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"Our task is not to change people. Our job is to provide the place and the community where repentance can be affirmed and lived out." -p.4









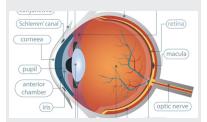
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As Long As It Takes outlookmag.org/as-long-as-ittakes



The Human Eye: A Case for Intelligent Design

outlookmag.org/the-humaneye-a-case-for-intelligent-design

# YOUR LOCAL CHURCH: A POWERHOUSE OF INFLUENCE

A church administrator at the North American Division recently made the comment that the local church is the most powerful entity within the Seventh-day Adventist church structure.

It's true. The local congregation is where ministry happens most effectively. That is where our mission—the gospel commission—is best fulfilled. The purpose of all other levels of church structure is to provide support that will ultimately strengthen local congregations.

This issue of OUTLOOK focuses on creating a Christ-like atmosphere in local churches that will

allow congregations not only to survive, but to flourish and overflow their communities with the love of God. As we embrace the power of the Holy Spirit to demonstrate God's forgiveness, grace and love in our hearts and minds, our churches will truly be places of healing, hope and wholeness that God delights to bless.



BRENDA DICKERSON editor

### **ON THE COVER**

Lee Lee Dart is senior pastor of The Adventure Church in Greeley, Colorado.

More on p. 6 Photo by Jonathan Candy

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# **PERSPECTIVES**



# What expression are you creating on God's Face?





# Someone once eloquently said,

"Christians are the expression on the face of God."

We are called to be Christ's presence in the world until He comes again. We are also granted the enormous privilege of participating with Him in reconciling the world (2 Cor. 5:17-21). Paul even goes so far as to say that "we are therefore Christ's ambassadors." If we represent Him, we must represent Him as He himself would

live and act were He still here

Given that reality, it is fair to ask ourselves some hard questions: How well are we doing at our assigned task? What is it that people see, sense, feel and experience in our presence? How can we make sure that we are the winsome, graceful expression on the face of Christ that people must see in order to come to Him?

Another more difficult question could also be asked. Is it possible that *we ourselves* have been barriers to the potential growth of the kingdom of Christ through our churches? Permit me, please, to relate two stories from my own pastoral experience.

### A secret weapon

"Robust," as he called himself, and his friend were making a tour of the Adventist churches in my area with the express purpose of disrupting worship services. Their usual tactic was to stand up in the middle of the sermon and yell out some damaging and hurtful words about the church and its leadership.

Word had come to us that we were next on their target list. Robust was a tall, somewhat heavy, long-haired, bearded fellow with a loud voice and intimidating mannerisms. His friend was less imposing and unsettling physically, but just as willing to disrupt.

They walked into our church just as Sabbath school classes were starting, and each picked











### **PFRSPFCTIVES**

a class to attend. Robust's friend sat down in the small young adult class I was teaching.

About 10 minutes in, he stood to his feet pointed his finger directly at me, and in a loud voice demanded, "I command vou in the name of the Lord Jesus Christ to right now confess every sin you've ever committed!" While I was bracing for some sort of interruption, I was not prepared for this!

Fortunately, the Spirit kept me calm. After a few seconds of gathering myself, I kindly told him that I had a Savior to whom I confessed my sins, and then returned to teaching. He remained silent through the rest of the class.

Our larger concern, of course, was what he and Robust might do in our worship service when many more people would be impacted. But we had a secret weapon. And her name was Carol. Not much more than half Robust's height, Carol was unafraid and unwilling to let Robust go unchallenged. But it was the nature of her challenge that was priceless.

When Robust and his friend had selected their seats. Carol came to sit with them. With a huge smile on her face, she struck up a lively and warm conversation with them both. letting them know how glad she was that they were there. She told them some things about our church and what we felt was important. She invited them to stay for the potluck, told them the food would be wonderful, it would give them a chance to meet more people, and she would personally escort them. She continued her welcoming conversation until church started and

remained with them during the entire service.

I confess to more than a little anxiety during my sermon that day, wondering when Robust would disrupt the service. We were prepared—we had coached our church in weeks prior on our plan of action that, as a last resort, would include calling the police.

But Carol proved more powerful than the police. Both Robust and his friend were quiet and respectful, participated in the singing and praying, and made no attempt to disrupt our service. They enjoyed not just a great potluck with our church, but also a warm kiss on the cheek from Carol as they left.

We never saw them again.

### **Decommissioned**

And then there's "Randy," a young man who had come to church one Sabbath morning and was greeted by someone in the lobby who told him that he was not dressed appropriately for church and must leave immediately. Realizing he wasn't wanted, Randy left.

He had come that day after months of spiritual journeying and some social and financial hardship. Randy had felt the calling of God upon his heart, and after much thought had gotten up early that Sabbath morning, put on his jeans and tank top (both clean and pressed) and headed to our church to give God one last chance.

When I learned what had happened I was livid! I decided to deal with it by holding a "decommissioning" service in church the next Sabbath

where I made it clear that no one is commissioned to turn away someone like this. Ever. I said, "If you think you've been elected to do this, please hear me. You are hereby decommissioned." And I promised I would deal with it personally if it ever happened again on my pastoral watch.

### Love: the power source

Should I even have to point out here how the power of simple love and acceptance to people who were determined to disrupt our services diffused a potentially difficult situation and perhaps brought home to the hearts of the disrupters that they were worthy of love, too—a love poured out by people who could only do this because they loved Jesus?

And should I have to say how easy it *ought* to be to lovingly welcome anyone who comes with a desire to give Jesus a chance in their life, regardless of how they look?

What expression on the face of God does your church give? What expression do *you* give? When we see someone who is "not a part of us," do we give the same scowl that the Pharisee crowd gave Jesus when He went to dinner at His new friend Matthew's house? Or the same look of disgust when Jesus touched a leper, a blind person, a possessed person, a dead person?

The only cure I can think of to be like Iesus to others is to know Him for yourself. Deeply. Longingly. Lovingly. All with a personal commitment and desire to be like Him at every opportunity.

Perhaps we have gotten our job description as Christians confused. It seems to me that people are most likely to be hurt by us when we decide that it is up to us to do that which only the Holy Spirit can do. Our task is not to change people. Rom. 2:4 says, "Do you show contempt for His kindness, forbearance and patience, not realizing that God's kindness is intended to lead you to repentance?"

People repent when they are led by the Holy Spirit to do so! Our job is to provide the place and the community where that repentance can be affirmed and lived out. The church is where God's forgiveness, grace and love are proved.

Only when we accept our role and allow God to be God will we ever present the face of Christ to the world that will show His real heart for this dark planet.

Only *then* will our churches be a safe place for Jesus to bring hurting and lost people. 0

### **MIC THURBER** is ministerial director for the Mid-America Union Conference.



# Murch Museum or Hospital? BY LEE LEE DART

When one of our leaders said these words, it was paradigm shift for me: "Lee Lee, the church should be a hospital, not an art museum." The implications of this shot sparks in my brain and a click happened. God's church isn't where we put on a display to try to impress others; it's where we gather—sick with sin—at the feet of the Great Healer.

But when the teachers of religious law who were Pharisees saw him eating with tax collectors and other sinners. they asked His disciples, "Why does he eat with such scum?" When Iesus heard this, he told them, "Healthy people don't need a doctor—sick people do. *I have come to call not those* who think they are righteous, but those who know they are sinners" (Mark 2:16, 17 NLT).

As a hospital, we operate with the mindset that when our doors open on Sabbath, we are welcoming fellow sinners and introducing them to the great healer, Jesus. We

all need spiritual, physical, and emotional healing. We recognize that Jesus is the answer to that need and we are anxious to share this truth on Sabbath, as well as during the week to those with whom we interact.

## A healthy church

A healthy church begins with the ironic realization that we are *not* healthy. But we know the good news of who can heal us and we are so excited to share! When we share, we attract the sick who desire to be healthy in the following ways:

We love people more than doctrine. We believe that when Jesus is lifted up each week in our services, people will fall more in love with Him and with each other. We believe it is who you know that changes what you do; relationship comes first. We also believe that safe people make safe spaces. When the people who attend our church experience the healing power of Christ in their own lives, they become safe people. The result is a safe space for others to come experience the same. We encourage and model vulnerability in our leadership as they share testimonies, sermons, worship, and pray up front during the services.

We strive to create an atmosphere of grace and acceptance the minute anyone walks through our doors. We call our greeters "Ambassadors of First Impressions," and match people who have the spiritual gift of hospitality and a genuine heart for people to that role. We realize that many people view church as a hostile, judgmental environment, so we cultivate a warm, accepting atmosphere to help people see that they are beloved by God, no strings attached. No matter what you look like or what you are wearing, you are greeted

as a long-lost friend. We work to provide this welcoming experience to every person every week, whether they are a first-time guest or a long-time member.

