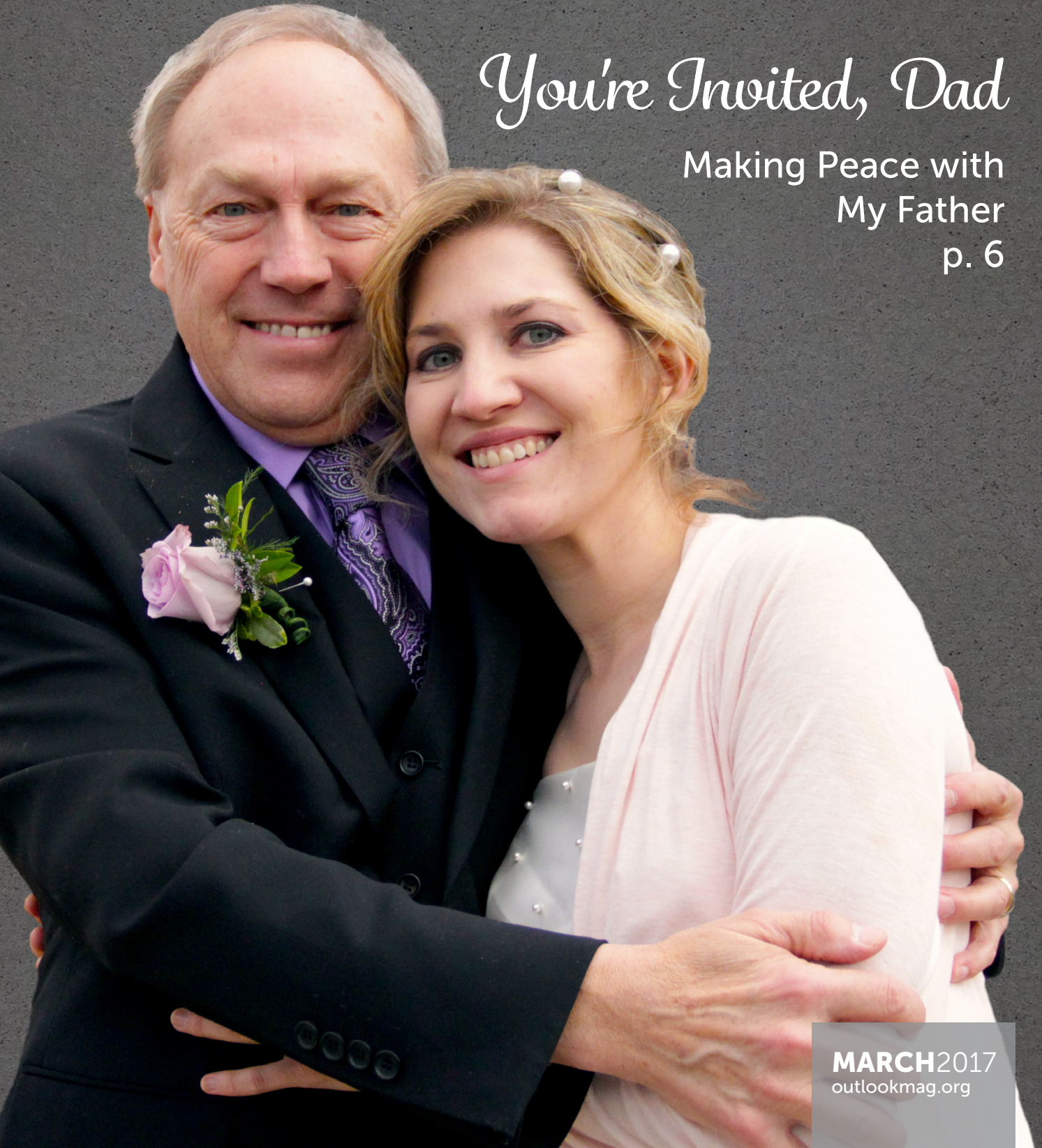


OUTLOOK

You're Invited, Dad

Making Peace with
My Father
p. 6



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BRENDA DICKERSON
editor

PEACE AT LAST!

Our parents not only give us life, they often shape our circumstances. Sadly, not everyone is blessed to grow up in a peaceful home. Sometimes there is extensive conflict, and perhaps physical separation. In such situations, making or keeping peace among family members can be extremely difficult, requiring much effort, energy, time and sometimes money.

As we focus this month on peacemaking in families, we're thrilled to be part of an amazing story of forgiveness and reconciliation between a father and daughter. When we asked Lindsey Gendke to share her life story with OUTLOOK, she recognized an opportunity to go a step further in healing the relationship with her father, who did not attend her wedding over a decade ago because of miscommunication.

With tremendous support from her church family, Lindsey invited her father to fly to Missouri and quickly pulled together a vow renewal ceremony in which the whole family participated. This is a story you'll long remember and, we hope, will inspire many more acts of family peacemaking.

ONLINE



OUTLOOK Screen Test

Abner Campos talks about active Christianity.

outlookmag.org/abner-campos



THE POWER OF STORY IN HISTORY

Sabrina Riley writes about the importance of looking back.

outlookmag.org/the-power-of-story-in-history

ON THE COVER

Daryl Tumberg was not present at his daughter Lindsey's wedding 12 years ago. But by God's grace, he got a second chance to walk her down the aisle.

Story on p. 6

Photo by James Plumery



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"We are not a broken family. We are a healing family."
—p. 8



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How to Have a Peace-filled Family

When there is love in the home, there is no sweeter place to be.

This month's issue focuses on making and keeping peace in our families. If there is one area in which the devil strives the most to hurt us, I believe it is in our homes. If he can make headway in bringing strife to a home, he knows the pronounced pain it will cause.

There is a great old hymn titled "Love At Home" that is not sung very often but has a beautiful message. Here are the words of the first stanza:

*There is beauty all around,
When there's love at home;
There is joy in every sound,
When there's love at home.
Peace and plenty here abide,
Smiling fair on every side;
Time doth softly, sweetly glide,
When there's love at home.*

When there is love in the home, there is no sweeter place to be.

How can we bask in this love when the world brings so many challenges and trials? It's a fair question because we know it is real. At some point in our journey, we will face family crises such as illness and death, financial difficulties, addictions or other destructive behaviors. While we are unable to avoid some challenges in this broken world, there are timeless qualities found in homes where love abounds. Here are a few:

Qualities of peaceful homes

1. A family altar: I don't remember much of what the preacher said in his homily when Diane and I married (sorry Dad), but I do remember him citing a study showing that while across North America one in two marriages ended in divorce, only one in 900 ended in divorce for families who daily worshipped together. This shows a stunning blessing from spending time with God every day. But it makes sense when you think about it. God is love, and going straight to the source will help bring it home.

2. Submitting: Much turmoil has occurred over a few verses in Ephesians 5 about submission and who is "in charge" in a marriage. The truth is, this is not a passage about lordship! More than anything, it is a call for both husbands and wives to give themselves to the other in a profound, Godly way. Commenting on Ephesians 5, Ellen White writes:

"Neither the husband nor the wife should attempt to exercise over the other an arbitrary control. Do not try to compel each other to yield to your wishes. You cannot do this and retain each other's love. Be kind, patient, and forbearing, considerate, and courteous.... If the will of God is fulfilled, the husband and wife will respect each other and cultivate love and

confidence. Anything that would mar the peace and unity of the family should be firmly repressed, and kindness and love should be cherished...Christ abiding in the heart of the wife will be at agreement with Christ abiding in the heart of the husband" (*Adventist Home*, p. 118).

3. Creativity in problem solving: If there is one thing we can count on in a home, it is conflict. It can arise from competing schedules, opinions and just about any corner of life. We must strive to communicate openly and honestly in a gentle and gracious spirit when conflict arises. Then, once the conflict is clearly identified and understood, we need to be creative in finding a way forward where everyone feels valued and heard. This approach always takes time and energy, but is well worth the price.

4. Spending time together: I believe one of the devil's great tools in robbing us of our peace at home is the busyness of life. Intentionally finding ways to spend time together is a must. If need be, put into your calendars the times you will be able to truly give your attention to your spouse and/or children.

The time and care you put into your home will pay great dividends. Blessings on your journeys! **O**

GARY THURBER
is president of the
Mid-America Union.



.....
Gary Thurber is president of the
Mid-America Union.

People of Peace

Bethani King



Each month in 2017 *OUTLOOK* is featuring individuals who are actively involved in peacemaking with their families, friends and communities. The following interview focuses on a teacher living in Washington.

What does it mean to be a person of peace?

The Bible says peace only comes from God, and I believe that's true. A deep inner peace changes a person's entire outlook on the world, how they see people, and how they make decisions. I think seeking this peace begins with a decision that God is king, and to surrender your days and dreams to Him.

What does peacemaking look like to you?

I think sometimes it's easy to be a passively peaceful person. There's not an outright conflict, so we choose to let something simmer even though it's going to bother us every time we think about it. Perhaps intentional peacemaking involves conflict at the start. The willingness to pursue peace of mind, peace in a relationship and a heart at peace might mean some hard work at the front—the willingness to approach problems with an open mind and seek a solution.

How do you try to keep peace both at home and work?

I try to be flexible as changes and needs arrive, and not harbor huge unspoken expectations. Secret expectations will almost always lead to disappointment and a feeling of betrayal. Also, I think it's important to recognize what things are valuable to those around you—family, friends, coworkers—and strive to not blow off those things just because you don't feel they matter. If it matters to an important person in your life, it needs to matter at some level to you as well.

Can you share a specific example?

If having an orderly house is important to the people you live with, this should be something you strive for, even if a little clutter or disorganization doesn't bother you. You might think there are many more important things to do with your time than organize the kitchen, but if that's a high priority to the people sharing that space with you, it should be a high priority to you. This not only maintains a peaceful environment and prevents tension from building, it also communicates to others they are important to you.

