

OUTLOOK

OUTLOOKMAG.ORG

NEW HEALTH
RETREAT IN
MISSOURI P. 6



p. 10

**WORLD
SERIES**
for Students

MARCH 2020



PERSPECTIVES

- 4 **GOOD MEDICINE**
—Gary Thurber
- 5 **SAYING “NO” FOR YOUR HEALTH**
—Seth Pierce

FEATURES

- 6 **A PATTERN HEALTH RETREAT: BLENDING METHODS FOR BEST RESULTS**
- 8 **GIVING FROM THE HEART**
- 10 **WORLD SERIES FOR STUDENTS YIELDS LONG-TERM BENEFITS**

NEWS

- 12 CENTRAL STATES
- 14 DAKOTA
- 16 IOWA-MISSOURI
- 18 KANSAS-NEBRASKA
- 20 MINNESOTA
- 22 ROCKY MOUNTAIN
- 24 UNION COLLEGE
- 26 ADVENTHEALTH
- 28 FAREWELL
- 29 INFOMARKET

OUTLOOK (ISSN 0887-977X) March 2020, Volume 41, Number 3. OUTLOOK is published monthly (10 months per year) by the Mid-America Union Conference of Seventh-day Adventists, 8307 Pine Lake Road, Lincoln, NE 68516. Printed at Pacific Press Publishing Association, Periodical postage paid at Lincoln, NE and additional offices. USPS number 006-245. **Postmaster: Send all undeliverables to CFE.** Free for Mid-America church members and \$10 per year for subscribers. ©2017 Mid-America Union Conference of Seventh-day Adventists. Unless otherwise credited, all images are iStock. Adventist® and Seventh-day Adventist® are registered trademarks of the General Conference of Seventh-day Adventists. **CONTACT us by email: info@maucsd.org or phone: 402.484.3000.**



22



24

“Are you “good medicine” for those around you?” —p. 4



27



17



OUTLOOKmag.org

NEWS AND INSPIRATION



Union College's Army Nurses of the Great War

outlookmag.org/union-colleges-army-nurses-of-the-great-war



Finding a Home Church to Match Your Needs and Values

outlookmag.org/tuesdaytalk-finding-a-home-church



The Brain and Change

outlookmag.org/the-brain-and-change

THE MOST GRACIOUS GIFTS

A natural result of abiding in Christ is a desire to honor Him by caring for what He has created. This includes staying physically and emotionally healthy ourselves, and reaching out to help others become or stay healthy.

This month's stories feature a variety of people who are doing just that—offering everything from kind words to warm muffins to playing a game of ball.

We hope you'll be inspired and challenged to find your own unique way of enjoying and sharing God's gracious gifts of health and wholeness.



BRENDA DICKERSON
editor



ON THE COVER

Ray Daniel (left) and Gerard Ban have been using games to build friendships with students for 25 years.

More on p. 10
Photo by Hugh Davis

MID-AMERICA UNION CONFERENCE

President

Gary Thurber

Secretary

Gil F. Webb

Treasurer

Troy Peoples

Church Ministries

Roger Wade

Communication

Brenda Dickerson

Education

LouAnn Howard

Hispanic Ministries

Roberto Correa

Human Resources

Raylene Jones

Ministerial

Mic Thurber

Religious Liberty

Darrel Huenergardt

Women's Ministries

Nancy Buxton

midamericaadventist.org

OUTLOOK STAFF

Editor:

Brenda Dickerson

Designer/Managing Editor:

Brennan Hallock

Digital Media Manager:

Hugh Davis

outlookmag.org

CONFERENCE NEWS EDITORS

Central States

Brittany Winkfield

communications@central-states.org

central-states.org

913.371.1071

central-states.org

Dakota

Jacquie Biloff

jbiloff@icloud.com

701.751.6177

dakotaadventist.org

Iowa-Missouri

Randy Harmdierks

rhardierks@imsda.org

515.223.1197

imsda.org

Kansas-Nebraska

Stephanie Gottfried

sgottfried@ks-ne.org

785.478.4726

ks-ne.org

Minnesota

Savannah Carlson

scarlson@mnsda.com

763.424.8923

mnsda.com

Rocky Mountain

Rajmund Dabrowski

rayd@rmcsda.org

303.733.3771

rmcsda.org

UNION COLLEGE

Ryan Teller

ryteller@ucollege.edu

402.486.2538

ucollege.edu



Good Medicine

Beloved, I pray that in all respects you may prosper and be in good health, just as your soul prospers (3 John 1:2).

I love how the apostle John spoke here to his friend, Gaius. There is so much graciousness and love for his friend. John had heard how well Gaius was doing spiritually, how he was blessing those around him, and the news thrilled John.

He also cared deeply about how Gaius was doing physically. I believe John's words were healing to Gaius. Proverbs tells us, "A cheerful heart is good medicine, but a crushed spirit dries up the bones" (Prov. 17:22).

Do you have a friend like this? Someone who cares deeply for you and your happiness? If so, it makes a difference, doesn't it?

I have a friend who lives in California. He's a medical

doctor and I have known him since sixth grade. To this day, he cares how I am doing both spiritually and physically. When I am visiting him or speaking to him, he is like John was with Gaius. I know he always has my best interest at heart. I wish everyone had such a friend!

Now let me ask you a question: *Are you a friend like this to those you know?* Are you "good medicine" for those around you or are you someone who crushes the spirits of those around you? You know what I mean. We all have come across people who have sought to crush our spirit. Those encounters literally "dry up our bones," as the proverb says. Likewise, when we are around people who are eager and invested for us to have a cheerful heart, it is the best medicine possible.