We realize that it takes time to truly love **people.** We are not a church that has formulas and systems for conversion, but rather people to love and truth to share. It starts with the leadership; our leadership invests in informal mentorship on a continual basis. We desire to cooperate with the Holy Spirit in the work He is doing to woo and convict hearts, so we pray for the Spirit to show us who we need to invest time in. Deeper relationships with us help grow deeper

relationships with Jesus. We also emphasize discipleship through weekly small groups. "Doing life together" on a weekly basis results in a healthier family of Christ followers.

## Oi

### Jesus' model

Ultimately, The Adventure Church desires to follow Jesus' model of a healthy church. We often say, "We do as Jesus do!"

We embrace the unhealthy and introduce them to the Great Healer who offers them abundant life now and forever. Then we do life together as friends of Jesus. 0

Lee Lee Dart is senior pastor of The Adventure Church in Greeley, Colorado.

•



# Friendship Evangelism with Lee Lee Dart

In this 4-minute video, Pastor Dart talks about a method of outreach used by The Adventure Church.

bit.ly/leeleedart ...





### **Ministries Convention Centers on Collaboration**

he North American **Division Ministries** Convention held Jan. 13-16 in Albuquerque, New Mexico, focused on the theme Stronger United: Many Voices, One Vision. This event, held twice every five years, aimed to strengthen collaboration between various ministries and departments within the Adventist Church.

"We don't need to reinvent the wheel," said Gary Moyer, vice president for administration of the Carolina Conference, during the opening session of the convention. "We just need to come out of our silos and work together."

The principle of working together to improve efficiency and encourage one another was highlighted many times throughout the four-day event, which

included presentations from over 60 ministry leaders. Nearly 650 attendees representing every region in the NAD participated in a variety of workshops geared toward sharing relevant information and learning best practices in ministry.

Attendees were also invited to visit all 54 booths in the exhibition hall representing Adventist church departments or ministries, and other supporting ministries. Participating organizations located in Mid-America territory included AdventSource. Christian Record Services for the Blind and the Voice of Prophecy.

### **Two Mid-Americans** receive Lifetime **Achievement awards**

During the convention, 20 Lifetime Achievement awards and 20 Excellence in Ministry awards were given out.

Nancy Buxton, MAUC director of Women's Ministries, and attorney Darrel Huenergardt, MAUC director of Public Affairs and Religious Liberty, both received Lifetime Achievement awards for their years of dedicated service. Buxton has led the MAUC Women's Ministries department for 15 years and travels around North America presenting seminars. She also faithfully assists conference Women's Ministry directors with their programs and events.

Huenergardt has served as legal counsel for the Mid-America Union for 30 vears and has worked with hundreds of members experiencing Sabbath workplace accommodation challenges.

"It's a proud day for Mid-America as we celebrate the service and accomplishments of these two leaders," said Gary Thurber, president of the Mid-America Union Conference.

"The purpose of AWL is to connect and engage women in leadership positions," said Celeste Ryan Blyden, AWL director. "We're here to acknowledge God-given callings and contributions to ministry, and to support and train women leaders."

Keynote speaker **Jennifer** Stanford, an Adventist and CEO of an executive coaching and change management firm named Emergent Performance Solutions, presented the concept of identity mapping, and each attendee participated in a personal mapping assessment followed by small group discussions.

"I really appreciated the things we learned," said one attendee from Mid-America. "I think every work team would benefit from this type of training."

Brenda Dickerson is communication director for the Mid-America Union Conference.

### Nancy Buxton and Darrel Huenergardt both received Lifetime Achievement awards for their service.



### **Adventist women** leaders connect and learn

At the conclusion of the Ministries Convention, nearly 90 women from across North America attended the first Adventist Women Leaders NAD event, a luncheon geared toward connecting, training and mentoring women in leadership positions in the Adventist Church.



Learn more about Adventist Women Leaders: Facebook.com/ adventistwomen *leaders* or email: connect@adventist womenleaders.com.

# Roscoe J. Howard III Passes at 64

# Mid-America mourns and honors a former president

Elder Roscoe J. Howard III, former Mid-America Union Conference president and North American Division executive secretary, passed to his rest in Apopka, Florida, on Jan. 21, 2019 after a struggle with amyotrophic lateral sclerosis. Howard was working as vice president for Missions for Adventist Health System (now AdventHealth) when, in 2015, he was diagnosed with ALS, a progressive nervous system disease that weakens muscles and impacts physical function. He was 64.

### A life shaped by education

Howard attended Auburn Academy in Washington, followed by Pacific Union College in Angwin, California, and Oakwood College (now Oakwood University) in Huntsville, Alabama. He also earned a master's of divinity from Andrews University in Berrien Springs, Michigan, and a doctorate of ministry from Fuller Theological Seminary in Pasadena, California.

### Ministering far and near

Howard began his ministry as the pastor of a two-church district in Oak Harbor. Washington. At that time (40 years ago) an African-American pastoring two Caucasian congregations was unheard of.

Howard was later called to pastor the largest African-American congregation in the

Pacific Northwest, Emerald City Adventist Church in Seattle, Washington. Then the North Pacific Union Conference called him to the union to serve as the youth director and vice president of Regional Affairs. As Howard served on various committees around the division, his many gifts became apparent and ministerial assignments took him and his family from coast to coast.

The Mid-America Union called Howard to serve as executive secretary of its territory in January 1998. As Howard continued to develop his administrative skills, the NAD asked him to serve as executive secretary for the division.

After Howard had worked in this capacity for several vears, the Mid-America Union Executive Committee took a surprising step in 2008 and asked him to return to its field to serve as president. Howard accepted.

In 2010 Howard was invited to join the Adventist health system headquartered in Orlando, Florida, where he served until struck with ALS.

### Selfless service for the Savior

"Roscoe Howard has served our church in numerous capacities and been a blessing to many, no matter where he was called to minister," said Mid-America Union Conference president



Gary Thurber. "He and I were interns together in the Washington Conference back in the 1980s. Throughout his ministry, he was a wonderful friend and mentor to me. I, and so many others, will miss him greatly. All of the Mid-America Union family pray for his gracious wife, Osceola, and their children, Heather and Seth, during this tender time."

Elder Gil Webb, vice president for administration of the Mid-America Union Conference, currently occupies the office Elder Howard worked in 21 years ago when he was voted to serve as executive secretary for MAUC. "I'll remember Roscoe as he sought to live out his life guided by the theme Selfless Service for the Savior," said Webb. "Under that theme,

Roscoe sought to break down barriers and build up people. Roscoe brought with him high energy, wisdom and commitment. He could converse on a variety of subjects, always inserting a word or two in the dialogue causing you to go search out its meaning."

A memorial service was held on Feb. 10 at the Forest Lake Adventist Church in Apopka, Florida. Donations honoring Howard's life may be sent to the Oakwood University Alumni Association Greater Orlando Chapter at 3653 Rochelle Lane, Apopka, Florida 32712.

Brenda Dickerson, communication director for the Mid-America Union, with additional reporting by the NAD Office of Communication

# **Agape Church Holds Day of Prayer**

# Members use prayer to strengthen church relationships and connect with the community



The Agape Church in St. Louis, Missouri, chose prayer as their method of building a working relationship with their new pastor, Keith Hackle Jr., and connecting with the local community. This involved partnering with neighboring non-Adventist churches to set up canopies along a main thoroughfare and invite passersby to stop and be blessed by a word of prayer. Refreshments, gifts and friendly faces were offered as well.

Faith comes by being dependent upon one's relationship with Christ. The shortest avenue to that relationship is prayer.

Tf you could recommend an effort for a church and its new pastor to undertake in order to develop a better working relationship, what would it be?

For Agape Church in St. Louis, Missouri, the clear answer was prayer. The members of Agape Church planned a prayer conference to strengthen the church relationships. But the goal of this prayer conference was not only to pray for the church and its families. The goal was also to pray with the entire neighborhood. On Oct. 13, 2018 members of Agape set out to do just that.

### **Prayer outside**

Despite cool temperatures, the members of Agape Church, along with members from neighboring non-Adventist churches, set

up canopies along the main thoroughfare and invited those walking or driving by to pause with them for a word of prayer. Those who stopped were welcomed with refreshment stations, notepads for journaling and friendly faces to pray with. If they didn't want to get out of their vehicle, the team took the prayer to them.

"The prayer canopies were our way of meeting our neighbors where they were," says Diane Shelton, Agape prayer coordinator. "Our goal was to enhance their prayer lives by sharing information and showing we care. And, of course, we invited them to come in and worship with us."

### **Prayer inside**

While the Holy Spirit was doing an amazing work outside, He was working inside the church as well. Central States Conference prayer ministries coordinator Pastor Joseph Ikner presented a powerful message that reminded those in attendance of the importance and power in prayer. He explained that purposeful prayer requires both intentionality and consistency. Pastor Ikner also delivered an afternoon presentation on how to have an effective personal and family prayer life.