What's a Bible verse about peace that is meaningful to you?

“Peace I leave you, my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled, do not be afraid” (John 14:27, NIV).

Is there a saying or quote about peace that you like?

There's a quote that says “No one can steal your joy unless you let them.” I think we could say the same for peace. **0**

Bethani King is a music and Spanish teacher at Skagit Adventist Academy in Burlington, Washington. She spent a year in Honduras as a missionary and recently worked in Lebanon with refugees fleeing the Syrian civil war.



Courtesy Bethani King

You're Invited, Dad

Vow Renewal Ceremony Brings Father-Daughter Healing

At age 30, 10 years married, I made a devastating discovery. My Minnesota dad thought he wasn't invited to my Texas wedding—and that's why he hadn't come all those years ago. Suddenly I had new tears to cry over an old wound: for 10 years I'd thought Dad didn't come because he didn't care. Now I knew he didn't come because he thought *I* didn't care. The loss hit me with a fresh punch to the gut, and I wondered: *How did this happen? How many opportunities have we missed over the years? And How can I make this right?*

Roots of ruin: Broken communication

As I thought back to my wedding, and even the present discovery of Dad's heartache, I knew immediately what our problem was: broken communication. If God puts families together, it is Satan's goal to tear them apart. One of the ways he does it is by breaking communication—and oh, how this theme resounds through my family's story!

When I was 14 my family became a broken family. Stuff happened that no Christian family wants to claim. So we

didn't. Not in public. Instead, we turned inward until we self-destructed. Our home became a battlefield of accusations, the release of pent-up rage and shattered dreams. Words I'd never heard at home flew through our walls. Our "family time" turned into shouting matches wherein one party blamed the other party, and vice versa, over and over again. Communication broke down.

As for Dad and me, we grew further and further apart during my freshman and sophomore years—he became angry and stressed; I, suicidal and depressed—and when Mom moved out, the father and teenage daughter who remained didn't know how to talk to one another. I moved in with Mom at the beginning of my junior year, then continued on with my Big Life Decisions—college, a 1,000-mile move, a spouse—without inviting Dad. And Dad, still wounded himself, didn't force his presence.

Missed opportunities

When my groom, Marcus, and I decided to marry six months after meeting, I had already hightailed it to Texas, and I informed my parents: "We're not planning anything, really. Just a quick, simple ceremony. You can come if you want to, but there won't be much to see."

Am I remembering this right? To this day, I *think* I (sort of) invited everyone, but that intent must not have come through for Dad. (Mom,

incidentally, decided to come, and she and my little brother were my only family members in attendance.) A straight shooter who took words at face value, Dad believed me when I told him we weren't planning anything; it didn't matter if he came or not. And I believed that myself . . . until we pulled up to my in-laws' house and went in.

Unbeknownst to me, my in-laws had pooled their talents to give us as beautiful and traditional a wedding as you can have within the walls of a living room, complete with decorations, dress, pictures, cake and even printed invitations that were sent to no one—only meant as keepsakes of our "happy" day. But oh, how I cried when I walked in and saw the wedding spread. It was then I knew I'd messed up.

Dad should have been there. My older brother should have been there. And I, too, should have been present in the planning of this day. We all should have celebrated my wedding.

Roots of healing: Open communication, open invitations

It was in the summer of 2015, when I was preparing my memoir for publication and asked Dad to read it, that I discovered the extent of his heartache over my 2005 wedding. He read the manuscript over four days, crying sometimes, before laying it down wordlessly. When he finally spoke—after



I begged for feedback—he simply said: “I feel so bad I missed your wedding. I thought I wasn’t invited.” That’s when I realized I had some peacemaking to do with my father.

As I thought about how to make peace with Dad, I thought about Jesus and the many invitations He gives us; and the many ways He asks us to invite *Him* in. *Come unto me, all ye who are weary. I stand at the door and knock. If you ask, I will answer.* Jesus created families, biological and otherwise, and just as He wants to do life with us, He wants us to do life with our families. But He never forces His way in unless we open the door. It’s often that way with our family members, too, especially if the family has been broken or communication lines severed.

I’ve learned the hard way that, when it comes to restoring relationships, it really *does* take an invitation—a crystal clear phone call, letter or text—to assure our family members that yes, they are welcome in our lives; and yes, we want them there. Moreover, Jesus said if we are “offering [our] gift at the altar and there remember that [our] brother [or father] has something against [us], leave [our] gift there in front of the altar. First go and be reconciled to them” (Matt. 5:23, 24, NIV).

A healing do-over

So, when I got the opportunity to share our family’s story in *OUTLOOK*,



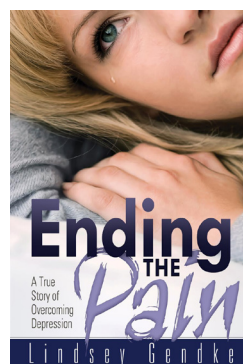
Peacemaking might come with a cost; it may take awkward confessions and shameful tears and a pricey plane ticket—even the uncomfortable donning of a too-tight, two-babies later wedding dress. But where we can make peace with our families, it is always worth the cost.

I reached out to Dad. I apologized again. And then I invited him to fly to Missouri on short notice, in freezing winter, for a vow renewal with my husband. To my joy, he said yes. “That would be healing,” he said. So 12 years later, thanks to Pastor Ken Olin and a precious group of members at West County Adventist Church, we got a do-over—a small moment to make peace with a missed opportunity, and with each other.

Dad, I’m sorry we didn’t celebrate my wedding together the first time. Let’s keep

repairing our communication, and let’s live in the fullness of God’s plan for our family. I love you, Dad. Want to visit again next month? **O**

Lindsey Gendke is a wife, mother and writer whose passion is sharing God’s redemptive work in messy lives. Lindsey tells her own story of redemption in her memoir *Ending the Pain: A True Story of Overcoming Depression*. Currently, Lindsey lives in Missouri with her husband and two sons and blogs at www.lindseygendke.com.





PEACEMAKING AND DIVORCED FAMILIES

In situations where families do not stay together, church members need to know how to help rather than create additional injury. Sadly, 47 percent of divorced persons leave the church they previously attended. How can we stop this pattern?*

When separation or divorce happens, many people go through a period of lessened church attendance. If their former spouse attends, obviously it may be uncomfortable. Additionally, the embarrassment of publicizing a personal failure may keep them away. There is a very high percentage of married couples at church and that can be painful to observe when you are still trying to figure out where you fit in with your new (and undesired) single status. Church attendance does not necessarily correlate with spiritual life, but it can help.

During the long separation preceding my divorce, my children and I were met with many disturbing circumstances which served to alienate me and make regular church attendance impossible. What happened to me is not uncommon. Divorce is a terrible event that opens the most intimate part of your life to public viewing—no matter who is or is not at fault.

PLEASE AVOID...

As a Christian, I know divorce is not God's Plan A. Admitting my marriage was over at church made me feel like a bad Adventist, but admitting it at work was worse. There I had hoped to be a witness. Now I was showing them being an Adventist was nothing special. My co-workers assumed my church would surround me with love during this time, and I did not feel comfortable telling them the truth. Isolation was my new norm. While most people in church were not malicious, they were often hurtful in their helpfulness. As I talked to other divorcees, it became apparent the following experiences are all too common.

1. Inappropriate questions.

In their shock, many people immediately ask, "Why?" While it's best to give divorcing friends the opportunity to talk, don't demand answers. This topic may be too sensitive for the church foyer. They may very much need someone to talk to later. Assure them you will keep it to yourself, if in fact you will.

A related question is, "Do you have biblical reasons?" No matter how one answers this question, you will implicate either yourself or your ex-spouse. In all the years I was in a troubled marriage no one ever expressed concern about my salvation. Suddenly during my divorce, many people felt the need to remind me of the only acceptable reasons for divorce. This is likely a poor question to ask unless you have a close relationship.

Countless times when I stunned people with the revelation of my divorce I was met with, "But you were the *perfect* couple/family!" People making this statement show their own fears and grief while putting the separated or divorced person in a position of comforting the person who made the statement. Including the children

in the illusion of "perfection" is even more damaging as it inflicts an added painful statement that the children are now marred by this event and they are no longer a "good" family. That is a thought they are all already struggling with. They need support, not confirmation of their fears.

Many people said, "I'll pray for you both," or its cousin statement, "I still love you both." While prayer and love are extremely needed, this statement implies you believe both parties are equally at fault, which is rarely the case. It can also imply you will be praying they get back together. If they do not get back together, have they failed? Has God?

2. Unsolicited advice.

At times I was exhorted to try to work it out because of the kids or finances. While both are important, often they keep a person in a bad situation far too long. This advice implies the person you are speaking to is either too selfish or ignorant to consider the consequences. Likely your friend has put much thought into this and is fearful about these very things.

At times I was advised to "find friends in my same

* <http://lifewayresearch.com/2015/10/29/threat-of-divorce-hard-to-spot-among-churchgoing-couples>



situation—of the same sex.” This is a wonderful idea and will happen slowly over time. However, as a single mother working to support four children, I did not have time to foster new friendships.

When it comes to dating, advice is best given only when asked. This is a very personal area—tread lightly.

3. Gossiping. There were rumors my children were on my ex’s “side” because they were more frequently seen in public with him. Please do not drag the children’s loyalties into gossip; they are already hurting enough.

And please do not make the assumption that someone is on the prowl for a date if s/he suddenly loses weight, gets new clothes, or changes hairstyles. They may have lost their appetite due to stress. Or maybe they are finally able to focus on self-care. If they *are* looking for a new mate, pray they find happiness according to God’s plan.

