to LIV over the next five years.

Jackie Woods is a writer for Shawnee Mission Health.

Find out if you are at risk for heart disease by visiting [ShawneeMission.org/TellMeMyRisk](http://ShawneeMission.org/TellMeMyRisk). For more information about the Shawnee Mission Heart & Vascular Center or Take Time to LIV program, visit [ShawneeMission.org](http://ShawneeMission.org).

# Continuing Down the Pathway to Health

Dr. Eric Shadle shares secrets to a healthier life with participants in the Pathways to Health and Wellness program hosted by Porter Adventist Hospital in Denver, Colorado.



Photos Courtesy Centura Health

Last year we shared the good news about Pathways to Health and Wellness, a new health and wellness program introduced by **Dr. Eric Shadle** at Porter Adventist Hospital. The pilot program launched in January 2016 with 84 participants who attended eight sessions over a period of six weeks, with eight follow-up sessions over the next eight months.

The clinically-based program not only includes the concepts from the CREATION Health program but also incorporates biometric screenings before and after. This past fall, a second successful program was held in conjunction with the LifeSource Adventist Fellowship in Denver.

“The program is actually performing beyond our expectations,” says Shadle. “Our directive is to help people choose their own goals and then provide the resources to help them achieve those goals. That self-directed approach seems to be working.”

Shadle explains that diet and exercise are simply not enough when it comes to achieving long-term results in weight loss or health improvement related to heart

disease, diabetes, high blood pressure and other maladies. Research and Shadle’s own experience reveal that emotional and spiritual components are equally important.

“How we handle our relationships, our stresses, our sleep patterns and many other non-physical components are critical markers that affect our success in any lifestyle improvement endeavor,” Shadle says. “We are finding that in order to have lasting success, we have to look not only at nutrition but also at our relationships. It’s not only *what* you eat, but *who* you eat *with*.”

In the past, pundits have touted that a person can create a new habit in four weeks. New data, however, suggests that in order to create lasting change there must be a support system and a realistic understanding that the process can take much longer. That’s why this program begins with the six-week intensive, with eight months of follow-up sessions.

By working slowly and steadily toward long term health goals, with accountability arising from personal

connections with fellow participants and team leaders, participants learn to make lasting changes that rewire their faulty ideas and thoughts.

LifeSource pastor **Dany Hernandez** says, “Because of the nature of the program, it was great to see the relationships that were built between our church members who attended the seminar and the people from the community.”

The biometric data from attendees is being collected and will be published in a forthcoming white paper. Shadle hopes to compellingly demonstrate the benefits of programs that approach lifestyle change in this manner.

“We’re not looking for miracle cures and quick fixes,”

says Shadle. “The pathway to health is a lifelong process. We are already seeing encouraging initial results in the short term, but the real reward will come when we see how these changes affect people in the long run, in five or 10 years.”

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.

If you are interested in hosting a Pathways to Health and Wellness program at your local church, find out more by contacting Dr. Shadle at 303.778.2242.



The Pathways to Health program combines Adventist health principles with clinical diagnostic feedback to help improve participants health.

**Bechthold, Irene (Walz)**, b. Jan. 30, 1931 in Drake, ND. d. Dec. 26, 2016 in Ramsey, MN. Member of the Harvey Church in Harvey, ND. Preceded in death by husband LeRoy; sisters Mary, Emma, Lena, Hulda, Lizzie, Esther, Ruth, Catherine, Edna and Maggie; brothers John, Fred and Herbert. Survived by children Dixie Hammargren and Henry; 4 grandchildren; 4 great-grandchildren.

**Draper, Richard L.**, b. Feb. 16, 1934. d. June 11, 2013. Member of Fort Collins Church.

**Engelkemier, Bobby Kay**, b. May 29, 1931 in Newkirk, OK. d. Oct. 10, 2016 in Centennial, CO. Preceded in death by brothers Joe and Don. Survived by wife of 63 years LaVonne Dirksen; sons Kevin and Murray; daughters Janna Fitzgerald and Christa Timothy; 8 grandchildren; 3 great-grandchildren. Worked for 40 years for Hinsdale Hospital in Illinois.

**Glassford, H. Lucille**, b. May 16, 1928 in Bend, OR. d. Nov. 12, 2016 in Sutherlin, OR. Member of Dakota Conference Church. Preceded in death by husband Ernie. Survived by sons Bill and Eddie; daughter Donna Voth; 9 grandchildren; 9 great-grandchildren; 1 great-great-grandchild.

**Johnson, Daniel Nicholas**, b. Dec. 19, 1945 in Hutchinson, MN. d. Nov. 16, 2016 at Hays Medical Center, Hays, KS. Member of the Bazine Church. Preceded in death by brother Herluf Daryl Johnson. Survived by wife Elaine Hagelgantz; mother Alice Johnson; sisters Teresa Ann Johnson-Boiraud and Rita.