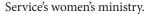
### **Building faith through** prayer

To conclude the day, every person in attendance was invited to join the Prayer Journey. The Prayer Journey is the physical result of what Laura Coaxum conceptualized in 2013 when first taking over Fort Leavenworth Gospel

### **CENTRAL STATES** CONFERENCE



While members prayed with the community outside the church, members inside the church were blessed by Central States Conference ministries coordinator Pastor Joseph Ikner's message about the importance and power of prayer.



Many of the women's ministry attendees were military or military spouses, and they had Bible studies in each other's homes. As the group studied with each other, they moved toward the goal of being more faithful. The more they each shared their desire to strengthen their faith, they realized faith came by being dependent upon one's relationship with Christ. The shortest avenue to that relationship is prayer.

### **The Prayer Journey**

The Prayer Journey now has eight stations:

- **1. Welcome**—an introduction to the Journey
- **2. Invitation**—an invitation for the Holy Spirit to commune with you
- **3. Holy Space**—solitude and meditation
- 4. Forgiveness of Sin
- 5. Trust
- 6. Light
- 7. Confidence
- 8. You





**Elder Donna Brown** shared that the team is

available to conduct the Prayer Journey at retreats, reunions and prayer days.

Brown's husband and brother-in-law are also available to facilitate, adding the ability to effectively minister to men as well.

"Women have always enjoyed the Prayer Journey," Brown explained, "but this is the first time I've seen men so involved. They get to cry and relieve burdens, and it's so freeing, so empowering.

There is an old saying: *A* family that prays together stays together, and a church is a family. The prayer conference was Agape Church's first major event, and the members and community have had nothing but good things to say about it. God truly does have much more success in store for this congregation.

Keith Hackle Jr. pastors the Agape Church in St. Louis, Missouri.



Do you have a news story about an event at your local church or school or other information that could be shared in OUTLOOK magazine?

Contact Brittany Winkfield at the Central States Conference Communication Department: **communication@central-states.org**.

# **Adventist Surgeon Awarded the**

r. Kimber M. Boyko, a surgeon in Bismarck, North Dakota, was awarded the "Best of the Best" as a general surgeon for the third year in a row. Boyko said, "I got a letter in 2016 that I was voted Best of the Best in the Bismarck Tribune's contest. At the time, I didn't know anything about it or what it was. So I started looking around to see what it was."

The Best of the Best is a contest run by the *Bismarck* Tribune where people vote on what or who they think is the best in a number of catego-

ries-from restaurants to bars to construction companies to a variety of specialties of physicians.

Kim Boyko, Dr. Boyko's wife, added that those voting are not choosing from a drop-down menu. This means they have to actually type in the name.

### The path to surgeon

Dr. Boyko wanted to be a doctor from childhood but thought his dream had vanished during his high school years because he "didn't have time to study." There were too many other things to do.

The beginning of his junior year at Sheyenne River Academy a gentleman from Union College challenged him, "What do you want to do?"

Dr. Boyko responded, "I'd like to be a physician, but my grades are lousy. I probably can't do that." The gentleman told him universities look more at college grades. This encouraged Dr. Boyko. "I buckled down and got decent grades my junior and senior years of academy."

Family practice was what he intended to do because, "I thought they did all kinds of interesting things, people like them and they are part of people's lives."

But in medical school rotations at Loma Linda University, family practice seemed dreadfully boring to him. He preferred to know something and know it well instead of "knowing a little bit about everything and not a lot about anything," explains Kim.

Dr. Kimber Boyko received the Best of the Best award from the Bismarck Tribune for the third year in a row. This award honors local businesses and practices voted the best by the community.

"So what did I do?" remarks Dr. Boyko, "I ended up in general surgery, which is the family practice of surgery. We do anything and everything in surgery."

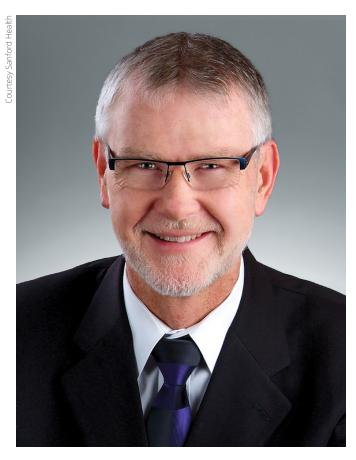
Dr. Boyko explains that his mind thinks in a threedimensional space and can conceptualize dimensions, so it made sense to do something in surgery. "It came pretty naturally," he says. "I like it because at the end of the day I fixed something—at least tried to. I have become a human mechanic."

Kim adds, "Another reason he is known so well is he won't turn anyone away. Whoever calls, he will see them."

### "Yeah, we know"

One of the cases Dr. Boyko took on involved a baby who was born with her intestines outside of her abdomen. "I had to figure out how to get the intestines back in and expand her abdomen to contain them," explains Dr. Boyko. "I met the mom and told her who I am. Of course there was mom and mom's mom and dad's mom all in the room when I came in."

Dr. Boyko introduced himself to them, but the mother responded, "Yeah, we know." Then they filled him in. "You have operated on mom and on grandma and the other grandma too. Do what you have to do to take care of my baby."



# "Best of the Best"

The baby ended up needing four operations to expand her belly and get all her intestines where they belong. It took about a week's time, operating every other day, but the surgery was a success.

Dr. Boyko adds with a grin, "Years later she and her older sibling showed up at our door selling magazines."

### From zero to 109

The smallest baby Dr. Boyko ever operated on was 590 grams, which is about 1-1/3 pounds. He says he performed surgery on the father years later and asked how the child was doing, "He is perfectly fine. A little smaller than the other kids, but that's all," the father answered.

"The oldest person I operated on was 109," says Dr. Boyko. "She was mad at me because I took her in to do a procedure and we didn't do the procedure because she had some irregularity of her heartbeat. It was risky."

He came back to see her later, and she looked at him and said, "You didn't let me die. And you didn't even get the procedure done after all that." He ended up doing the procedure the next day and she was fine.

### **Staff support**

"As far as the award goes," says Kim, "Yes, he won the award, but without his staff he couldn't have won it."

Dr. Boyko agrees, "I have

an incredible support staff. They make all the calls, call up the pathology reports and do followup calls. I am very fortunate to work with the staff I have."

Jacquie Biloff is communication director for the Dakota Conference.



# 24th Annual Dakota Men's Retreat March 8 - 10, 2019 Ramkota Hotel Aberdeen, SD www.dakotaadventist.org

# **God's Recipe for Hope and Joy**

# Creating stories worth telling in the lives of others

s you scan through the pages of OUTLOOK every month to find out what is happening around our conference and union, you'll read stories about churches serving our communities in a variety of ways, celebrations of baptisms or mortgages being paid off, the mighty ways God is helping transform our children into godly men and women through our schools and summer camp programs, and more.

But these are only a sampling. Some of the best stories may only ever be known by those involved in creating them. So, what all goes into creating them? If we were to think about these stories as recipes, what are the ingredients that make a real difference in a community or a person's life?

I believe there are four basic ingredients: an identified need, an investment of time, resources to meet the need, and a willingness to sacrifice. And just like we first need to be sure we have the ingredients on hand before an actual meal comes together, we must also have all the ingredients on hand before these stories come together.

### **Needs**

Needs are all around us—so much so that rather than finding a shortage of them we are more likely to be overwhelmed

There may be people you know who need help with

transportation or things around the house. There may be children from broken homes in need of love and attention or parents in need of support. There may be refugees or immigrants who need help assimilating into a new culture. There may be people struggling with addictions who need support and assistance with accountability. There may be people in spiritual darkness who need someone to share with them the truths and promises of Scripture.

The needs are all around us. We just need to notice.

### **Time**

Our lives are busy, but the truth is we make time for what really matters to us.

We are called to be good stewards of our time. Budget some time to meet a need—to create a story. If that means making an appointment on your calendar, do it.

### Resources

You may not think you have the resources (money, home, tools, etc.) to meet someone's need, but it may not require as much as you think.

Something helpful to remember is God designed us for relationships and has called us to participate in a collective ministry. If you see a need, invite others to join you in helping provide the money, material or talents required to meet it. Accept others' invitations to do the same.

### **Sacrifice**

Sacrifice may be the most important ingredient. People's lives and communities can't be changed without it. A lack of this ingredient is what keeps many stories from being created.

We may see a need, but are we willing to sacrifice our time and resources? Are we willing to sacrifice pride and accept the possibility of failure?

### A stocked cupboard

God has given us these ingredients. Our cupboards are stocked. His hope for us is that we use these ingredients in a way that creates stories of hope and joy in people's lives. Like the widow whose oil and flour

never ran out when she was willing to meet Elisha's need (2 Kings 4:1-7), God will replenish what we use to meet someone else's.