HOW CAN YOU HELP?

1. Show kindness. Listen. Let us know you care. Find out

what we need. What may be hurtful to one person, may be helpful to another. Mow the lawn. Fix a clogged drain. Send a card. Give a gift card. Invite us over or take us out to eat. Single parents often have needs for socialization and finances. Do these things as a couple, or women with women and men with men.

2. Stay connected. If at all possible, continue to allow us a position in the church. This will help us feel connected as well as give an extra push to come. We may not be able to be a church elder or some other position that has a requirement of an intact family. It may not be wise to have us on the platform as this might interfere with others’ worship experience. However, could we type the bulletin? Run the sound system? Coordinate children’s stories? Taking all our jobs away can have the devastating effect of causing us to feel like God’s garbage.

If the case involves adultery or abuse, it may be best for the offending spouse to take a break from church jobs until they show true sorrow and a repentant heart. This is especially important if

children are involved, as they need to know there are real consequences for unacceptable behavior. However, please do not abandon anyone. If church attendance is lessening, do *not* let us slip away unnoticed! It is appropriate to ask (while not demanding an answer) why we are not attending. Inviting us to be part of a small group may be the deciding factor in our continued membership. This can keep us connected while we take a break from church and allow our wounds to heal.

3. Be patient. Keep in mind we may be unsure of our identity. It takes time to mentally think of yourself as single. Suggesting a singles group (while possibly appropriate) may feel as if you have suggested joining a leper colony. Single may still be new and painful. We need time to figure out for ourselves where we fit.

A TIME FOR HEALING

There were many friends who were awesome during this painful time in my life, but two stand out because of the unique things they did. The day my divorce was finalized

my friend, Sharon, went with me to the hearing—without judgment of either of us—and took me to breakfast afterward. Later that day my daughters’ friend, Kim, brought pizza and ice cream and just hung out with us. Both were exactly the right thing to do at the right time.

Remember, divorced families are in the process of healing. The “brokenness” may not have been visible before, but it has been going on for a long time. My personal statement has become “We are *not* a broken family. We are a *healing* family.” **O**

Connie Nelson is a mother of four, nursing manager, speaker and author. She blogs at outlookmag.org/author/connienelson.



Pablo Colindres-Moreno

DEFEATING FEAR... FOR MY FAMILY

The majority of my life I've struggled with fear. Fear of the unknown, fear of pain, fear of doctors and dentists, fear of swallowing pills. I would spend needless hours worrying about upcoming doctor's visits, a blood draw the next morning and the turbulence I would surely experience on my next flight. Fear and worry consumed me.

Eventually I found the perfect coping mechanism: avoidance. I simply didn't schedule those medical appointments. I wouldn't put myself in situations that could possibly result in pain, no matter how temporary or unlikely that pain might be. I found ways around confronting my fear.

UNEXPECTED TRAUMA

During the summer of 2015, my husband, Darin, and I planned an epic adventure to Europe to celebrate 10 years of marriage. He packed sleeping pills to help me through the anxiety of being thousands of miles in the air over the Atlantic. On the last night of our trip, we were in a hotel room in Paris getting ready for bed when my cell phone rang. My baby brother's name was on the

caller ID. My heart lurched into my chest as my overactive fearmongering brain went into overdrive. We were in Europe...my family would not call unless there was an emergency.

When I answered I simply said, "What's happened?"

Our brother, Brian, was in the hospital. A couple weeks earlier he had shown our mom his legs covered in little red dots: broken blood vessels. Being a nurse, my mom knew this meant his body had undergone some sort of trauma. She told him to visit Urgent Care. Various blood tests later, he was told to admit himself to the local hospital immediately. There he was diagnosed with Leukemia, a cancer of the bone marrow. The blood cells his marrow was producing were cancerous.

I'M A MATCH

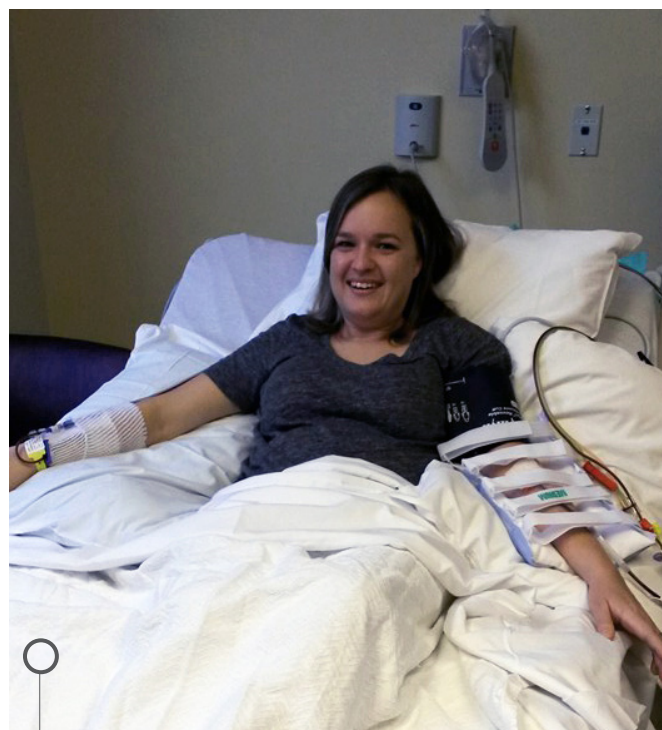
Two days later, I drove to a Denver hospital to be with my family. Brian's treatment options were limited. He had an aggressive form of Leukemia (Acute Myeloid Leukemia) and they needed to find a bone marrow match. Siblings are the best chance—25 percent—of being a match. A quick cheek

swab and a couple weeks later, we learned I was that match.

I could feel God's hand working. Fear and happiness overcame me. I wanted to help my brother, but I was terrified. What pain would I go through? But I had been watching Brian—a catheter in his chest, chemo pulsing through his veins, an unknown future ahead of him—and I was inspired by

his strength and positivity. "I choose to fight this and live," he had told me. I knew I needed to be more like him.

Isa. 41:10 came to mind: "*So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand*" (NIV). God was already fulfilling this promise in Brian's life. It was time I embraced it too.



Stephanie hooked up to the apheresis machine donating stem cells for her brother, Brian.

Barbara Dettlor



Darin Gottfried

Siblings and their spouses: Darin and Stephanie Gottfried, Brian Detlor and Kevin and Jessica Detlor on Thanksgiving Day after the stem cell transplant.

MORE THAN CONQUERORS

I would donate stem cells through apheresis. The process would require a battery of blood tests to make sure I was 100 percent healthy and then four days of injecting myself with a growth hormone to help my body produce more stem cells. Friends and family gave me the injections. The only side effect: severe body aches. While donating I would need to be aware of my body. If my lips began to feel numb or my body felt tingly, I needed to tell the nurse, because that meant my potassium levels

were too low and I might pass out or worse, have a seizure.

Two days before Thanksgiving, fear coursing through my body, I was admitted to the hospital and settled in my room. My nurse, Neil, whom I believe God picked out just for me, inserted needles into my arms. I sat perfectly still for five hours watching as blood pumped out one arm and into a machine where the stem cells were removed, and then the blood and extra potassium were pumped back into my other arm. The goal was five million stem cells.

At one point, I could feel my vein giving up. It started

seizing and the machine rang out with alarm bells, letting Neil know something was wrong. He attempted to readjust the needle in my giving arm. He wiggled it around, pulled it out and placed it back in my arm, trying to get that vein to work again.

We didn't collect enough stem cells the first day, so I returned the next day to donate again. More needle pricks and four more hours and I was done. My stem cells were hooked up to Brian's IV and pumped into his body.

Through God's reassurance and my love for my brother, I survived two of my worst

fears: pain and the unknown. Brian has been cancer free for one year now. My stem cells are pumping through his body, helping him live. All his cells are my cells. That is a powerful thing.

Fear still pops up at the most inopportune moments, but I am able to look forward and see there is nothing I cannot conquer when I have a loving God and family at my side. **Q**

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

Philadelphia Blessing Campaign Supports Family

Our churches across North America are becoming increasingly diverse. Gone are the days when local events are the only things a pastor needs to preach about. The concerns of today's parishioners have become increasingly global as many have migrated from areas beyond this country's borders. Along with their concerns going abroad, often their tithe and offering dollars do too. Burdened with calls from family members and friends, some members feel obligated to send money back home, money they would be expected to place in the

collection plates of the local church they attend on a regular basis.

"A dollar here is worth so much back home," stated one member. "There are so many people who need help, and I feel a need to help them. I just can't do both—return tithe here and help back home—so I send the money back home."

Prior to 2015 I had no idea this was happening in our churches. As a pastor I am aware of the giving habits of my members, and I'd come to the conclusion that people just didn't want to give. So I preached more

on the importance of giving. However, upon deeper investigation, I realized that they were giving—just not to their local church. So I asked God, *What can we do to help people give locally, while helping them to give abroad as well?*

To be sure, our regularly scheduled 13th Sabbath offering is a great way of giving abroad, but I noticed that my members often felt out of touch with the process. While 13th Sabbath offering does a great job at furthering our mission as a global church, I rarely hear testimonies of how the initiative has impacted

the extended families of our local members the way our members do when they give directly.

God's answer: The Philadelphia Blessing Campaign

First we identified all the countries represented by our members, a total of about 13. We included those who are incarcerated here in America on the list, and we decided we would allow for the members to contribute each week throughout the quarter and on the 13th Sabbath, at the



close of our special service, we would draw one of the areas from a bucket. The country selected would then receive the collection.

You may be wondering if we are randomly sending hundreds of dollars to other countries. The answer is no. Following the selection of the country, the individuals who represent the country have one quarter to determine a cause within the country, and put together a presentation to share with the congregation highlighting, among other things, why the ministry or group was selected.