Feeling whole

Much has been written lately about feeling "whole." I believe the most important part of feeling whole is a cheerful, content heart. I have witnessed quadriplegics having no use of their hands or feet who feel whole. I have met people with debilitating diseases who feel whole. How is this possible? They have a strong faith and a cheerful heart.

I have two suggestions for you as we begin this new decade together in regard to your health. First, I suggest if you haven't done so lately, pick up the book *Ministry of Healing* by Ellen G. White and read it from cover to cover. I don't believe there has ever been a greater book written on having good health and feeling whole.

Not only does she cover the physical laws of good health, but also how we should relate to one another.

Second, I want to encourage you to be someone who brings "cheerfulness to hearts" and never be one who "crushes a spirit." By doing this, you will be dispensing "good medicine" and building "strong bones" for those around you. **0**

GARY THURBER

is president of the Mid-America Union.



SAYING "NO" FOR YOUR HEALTH



Recently my wife and I went through a tradition we loathe. Namely, buying a new vehicle every 10 years or so. It isn't that we don't have an idea of what we want—it's the fear of who we might end up talking to during the process. After looking online for a few months we spotted a candidate to become our sweet new minivan. (Don't judge me. They are super convenient.)

Over our lunch break we drove to the dealership and were met by a salesman. Not a salesman as in a generic respectable category of occupation, but a salesman in the sense of a desperate human being who would punch a kitten in the face just to make a deal. The salesman showed us the minivan. Not only was it scratched up and missing basic features, but it drove terribly. *No.* The captain's chairs adjusted on a track that, as my wife

pointed out, would become a mass grave for goldfish crackers. *No thank you.*

The salesman ignored every concern we expressed and even had the audacity to argue with a mother of 12 years experience over the nature of goldfish crackers. *No, we aren't interested.* When we tried to exit he persisted, "What's wrong with the van?" *It just feels cheap.* "Well it is cheap!" *Yeah, no thank you.* We bought another vehicle a week later and still got messages from this salesman asking us why we couldn't come back and buy his dumb van.

ROOTED IN PRINCIPLE

I am a difficult person to sell things to since I teach persuasion and can mentally check off the techniques being attempted on me. I don't mind someone using good technique for a good product I'm interested in, but as soon as I sense a push that ignores what I am communicating,

my "No" kicks in. It's a "No" rooted in principle. When people pressure me to do things rooted solely in their own selfish desires, my "No" is immovable.¹

No doubt you can relate—just replace a pushy salesman trying to sell a van with a high pressure evangelist trying to get baptismal decisions, dead-beat relatives trying to convince you to give them money (again), or a domineering boss pressuring you to work late.

Fostering a community of generosity and helpfulness is great (see Gal. 6:2 and opposite page). However, even within a generous and service-oriented community there is room for "No." Paul writes, "Each one must give as he has decided in his heart, not reluctantly or under compulsion, for God loves a cheerful giver" (2 Cor. 9:7). Saying "Yes" because someone compels you, shames you, or physically forces you is not really generous; it is the fruit of false religion.²

RESPECTING BOUNDARIES

One reason saying "No" is so difficult is because the people asking us to say "Yes" are the ones who help us develop our identity. Parents, teachers, pastors and spouses are just a few of the people who orient us by helping us create a sense of self and how that self is supposed to function.

The challenge comes within communities (including church) where others create social identities that make people feel guilty when setting healthy personal boundaries. But remember, Jesus recognizes the need for "No." Jesus states: "Let what you say be simply 'Yes' or 'No'; anything more than this comes from evil" (Matt. 5:37).

What's more, for those of us prone to badger people to give us what we want, a closer reflection on this verse not only means we need to be firm with our boundaries, but it also means we need to respect other people's "Yes" and "No."

"No" is an important part of good communication health, and healthy communication directly impacts psychological, emotional and physical health. Without healthy communication creating boundaries we end up physically, emotionally, spiritually or financially sick. Or worse, driving an inferior minivan. **0**

1. The difference between persuasion and propaganda is that persuasion seeks to benefit all involved. Propaganda only has the interest of the propagandist in mind.
2. "Force is the last resort of every false religion," Ellen G. White, *The Signs of the Times*, May 6, 1897.



DR. SETH PIERCE

is a popular author and speaker who pastored for 16 years before entering academia as assistant communication professor at Union College.



Blending Methods for Best Results

By Brenda Dickerson

A PATTERN, an educational health retreat, is nestled in the beautiful Meramec

River region of east central Missouri, only an hour south of St. Louis. The center is located on 20 acres in a peaceful country setting and is capable of accommodating 12 guests in grouped settings or six single occupants.

The staff physician, Dr. A. Scott Grivas, has practiced both conventional and lifestyle medicine for many years and is dedicated to blending both for the best results. The team also includes a registered nurse, a personal trainer and a chef.

The name A PATTERN is an acronym for the eight natural remedies, but the staff say that NEWSTART is usually easier for people to remember.

“What we do here at A PATTERN is basically the

plan revealed in our inspired counsels about having a retreat where people can be taken out of the city and enjoy the beauty of nature and work with God’s hygienic remedies rather than just drug remedies—hydrotherapy, the botanical medicines, lifestyle interventions of nutrition, exercise and other therapies,” says Dr. Grivas.

Solid foundations

Grivas graduated in 1972 from the University of Texas medical branch in Dallas. He spent two years at the Center for Disease Control in Atlanta as a public health service officer, then completed his residency at Emory University School of Medicine and practiced internal medicine for 12 years.

“During those years in Atlanta I became a Christian and was enjoying fellowship in a local church but I could

see we weren’t following all the biblical principles,” says Grivas. To make a long story short, he was thrilled when he learned the beautiful truths of the Seventh-day Adventist Church and was baptized.