Has God placed a burden on your heart to meet a specific need? Trust Him to provide and replenish the resources. Trust Him with the success.

And while it's true that some of the best stories may only ever be known by those involved in creating them, be sure to share some of them with the rest of us so we can all be inspired to create stories worth telling in the lives of others.

Scott Haakenson is stewardship, development and trust services director for the Iowa-Missouri Conference.



To share a story, visit *imsda.org/share-a-story*.

Stay connected to your conference family with our weekly newsletter imConnected. Sign up at imsda.org/newsletter.



# Three Conferences Hold Joint Workers' **Meetings in Kansas City**

astors, administrators and various department directors from the Central States. Kansas-Nebraska and Iowa-Missouri conferences recently came together in Kansas City for joint workers' meetings.

Over four days, colleagues across conference lines got to know one another and enriched their own ministries through shared hopes, challenges and ideas. Many also

bonded through recreational sports in the Central States Conference gymnasium.

Guest speakers were Carlton Byrd, senior pastor of Oakwood University Church and speaker/director of the Breath of Life television broadcast; and Pavel Goia. pastor and editor of *Ministry* Magazine. Byrd spoke on various aspects of public evangelism, and Goia shared

amazing testimonies about the power of prayer. Devotionals each day were given by conference presidents Roger Bernard (CS), Ron Carlson (KS-NE) and **Dean Coridan** (IA-MO). Presentations were made by Union College and media ministries Voice of Prophecy and It Is Written, and time was also allotted during the week for staff of each conference to meet individually for conferencespecific business items.

This was the first time the three conferences held combined workers' meetings, and the response was overwhelmingly positive. "I heard from many of our pastors and several from the other conferences, and they all had great things to say," said Coridan. "Having the meetings together provided a wonderful opportunity for workers from different conferences to fellowship and learn from one another." Coridan went on to say the resulting larger venue also made it possible to bring in guest speakers who may not have been available for three smaller events.





Listen to audio presentations at imsda.org/kcwm19.

# **Golden Valley Pathfinders and Students Issue Bucket Challenge**

athfinders and students from Golden Valley Church and school in Clinton, Missouri, recently issued a Bucket Challenge to their church and community. The challenge was to fill one



disaster response flood cleanup bucket per day for a month (30 buckets total).

Church members personally contributed more than \$330 plus supplies for three buckets. Pathfinders and students also raised funds in the community, collecting an additional \$572.

When the challenge was over, all 30 buckets were filled. "We are so grateful for the leadership given by **David Webb** and the contribution of the Golden Valley Church to an important initiative," said Jody Dickhaut, **Adventist Community Services** Disaster Response coordinator

for Missouri.

Last fall, the Missouri Pathfinder and Adventurer clubs partnered with ACSDR to fill 2,000 personal care kits, each containing over a dozen personal care items. These are stored in an ACSDR warehouse at Sunnydale Academy for distribution during future disaster response efforts in the Iowa-Missouri Conference.

"We hope to assemble an additional 1,000 cleanup kits to have on hand," said Dickhaut, "Following the example set by the Golden Valley Church, we invite other churches and schools around the conference to consider taking up the same Bucket Challenge. Materials for each bucket cost about \$30 if purchased at Dollar Tree stores."

Stories on this page were written by Randy Harmdierks, communication director for the Iowa-Missouri Conference.



For a list of materials and more information, email jdickhaut@imsda.org.

# **Sharp Ordained to Ministry**

Trey Sharp was ordained to the ministry at Hutchinson Church in Hutchinson, Kansas, on Sabbath, Jan. 12.

Austin Sharp, Sharp's brother, presented Sharp's background, while Ron Carlson, conference president, gave the message and ordination prayer. Virgil Covel, ministerial director, read the ordination charge and Carlson presented Sharp with his ordination certificate.

### God's guiding

Born and raised in Louisville, Kentucky, Sharp grew up in an Adventist family. He and his brother enjoyed the blessings of loving parents, Adventist education and summer youth camp. After high school Sharp went to Union College and graduated with a BS in business administration in 2004.

During and after college, Sharp worked at Adventist summer camps, which is where his interest in ministry was initially awakened. But his route to pastoral ministry first took him through teaching. He taught and coached sports in several Adventist academies, then earned a master's degree in education from Andrews University in 2010.

Following his time at Andrews, Sharp was called to work in the Texas Conference as a full-time youth pastor. While it wasn't



Trey Sharp—pastor of the Hutchinson, McPherson and Great Bend, Kansas, churches—is presented the Certificate of Ordination by Ron Carlson, Kansas-Nebraska Conference president.

where he thought he was headed, he accepted the challenge and discovered that his interest in ministry was most fully realized in the pastoral role. After three years the Texas Conference sent him back to Andrews University to earn his Master of Divinity degree, which he graduated with in 2016.

After graduation, he was surprised to find God wasn't sending him back to Texas. Instead God opened the way for him to serve as pastor of the Hutchinson and McPherson district in Kansas. His ministry role was later expanded

to include the Great Bend Church as well.

During his time in Texas, Sharp met his wife, **Cherryl**, an international student in the MBA program at Southwestern Adventist University. Their common interest in business was a great beginning to their relationship.

After dating long distance for several years, Sharp and Cherryl were married in Surabaya, Indonesia, in February 2018. They spent much of their honeymoon on a tour of the Holy Land with the pastors of the Kansas-Nebraska Conference.

### **God's blessings**

Pastor Sharp loves his family and friends who have supported him in his journey of faith. He thanks God every day for the blessing of knowing Jesus. He is passionate about sharing the love of Jesus with others through relationships, worship and the study of God's Word. He looks forward to a life of expanding ministry and learning more about multicultural missions.

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



# Men's Retreat

April 5-7, 2019

For registration information contact: Cheryl Barker | cbarker@ks-ne.org | 785.478.4726



### SPEAKER: MARTIN WEBER

Martin Weber served 10 law enforcement agencies from the local to federal level as a volunteer chaplain while pastoring in Northern California. He also taught pastors on six continents, from Pakistan to Australia, during four decades of Adventist ministry. At the University of British Columbia, Dr. Weber researched why children of Adventist clergy in Mid-America leave the church. Retired now, he lives with wife Darlene in Lincoln, Nebraska while serving as a hospice chaplain.



### Save the Date

April 12-13, 2019

# Enterprise | Great Plains Academy Alumni Homecoming

Enterprise Seventh-Day Adventist Church 601 S Bridge St, Enterprise, KS 67441

Honor Years: '44, '49, '54, '59, '64, '69, '74, '79, '84, '89, '94, '99, '04, '09

Ea-gpa-alumni.com EA.GPA.ALUMNI@HOTMAIL.COM FACEBOOK: Enterprise Academy/Great Plains Academy Alumni Association

# **African Work Primed for Growth**

## African church pastors receive new assignments within conference

Effective Jan. 1, 2019 the Minnesota Conference implemented a district shuffle amongst the African churches. The changes and new assignments of pastors became necessary due to the growth of the African work in the Twin Cities. The African church community has grown from 1,076 members in 2015 to 1,445 members in 2018.

This district shuffle allowed the conference to assign pastoral coverage to the three church plants that did not have pastoral leadership and strengthened the conference's long-term planning initiatives for the African work in Minnesota.

The transfer and installation of pastors in their new church districts took place between Jan. 5 and Jan. 26. **Pastor Eric Mokua** was installed in the Faith Church District by conference president **Justin Lyons** on

Jan. 5. Pastor Enock Bigogo was installed at Kenyan Community District on Jan. 5 by Pastor Michael Sims, director of Planned Giving and Trust Services for the Minnesota Conference. On Sabbath, Jan. 19, Pastor Brian Mungandi, vice president for administration, installed Pastor Thomas **Oyaro** at the Light of Christ Church while **Elder Dwayne** Mauk, vice president for finance, installed Pastor Albert Isaboke at Maranatha District. To complete the transfers, Pastor Mungandi installed **Pastor Nicodemus Nyagaka** at Bethel Group on Jan. 26.

### Commitment to mission

The pastors are excited for their new assignments and motivated by their commitment to mission and delivering outstanding pastoral services. The conference is committed to expanding ministries and services in order to address the diverse needs in Minnesota. We continue to pray for the work as we carry out our mission: To help people realize they are accepted in Jesus Christ, and come to know, love, serve, and share Him.

We also want to uphold and live out our vision: Recognizing that Jesus will return soon, we will all actively engage in ministry.









From top left: Enock Bigogo (Kenyan Community Church and Upendo Group), Albert Isaboke (Maranatha Church and Agape Group), Eric Mokua (Faith Church International and Ramsey Company), Thomas Oyaro (Light of Christ Church), Nicodemus Nyagaka (Mount of Blessing Church, Cornerstone Company and Bethel Church Group)



# **Minnesota Conference Office Is Moving**

# Projected conference growth necessitates larger location

hurch membership in ✓Minnesota has grown in significant ways during the last few years. And while we are excited by what the Lord has been doing in our conference, we also recognize that growth brings management and equipping challenges.