You may also be wondering if this new initiative has caused a decrease in our 13th Sabbath contributions. The answer again is no. Our giving has remained steady.

Here are some results from the first year of PBC:

- We have collected over \$2,000.
- Jamaica, Virgin Islands, Kenya and a total of eight inmates have been selected.
- NAMI, Bread Basket Ministries and a

scholarship for a school have been amongst the initial recipients.

- At the end of our first year we saw a major increase in tithe for the church.
- Those from other countries no longer feel conflicted about giving locally because they know their church family will continue to support their family abroad.

This experience has been exciting! The PBC has truly brought our church closer

together. It also brings us closer to the areas and individuals our members are concerned about through the quarterly presentations, and it brings those individuals closer to our church as the members share the news that our church has decided to bless them. We are a family—a local family helping our extended family.

Keith Hackle Jr. pastors the Philadelphia Church in Des Moines, Iowa.

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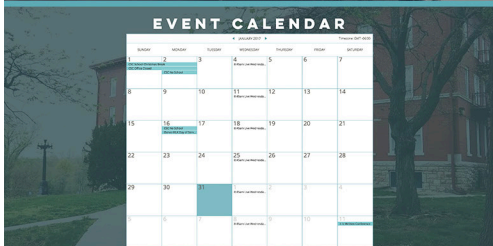
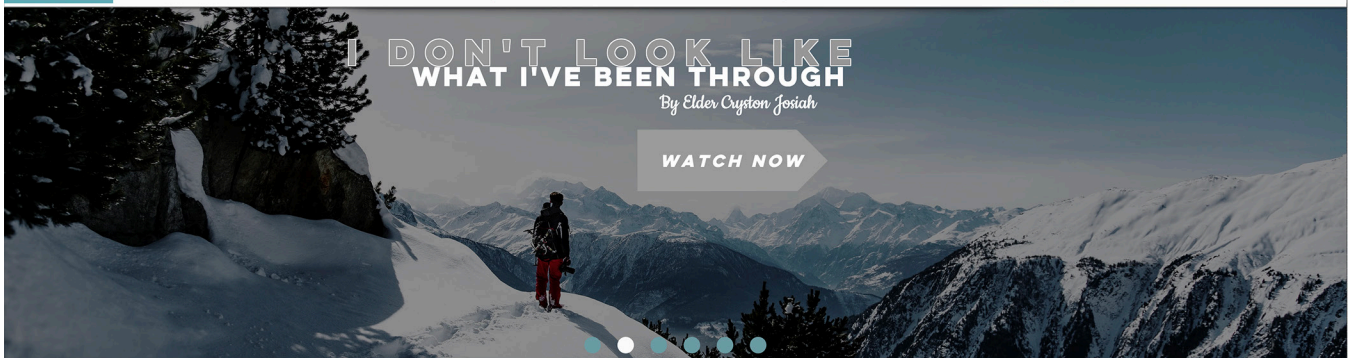


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Making Peace in Your Family

The Flesh Home vs. the Spirit Home

A scene from the classic film *Forrest Gump* depicts actress **Robin Wright** as Jenny throwing stones at what remains of her childhood home. The bitter memories, which shaped her life of despair, began in a Gal. 5:19-21 *Flesh Home*. The words “Sometimes I guess there just aren’t enough rocks,” underscore the fact that not every child grows up in a safe, healthy and protected environment. Who would choose to construct a *Flesh Home*?

As **Steve Weber**, *Forrest Gump* impersonator and speaker, says, “There are never enough rocks to wipe out the pain one might suffer from the past. There are never enough rocks when it comes to revenge. Forgiveness and letting go are the only way—as painful as that process may be. ... Forgiveness is not for the abuse—that was evil and should never be condoned. The forgiveness needs to be directed towards the people.”¹

The *Spirit Home* of Gal. 5:22-23 is the optimum alternative. It is the home “for freedom” (verse 5). However, the windows and doors of that home can be broken when exhaustion and stress prevail.

A true story is told of John who decided the stress was too great. He took his gun, checked into a hotel and planned his suicide. He was so overcome with fatigue that

he laid back on the bed and fell asleep. Thirty-six hours later when he awoke fear gripped him as he realized how close he had come to destroying himself. He simply had been overtired. He realized he had much to live for and thanked God for sparing his life.

When people talk about making peace with their family, some consistent themes emerge:

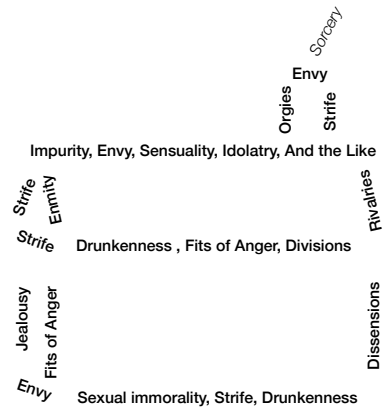
- Make time to talk with one another;
- Spend more time praying together and doing activities together;
- Less television, less electronic devices and more family activities;
- Family meals together;
- Family meetings with opportunity for all to share good and bad things with a requirement to share something good; and
- When there is a problem look inside first. Pray that God will show you what you need to fix instead of trying to fix others.

If conflict is expected have a prayerful and appropriate answer in mind, delivered with a smile. “I appreciate your concern. I’ll let you know as soon as I have any good news to report on that issue.”²

Paul concludes Galatians by stating, “If we live by the Spirit, let us also keep in step

Although a person may not be able to choose their family they may choose their friends and spouse. “For freedom Christ has set us free...” (Gal. 5:5).

THE GALATIANS 5:19-21 FLESH HOME



THE GALATIANS 5:22-23 SPIRIT HOME



with the Spirit. Let us not become conceited, provoking one another, envying one another” (ESV).

Jacquie Biloff is communication director for the Dakota Conference.

1. Weber, Steve, “Sometimes There Just Aren’t Enough Rocks,” (Speakinggump.com, March 24, 2010).
2. Felder, Leonard, *Making Peace with Your Family* (www.beliefnet.com/love-family/2008/11/make-peace-with-your-family.aspx?).

Payabya Mission Pastor Marries Couple in Hospital



It was Friday, 3 pm. The voice on the phone was urgent, yet happy, “They have their marriage license. You were right; they had to get it down there in Gering. There was a lot of red tape, but they got it. They are ready for the wedding today, but we do not know how to get ahold of the pastor.”

Pansy Weasel Bear and I had talked about the wedding earlier in the week. Her brother, **Orlando**, and his significant other, **Shanna**, wanted to get married. They had been together for 14 years. Now Shanna was in the hospital in Scottsbluff, Nebraska. She did not expect to live much longer and they wanted to get married while there was still an opportunity.

Pastor Maldonado was at camp meeting in Lincoln—nine hours from Scottsbluff. I was three-and-a-half hours away. It had seemed, when we

discussed it earlier, that the nuptial pair probably would not be ready for the wedding until the following Monday.

When I arrived the bride was radiant in her hospital gown. The groom was equally radiant as he stood by her bed. Just as the “I dos” were finished Pansy called with a message for the bride: “Congratulations, Mrs. Two Bulls!” Shanna died nine days later.

The needs here at Payabya Mission are, at times, immediate and pressing. There are approximately 56,000 people on the Pine Ridge Reservation. I am reminded of the words of Jesus in Matt. 9:37, 38: “The harvest truly is plentiful, but the laborers are few. Therefore pray the Lord of the harvest to send out laborers into His harvest.” We appreciate your prayers.

Joseph Story is the pastor at Payabya Mission on Pine Ridge Reservation in South Dakota.



Dakota Conference Campmeeting
June 6 - 10, 2017
Lars Justinen/Licensed from GoodSalt.com

Iowa-Missouri Conducts Conference-wide Evangelistic Campaign

Last fall 45 Iowa-Missouri churches participated in a conference-wide evangelistic campaign that resulted in over 100 people joining the Adventist church by baptism or profession of faith.

The campaign, a partnership between the conference and North American Division media ministry Voice of Prophecy, involved a month-long prophecy series developed by Voice of Prophecy but custom-tailored to meet local needs at each of the participating churches. Pastors, elders and lay members presented on a variety of topics, moving through the books of Daniel and Revelation.

“Having the meetings spread out across the conference as opposed to one large, centralized event provides a wonderful opportunity for pastors and their members to be engaged in ministry together,” said conference executive secretary **Robert Wagley**. “It builds a spirit of teamwork and an atmosphere of cooperation and support amongst the pastors as well.”

Many members who attended said the meetings reaffirmed their beliefs or reenergized them for outreach. Others had been skeptical about the potential success of a traditional prophecy seminar but were encouraged by the community attendance and resulting

new memberships at their churches. Visitors at various locations were impressed with the depth of knowledge presented, stating they’d never learned so much about Bible prophecy before.

Real people, real life changes

Two attendees at the Columbia, Missouri, meetings were former members who had each been away from the church for nearly 30 years. They both came as a result of flyers they received in the mail and were both rebaptized at the conclusion of the series. “It’s good to be home,” one of them said.

During the meetings at Ankeny, Iowa, one of the attendees approached the pastor requesting baptism but felt conflicted because of a smoking habit. “I don’t want to be baptized until I’m free from smoking,” she said. At the conclusion of the meetings, she felt confident in setting a date. She hasn’t smoked since, and a family member of hers who also wants to quit smoking is now interested in coming to church.

An attendee at the Clinton, Missouri, location had studied with the pastor eight years prior when they both lived in Independence. She saw the pastor at the post office one day, and he invited her to the



Courtesy/ Eddie Cabrera

Pastor Eddie Cabrera conducts meetings at the Muscatine, Iowa, location.

church. Three weeks later she received a flyer in the mail for the meetings and decided to attend. She is now in further study with the pastor.