“After I was introduced to the Adventist health message I could see that what I was doing was not in harmony with God’s plan for physicians,” explains Grivas. When some of his friends invited him to visit Wildwood Lifestyle Center, about two hours north of Atlanta, he was able to see how hydrotherapy and botanical medicine could be done in a sanitarium setting.

“About five years later I joined the staff of Wildwood and really enjoyed my 25 years there working in lifestyle medicine,” Grivas recalls. “That was the prompting in my heart for coming up here to Missouri

and starting a new center in 2015, not only introducing the health message but also helping people to understand the love of Christ and what He wants to do for them in their lives.”

Medically supervised program

A number of patients who come to the center as guests have significant disease processes like diabetes, coronary artery disease and heart failure. While the team emphasizes the matter of lifestyle interventions, it is still very important to take care of those medical needs.

“We have people come with a lot of medications and we can’t just take those away,” says Grivas. “We’ve got to work with them, and as they are introduced to a better lifestyle the drug medications become less necessary and we can gradually start to taper them off as we work with other botanical medicines.” Grivas emphasizes the fact that this is a thoroughly medical program, carefully directed and supervised by trained staff. They collaborate with a nearby hospital to do all the standard medical testing, including imaging and bloodwork.

When guests arrive with depression, anxiety or other emotional disturbances, trained members of the staff work with them giving not only counsel from good medical sources but also biblical counsel.

“Many patients who come are on all kinds of medications and they’re having side effects, so we are trying to reduce the medications when it is safe and watch them to make sure they are improving,” states Grivas. “They usually leave feeling so much better



Photos Courtesy A PATTERN Health Retreat

Medically trained staff at A PATTERN use traditional medical methods as well as natural therapies and botanicals to promote healing. Joyce Grivas (center photo in apron) assists guests with daily hydrotherapy treatments. Dr. Scott Grivas (right) discusses specific health concerns with each guest individually.

and with less medication. And some can come off their medications totally. But for an 11-day plan, we are teaching them what they can do at home, following up with their practitioners at home.”

A typical day

For most guests, their day begins with an early morning call from a staff member so they can get up, have private devotions and take a shower if they want to. The first group activity is stretching time. “Many people, especially as they get older, are not very active with housework or gardening. They may walk but they don’t do much stretching,” observes Joyce Grivas, who coordinates the scheduling. “So we have stretching, we have worship, then breakfast

which is our biggest meal of the day. After a little walk we have morning class in one of the natural remedies such as using charcoal poultices or fomentations. Then they will have hydrotherapy, followed by our noon meal.”

In the afternoon guests are encouraged to take a longer walk. Next they attend a vegan cooking class where they make things like whole grain muffins or oat burgers. During the evening meeting staff target the specific disease processes their guests are dealing with and talk about causes, symptoms and remedies.

“We try to help them see God is interested in their health and really can make things different for them if they think so,” Joyce points out. “The Bible says that in some places Jesus could do

nothing, because the people had no faith. A person really has to believe that this is going to help them. Then the mind operates with the body to help it happen.”

Working with local churches

The team at A PATTERN recognizes that while they help guests at the lifestyle center, that is not their sole focus. “We have a larger responsibility in the city to engage people concerning health matters and trying to introduce them to the Adventist network of churches,” says Grivas. “It’s very important for ministers and physicians to be working together. The Lord has been very gracious and opened doors for a lot of interaction in the St. Louis community.”

They spend time every month doing outreach through various programs, including radio health talks on diseases people need to learn more about—diabetes, cancer, heart disease. They also have hosted Dinner with the Doctor programs and other health presentations in the Central Church, Mid-Rivers Church and West County Church.

Grivas says this “paints a beautiful picture of how God intends the medical work to channel through the churches. We’re not striking off trying to do an independent work. It’s just been a joy to work with our churches in the Iowa-Missouri Conference.” 0

Dr. Scott Grivas is the vice president of evangelism for the Mid-America chapter of Adventist-laymen’s Services and Industries and his wife, Joyce, volunteers regularly with local disaster relief efforts. They continue to work closely with Wildwood Lifestyle Center in Georgia and Uchee Pines Institute in Alabama. Watch these videos to learn more about their ministries: outlookmag.org/apattern_health.

✉ A PATTERN Health Retreat, 250 Richter Rd., Bourbon, MO 65441
apattern.life@gmail.com

☎ 573.245.6226 or 855.976.1888

🌐 www.apattern.life

Giving from the Heart

Gladys and Ken Cooper
Serve the Community



When people are in need, Gladys and Ken Cooper often are there. Throughout their community, they are known as honest and respected people who have very big and kind hearts.

Gladys works at a local agency called Aging Partners as their first service/information and referral supervisor, assisting older adults, their families and caregivers with a variety of resources. Her knowledge, expertise and experience allow her and her team to meet with clients, assess their needs and assist them in accessing the vast social services network in the community, county and state.

“She’s very kind and easy to get along with; very sympathetic to a person’s personal situation; finding solutions to everyday problems,” said David Norris,

Aging Partners public information specialist.

Experience gained from life circumstances

In 1981, as a newly divorced mother, Gladys relied on Food Stamps (now SNAP), housing assistance and Medicaid for her and her daughter. “That was the hardest thing for me to

do,” she said. “I came from a working-class family and had worked since I was 16. And when I went to the Department of Health and Human Services to apply, I was crying like a baby, due to the shame I associated with applying.”