As a result, conference administration has looked at ways to effectively use the current headquarters space for mission to accommodate the growth the conference has experienced.

The membership in our conference has almost doubled during the past 33 years. In 1986, we had 69 churches and 5,389 members<sup>1</sup>. At the end of 2018, we recorded 10,490 members in 113 congregations2.

Despite this exponential growth, the office workforce has remained approximately the same since 1986, when we moved to our current location. The administration ultimately concluded that the conference office building, as currently configured, will not meet the projected needs of the conference administration in future years.

The conference rationale for these projections included:

- The slowest annual growth rate in any of the past five years equaled 2.59 percent.
- · The average annual growth

- rate for the past five years is 3.56 percent.
- · The fastest annual growth rate in any of the past five years was 4.50 percent.
- The fastest annual growth rate ever (in 2010) was 5.23 percent.
- The annual estimated rate for 2018 is 6.02 percent.

This issue was brought to the Conference Board of Trustees to examine, as mandated by the conference bylaws. The Conference Board of Trustees formed a **Building Committee to study** the issues, comprised of the conference property manager and church members.

The committee was chaired by a lay person, Dr. Ken Dedeker. After studying the situation, the Building Committee concluded that the current building could be renovated to meet the projected needs for a 5-year and a 10-year timeframe if the Adventist Book Center was removed. However, the parking lot could not be expanded to more than 45 spaces. This would be inadequate to meet the projected growth.

The committee ultimately recommended the relocation and expansion of the conference headquarters to a new location, using the money available (no tithe dollars will be used in this project).

The Building Committee presented their findings and recommendations on Dec. 11, 2018. The Conference Board of Trustees then voted to authorize conference administration to begin processing relocation.

Please join with us and thank the Building Committee for their work and dedication throughout this process.

As we continue working through the relocation process, please note that this move is being driven by commitment to mission and to delivering outstanding mission services. The conference administration is committed to expanding conference ministries and services in order to address the diverse needs. We believe a new location and

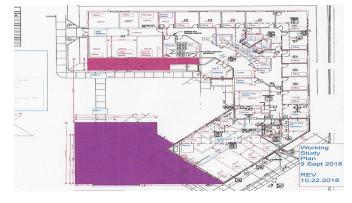
a new building will enable the conference to effectively address the missional needs of the state of Minnesota.

We also ask for your continued prayers so we can continue to carry out our mission: *To help people realize* they are accepted in Jesus Christ, and come to know. love, serve, and share Him, and uphold and live out our vision: Recognizing that Jesus will return soon, we will all actively engage in ministry.

Articles on these pages were written by Brian Mungandi, VP for administration and communication director for the Minnesota Conference.

<sup>1</sup>SDA Yearbook 1986 2https://www.eadventist.net/ dashboard

The Building Committee worked through multiple scenarios, including these suggested updates to the current location.



### **ROCKY MOUNTAIN CONFERENCE**

# **Ministerial Retreat Lifts Up Jesus**

Sixty ministers representing all churches in the conference enjoyed a fourday ministerial retreat Jan. 6-9 at Glacier View Ranch. Lifting Jesus Up was this year's theme and included presentations by well-known revivalist Lee Venden and Dr. Chris Holland of Adventist World Radio.

"I have found myself come alive," **Bob Alpine**, pastor of Alamosa and Monte Vista churches, said of the retreat.

Venden, who conducts revival seminars in the United States and abroad, challenged the ministerial group to make Jesus the main focus in everything they do, including preaching and teaching. "When we lift Jesus up, He will not only move our hearts, but also the hearts of those around us," he said.

Several pastors attended the meeting with their spouses and children. Abigail Logan (daughter of Grace and Jason Logan), who assisted with childcare at the retreat, found herself not only caring for children but also attending Pastor Venden's meetings. His messages "helped me realize what my spiritual life should be like. It can be full, joyful and exciting. I don't need to be guilty for the time I spent neglecting time with Jesus; I need only look forward to eternity with Him," she said.

Chris Holland's presentations linked Venden's theme with evangelism. He said that the United States should be considered a mission field just as much as places overseas. He challenged the pastors to make their churches centers of influence in their communities.

Commenting on his presentations, Leif Hansen from Estes Park said, "I was so inspired and re-energized by being reminded of this great truth that was woven like a red thread throughout Dr. Chris Holland's seminar: evangelism is not what we do; evangelism is who we are!"

Michael Goetz, lead pastor of Campion Church, stated that, "through the prayer and study time at the pastoral workers meeting, it was communicated that God has a dynamic challenge extended to the church and to me. He isn't done doing great things."



Pastors and their spouses were blessed by the fellowship of the event as well as the powerful messages delivered by revivalist Lee Venden and Dr. Chris Holland of Adventist World Radio.

During the retreat, it was announced that the association of Rocky Mountain Ministerial Spouses (formerly Shepherdess International) was formed by several pastor's spouses who attended the retreat.

Emily Roque-Cisneros was elected as RMMS president with Heidi Martin as VP, Sherva Wilson and Esther Marpaung as assistants and Grace Logan as care coordinator. Besides planning activities for ministerial retreats, a Facebook page will be created to give spouses the chance to stay connected and informed.

"It was an inspiring and uplifting meeting," said **Gingerlai Tupito** from Aurora First church. "We did a lot of sharing and interacting, and we were each reminded how to be effective assisting our spouse's ministries," she said.

Steve Nelson, a district pastor in Western Wyoming, added, "God never fails to encourage, inspire and bless us during our RMC pastors fellowship and worship together. I am looking forward to the blessings He will bring as we share the joy of serving Him with our church families."

Rajmund Dabrowski is communication director for the Rocky Mountain Conference.



On the day the pastors were scheduled to leave, a Sysco delivery truck jackknifed just a few hundred yards from the lodge on an icy access road, delaying their return home.

# **La Vida Mission Academy**

# Students give words of praise for their school

a Vida Mission Academy school serving the Navajo people in New Mexico. Day students are accepted at no charge, and the school currently has 17 students. Teachers are certified in New Mexico and use curriculum driven by requirements of the Education Department for the State of New Mexico.

Ninth-graders study algebra, physical science, English, reading, Bible, Navajo language, • Navajo history and New Mexico history. Senior studies prepare them for the GED, which provides them with data support for their diplomas and college opportunities.

Seniors look forward to their senior trip, which includes visiting an Adventist college, experiencing a traveling classroom and giving presentations to various churches along the way.

The students at La Vida Mission Academy commented in their newsletter on how much they enjoy their school.

- Gabriella (freshman): "The teachers care about my learning and I'm learning a lot. I like it here. I really like how everyone cares about us."
- Warren (senior): "I will be graduating this year and want to become either an underwater welder or Adventist pastor. I have passed two of my GED tests to support my high school diploma."
- Jajuan (freshman): "I love what we do and look

forward to what this school can do for me. I've seen many changes throughout my time here, and I love the changes. I like it when people from other schools come to help build stuff we need."

• Demetrius (freshman): "I

like many things about this school, especially the people. The people are really great and awesome. Our dorm parents are caring and cook us great food."

RMCNews with Catherine Hartley

La Vida Mission Academy has an academic wish list that includes an interactive white board, science equipment and textbooks. Contact the academy at 505.786.5539.



# **Bem-vindo! Campion Welcomes Brazilians**

he international student program at Campion Academy continues to grow with the arrival of new Brazilian students. Seven students started recently, who all came from Adventist families and schools in Brazil.

The students came for the purpose of learning English and plan to earn their high school diploma at Campion Academy. Zeca Santana was instrumental in recruiting the students and making arrangements for them. "I have felt an affinity toward Brazil for many years," Santana commented, "and I thought culturally it would be good for Campion.

Brazilians have a vibrancy of life, and I wanted to bring some of that here."

The new students were greeted warmly by mentor students at Campion. The mentor students help new international students make friends and integrate into the campus culture by walking with them to classes, eating meals with them and participating in activities with them during the

Don Reeder, principal of Campion Academy, welcomes Erika Faria. first few weeks of arrival.

In addition to the new students, a college-age volunteer from Brazil also joined the staff at Campion for this semester. Erika Faria is a senior college student at the Universidade Federal do Rio de Ianeiro where she studies

music education. She will assist in the music department, the English Language Learners classes and in the girls dorm.

Jillian Harlow is communication director for Campion Academy.



# Union to Renovate Learning and Living Spaces with the Help of Donors and Maranatha

### Volunteers needed this summer to help renovate Rees Hall rooms

Learning and living go hand in hand, and an upcoming renovation campaign focuses on transforming the learning environment for Union College students. While classrooms are the obvious places learning happens, residence halls are also an integral part of education. Students study, tutor and prepare in their residence hall rooms, and feeling comfortable and safe can help students focus on their studies.