In Cedar Rapids, Iowa, where a slightly different prophecy series was presented, a couple attended and were each able to quit drinking and smoking. Both have been baptized. At the same location, a home visit following a request for baptism resulted in a refugee family of four giving their hearts to the Lord.

Ongoing activities

Follow-up meetings and Bible studies are currently

underway at many of the churches, involving more than 120 people who attended the series who have not yet been baptized.

A partnership with It Is Written for a major event in the Kansas City metro in 2018 is also underway, involving the Central States, Iowa-Missouri, and Kansas-Nebraska conferences.

Randy Harmdierks is communication director for the Iowa-Missouri Conference.

Camp Heritage

Lake of the Ozarks, Missouri

2017 Summer Camp Dates

Cub Camp (7-9)	June 11-18	\$175
Junior 1 Camp (10-12)	June 18-25	\$175
Junior 2 Camp (10-12)	June 25-July 2	\$175
Teen Camp (13-17)	July 9-16	\$195
Teen Canoe Camp (13-17)	July 16-23	\$195
Family Camp	July 4-9	\$70-\$140 (varies by age)



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Topeka Hispanic Joins Conference

Stephanie Gottfried



Topeka Hispanic becomes the newest church to join the Kansas-Nebraska Conference.

The Topeka Hispanic Company recently became the newest congregation in our conference. Starting in 1995, Topeka Hispanic began with 17 members meeting in the house of **Maria Cardona**. They soon found space in other area churches to meet and in 2011 raised the funds to purchase their

own building. Topeka Hispanic Church currently has 47 members and is continuing to grow.

During a time of celebration before the organization service, members shared their talents in a concert.

Ron Carlson, Kansas-Nebraska Conference president, assured the new congregation that

God performs miracles when we obey and Topeka Hispanic's growth and love for the Lord has brought them where they are today. The signing of the charter was a family affair; everyone was invited to sign—parents and children alike.

Roberto Correa, pastor of the Topeka Hispanic and Emporia

Hispanic congregations and Hispanic coordinator for the conference, says, "Topeka Hispanic Church is a healthy congregation with the desire to honor God and share His love in their community. God has blessed this church by adding new members every year and we only have gratitude to God."

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

SHG in DBS Training



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3 pm Saturday-12 pm Sunday

\$25 Workshop fee - Includes Saturday supper and handouts

Space is limited to the first 25 who register

Contact Sue Carlson: scarlson@ks-ne.org

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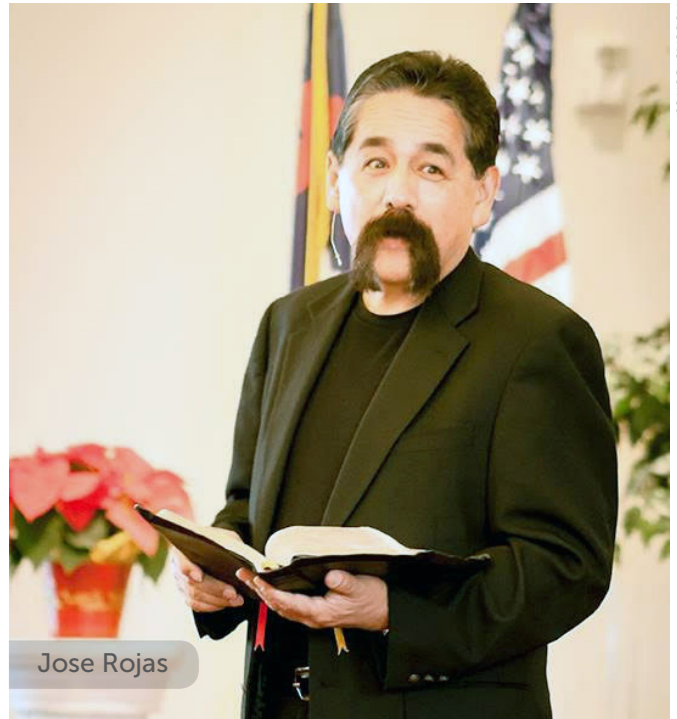
Evangelistic Caravan Increases Hispanic Membership

Evangelist **Jose Rojas** spent 12 days traveling and sharing multiple evangelistic series with all the Hispanic churches in the Kansas-Nebraska Conference. In addition to the evangelistic meetings every night, Elder Rojas presented training to church leaders on how to reach different Hispanic generations. He taught young adults how to share the Adventist message of Jesus' soon return in an increasingly secularized society. He also visited each Kansas-Nebraska Hispanic

pastor in their home, praying and confirming God's calling to them and their family.

The congregations were overjoyed with the 30 baptisms and more than 200 decisions made to join the Adventist church in the near future through this evangelistic caravan. They believe that to bring a dear friend to Christ is the greatest joy disciples of Christ can experience in this life.

Roberto Correa serves as Hispanic coordinator for the Kansas-Nebraska Conference.



Roberto Correa

PRAYER CONFERENCE

REVIVE US AGAIN

A Prayer Conference is planned for members in Mid-America Union Conference **April 7-9** at the **Lied Lodge in Nebraska City, NE.**

The leaders of each church are invited to prayerfully consider sending a representative to this event in order to foster a culture of prayer and spiritual revival in our churches.

Contact **Susan Treolo** (streolo@ks-ne.org) or **785.478.4726** for more information or to register.

Retiro de Mujeres Hispanas
Kansas-Nebraska Conference
31 de Marzo - 14 de Abril del 2017

Señor, Transformame

Raquel Arrais
Oradora Internacional. Ocupa actualmente el cargo de Directora Asociada del Ministerio de la Mujer en la Conferencia General de la Iglesia Adventista del Séptimo Día.

God Blesses Maplewood Academy's Farm Program



Photos courtesy Maplewood Academy

Last summer, Maplewood Academy started selling produce from its gardens to the community, and it was a hit! God has poured out blessing after blessing with this new industry—creating student jobs, a better way to reach the community, and excellent educational opportunities.

The idea started as just a seed, but began to flourish when **Terry Nennich**, Maplewood's vice principal of finance, arrived in the summer of 2014. Nennich comes from a family of farmers, and this program is definitely a passion of his.

"When I came, Maplewood had talked about starting a horticulture program for students to learn and provide jobs so students could earn money toward their tuition," he said. "It's a great thing for the school and students. I am very excited about this opportunity and I really enjoy doing it. There are a lot of benefits for all involved."

In 2015, Maplewood students, under Nennich's direction, set out two acres of strawberry plants just north of the school. They also planted about an acre of other vegetables, including sweet corn and tomatoes, in fields behind the girls' dormitory. Students started taking vegetables to the local farmers' market that summer. They did well, but had no idea how the addition of strawberries would cause the program to bloom the next summer.

"This past spring, a nasty relapse of winter air was forecasted, and we feared the survival of our strawberry plants," said Nennich. "The faculty came together and prayed for God's protection. The following week, our hearts sank when the freeze seemed to devastate much of the two acres we planted the summer before. But God teaches us lessons in the hard times, and much to our amazement, the strawberries came back strong

and flourished past our imagination!"

In June 2016, Maplewood opened a you-pick strawberry patch and a farm stand out front on one of the main roads through town. The community responded with lines of cars, full of people wanting a taste of the ruby-red strawberries. Thanks to word of mouth, the staff couldn't keep up with the demand at the farmers' market. A full truck load of strawberries would be cleared out in 20 minutes. Maplewood was suddenly the talk of the town.

In just a few short weeks, Maplewood's strawberry farm brought in almost \$40,000. One hundred percent of the proceeds from farm produce goes toward student scholarships.

Additionally, the program provides rich learning experiences for the students. Last year Nennich taught a horticulture class educating students how to nurture

new plants from seeds and then transplant them to the gardens in the spring. Last spring students added three acres of sweet corn, 2,000 tomato plants, a half-acre of watermelon and cantaloupe, a quarter acre of potatoes, and an additional 2,500 plants of other varieties. This is in addition to adding one-and-a-half more acres of strawberries to the already successful two acres harvested last summer. In June of 2017, Maplewood will have a total of three-and-a-half acres of strawberries to harvest, and the staff hope to expand the gardens further if all goes well.

More than 20 students were hired during the strawberry season, then spent their summer picking, weeding, selling produce at the farmers' market, and running the farm stand at the school. Sophomore **Hannah Dow** said, "I was one of the student workers in the strawberry

(cont.)

field, and I had several awesome experiences. On one occasion, I was walking a member of the public out to the field so that he could pick his own strawberries. On the way out, he asked me about what Seventh-day Adventists believe. It opened up the opportunity for me to share my faith!" And there are many more stories like this one.

As Maplewood looks ahead, God is opening more doors. Several donors have stepped up to provide funds for purchasing a used tractor, additional machinery, a greenhouse, two high tunnels, about 150 apple trees and about 600 raspberry plants. Current plans for the summer include growth of the strawberries, doubling the vegetables acreage and offering a Community Supported Agriculture program where customers purchase a "share" of produce for the summer, which entitles them to a weekly box of fresh produce harvested by the students throughout the summer.

Laura Cummings is the registrar for Maplewood Academy.

For more information or to sign up for the Community Supported Agriculture program, please visit: maplewoodacademy.org or call 320.587.2830.

MWA Students Share Spiritual "Ah-Ha" Moments

In January Maplewood Academy held a student week of prayer during which students shared their spiritual "ah-ha" moments. It was a powerful week as God not only blessed the students who shared their stories, but also touched the hearts of both staff and students.

One senior student shared his appreciation for the donors who made it possible for him to experience the gift of Adventist education. He also said it was his desire and personal goal to be sure he is rooted in his faith and commitment to Christ and our church before he graduates in a few short months.