For four years, the assistance she received helped her get through college. “I knew in my mind I wasn’t going to be on assistance forever,” she said. “My goal

was to get my education and go back to the work field. I wanted to show my daughter that while tough times come, you work if you have the opportunity to work. I didn’t want her to think this was a way of life, but it was only temporary. When I went back to work, I could support the next person through public benefit programs supported by my taxes.”

Gladys graduated with

her social work degree from Union College. Having a good relationship with her grandparents, she saw it as a perfect fit to serve her practicum at Aging Partners, previously known as the LIFE Office, and she enjoyed it. “I thought it would be easy to work with seniors since they were adults and would have their life together,” she said. “I was such a rookie.”

She quickly realized older adults face varying challenges just like younger adults, but with the additional stress of an aging body and mind. Many are living on a fixed income and have faced great losses.

“I realize we all have issues to deal with no matter the age, but if we carry them through life without addressing them when younger, our behaviors and attitudes can become ingrained when we become older—making it difficult to recognize the need for change or how these issues impact others who try to provide assistance,” Gladys said. She also doesn’t solely work with the older adults. She often works with their children or grandchildren, who many times have differing opinions on what is best for their loved one.

As prepared as possible

For the past 29 years, Gladys has worked screening phone calls and assessing the needs of the caller, answering questions and providing resources or referrals. Her team answers anywhere from 20-30 phone calls daily about various topics including housing,

applying for Medicaid or disability, eligibility for Medicare and other programs. Calls come in mostly from older adults, their families or caregivers, but many also come from local authorities, adult protective services, doctor’s offices and concerned members of the community. The calls come from all across America, as well as Australia, Slovakia, Germany and Japan.

When talking to people who are reluctant to apply for services and benefits, Gladys relies on her past personal experience of receiving assistance. “I am sympathetic and understand how hard it can be to ask for help,” she said. “I assure them if they have worked for years paying taxes, and if they qualify for the benefits, they should apply for them. For some, it might be temporary, but others might need it to survive.”

Gladys can also empathize with caregivers since her own mother lost her sight in her 40s. And when her father got sick with multiple sclerosis, later becoming an amputee, she and her siblings became long-distance caregivers for both. Gladys and her husband would travel to Kansas to take care of her parents’ needs and ensure they got signed up for eligible services to help them remain safely in their home as long as they could.

“Many of us have come full circle in the aging process,” said Gladys. “We have become caregivers of our parents or in-laws. We know the fine line of maintaining their dignity but making sure they are safe

and prepared for the latter years as much as possible.”

Giving back above and beyond

Ken and Gladys met when he helped fix her car. And 10 years later, they were able to share their experiences as young, divorced parents. “I told him if he needed someone to talk to, he could call me,” Gladys said. “He called me within the week, and he’s been calling ever since!”

They married in 1992, each with a daughter—one a teacher in Nebraska, the other a biochemist in North Carolina. Together, they have four grandchildren. Both the eldest of six kids, their strong-willed personalities and opinions often clash, but they have an easy banter. “It’s just the way we are,” Ken said.

Ken, who also has a social work degree from Union College, worked in family services for several years teaching parenting skills and anger management. He also worked for the Lincoln Council on Alcoholism and Drugs, Midland Recycling and CEDARS, a home for children. For the last seven years, he’s worked at the Center for People in Need and currently serves as facilities manager overseeing maintenance, vehicles, custodial and contractors’ work for the building. Ken volunteered his time to shovel snow through the Home Handyman program for four years for those who aren’t able to shovel their sidewalks and driveways.

But it doesn’t stop there; the Coopers are also very

active at Allon Chapel Seventh-day Adventist Church, where they both serve as elders. Gladys assists in community services, Prison Ministry, FoodNET, is head deaconess and serves as the church’s social worker. Ken assists as the worship leader, runs the sound board, serves on the Ministry Leadership Team and is a mentor to single parents with children. He sings in the church choir and plays the trumpet too.

“We just ask, ‘What do you need?’ and morph into whatever they want us to do,” Gladys said.

“I do it because I can help now while I’m able-bodied; one day I won’t be able to,” Ken said. Gladys echoes that sentiment.

In addition, the couple is trained in Adventist Disaster Response, working with the American Red Cross when activated to manage warehouses during disasters to receive and distribute donations. Gladys has been trained in Children’s Disaster Services, Community Emergency Response Training and has a ham radio license.

“You never know when the tables will turn; everyone needs a little help sooner or later,” she said. “We are fortunate that our jobs are in the helping business, allowing us to be helpful to many people who come our way, which allows us to remain true to our faith and beliefs.”

.....
This article is republished with permission from the Summer 2019 edition of *Living Well*.

WORLD SERIES

for Students Yields Long-term Benefits

By Brenda Dickerson

Retired pastor Ray Daniel and Gerard Ban, associate director of education for the Mid-America Union, started coordinating World Series baseball games for elementary students in Adventist schools 25 years ago. Today these dedicated professionals are continuing to use the avenue of playing games as a way to reach the hearts of children and youth and help them develop friendships with pastors and other community members that can last a lifetime.

“I’m one thousand percent committed to Adventist Christian education,” says Daniel. “And anything that I can do to enhance it and encourage the teachers and the kids and the school, that’s what I’m trying to do.”

Daniel, who retired in 2014, spent 47 years in ministry, mostly pastoring but also working in administrative positions in several unions. Wherever he has lived—both in active ministry and retirement—he has started a World Series athletic program that runs annually in the spring during the students’ physical education time at school (outdoors

when possible) and concludes with a playoff involving coaches, umpires and family members cheering players on. Daniel invites local guests to sing the national anthem and has even had the city mayor come to throw the first pitch.