The Learning and Living Campaign project will be realized in two phases. Phase one, slated for summer 2019, includes renovating 34 residential rooms in Rees Hall and reworking the lower-level amphitheater in the Everett Dick Administration Building.

Phase two, beginning summer 2020, will involve renovations of second-floor classrooms in the administration building and possible additional residence hall upgrades.

Maranatha Volunteers
International is recruiting a
group of volunteers to Union's
campus this summer to help
complete the renovations to
Rees Hall rooms—a significant
contribution to help make the
project possible.

### **Renovations to Rees Hall**

"Our reason for everything we do on campus is to make the college experience better for our students," said **Stacy Stocks**, Union's dean of women. "While they are growing,

learning and becoming adults in Christ on our campus, we want them to be in the best possible location to do that."

After more than 60 years, Rees Hall rooms are showing their age. Cabinetry, closets, flooring, sinks and windows are worn, and while maintenance and cleaning help keep them functioning, some surfaces are becoming too aged to repair.

The planned renovations will replace furniture and surfaces and add cost-effective LED lighting, fresh paint, new outlets and updated thermostats. Hallway lighting, bathrooms, laundry rooms and study rooms will also receive minor upgrades, including new paint.

"We want our school to be representative of what God is doing on campus and in students' lives," Stocks said. "We have great programs, exceptional people and a beautiful campus. But Rees Hall is aging, and we want to create the best possible spaces for our students' home away from home. I believe these upgrades—along with recent improvements to our common areas—will help the women's residence hall become a better place to learn and live."

The third and fourth floors on the east wing of Rees Hall will be done first. Those halls are inhabited mainly by freshmen and sophomores, and because each room is double-occupancy, 68 students will be positively affected by the phase-one upgrades.

Most of the work will be performed by a crew of Maranatha volunteers, with Union's Plant Services team acting in a support role.

David and Susan Woods will head the Maranatha project. "School renovations are a big part of what our volunteers do every year," David Woods said. The couple has a direct connection to Union. Their son, Justin, graduated in 2011, and their youngest daughter, Marquelle, is a current student. The couple say they're excited about bringing their organization's expertise and passion to such a student-focused project.

# **Updating students' learning environments**

Multiple academic programs share the classrooms on the second floor of the Everett Dick Administration Building and in the amphitheater on the lower level. But modern teaching styles and an emphasis on technology and collaborative learning make renovations necessary in those areas.

Teaching methods and the way classrooms are used has changed since the building was constructed in 1975. "Teachers don't solely use lecture-based methods anymore," said **LuAnn Davis**, vice president for Advancement. "We want our facilities to match today's learning and teaching styles, and to do that, we need to improve the capacity for students to use

technology in these areas."

Plans for upper-level classrooms focus on updating and modernizing, including adding flexible workspaces, seating and upgraded technology. But replacing small desks with adaptable seating can limit the number of students each room can comfortably hold. So for larger classes, the amphitheater needs to have more flexible seating for students.

Planners have prioritized the amphitheater upgrades for summer 2019 with second-floor classroom renovations slated for summer 2020.

### Be part of the project

This two-phase project requires a two-pronged approach: volunteers and financial gifts will make the goals possible.

Maranatha is working to recruit 80-100 volunteers to complete the Rees Hall renovations June 23-July 12. "There is a considerable number of people in the Lincoln area who are Maranatha volunteers, and we're hoping those volunteers as well as alumni from around the country will come to help with this project," said Susan Woods, Maranatha project coordinator.

Maranatha's presence on the Rees Hall renovations means the budget can go further. "Our volunteers provide support and labor, and that can be a real asset to maintenance departments and budgets," David Woods said.

Susan Woods confirms that volunteers don't need to be experienced builders or of a certain age, as on-site training enables volunteers from teenagers to seniors to pitch in. "Volunteers are always surprised how much gets done in a short time. But with a lot of people working, a lot gets done," she said.

With an eye toward the future and a goal for providing better accommodations for students living and learning at Union, the fundraising campaign has begun. "Everyone I've worked with in Adventist education is looking to make it better for students, and this is a great opportunity to do that," Stocks said. "That warrants the focus of resources and the consideration of a gift."

The Learning and Living

Campaign is about more than paint, windows, tables and chairs. It is about creating a learning environment that best enables our students to experience an exceptional educational experience and become the people God created them to be.

Union needs \$525,000 to make phase one a reality, and generous donors have already given more than \$200,000 for these projects.

Right now, thanks to an additional \$125,000 challenge from a generous benefactor couple, your gift will go twice as far. Every gift matters—no matter the dollar amount. Make a difference in the lives of our students at ucollege.edu/ LearningAndLiving.

Lauren Schwarz is a Union College graduate and freelance writer in Bozeman, Montana.

# **Help renovate Rees Hall rooms**

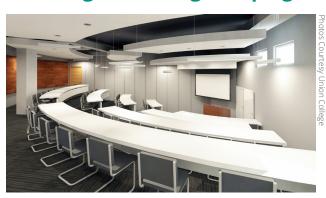
We need your help this summer to upgrade 34 rooms in Rees Hall. Maranatha Volunteers International is looking for 80-100 people to paint, replace fixtures and flooring, and do electrical work June 23-July 12.

No previous experience is required, and we'll take people of all ages—there's something for everyone to do.

### Sign up at ucollege.edu/Rees



### **Learning and Living Campaign**



You can help renovate the Everett Dick Building amphitheater and 34 rooms in Rees Hall.

### Here's how your gifts will make a difference.

**Amphitheater** 

- \$3,000 = complete renovation for one seat (carpet, paint, furniture and technology)
- \$1,000 = one movable table
- \$500 = seating area for one student
- \$250 = one chair
- \$100 = technology access for one seat

### Rees Hall rooms

- \$5,000 = refurbish an entire room
- \$2,500 = new windows for one room
- \$1,200 = bookshelves and drawers for one
- \$500 = flooring for one room
- \$250 = lighting for one room
- \$100 = window blinds for one room

Every gift matters—right now your gift of any amount will go twice as far thanks to a \$125,000 challenge match.

### Give at ucollege.edu/LearningAndLiving

Please mail checks marked "Learning and Living" to: Union College Advancement Office 3800 S. 48th St. Lincoln, NE 68506

Questions: Call 402.486.2503

# **Staying Connected for Good Health**

augh with a friend. ✓Sing with a choir. Join a church activity. There are many ways we can feel connected to others. Those relationships not only affect our happiness, but our health as well.

While social connections can improve our health, loneliness is a risk factor for conditions like cardiovascular disease and depression. In 2018, health insurer Cigna surveyed 200,000 U.S. adults and found that almost half of respondents reported sometimes or always feeling alone. Those feelings can affect our health by preventing us from fully experiencing the joy of life, says Mark Stoddart, administrative director of Spiritual Wellness at AdventHealth Shawnee Mission.

At AdventHealth Shawnee Mission, we focus on whole-person health through the faith-based CREATION Health principles. The "I" refers to Interpersonal Relationships, including the connections we have with family, friends and others. In other words, our connections with other people can affect our physical, mental and spiritual health.

Studies show that feeling part of the community can lead to lower stress, faster healing times and even longer life expectancy. A Johns-Hopkins University study of more than 100,000 people found that attending church services on a weekly

basis was associated with a reduced risk of death the following year by almost 50 percent. In contrast, a scientific report from Brigham Young University in 2017 found that loneliness significantly increases the risk of premature death, in some cases even more than obesity.

By connecting with others, including our families, friends or neighbors, we can deal with the stress of life's ups and downs through social support and healthy coping skills. The following tips draw on CREATION Health principles for building healthy relationships in our families and communities.

### Schedule time for others

One of the best gifts you can give someone is the gift of your time. Find time to visit with your grandparents, parents, kids, friends or anyone who might be feeling a little lonely. It will not only make them feel valued and cared for, but it'll make you both feel happier (and healthier) as well.

### Accept others' differences

When we feel like we don't belong in a group, we may feel more isolated. To help build relationships with others, look for ways you're similar instead of focusing on your differences. Be open to meeting and connecting with people from all walks of life.

### Look for positive interactions

Find ways you can brighten someone's day, whether it's sending a thank you card or calling someone on a birthday. Look for ways to provide support, offering encouragement on stressful days and celebrating their successes.

### Learn to forgive

When someone hurts us, it can be hard to forgive them. However, by letting go of a grudge, you can improve your health. A 2003 study in the Journal of Behavioral Medicine found that the ability to forgive is

associated with decreased blood pressure levels.

### Find ways to volunteer

By helping others, you not only make a positive difference in your community but you build the emotional connections that are so important to your health. Look for volunteer opportunities that relate to your interests, whether that's through church, a hospital or an animal shelter.