Our senior class president, a student from China, shared how he found Jesus as his personal Savior since coming to MWA. His faith has grown over the past year, and because of this, he believes God has a plan for his life and is preparing a place for him in heaven one day.

Another student shared her journey from one "spiritual high" to the next and expressed her desire to find consistency and growth. She challenged her peers to encourage one another and keep each other accountable



A Maplewood Academy student shares his spiritual journey and words of wisdom for fellow students.

so they continue to develop a personal relationship with Jesus that will last into eternity.

Stacy Stocks is principal of Maplewood Academy.

Maplewood Academy Partners with Maranatha

We are so excited that Maranatha Volunteers International will be at MWA May 9-21. We are blessed to have their help in gutting and remodeling six bathrooms in the dorms—three in each dorm—as well as several other small painting and landscaping projects around campus.

We are looking for volunteers with specific skills like carpentry, drywall, tile and painting. If you have these skills and are willing to help, please sign up on the Maranatha website—for just a few days or the entire time. If you do not have specific skills, there will be plenty of other work around campus.

Another way you can help is through your generous gifts. Our fundraising goal is \$130,000 for this project. All donations can be sent to MWA and marked for the Maranatha Mission Project. Donations for this project are tax-deductible.

Thank you for your support of Maplewood Academy. For more information, please visit www.maplewoodacademy.org. To sign up to help, visit www.maranatha.org/volunteer-opportunities.

—Stacy Stocks

Newday Church Donates Relief Funds for Syria and Iraq



Kim Kennedy

David Kennedy presents a \$40,000 check to World Relief representative Mark Lamb.

For the past decade, Newday church members have raised money at Christmastime for global organizations that tackle social issues they believe Jesus cares about. Each year, they “spend a little less so they can give a little more,” explains member **Kim Kennedy**.

In the past, they donated as much as \$36,000. For 2016, with \$40,000 in matching funds, they collected \$96,400, an impressive amount that is already on its way to help people around the world whose lives are not as comfortable or safe as our lives in the United States. The members

selected as one beneficiary World Relief, an organization supplying refugee families in Aleppo, Syria, and Mosul, Iraq, with the essentials they need to survive. In January World Relief’s church partnership coordinator, **Mark Lamb**, flew in from Seattle to personally thank Newday’s members and receive their check for \$40,000.

“Refugees,” said Lamb during his visit to Newday, “are typically unwanted in the communities and countries they flee to. Welcoming the unwanted is one of the best expressions of the gospel.”

Another recipient of Newday’s generosity, International Justice Mission, is an organization that tackles injustice and modern-day slavery. They will receive a check for \$45,000, an amount that will fund six rescue missions

much like the operation that took place this month in Manila where nine boys and girls, ranging from 2 to 10 years in age, were rescued from two separate homes.

Caring for their neighbors who need a hand up is a way of life for Newday. They have benefited Parker Task Force/Food Bank in previous fundraisers, which they gave \$10,000 to last month. The food bank is a non-profit dedicated to providing individuals and families in their community with food and other resources to help them become self-sufficient.

The final \$4,400 from 2016 will go to Iquitos, Peru, to build a church, along with a home for an elderly woman.

Carol Bolden is communication assistant for the Rocky Mountain Conference.

Grand Junction Church Purchases New Property

Dec. 1, 2016 was historic for the Grand Junction Church. On that day Colorado Mesa University purchased the 2.3 acres where the church, Intermountain Adventist Academy and Little Lambs Learning Center childcare

property are currently located for the appraised value of \$4.1 million for CMU’s planned campus expansion.

On that same day, GJ SDA Church closed on the purchase of 11 acres of beautiful, flat, accessible, irrigated property

in the heart of Grand Junction about a mile and a half from its existing location. The property, which was unlisted, was greatly desired by local developers who had tried to purchase it for years from owners who did not want to sell. When **Dan**

Watson, realtor and church and building committee member, discussed the needs of the Grand Junction Church with the owners, they felt that our church and school would best fit their property. They agreed to sell it for \$1.1 million, a price significantly below the appraised value, and were overjoyed that the GJ SDA campus would relocate there.

The projected building cost is \$7.2 million, which covers the land, buildings, site improvements, and soft costs, including audio-visual, information technology, security, phone systems, furniture and interior decor.

(cont.)

Bernie Hartnell, building committee chair, points out the location of the church, school and childcare facilities during a New Year’s Eve campfire on the new property.



Ron Carrick

Holy Spirit Takes Charge of Baptisms

In addition to the proceeds from the sale of the property, a faith promise fund-raising program was initiated to raise \$1.5 million by the end of 2016. The remaining \$1.6 million will be obtained by securing a long term loan. As of Dec. 24, 2016, a total of \$241,898 had been raised.

The school building has been leased back to GJ SDA by CMU until the end of the school year; the church until December 2017; and day care until March 2018.

Teams from Maranatha Volunteers International are scheduled to arrive April 30 and be on site through June 11. Work by these volunteers, led by construction superintendent **Gary Ross**, will save about \$350,000. The savings will be used as a contingency for future unforeseen expenses.

We invite alumni of IAA/ IJA and former GJ SDA church members to become involved in the building project, either financially or by volunteering on a construction team—through Maranatha or privately. Any help will be greatly appreciated. IAA alumni can contact **Laurie Kunze** at 970.245.3784 or email laurie.kunze@mesacounty.us.

Other donations can be made by sending a check payable to GJ SDA Church designated “Time to Build” or by going to www.sdagj.org, registering at “Adventist Giving” and designating “New Building Fund.”

Ron Johnson is a member of the Grand Junction Church.

It was nearly 8 pm when three members of a Colorado prison ministry team arrived at Crowley County Correctional Facility to baptize an inmate. **Richard** had already waited two months because each time the baptism was scheduled, something happened to prevent it. Once it was so cold the sprinkler pipes in the chapel froze and they couldn’t fill the baptismal tank. Another time, **Pastor Ted Williams** arrived late and the prison officials wouldn’t allow the baptism to take place.

Finally, on Jan. 13, it was scheduled again and Richard, a graduate of the Discover Bible Course, waited eagerly. Pastor Ted left early to avoid heavy traffic. When he joined the other two members of the ministry team at the prison, he prayed asking for the Holy Spirit to take charge of the evening. But when the guard escorted them to the chapel, they discovered not only was it filled with Messianic Jewish brothers, but the baptismal tank was piled high with all kinds of material.

After a brief discussion, the two groups agreed to hold a blended service. “That’s absolutely no problem,” the chaplain said, meaning it was okay to hold the blended service, “but it’s already 8 pm and services will be over at 8:30. It will take 30 minutes to fill the baptismal tank.”

Pastor Ted asked, “How would you feel about letting the Holy Spirit take care of this?” With a nod of approval, they headed back to the



Rajmund Dabrowski

Pastor Ted Williams signs baptismal certificates for three men at Crowley County Correctional Facility in Olney Springs, Colorado.

chapel. It was 8:07 pm. With everyone’s help, they moved the baptistry and measured the baptismal candidate to see how much water was needed. Within 10 minutes, it was full enough for a baptism.

The Messianic brothers and the Adventist brothers waited expectantly as Pastor Ted talked about the meaning of baptism. He told them that a party was getting ready to start in heaven. Several of the Messianic brothers prayed and Pastor Ted’s prayer followed. Then he baptized Richard.

In the afterglow of the baptism, the Messianic group leader pointed to a man in his group. “This man,” he said, “has been wanting to be baptized for some time, but the chaplain won’t let him because he hasn’t declared a religion.”

“I don’t know you,” said Pastor Ted, “but the Holy Spirit does. I now baptize you in the name of the Father, the Son and the Holy Spirit,” and he submerged the second candidate.

A third man then came forward saying, “I haven’t been in services for two months, but I hear the call. Will you baptize me?” So a third baptism took place and they praised God and prayed together. The clock read 8:27 pm.

“Wonderful, amazing things happen,” says Pastor Ted, “things beyond our expectation, when we let the Holy Spirit take charge.”

Carol Bolden is a communication assistant for the Rocky Mountain Conference.

Expanded Simulation Center Preps Union Nurses for Real Practice



Steve Nazario/Union College

For nursing students like **Zachary Krall**, learning to make life-and-death patient care decisions can be a daunting challenge. But thanks to Union College's newly expanded Nursing Simulation Center, Krall can practice in an environment even closer to the real thing, with interconnected rooms, high-tech patient simulators and volunteer patients who mimic the experience of a real hospital.

"I'm glad I can build confidence in my ability to work effectively in a variety of settings before working with actual patients in a hospital," said Krall, a junior nursing major from Washington. The patient simulators look like people and mimic human

bodily functions, allowing students to feel a pulse, assess pupil reaction, listen to lungs, respond to a patient's voice and see reactions to medication.

"Union's simulation center experience is different from clinical training in hospitals," Krall said. "During simulations, we make patient care decisions on our own and see the results of our choices."

Tracy Hagele, the coordinator of Union's Nursing Simulation Center, said, "Simulation offers the only opportunity for students to practice the full scope of nursing skills before they actually become a nurse. Our program is unique because we emulate a real hospital. The nursing students work

Zachary Krall transferred to Union College from his Florida nursing school last fall after seeing the dedication of Union's faculty and the way they use Union's Nursing Simulation Center to teach students how to make treatment decisions in a wide variety of situations.

together as a team to care for several patients in multiple rooms—just like they will in a hospital unit—but without a clinical instructor looking over their shoulder. Instead, we watch from the control room to provide constructive feedback during the debrief."

The Union College difference

Krall first visited campus in August 2016, when he helped

his brother move into the residence hall.