Something Special

When Daniel came to pastor in South Lancaster, Massachusetts, Gerard Ban and his wife, Martha, were teaching at the Adventist elementary school there. Together the three of them successfully initiated the World Series games for students in grades 5-8 and ran them with support from other teachers and the local community.

Ban, who is starting his 31st year in the field of education, says the World Series impacts the social atmosphere for students and helps them relate better with one another. “It helps break down situations where kids don’t always get along. Playing together is a positive venue. It’s a time to relax and have fun,” he adds. “Students remember things like this. It impacts their lives.”

Daniel describes the World Series as “a fun event to involve the boys and girls in something they could enjoy and get excited about. It helps them get acquainted with a



pastor in a different way than just listening to worship talks or seeing them up front in church.” He adds that when parents or community volunteers can umpire or take photos, it helps the kids feel like they’re doing something special. Sometimes a person with a mic sits in the stands and calls the play-by-play. Often Ban comes to represent the Mid-America Union Office of Education and throws out the first pitch. “He always shows up in the right outfit!” says Daniel.

Why Baseball?

Although Daniel played a variety of sports while growing up, he particularly loves baseball. “I got a first baseman’s mitt when I was about 10,” he recalls. “I played in Little League later on as a pitcher. Then I had a dean in academy who was a very good fast pitch softball player. In Massachusetts I pitched for 20 years with a Spanish team of international players. It was a lot of fun.”

Daniel also was the athletic director for camp

meetings for a number of years, during which he tried running baseball, football and soccer programs. But Daniel noted that it usually ended up just being soccer matches because many kids were from countries where soccer was “the big deal.”

In addition, Daniel explains that when you play football you have to keep curbing the desire for playing tackle, where there is more of a risk of getting hurt. “When we play baseball outdoors we use an incrediball. It’s a little softer and has enough cushion so if it hits you it doesn’t hurt that bad.”

Ban further points out that baseball is a sport with which most students are familiar. “It’s the American pastime. They’ve had it in PE classes. They can relate to it better than most sports,” he adds.

Daniel wouldn’t mind running a soccer program,

he says, especially for grades 1-4. He has also run kickball games for lower grades.

Big Impact

One of the biggest impacts this pastor/educator team sees from their annual World Series games is from people showing sustained interest in their local school. “We have workbees, and some will show up and clean windows and things like that. Those are short-term deals that don’t require much commitment,” says Daniel, although they are appreciated.

The World Series, however, is all about kids spending enjoyable time with their pastor, teacher or other mentor. “They don’t ever forget those times,” Ban declares.

With a chuckle, Daniel observes that very few schools suffer from too much interest in the school.

“If we’re not alarmed with what’s going on in Adventist education we ought to be,” he exclaims. “In terms of the loss of schools, we’ve lost academies right here in our union. I held weeks of prayer in these academies that are now defunct. We have to become far more aggressive in promoting Christian education. This is one way I see of doing it, of making these kids happy where they are.”

Big Benefits

Many pastors and educators acknowledge that kids today are too prone to handheld devices, sitting and tapping instead of getting outside for fresh air and physical exercise. While the many benefits of being physically active are well known (for both young and older people), there are also mental health benefits from being able to give without getting anything back. “You can share yourself and share Christ. It’s a positive thing mentally to be able to give to others,” says Ban.

“You get inspired by being around these kids,” adds Daniel. “The enthusiasm with

which they embrace the program lifts you up and energizes you. The interaction with the kids is something you can’t purchase. You can’t replace the relationships.”

What does it take to launch this type of program? First it requires a strong interest in Christian education and a willingness from a leader to invest time. “There also needs to be teachers who see the value of how it impacts students down the road,” Daniel says. He always strives for a sense of community involvement by inviting all pastors, church members, parents and other special guests to participate. Daniel’s wife, Bonnie, helps out regularly as well, especially with the celebration at the end where everyone is served cheesecake in plastic ball caps.

One parent who was recently able to help with the World Series at his child’s school said, “Parents are so busy they often don’t have time to visit school. It was nice to see my son having fun with other kids and to have an opportunity outside the classroom to see him develop.”

Ray Daniels and Gerard Ban reunited at College View Academy in Lincoln, Nebraska, to conduct World Series baseball games for elementary students. They began this initiative together 25 years ago in Massachusetts.



Photos: Hugh Davis

Where *Mission*
Meets
Power

Central States Conference Prayer Line

M-F 6:30-6:45 AM CST | Phone: 425.436.6344 | Access Code: 214549

42 From You!

THE SIMPLE CONFERENCE DEBT ELIMINATION PLAN

The Math:

**2000 People give \$42 for 12 months or \$21 for 24 months
we will realize \$1,000,000 towards eliminating our Conference's Debt!**

“Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up” Galatians 6:9



DONATE USING THE CODE [\\$CSC3301](#) ON THE CASH APP. AVAILABLE ON ANDROID AND APPLE.