Ann Muder is a writer for AdventHealth Shawnee Mission.



For more information, visit AdventHealthKC. com or CreationHealth.com.



# **Expecting Love**



Rebecca (far right) feels love all around her and thanks numerous people for her survival and recovery.

"The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged." Deut. 31:8

A vibrant, stay-at-home mom, Rebecca Larson dedicated 20 years to taking care of her children, husband and aging parents. Yet in the fall of 2018, as family began needing less of her attention, Rebecca began to wonder what the next chapter of life would bring. She searched for answers and prayed about her future.

Rebecca was ready to take on a new career and was looking for guidance when she heard God telling her to go to school and make a change, so she enrolled.

One Tuesday morning, after attending a math class, she came home to find her hardworking husband, Alex, sitting in the kitchen. It was unusual that he would come home from his downtown Denver office in the middle of

the day, but when asked why, he simply said, "I don't know. I know I need to be home." While unexpected, Rebecca was thrilled to have extra time with him.

# Suddenly everything changed

Alex heard a noise from the room where Rebecca was. so he went to investigate. Rebecca felt what seemed like a hand touching her face as she began to scream. What Alex heard, though, was more of a muffled squeak. Rebecca couldn't speak and the left side of her face was going limp. She couldn't see or feel her left arm. Alex told her he would call 911, but before he made the call Rebecca managed one word: pray. Alex stopped, prayed with his wife, then dialed 911.

Seven minutes after Alex called, EMTs arrived. Seventeen minutes later, Rebecca was in the Castle Rock Adventist Hospital emergency room. "I knew my mind wasn't working," Rebecca recalled. "I was screaming for my arm. I couldn't see it or feel it." Her nurse, Amy Gerlach, reassured her that Lee was working on her arm. But like her arm, Lee was invisible to Rebecca.

A CT angiogram found a blood clot, and a tissue plasminogen activator (TPA) was administered within 16 minutes of arrival.

Once the TPA kicked in, Rebecca began to see the outline of **Lee Hamilton**, critical care technician, and then he came into focus. "I was so thankful to see him; it was amazing. I began screaming, 'It's Lee! I can see Lee!'"

Rebecca was then transported by helicopter to Littleton Adventist Hospital. She laid in the helicopter and stared at the sky, looking for God. She felt He was missing and began to pray, God, where are you? She heard God saying, Rebecca, I'm here. You don't need to see me. She found peace in this and repeated Deut. 31:8.

After surgery—and a couple days in ICU—Rebecca was discharged. The TPA had dissipated the blood clot, and while she had a long recovery ahead of her, she was strong enough to leave the hospital.

It was determined Rebecca had a rare abnormality in her carotid artery which causes blood to linger or "dwell" longer and increased the likelihood of clots developing, causing her stroke.

### What now?

Life after her stroke is different for Rebecca; it's slower. She gives herself grace to take time to heal, but she is aware of the changes. She no longer feels like an eagle with keen sense and quick movements, but she is grateful to be here. She now feels more like an owl, watching, listening, observing.

Rebecca's friends and family help her seek and hear God's voice. When she started to ask "Why me?" she was encouraged to ask, "God, what now? What can I expect from You now?"

Her answer from God came loud and clear: "Expect love from me. Love others as I have loved you." As Rebecca continues to heal, this is her new focus in life.

At Castle Rock Adventist Hospital, we focus on extending the healing ministry of Christ by caring for those who are ill and by nurturing the health of the people in our communities. In 2018, Castle Rock Adventist Hospital took the initiative to become accredited by the Joint Commission as a Primary Stroke Center. This ensures best practice stroke care for our community and allows for patients like Rebecca to receive these life-saving treatments.

With gratitude to the Larson family for their testament, this story is shared by the Castle Rock Adventist Hospital Foundation.

### **FARFWFII**

Bergeon, Harry J., b. May 13, 1934. d. Dec. 16, 2018. Member of Bolivar (MO) Church. Preceded in death by 1 brother. Survivors include wife Carol; daughter Julie Baisley; son Joseph; 4 siblings; 2 grandchildren; 1 great-grandchild. Served in the U.S. Air Force.

Clark, Clyde L., b. May 9, 1924. d. Jan. 7, 2019. Member of West Lenexa (KS) Church. Preceded in death by first wife Ruth; second wife Frances; daughter Linda Hart; 2 brothers; 1 grandson. Survivors include son Terry; 3 grandchildren; 2 great-grandchildren. Veteran of the U.S. Navy.

Croston, Orvel M., b. March 9, 1921 in Presho, SD. d. Nov. 7, 2018 in Willow Springs, MO. Member of Willow Springs Church. Preceded in death by first wife Jessie. Survivors include second wife Betty; 2 siblings. Served in the U.S. Army during WWII.

Evans, Betty M., b. Jan. 30, 1925. d. Jan. 8, 2018. Member of Cape Girardeau (MO) Church.

Gerst, Jeff Martin, b. April 12, 1963 in Loveland, CO. d. Dec. 30, 2018. Member of Akron

(CO) Church. Survivors include 2 brothers; 1 sister.

Hayes, Betty, b. Dec. 17, 1927 in Croton, IA. d. Dec. 23, 2018 in Burlington, IA. Member of Burlington Church. Preceded in death by husband Cecil; son Larry; 5 siblings. Survivors include daughters Susan and Beverly; sons Jon, Todd and Stephen; 3 sisters; 2 grandchildren; 4 great-grandchildren.

**Huffman, Ronald G.**, b. May 25, 1951 in Cape Girardeau, MO. d. Nov. 9, 2017 in Cape Girardeau, MO. Member of Cape Girardeau Church. Preceded in death by 1 brother. Survivors include wife Karen; sons William, Scott and Christopher; 5 siblings.

**Jumper, Joyce**, b. May 15, 1948 in Unionville, MO. d. Nov. 7, 2018 in McCune, KS. Member of Pittsburg (KS) Church. Survivors include husband Ed; son Allan; daughter Lisa Bramblett; 1 brother; 1 sister; 5 grandchildren; 3 great-grandchildren.

Liebelt, Annabelle Grace, b. March 1, 1927 in Werner, ND. d. Jan. 6, 2019. Survivors include husband Ben; son Lonny; 1 sister; 8 grandchildren; 7 great-grandchildren.

He will wipe away every tear from their eyes. There will be no more death or mourning. Rev. 21:4

McGee, Judith Annette Lauterbach, b. Dec. 22, 1944 in Sumner, IA. d. Dec. 9, 2018 in Phoenix, AZ. Preceded in death by 1 brother. Survivors include husband Lyle Dean; 2 children; 2 brothers; 3 sisters.

Raines, Kathryn L., b. May 3, 1937 in Forest City, MO. d. June 3, 2018 in St. Joseph, MO. Member of Three Angels (MO) Church. Preceded in death by husband Billie; son Michael; 1 brother; 1 grandson. Survivors include daughters Vickie Oliver and Cindy Leader; 3 grandchildren; 8 great-grandchildren.

**Shireman, Andrea J.**, b. July 2, 1944 in Dubuque, IA. d. Aug. 25, 2018 in Iowa City, IA. Member of Dubuque Church. Preceded in death by parents; 2 siblings; 1

grandson. Survivors include husband Dan; daughters Merri Voshell, Valerie Lau and Jackie Voshell; 3 siblings; 7 grandchildren; numerous great-grandchildren.

Spears, George, b. Sept. 7, 1945. d. Jan. 10, 2019. Member of La Crosse (KS) Church. Survivors include wife Rita.

Whitacre, Alan L., b. Aug. 14, 1940 in Ottawa, KS. d. Sept. 25, 2018. Member of Columbia (MO) Church. Preceded in death by parents; 2 siblings. Survivors include wife Barbara; daughter Rhondi; sons Troy and Brett; 11 grandchildren; 4 great-grandchildren.