"The faculty gave me a tour of Union's nursing program even though I had no intention of transferring," said Krall, who was already enrolled in a nursing program in Florida. His interaction with faculty, the campus atmosphere and the experiential learning emphasis impressed Krall. The simulation center especially caught his eye—his previous college

didn't have one.

Even with the transfer deadline six months past, the nursing faculty helped him begin the process. "I prayed about it, and three days later, I transferred to Union," Krall said. "It was a miracle."

One semester later, Krall knows he made the right decision. "I feel like I'm getting the preparation I need to be a great nurse," he said. "At Union, the faculty really focus on helping you succeed."

He believes the hands-on practice through the simulation center is helping him gain more confidence in clinicals and in classwork. In fact, a recent study by the National Council of State Boards of Nursing found nursing simulation prepared students just as effectively as traditional clinical rotations in hospitals. At Union, nursing students participate in a combination of simulation and clinical rotation experiences.

Expanding to create a hospital environment

According to Hagele, a lot of nursing schools focus on single patient simulations—one student working with one simulator. At Union, nursing students must work as a team to care for several patient simulators and live patients. During simulations, each nursing student talks with their patients, performs physical assessments, reviews patient charts with physician orders and lab results, retrieves and administers

appropriate medications and records information on the patients' electronic health record. "This innovative method better simulates real-world nursing practice," Hagele said. "We specifically design the simulations to help them translate the skills they are learning in the classroom to the clinical setting."

Dr. Nicole Orian, chair of the Division of Nursing, believes Union's unique approach to simulation is one of the reasons their graduates pass the NCLEX-RN the first time. "Union has a consistently high first-time pass rate on the national nursing licensure exam—the highest in the state of Nebraska in 2015 (94 percent) and with a 97 percent first-time pass rate in 2016, we expect our graduates will be at the top once again," she said.

A simulation can take anywhere from 20 minutes to two hours. Hagele sets up the simulation center to replicate a variety of environments. Often the center is set up like different hospital units such as a pediatrics, emergency or recovery. At other times, Hagele recreates other types of settings: an apartment for home health training or a small village to prep Global Health Nursing students for their time in Nicaragua.

"You're not overwhelmed," Krall said. "You can focus and make sure you're completing the proper steps without being rushed."

Hagele stated that the recent expansion doubled their simulation space and

provided them with an additional suite and two new high-tech manikins. "We can now accommodate more nursing students while continuing to maintain multiple patient simulations. This also allows students at different levels to work together as a team and learn from each other," Hagele said.

After each simulation, students debrief together with supervising faculty to review thought processes, evaluate care decisions and learn from the experience—something Krall finds valuable. "Debriefs are a good time to ask questions because you're allowed to be vulnerable and receive clarification," he said. "It's better to get everything fixed in simulation than on the floor with a real patient."

By combining practical experience with individualized learning, Krall feels his education at Union is well rounded. "At Union, I don't get overwhelmed and feel like giving up," he said. "We learn a lot about holistic care. We're taught to treat the person and not the disease. We care about the person's well-being emotionally, spiritually, physically and psychologically, just like the nursing faculty care about us."

If you are interested in learning more about Union College's nursing program, please visit www.ucollege.edu/nursing or call 402.486.2674.

.....
Emily Wood is a senior communication major from Missouri.

UNION COLLEGE NEWS

FINDING A MAJOR ISN'T ALWAYS EASY...

When **Joe Hofmann** came to Union, he knew he wanted to serve people—he just wasn't sure how. But God led him toward a career in chaplaincy and counseling. Watch the video at www.ucollege.edu/hofmann-major.

UPCOMING EVENTS

March 23-26 - Preview Days
Visit classes, meet professors and future classmates and experience Union for free. Visit www.ucollege.edu/visit to register.

April 1 - Gymnares Homeshow
Join us for a gymnastics extravaganza at 8 pm in the Union College Thunderdome or watch it live at www.ucollege.edu/uclive.

April 6-9 - Homecoming Weekend
We'll honor the classes of 1947, 1957, 1962, 1967, 1977, 1987, 1992, 1997 and 2007. Visit www.ucollege.edu/homecoming to register.

April 21 - Fine Arts Spring Concert
The concert will begin at 8 pm in the College View Seventh-day Adventist Church sanctuary and can be viewed live at www.ucollege.edu/uclive.

May 5-7 - Graduation Weekend
Come celebrate with our graduates. Learn more at www.ucollege.edu/graduation.

The Gift of Forgiveness

Part of going through life with other human beings means sometimes experiencing hurt and betrayal. For many people, deep feelings of anger and resentment can last a lifetime. If you have been wronged or betrayed in the past, then you probably understand how difficult it may be to let go of this anger. But what you may not know is how damaging it is to hold onto it.

“If one does not attempt forgiveness, the physical toll on one’s health can be significant,” said **Rennie Shuler-McKinney**, MS, LCP, Shawnee Mission Health’s director of clinical services for behavioral health. “Stress, anxiety, high blood pressure, hostility and sleep disturbances are common effects of holding onto resentment.”

Holding a grudge drains energy and weighs heavily on our emotions. Gaining freedom can bring joy and a sense of peace back into your life.

Keep in mind, a grudge can become an integral part of our identity. It’s something that defines us—our anger and victimhood—which gives us a sense of solidness and purpose. And it can also be a major obstacle to becoming a happier and calmer person.

“Get-togethers can bring added stress when unresolved conflict is present within a family or a group of friends,” said Shuler-McKinney. “It can be particularly difficult when you are faced with being in the same place with someone who has caused hurt or been offensive.”

But learning to forgive other

people may be a real challenge. It’s not about forgetting, as the old “forgive and forget” adage would have us believe. It’s about letting go, and choosing positive emotions over negative ones.

In reality, though, forgiveness isn’t so much about the other person as your own process of saying, *I’m moving forward*.

“Learning to forgive can be especially challenging if the person who’s hurt you doesn’t admit wrong,” said Shuler-McKinney. “The first step in forgiveness is to identify the situation that created the negative feelings. Was it a hurtful statement? Was it behaviors that you found offensive or go against your morals? Did someone verbally attack you? Most importantly, can you understand the wrongdoing from the other person’s perspective?”

Creating positivity

Of course, identifying and discussing your feelings about the wrongdoing with a neutral party can really help. Reflect on the facts of the situation, how you’ve reacted, and how this combination has affected your life, health and well-being.

Then, you can make a conscious decision to know that you are not going to allow the person who offended you to control your feelings. This last step takes time.

“To let go of our grudge, we have to be willing to stop thinking of ourselves as someone who was offended

or mistreated,” said Shuler-McKinney, “and step into a new vision of ourselves, someone who is defined by the present, not a past injustice.”

The act of forgiveness can often bring feelings of accomplishment and a sense of being free—you no longer have to focus on other person. Now, you are able to focus on you and creating positivity in your life.

Living without the burden

Keep in mind, forgiveness does not always include reconciliation.

“There will be times when you might still get emotional when facing the individual who created the hurt,” said Shuler-McKinney. “Remember that forgiveness doesn’t equal forgetting.”

Having a relationship with someone in the future is about whether they are reliable, dependable and trustworthy.

“The most important aspect of forgiveness is to recognize that you are not denying the wrongdoing or the hurtful act that occurred, but rather freeing yourself from the emotions that are tied up with the situation,” said Shuler-McKinney. “By offering forgiveness, you are giving yourself permission to live without the burden of the feelings you have been experiencing. You are allowing yourself to return to a life full of love and empathy.”

Rennie Shuler-McKinney is Shawnee Mission Health’s director of clinical services for behavioral health.

The Many Benefits of Forgiving Someone

Letting go of grudges and bitterness can open the door to lasting happiness, improved health and many other positive benefits, including:

- Healthier relationships
- Greater spiritual and psychological well-being
- Less anxiety, stress and hostility
- Lower blood pressure
- Fewer symptoms of depression
- Stronger immune system
- Improved heart health
- Higher self-esteem

Shawnee Mission Health has provided inpatient and outpatient behavioral health services for more than 35 years. To learn more, visit ShawneeMission.org/behavioralhealth.

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Ajete, Luis Pedro, b. April 14, 1960. d. Sept. 13, 2016. Member of Minneapolis Hispanic Church. Survivors include twin brother Pedro Luis.

Anderson, Edna, d. Dec. 4, 2016. Member of Bemidji Church.

Brackett, Donald R., b. Nov. 17, 1935 in Boulder, CO. d. Dec. 25, 2016 in Grand Junction, CO. Member of Palisade Church. Survived by wife Shirley; brother Eleven (Bud); daughters Lavonne, Radonna and Shawn; sons Scott and Todd; 11 grandchildren; 21 great-grandchildren.

Conklin, Donald G., b. Sept. 3, 1928. Passed away in St. Paul, MN. Preceded in death by wife Jean; son Steven. Survivors include son David; daughters Bonnie Mayer and Karen McPherson; 4 grandchildren; 7 great-grandchildren; numerous nieces and nephews.

Dinesen, Ruth R., b. July 23, 1923 near Fiscus, IA. d. Dec. 19, 2016 in Council Bluffs, IA. Member of Harlan Church. Preceded in death by first husband Martin Dinesen and second husband Charles Swanson; 3 siblings; 1 grandson. Survivors include husband Ares Dinesen; daughters Ramona Parker, Annette Beierle, Cheryl Martinez and Melissa Dinesen; stepdaughter Debra Moore; 2 siblings; 5 grandchildren; 8 great-grandchildren.

Dobyns, Robert L., b. July 4, 1933 in Jonesboro, AR. d. Dec. 26, 2016 in Willow Springs, MO. Member of Willow Springs Church. Preceded in death by wife Connie; son Roy. Survivors include daughters Veva Ryser and Ellen Smith; sons Richard, Ronald and Randel; 16 grandchildren; 10 great-grandchildren.