Central States Conference Calendar

March

7-8
Hispanic Elder's Retreat
 Fremont, NE

8
Executive Committee Meeting
 3301 Parallel Pkwy.
 Kansas City, KS 66104

15
Central States Rocky Mountain Constituency
 3385 Albion St.
 Denver, CO 80207

22
Central States Great Lakes Constituency
 3418 E. Lake St.
 Minneapolis, MN 55406

29
Central States Great Plains Constituency
 3336 Lake St.
 Omaha, NE 68111

April

2
Central States Eastern Area Constituency
 9001 Lucas and Hunt Rd.
 St. Louis, MO 63136

9
Central States Central Area Constituency
 3301 Parallel Pkwy
 Kansas City, KS 66104

26
Central States Nominating Committee with Union President
 3301 Parallel Pkwy.
 Kansas City, KS 66104

May

2
Family Life—Laugh Your Way to a Better Marriage
 5 N. Skinker Blvd.
 St. Louis, MO 63105

31
Central States Constituency Meeting
 3321 Garfield Ave.
 Kansas City, KS 66104

June

14
Executive Committee Meeting
 3301 Parallel Pkwy.
 Kansas City, KS 66104

June 25-July 4
General Conference Session
 Indianapolis, IN

July

10-11
Iowa-Missouri Camp Meeting

24-26
Hispanic Men's Retreat
24-31
Unity in Churches Annual Youth Summit

September

13
Executive Committee Meeting
 3301 Parallel Pkwy.
 Kansas City, KS 66104

October

9-10
Hispanic Convention
 3301 Parallel Pkwy.
 Kansas City, KS 66104

December

13
Executive Committee Meeting
 3301 Parallel Pkwy.
 Kansas City, KS 66104

See more at Central-States.org

Acts of Kindness Remembered

Five people share how their lives have been blessed

Sandrachile/Unsplash



Jesus dying on the cross on our behalf tops the list of acts of kindness done for us. And every act of kindness we do for one another is a reflection of Christ's sacrifice. The following stories from five different individuals show how people emulating Christ have blessed others.

One

When I was six, I missed the latter part of first grade because of a kidney infection. The local hospital termed it “incurable” and released me to die at home. But my dad and mom wouldn’t give up on me. My dad took me to Cleveland Clinic and stayed in Cleveland so he could be with me every visiting hour. The hospital team eventually cured the infection with major doses of penicillin. Penicillin is a wonder drug.

Two

God sends the right person at the right time. Several years ago, I was hauling a pickup truck load of wool bales from a sheep ranch in Wyoming to the wool warehouse at Belle Fourche, South Dakota.

While en route on I-90, I had a flat tire and had to pull over. The only way to get to the spare was by unloading some of the 800–900 pound wool bales. There was no way I could reload them alone.

Before I even got the vehicle jacked up to remove the flat, a local rancher pulled up to offer help. He had seen me from the opposite lane and made a U-turn on the interstate. He took time out of his busy day and went out of his way to render assistance to a fellow rancher.

Somehow, the two of us managed to wrestle those

wool bales back onto the truck. They were originally loaded with a tractor! It is still a mystery how we did that.

To this day, that man’s selflessness stands in my mind as an example of integrity by which to guide my life, as the apostle Paul admonishes us in I Corinthians.

Three

My parents sacrificed for me to attend academy because they believed Christian education was important. My mother was a stay-at-home mom, and I had two younger siblings. Two cousins lived close by and we did everything together, including attending the same boarding school. I considered them siblings.

When it was time for the academy school banquet, my mother sewed my banquet dress, a beautiful full-length white brocade with a short cape. To my surprise, my younger cousin bought me a fancy white clutch to match.

I knew his family was in no better financial position than mine, and I have no idea where he found the money for that thoughtful gift. I still consider it one of the kindest acts.

Four

Last year I had a random act of kindness shown to me. I had a three-hour layover at

the Minneapolis airport and needed something to eat. I found a buffet restaurant with many options.

Since I had time in-between flights, I took my time deciding what to purchase. I noticed a lady buying food using coupons. After a few minutes of trying to make a decision, she came to me and asked if I would like a \$20 coupon for the restaurant.

I was shocked at first, and then said, “Yes, thank you very much!” There are still kind and thoughtful people out there!

Five

Once, I was in the self-checkout lane at the grocery store. The young man ahead of me was leaving and I noticed he had forgotten his change. I called out to him and he came back. He saw it was a \$1 bill. He handed it to me, but I refused. However he insisted, so I took it and thanked him.

Compiled by Jacquie Biloff.

Everything Goes in Cycles

The toll of 2019 on Dakota Conference's farmers and ranchers

If one were to give a *State of the Conference Address* for the Dakota Conference, it would conclude that 2019 was a difficult year for the farmers and ranchers of North and South Dakota. Due to the agrarian and commodity-driven economy of the Dakotas, ups and downs are reflected in tithes and offerings. After 10 good years of tithe increase with a high in 2014, the trend suddenly reversed.

The *Argus Leader* reported, "A 5-year slide in the agricultural economy in South Dakota and across the Great Plains has left many producers operating at a loss and is putting some in jeopardy of losing their farms."¹

Brian K. Sullivan reported for *Bloomberg* that, "The U.S. had 14 weather disasters costing \$1 billion or more last year, with Midwest flooding accounting for almost half of the total, according to the National Oceanic and Atmospheric Administration."² Many have said, *I'm glad 2019 is in the rearview mirror.*

North Dakota farmers were able to plant their crops, but many South Dakota farmers were not. One South Dakota farmer remarked, "We never turned a wheel." Another said he didn't need any more moisture until July of 2020. 2019 was particularly bad because the fields were too wet to harvest. Farmers who

tried got mired in the field so deeply their combines were torn apart as they were extracted. There is still a lot of corn in the field.

However, the downturn is not all weather related. Prices of commodities have been on the slide since 2014 as well.

Unharvested crops tend to lose quality. "In 2018, spring wheat had a lot of ergot fungi damage. In 2019, almost all of the small grains in the whole state had ergot. It was so wet everywhere," said one North Dakota farmer. "Other states in the Midwest dealt with the same issues, but not the whole state like in the Dakotas."

Cowboys haven't had it easy either. During the last five years, cattle prices have gone down significantly. One rancher remarked, "There is water halfway up on my bales. A rancher told me the hay would eventually dry, but I am not feeding that to my cows. It could cause all sorts of problems. I'll just have to sell off my cows."