**Lukens, Barbara J.**, b. May 22, 1931 in Fairburn, SD. d. Sept.

27, 2016 in Hot Springs, SD. Member of the Hot Springs Church. Survived by daughter Karen Shepard; son Gaylen Carpenter; brothers William Robinson and Tom Robinson; 3 grandchildren.

**Luttman, Gertrude M.**, b. Jan. 10, 1929. d. Feb. 23, 2016 in Custer, SD. Member of Dakota Conference Church. Survived by daughter Betty Nicholson.

**Moura, Marcus A.**, b. Dec. 11, 1989 in Brazil. d. April 8, 2016 in Lincoln, NE. Member of the Lincoln Hispanic Church in Lincoln, NE.

**Redmond, John P.**, b. March 10, 1930 in St. Joseph, MO. d. Dec. 11, 2016 in Greeley, CO. Member of the Greeley Church. Preceded in death by sister; brother; 2 grandsons. Survived by wife of 42 years Geri; sister; daughters Terry, Deneice and Jona; son Marty; 7 grandchildren; 11 great-grandchildren.

**Shepard, L. Calvin**, b. Oct. 23, 1923. d. Dec. 20, 2016. Member of the Lincoln Piedmont Park Church. Preceded in death by wife Betty (Edson); daughter Karen McCabe; granddaughter Dau'n McCabe. Survived by children Diane Salazar, Lori Shepard-Macke; 6 grandchildren; 9 great-grandchildren.

**Smith, Mary**, b. Sept. 14, 1915 in Custer, SD. d. Oct. 28, 2016 in Hot Springs, SD. Preceded in death by husband Urby; siblings Hazel, Howard and Lulu; daughter-in-law Evie. Survived by son Urby Duane; 3 grandchildren; 2 great-grandchildren.

**Taylor, Leo Dwight**, b. Dec. 25, 1929. d. Sept. 28, 2016. Member

*For the Lord himself shall descend from heaven with a shout, with the voice of the archangel, and with the trump of God: and the dead in Christ shall rise first.*

*1 Thessalonians 4:16*

and head elder of the Alvarado Church. Served as director of Nevati Mission Station in Peru Mission. Survived by wife of 61 years Betty Jane; children Beverly and Steve Stafford, Renita and Mark Turner, Donald and Karey Taylro, Alvin and Dee Ann Taylor; sisters Thelma Huffman and Evelyn Bennett; 21 grandchildren; 9 great-grandchildren.

**Teti, Lorraine S. D.**, b. Sept. 26, 1925 in Mercer County, ND. d. Jan. 9, 2017 in Castle Rock, CO. Member of the Grassy Butte Church. Preceded in death by son Evan Dickhaut. Survived by son Lyle Dickhaut; daughter Sharon Alexanko; 6 grandchildren.

**Trujillo, George**, d. Dec. 15, 2015 in Lincoln, NE. Married to Trinnie Trujillo. Member of

the Lincoln Hispanic Church in Lincoln, NE.

**Trujillo, Trinnie**, b. Aug. 8, 1932. d. Feb. 25, 2016. Member of the Lincoln Hispanic Church in Lincoln, NE. Preceded in death by husband Jeorge.

To submit an obituary visit [outlookmag.org/contact](http://outlookmag.org/contact) or email Brennan Hallock at [brennan@outlookmag.org](mailto:brennan@outlookmag.org). Questions? 402.484.3028.

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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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**NEW BOOK at the ABC!!** "Rocks That Talk" by Sherlyn Bryant - Faith-building stories of God's care and intervention are made visible using Ebenezer stones. A cross between a simple "how-to" book and a life-changing devotional, this is a book for everyone.

**EMPLOYMENT**

**Adventist Health System is seeking a Summer Associate** to work in their Corporate Legal department for at least six weeks in 2017. 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](mailto:Manuela.asaftei@ahss.org).

**Walla Walla University is hiring!** To see the list of available positions, go to [jobs.wallawalla.edu](http://jobs.wallawalla.edu).

**Professor (Assistant/Associate/Full),** Loma Linda University School of Religion is seeking a tenure-track professor to begin in 2017. The candidates should possess Ethics training and a completed PhD (ABD accepted). Please e-mail a cover letter, curriculum vitae, writing sample, and three professional references to Ethics Area Chair: Dr. Zack Plantak ([zplantak@llu.edu](mailto:zplantak@llu.edu))

**Seeking committed Adventist Christian couple** who are service oriented and missionary minded as Volunteer Rangers to steward a self-supporting camp in

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**Southwestern Adventist University's English Department is seeking applications** for a full-time faculty member specializing in British literature of the 18th or 19th century. Preferred candidates will have a Ph.D.; a creative writing background is a plus. Send CV with cover letter to Dr. Judy Myers Laue ([lauej@swau.edu](mailto:lauej@swau.edu)).