Gourley, Robert "Bill" W., b. May 31, 1954 in Poplar Bluff, MO. d. Oct. 28, 2016 in Poplar Bluff, MO. Member of Poplar Bluff Church. Survivors include Sarah "Sally"; son Joshua; 2 siblings; 2 grandchildren.

Gross, Lawrence, d. Dec. 25, 2016 in Liberia. Member of All Nations (MN) Church.

Gross, Shirley, b. Aug. 29, 1974. d. Dec. 25, 2016 in Liberia. Member of All Nations (MN) Church.

Harlok, Mary A., b. Sept. 13, 1924 in Cedar Rapids, IA. d. Oct. 19, 2016 in Clinton, IA. Member of Clinton Church. Preceded in death by husband Vernon; sons Vernon and James. Survivors include daughters Laura Jensen, Mary Soibel and Grace Brown; sons Steve and Walter; numerous grandchildren, great-grandchildren and great-great-grandchildren.

Harville-Krzyszinski, Betty J., b. May 24, 1932 in Fair Play, MO. d. Nov. 24, 2016 in Boliver, MO. Member of Springfield Church. Preceded in death by husband John Harville; numerous siblings. Survivors include son Kelly Harville; 1 grandson; 1 great-grandson.

Hoffman-Wheeler, Eugenia M., b. Jan. 26, 1921. d. May 6, 2016 in Denver, CO. Member of Denver South Church. Survivors include children Bruce, Judy Wheeler-Hazen and Barbara Tyson; 7 grandchildren; 1 great-grandchild.

Jamison, James C., b. Dec. 12, 1951 in Topeka, KS. d. Dec. 16, 2016 in St. Louis Park, MN. Member of Minneapolis First Church. Preceded in death by wife Joan Cushman Fine. Survivors include stepchildren Steven, Laura and Scott Fine; grandchildren Michael, Leah and Alex;

siblings Michael Hyatt, Katherine, Cameron, Jacqueline, Georgine and Dale.

Knudson, Sandra A., b. Apr. 23, 1941 in Ames, IA. d. Nov. 3, 2016 in Humboldt, IA. Member of Fort Dodge Church. Preceded in death by husband Milford; 1 brother. Survivors include son Mike; 1 sister; 2 grandchildren.

Mason, Mary F. (Plaster), b. Aug. 7, 1945. d. Dec. 26, 2016. Member of Oak Grove Heights Church. Preceded in death by parents; 1 brother. Survivors include daughter Shelby Alcantara; 2 siblings; 4 grandchildren.

Perez, Francisco, b. April 2, 1938. d. Nov. 11, 2016. Member of the Red Wing Hispanic Company.

Purcell, Ethel M., b. Jan. 10, 1917 in Farmington, NM. d. Nov. 24, 2016 in Muscatine, IA. Member of Muscatine Church. Preceded in death by husband Alvin; 5 siblings.

Randolph, Jack C., b. June 12, 1940 in Takoma Park, MD. d. Dec. 3, 2016 in Stoutland, MO. Member of Lebanon (MO) Church. Survivors include wife Linda; daughters Pamela Peterson and Jackie Rochester; 2 siblings; 3 grandchildren.

Ray, Judy, b. Jan. 3, 1952. d. Oct. 28, 2016 in Lees Summit, MO. Member of Lees Summit Church. Survivors include daughters Shannon and Sherri; son Shawn.

Reinier, Gary L., Sr., b. Nov. 13, 1943 in Muscatine, IA. d. Dec. 20, 2016 in Muscatine, IA. Member of Muscatine Church. Preceded in death by son Harold Gene; 1 brother; 2 grandchildren; 1 great-granddaughter. Survivors include wife Anna; daughters Evelyn Stroughmatt, Rose Titus, Barb Garner and Tasha Douthit; sons Jeffery and Gary Jr.; stepmother; 1

sister; 14 grandchildren; 24 great-grandchildren.

Rodgers, Dorothy M., b. Apr. 3, 1929 in Richmond, IA. d. Oct. 19, 2016 in Muscatine, IA. Member of Muscatine Church. Preceded in death by husband Dale. Survivors include daughters Judy Paul, Jane Boughner and Barb Fackler; 1 granddaughter; 1 great-granddaughter.

Shearer, Gary W., b. Feb. 9, 1941 in Lockwood, MO. d. Dec. 6, 2016 in Battlefield, MO. Member of Springfield Church. Preceded in death by 1 brother. Survivors include wife Lanis; daughters Lisa Kemp and Rhonda Dustin; son Erik; mother; 4 siblings; 6 grandchildren; 1 great-grandson. Served as conscientious objector in US Army.

Sloppy, Lila M., b. May 6, 1934 in West Plains, MO. d. Dec. 15, 2016 in Quincy, IL. Member of Hannibal Church. Preceded in death by 3 brothers; 1 half-sister. Survivors include husband Loren; daughter Linda Preston; 1 half-sister; 4 grandchildren; 11 great-grandchildren.

Sutherland, John, b. Dec. 22, 1953. d. Dec. 13, 2016. Member of the Arlington (MN) Church.

Wheeler, Stanley D., b. April 28, 1922. d. Nov. 25, 2016 in Denver, CO. Member of Denver South Church. Survivors include children Bruce, Judy Wheeler-Hazen and Barbara Tyson; 7 grandchildren; 1 great-grandchild.

To submit an obituary visit outlookmag.org/contact or email brennanhallock@outlookmag.org. Questions? 402.484.3028.

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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.

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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 2017. Candidate must be in top 25 percent 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.

Walla Walla University is hiring! To see the list of available positions, go to 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).

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 PhD.; a creative writing background is a plus. Send CV with cover letter to Dr. Judy Myers Laue (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).

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).

Southern Adventist University seeks full-time faculty member for School of Journalism & Communication. Will teach undergraduate courses and advise in areas including Public Relations, Writing/Editing, Journalism, Broadcasting, Mass Communications, Technology, Photography, Communication Studies, Health Communication. Qualifications: Master's degree, doctorate preferred. Five years professional in-field experience, three years teaching experience. Send curriculum vitae to: Linda Crumley, School of Journalism & Communication, Southern Adventist University PO Box 370 Collegedale, TN 37315, or email: lindacrumley@southern.edu.

EVENTS

"Ye Olde" Cedar Lake Academy Reunion will take place June 9-11 for alumni and classmates

at Great Lakes Adventist Academy, Cedar Lake, Michigan. Honor classes: 1937, 1947, 1957, 1967. Details will be forthcoming by postal service. For further information you may contact GLAA Alumni Office at 989.427.5181 or visit www.glaa.net.

110th John Nevins Andrews School Anniversary Celebration: Sabbath, April 1, at Takoma Park Church and JNA, 117 Elm Ave Takoma Park, MD. Registration 10 am. Worship Service 11:15 a.m. Fellowship Luncheon 2:30 pm. Class reunions, school tours 4:30 pm. Musical Concert and memories, light supper, alumni basketball game. RSVP mrevollo@jna.org, 301.270.1400. Last alumni celebration before school closes and moves to new Takoma Academy Preparatory School site. More info to come on Facebook.

Announcing Academy Days at Oklahoma Academy! If you are a student who is serious about your walk with the Lord and His mission for your life, Oklahoma Academy may be just the place for you. Come March 31-Apr. 2 for our Academy Days weekend and find out. Call 405.454.6211 to make your reservations today! Also visit www.oklahomacademy.org.

Six-day Natural Remedies & Hydrotherapy Workshop Aug. 6-11 at Andrews University. Details: andrews.edu/go/nrhw, janinec@andrews.edu or 269.471.3541.

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,

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SUNSET CALENDAR	COLORADO	Mar 3	Mar 9	Mar 17	Mar 23
	Denver	5:55	6:01	d 7:09	7:15
	Grand Junction	6:09	6:16	s 7:24	7:30
	Pueblo	5:54	6:00	t 7:08	7:14
	IOWA			d	
	Davenport	5:56	6:02	s 7:11	7:18
	Des Moines	6:08	6:15	t 7:24	7:30
	Sioux City	6:18	6:25	d 7:35	7:42
				s	
				t	
KANSAS			d		
Dodge City	6:36	6:42	s 7:49	7:55	
Goodland	5:42	5:48	t 6:56	7:02	
Topeka	6:18	6:24	d 7:32	7:38	
			s		
			t		
MINNESOTA			d		
Duluth	6:00	6:06	s 7:17	7:26	
International Falls	6:01	6:10	t 7:22	7:31	
Minneapolis	4:33	4:31	d 4:33	4:36	
			s		
			t		
MISSOURI			d		
Columbia	6:04	6:10	s 7:18	7:24	
Kansas City	6:13	6:20	t 7:28	7:34	
St. Louis	5:56	6:02	d 7:10	7:16	
			s		
			t		
NEBRASKA			d		
Lincoln	4:59	4:59	s 5:00	5:04	
North Platte	6:37	6:43	t 7:52	7:59	
Scottsbluff	5:48	5:55	d 7:04	7:11	
			s		
			t		
NORTH DAKOTA			d		
Bismarck	6:32	6:41	s 7:52	8:00	
Fargo	6:16	6:25	t 7:36	7:44	
Williston	6:42	6:51	d 8:03	8:12	
			s		
			t		
SOUTH DAKOTA			d		
Pierre	6:33	6:40	s 7:50	7:58	
Rapid City	5:44	5:52	t 7:02	7:09	
Sioux Falls	6:19	6:26	d 7:36	7:43	
			s		
			t		
WYOMING			d		
Casper	5:58	6:05	s 7:14	7:21	
Cheyenne	5:53	6:00	t 7:09	7:15	
Sheridan	5:59	6:07	d 7:17	7:25	
			s		
			t		

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