Another rancher, when shown the conference tithe comparison chart, said, "I can tell you the calf prices for each of those years. They reflect the decline in tithe."

One farmer concluded, "At some point it is going to stop going down. There is no way to predict necessarily when, but it will turn. The optimism would be, everything goes in cycles. At some point it is

going to stop going down."

At the January Dakota Conference pastors' meetings, **Dr. Joseph Kidder** presented biblical fasting and prayer as an avenue for a personal connection with God. The pastors recommended a conference-wide week of prayer and fasting March 1-7. This will coincide with other days of prayer.

Dakota Conference prayer coordinator **Barry St. Clair** regularly participates with the NAD monthly all-night prayer call and plans to present Dakota Conference to the NAD prayer team March 5.

March 6 is World Day of Prayer, and March 7 is

Women's International Day of Prayer scheduled on the NAD calendar. During this week the Dakota Conference solicits your prayers as well.

Jacque Biloff is communication director for the Dakota Conference.

1. Pfankuch, Bart. "Stressed South Dakota Farmers Facing Continuing Economic Decline." www.argusleader.com/story/news/2019/04/01/stressed-farmers-face-continuing-economic-decline-south-dakota-news-watch/3331175002/
2. Sullivan, Brian K. (2020). "U.S. Had 14 Weather Disasters Costing \$1 billion or More in 2019." www.farmprogress.com/weather/us-had-14-weather-disasters-costing-1-billion-or-more-2019



Ben White/Unsplash

Iowa-Missouri Welcomes Three New Pastors

Photos courtesy Iowa-Missouri Conference



Michael Coridan

Michael Coridan joins pastor **Rob Alfalah** in serving the St. Louis Central and Mid-Rivers churches where he will focus on outreach efforts throughout the metro and train members to give effective Bible studies. He will also continue serving as director of the conference's Youth Alive student literature evangelism program.

Michael is well-known throughout Iowa-Missouri as the son of conference president **Dean Coridan**. He graduated from Sunnydale Academy in 2014, where he demonstrated his passion for ministry through mission trips to India, preaching evangelistic meetings, and going door-to-door as a student literature evangelist each summer. He recently received a theology degree from Middle East University, an Adventist school in Beirut, Lebanon. He is engaged to **Eunbyul Park**, who also recently graduated from MEU.



Kris Hicks

Kris Hicks serves the Cape Girardeau, Farmington, Fredericktown and Sikeston churches. He graduated from Oakwood Adventist University in 2014 with a theology degree and received his Master of Divinity degree from the Seminary at Andrews University in May 2018.

For the past year he has been working with inner city families in Columbia, Missouri, as part of a ministry of the Columbia Church. He and his wife, **Junie**, were married last July and are excited to begin God's calling in ministry.



Abelardo Rivas

Abelardo Rivas serves the Kansas City Multicultural Church and the St. Joseph Hispanic Group. He comes to our field from Andrews University, where he has been working on a doctorate degree in Biblical Archaeology and teaching classes at the seminary in Biblical Hebrew, Old Testament Studies and more.

Rivas previously served in Spanish and English churches throughout the Midwest. He received his Master of Divinity degree from Andrews University in 2010, and a bachelor's degree in theology from Southern Adventist University in 2005. He and his wife, **Argelia**, have been married for six years.

Lee Rochholz is ministerial director for the Iowa-Missouri Conference.

Town Hall Meetings

Town hall meetings are planned for various areas of the conference in March. We'll be taking questions from the floor, so this is a great opportunity to have open dialogue about where we are headed as a conference.

Check your local church bulletin for more information in the coming weeks, but plan to attend a meeting near you (all meetings at 6:30 pm).

Missouri

- **March 9**
St. Louis West County
- **March 10**
Cape Girardeau
- **March 11**
Houston
- **March 15**
Columbia
- **March 16**
Nixa
- **March 17**
Independence

Iowa

- **March 23**
Davenport
- **March 24**
Cedar Rapids
- **March 25**
Sioux City
- **March 29**
Ankeny

Moberly Church Gives Bicycles to 150 Children

The Moberly Church recently hosted a bicycle giveaway, sending 150 children home with new bicycles.

Church members had been praying that God would reveal to them new and meaningful ways to serve their community when **Pastor Vandeon Griffin**, associate director of youth and young adult ministries for the North American Division, reached out to Moberly Church pastor **Jody Dickhaut** with a proposal. If the church would host a bicycle giveaway, the NAD would provide 50 bicycles as part of its Touch 10K Challenge, an initiative to make meaningful connections with 10,000 people across North America on a single day each year.

The plan was to distribute tickets to the first 150 families to arrive at the event, then draw 50 winners. But that didn't sit well with **Sonja Dickhaut**, Pastor Dickhaut's wife. Convicted that no one should go away empty-handed, she shared her concerns with the church, and members continued to pray.

When Pastor Griffin arrived in Moberly a few days before the event, he shared that he had mentioned the Moberly Bike Giveaway to some conference leaders at a dinner, and several of them had pitched in enough funds for an additional 50 bikes. That, along with one additional bike donated by the local Walmart, brought the total to 101.

Sonja was still concerned about the shortfall, so Pastor Dickhaut reached out to one of their friends who immediately pledged an additional 10 bikes. Funds from other donors poured in, and by the Friday before the event they were short only 14 bikes. As the sun got lower in the sky, members watched as five more bikes became 10, then 12, with the final two bikes coming in right before sunset. Their prayers were answered just in time!

On the day of the event, excitement was high for the more than 40 volunteers, as well as the families waiting in line. The families were directed through the registration process where they redeemed their parking token for a ticket. The much-anticipated event began with a few remarks from Pastor Griffin, a short message from Pastor Dickhaut and a song. Then the drawing commenced, and the bikes were carefully selected one by one.