**Southwestern Adventist University seeks a director of academic support and advising.** Master's degree in higher education, developmental learning or related field required; doctoral degree preferred. Must have higher education experience. Send CV and cover letter to Dr. Amy Rosenthal ([arosenthal@swau.edu](mailto:arosenthal@swau.edu)).

**Southwestern Adventist University's Nursing Department seeks a full-time nurse educator.** Doctorate desired; MSN considered. Experience in mental health, medical/surgical or pediatrics preferred. Must enjoy working with young people excited about service. Must have, or be able to obtain, an unencumbered Texas nursing license. Send CV and cover letter to Dr. Amy Rosenthal ([arosenthal@swau.edu](mailto:arosenthal@swau.edu)).

**School of Business at Southern Adventist University seeks professor** beginning June 1, 2017. Will teach undergraduate management courses, direct student projects, be involved with research, advise management majors, and teach business administration, healthcare

administration and human resources management. Qualifications: Doctorate degree in Management, Human Resources Management, Healthcare Administration or related field, with related business experience. Teaching experience and extensive scholar activity preferred. Master's degree and 18 graduate hours in management may be considered. Send curriculum vita to markhyder@southern.edu. Visit: www.southern.edu/hr.

## EVENTS

**SHINE - Igniting the Fire of Evangelism in Our Children!** SHINE is a family campmeeting and youth-presented evangelistic series combined in one life-changing week. Activities

include parenting seminars, creative family worship workshops, recreation, and evangelism training. June 25-July 1 at Fletcher Academy, Fletcher, NC. Learn more, register at [www.ShineKids.net](http://www.ShineKids.net).

**ENGAGED ENCOUNTER WEEKEND** February 24-26. This is open to all engaged couples who want to prepare in a deeper way for marriage. The presentations are designed to help couples learn more effective communication skills. The meetings are held at the Mid-America Union Conference office, beginning Friday evening and ending at noon on Sunday. The application deadline is Feb.17. If you'd like more information contact Stan Hardt ([sthardt@ucollege.edu](mailto:sthardt@ucollege.edu)), Angie Hardt ([anhardt@ucollege.edu](mailto:anhardt@ucollege.edu)) or Taryn Rouse ([\[ucollege.edu\]\(http://ucollege.edu\)\) or call 402.423.2896.](mailto:tarouse@</a></p>
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## TRAVEL/RENTALS

### SUMMER TOURS TO ISRAEL AND THAILAND!

Israel June 4-13, 2017 (with optional Jordan extension) with author Andy Nash and violinist Jaime Jorge; \$1950/tour package (plus flight). Thailand July 16-26, 2017: Bangkok, Phuket, Krabi, with Andy Nash and Thai guides. \$1637/tour package (plus flight). Contact [andynash5@gmail.com](mailto:andynash5@gmail.com) or [facebook.com/tabghatours](https://www.facebook.com/tabghatours) for full info.

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## NOTICES

### Mission opportunity for individuals, families or Sabbath School groups.

Sponsors needed to finance the education of children from Adventist families in India. These families make less than \$3 per day. Only \$35 per month provides tuition, lodging, food, books, clothing and medical. Prayerfully consider sponsoring. Visit [www.adventistchildindia.org](http://www.adventistchildindia.org). If unable to sponsor, you may also donate. Questions? contact Charlene Binder ([rdbinder42@gmail.com](mailto:rdbinder42@gmail.com)), local Goodwill Ambassador for Adventist Child India.

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## TRY THIS SIMPLE RECIPE FOR VEGAN MAC 'N CHEESE



### Ingredients:

- 8 ounces pasta
- 1 1/4 cup unsweetened almond milk
- 2 tablespoons olive oil
- 2 tablespoons flour
- 1/4-1/2 cup nutritional yeast flakes
- 1/2 teaspoon garlic powder
- 1/4 teaspoon chili powder
- 1/4 teaspoon chipotle powder
- mineral salt, to taste

### Directions:

Cook your pasta according to package. Drain and place back in pot, set aside.

In a small/medium sauce pan, heat oil over medium heat, add flour and whisk to incorporate. Continue whisking and cook for 2 minutes. Add milk slowly, whisking constantly. Turn heat to low and cook until sauce thickens, about 8 minutes, stirring frequently. Remove from heat. Stir in nutritional yeast, salt, garlic powder, chili powder and chipotle powder. Stir until everything is incorporated and smooth again. Taste for flavor.

Add sauce to the pasta, toss well, add more milk as needed and serve right away.

(Recipe from [simple-veganista.com](http://simple-veganista.com))

# OUTLOOK

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The More They Stay The Same.*

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