### MARCH 2019

	COLORADO Denver Grand Junction Pueblo	<b>Mar 1</b> 5:52 6:07 5:52	<b>Mar 8</b> 5:59 6:14 5:59	<b>Mar 15</b> 7:07 7:21 7:06	<b>Mar 22</b> 7:14 7:28 7:12	<b>Mar 29</b> 7:21 7:35 7:19
AR	IOWA Davenport Des Moines Sioux City	5:53 6:05 6:15	6:01 6:13 6:24	7:09 7:21 7:32	7:17 7:29 7:40	7:24 7:36 7:48
۵ 2	KANSAS Dodge City Goodland Topeka	6:34 5:39 6:15	6:40 5:47 6:23	7:47 6:54 7:30	7:54 7:01 7:37	8:00 7:08 7:43
ALE	MINNESOTA Duluth International Falls Minneapolis	5:54 5:57 6:00	6:04 6:08 6:10	7:14 7:19 7:19	7:24 7:29 7:28	7:33 7:40 7:37
CA	MISSOURI Columbia Kansas City St. Louis	6:01 6:11 5:54	6:09 6:18 6:01	7:16 7:25 7:08	7:23 7:32 7:15	7:29 7:39 7:21
ե	NEBRASKA Lincoln North Platte Scottsbluff	6:18 6:34 5:45	6:26 6:42 5:53	7:33 7:50 7:01	7:41 7:57 7:09	7:48 8:05 7:17
S	NORTH DAKOTA Bismarck Fargo Williston	6:29 6:13 6:39	6:39 6:23 6:49	7:49 7:33 8:00	7:58 7:42 8:10	8:08 7:52 8:20
N O S	SOUTH DAKOTA Pierre Rapid City Sioux Falls	6:29 5:41 6:15	6:38 5:50 6:24	7:47 6:59 7:33	7:56 7:08 7:41	8:05 7:16 7:50
	WYOMING Casper Cheyenne Sheridan	5:55 5:50 5:55	6:03 5:58 6:05	7:12 7:06 7:14	7:20 7:13 7:23	7:28 7:21 7:32

### **SERVICES**

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The Clergy Move Center at Stevens Worldwide Van Lines is the way to move from one state to another! Through our national contract with the General Conference, we extend our moving services to all Adventist families. Throughout our history of over 110 years, our dedication to quality has never wavered. Contact one of our dedicated Move Counselors today for a no cost/no obligation estimate at 800.248.8313. Learn more about us at www.stevensworldwide.com/sda.

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

Summit Ridge Retirement Village: An Adventist community in a rural setting that offers affordable homes or apartments and caring neighbors with a fellowship you'll enjoy. On-site church, planned activities and transportation as needed. Also, Wolfe Living Center offering independent living and nursing home. Website: www.summitridgevillage.

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Wellness Secrets' five-day health retreat could be the most affordable, beneficial and spiritual vacation you've ever experienced! Get help for diabetes type 2, hypertension, high cholesterol, arthritis, cancer, obesity, depression, stress, smoking and other ailments in beautiful northwest Arkansas. Visit us at www.WellnessSecrets4u.com or call 479.752.8555.

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The Wildwood Lifestyle Center can help you naturally treat and reverse diseases such as diabetes, heart disease, hypertension, obesity, arthritis, osteoporosis, fibromyalgia, lupus, multiple sclerosis, chronic fatigue, cancer, substance abuse, stress, anxiety, depression and many more. Invest in your health and call 1.800.634.9355 for more information or visit www.wildwoodhealth.org/lifestyle.

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### **EMPLOYMENT**

Andrews University seeks a Faculty Marketing Professor. Teach marketing and related courses at the undergraduate and graduate levels. Have an earned doctorate in marketing and sufficient teaching experience in marketing at the undergraduate and graduate levels. Be actively engaged in research, service, student advising and supervising student projects. www.andrews.edu/admres/jobs/show/faculty#job\_5

**Andrews University seeks** Founding Program Direc**tor** of new doctoral program in occupational therapy. Director will lead efforts in developing and supervising program, including leading accreditation process. Primary responsibility includes developing innovative program, including crafting program's mission, vision, goals and strategic planning, administration, budget, faculty and staff recruitment, and assessment. Director provides professional leadership and support for teaching faculty, serves as mentor and facilitator for faculty, and enables environment that fosters creativity. www. andrews.edu/admres/jobs/ show/faculty#job\_9

Andrews University seeks Library Dean. Reports to the provost and consults

### **INFOMARKET**

with the provost regularly. Dean is responsible for James White Library, Architecture Resource Center, Music Materials Center, and Center for Adventist Research as well as all personnel and activities within those facilities. With the assistance of the directors, the professional librarians and staff, the dean shall perform the essential functions. www. andrews.edu/admres/jobs/ show/staff\_salary#job\_3

The General Conference of SDA's Office of General Counsel is seeking a law student for an 8-10 week paid summer clerkship. This position is not a full-time, hire-track position and is best suited for 1Ls. Duties include legal research and other projects, emphasis is

on religious liberty and First Amendment work. Must be Adventist Church member. Interview and/or relocation expenses will be applicant's responsibility. Send resume, writing sample and transcript to Karnik Doukmetzian at karnikd@gc.adventist.org.

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Southern Adventist University School of Nursing seeks a full-time faculty. Earned doctorate preferred. Requisite qualities include

successful teaching experience, interest in research, flexibility and commitment to Adventist nursing education. Candidate must be a member in good and regular standing in the Adventist Church. Send curriculum vitae or inquiries to search committee chair, Christy Showalter at cshowalter@ southern.edu. SAU School of Nursing, PO Box 370, Collegedale, TN 37315. Full job description: www.southern. edu/jobs.

Southern Adventist University seeks Dean for the School of Education and Psychology (SEP) responsible for planning, organization, staffing, direction and evaluation of the academic disciplines of the SEP. The SEP Dean is also responsible for continuous development of the SEP's strategic plan. An earned doctorate in the field of education or psychology is required. Full job description: www.southern. edu/jobs

Southern Adventist University seeks Director of Institutional Research and Planning. Director coordinates a comprehensive, university-wide program of data evaluation and analytics to support the evaluation of success in achieving the institutional mission, vision, values, and goals. Master's degree required, doctorate preferred, with coursework in higher education, research and statistics, educational research, data analytics, or related field. Contact Robert Young, Senior Vice President

# HELP!

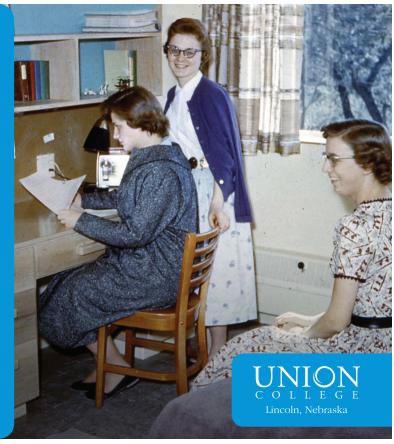
# Our women feel trapped in the 1950s.

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Help renovate 34 rooms in Rees Hall, June 23-July 12.



www.ucollege.edu/rees



for Academic Administration at Southern Adventist University PO Box 370 Collegedale, TN 37315.

Southern Adventist University seeks full-time teaching faculty for Chemistry Department. Teaching responsibilities may include organic chemistry lectures and labs and chemistry for nursing and allied health majors. Master's or doctoral degree (Ph.D. preferred) in organic chemistry (or a closely related field) is required, with demonstrated knowledge of and experience in applying best practices for teaching chemistry at undergraduate level, and a commitment to teaching from a Biblical foundation. Full job description: www.southern.edu/jobs.

Southern Adventist University seeks full-time teaching faculty for the School of **Music**. Position will provide curricular oversight to and teach lower- and upper-division courses in area of primary expertise—either music history or music theory. Master's degree in Musicology, Music History or Music Theory required, doctorate preferred. Full job description: www.southern. edu/jobs

Union College seeks applicants for Swimming Pool, Custodial, and Facility Maintenance Manager. This is a full-time, exempt position. Individual is responsible for all functions of the pool during business and closed hours during

the week. Please see full job description at www.ucollege. edu/staff-openings. Submit requested materials to Ric Spaulding at ric.spaulding@ ucollege.edu.

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

### **TRAVEL**

ISRAEL TOUR WITH PASTOR JIM GILLEY AND FRIENDS. Nov. 17-25, 2019. \$3,295. Includes air, breakfast and dinner buffets daily, all tips and taxes. From New York, Chicago or Los Angeles. Other departure cities available. Call Maranatha Tours at 602.788.8864.

### **EVENTS**

**Announcing Academy Days** at Oklahoma Academy! If you are a student serious about your walk with the Lord and His mission for your life, Oklahoma Academy may be the place for you. Come April 12-14, 2019 for our Academy Days weekend and find out. Call 405.454.6211 to make your reservations. Also visit www. oklahomaacademy.org.

SAVE THE DATE Uchee Pines Institute's 50th Anniversary, June 23-29, 2019. Speakers include Mark Finley and John Bradshaw. www.ucheepines.org or 877. UCHEEPINES.

"Ye Olde" Cedar Lake Academy Reunion will take place June 7-8, 2019 for alumni and classmates at Great Lakes Adventist Academy, Cedar Lake, Michigan. Honor classes: 1939, 1949, 1959, 1969. For further information you may contact GLAA Alumni Office at 989.427.5181 or visit www. glaa.net.

### **NOTICES**

Mission opportunity for individuals, families or Sabbath School groups. Sponsors needed to finance the education of children from Adventist families in India. \$35 per month provides tuition, lodging, food, books, clothing and medical. Prayerfully consider sponsoring. Visit www.adventistchildindia.org. If unable to sponsor, you may also donate. Questions? contact Charlene Binder: rdbinder42@gmail.com.





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