"As I looked around, I began to recognize several of my students from the public elementary school where I taught last year," said church

member **Jolene Johnston**. "One little boy who received a new bike had been riding a bike with no seat to school."

"Now I have a way to get back and forth to work," said one young man who received a new bike. He had lost his transportation and was given a ride to the event by one of the volunteers.

"Several parents came to give us hugs, some with tears streaming down their cheeks, thanking us for providing this bike giveaway," said **Dana Diede**, event leader and chair of the school board.

"I think it's doing even more for us than for the community," Pastor Griffin said. "When you touch someone's heart with no strings attached, it makes you feel like you can keep doing this—like you *need* to keep doing this. I love being able to pay it forward."

As the event concluded, one bike remained. When

the mother of one of the volunteers came to pick up her son, she shared that she knew a family whose 12-year-old girl could use the bike. Her mother was on family medical leave taking care of the child's father, who is dying from cancer. The single remaining bike was a beautiful, pink 20-inch girl's bike, perfect for her.

The Moberly Church thanks all the volunteers, donors and everyone else who helped make a difference for these 150 families.

"That's really what this is all about," said Pastor Dickhaut. "Can we meet every need? No. But, can we make a difference to somebody? Yes. That's what's important—making a difference to at least one, because one really does matter."

Sheryl Gill is communications secretary for the Moberly Church.

Left: Volunteers gather in front of the bikes before the giveaway begins.

Right: A little girl test rides her shiny new bike with some help from Pastor Dickhaut.



Photos: Sheryl Hulse



Men's Retreat

April 3 - 5, 2020

Broken Arrow Ranch, KS



Speaker: Karl Haffner

Karl serves as Vice President for Student Experience at Loma Linda University. He is an author and writes regularly for a variety of journals. Karl travels whenever he can and preaches wherever he can. He is amazed daily by God's acceptance and is committed to communicating that grace to others.

To register contact: Cheryl Barker at cbarker@ks-ne.org or **785.478.4726**

Revive Us Again Prayer Conference

April 10-12, 2020

Lied Lodge, Nebraska City, NE



Speaker:

Dr. Philip G. Samaan,
author of several books
including:

Christ's Way to Pray



The Kids' Connection Prayer Conference

An exciting, experiential connection
with God through prayer for children
6-10 years of age.

Provided for parents who attend the
Prayer Conference.

For more information contact:

Susan Treolo at streolo@ks-ne.org or **785.478.4726**

Enriching Relationships

The Prepare-Enrich program has been used by counselors and clergy since 1977 to help dating couples prepare for marriage and married couples enrich or recover the joy of their relationships. Churches, high schools and colleges use it to educate members and students about healthy couple and family relationships.

Bringing it home

The Kansas-Nebraska Conference has taken advantage of this program and is making efforts to reduce the number of divorces and enhance marriages by

training every pastor to use the Prepare-Enrich online relationship assessment.

Couples complete a customized online assessment to identify areas in their relationship that are strong and areas that need to be improved. After they have completed the assessment, they meet with a trained facilitator to learn how to apply the results in practical ways to improve their relationship. The assessment lets them evaluate their relationship by agreeing or disagreeing with statements about them and their partner regarding communication, finances, spiritual beliefs,

personality, family background and more.

More than 4 million couples have taken the assessment and worked with a certified facilitator. Just taking the assessment has been proven to improve relationship satisfaction, but a couple learns and grows even more by working with a trained facilitator to process and apply the results.

The tools and confidence to help

I became a Prepare-Enrich facilitator in 1991, and in 2005 I became a trainer. I have trained more than 100 pastors to lead couples through the process of relationship self-discovery and enrichment.

Every pastor in our conference is trained to use Prepare-Enrich to serve their members and communities.

Pastor Edwin Bravatti from Scottsbluff, Nebraska, said, "This program not only addresses issues among pre-married or married couples, it allows me to work with individuals who are single and struggling with various relationship issues. I can also use Prepare-Enrich to help people who are struggling to find a partner. I think that what they learn by taking this course may help them avoid getting into relationships that won't last."

Pastor Joseph Carty of North Platte, Nebraska, added, "Prepare-Enrich gives me the tools and confidence to help couples prepare for

Courtesy Kansas-Nebraska Conference



John Sweigart

marriage. It helps put into words both the positive or negative things the couples have identified in their relationship in ways that are constructive and helpful."

Within 24 hours of taking the training, **Pastor Mitch Elrod** of Hays, Kansas, shared, "I am thrilled with Prepare-Enrich! I shared it with my head elder and his wife, and they want to sponsor the cost so engaged couples in college have this resource. Prepare-Enrich training is amazing and needed. Thanks for providing this valuable resource."

John Sweigart is vice president of administration for the Kansas-Nebraska Conference.

SAVE THE DATE

Enterprise/Great Plains Academy
Alumni Homecoming

April 10-11, 2020

Enterprise Adventist Church
601 S Bridge St, Enterprise, KS 67441

Honor Years: '45, '50, '55, '60, '65, '70, '75,
'80, '85, '90, '95, '00, '05, '10

Ea.gpa.alumni.com

EA.GPA.ALUMNI@HOTMAIL.COM

Facebook: Enterprise Academy/Great Plains
Academy Alumni Association



Find a trained Prepare-Enrich facilitator near you at www.prepare-enrich.com.

Church Planting Works

The *It's Time* conference (2012) brought to the attention of world church leaders the need to work in the world's large cities (populations in excess of 1 million). Of the 580 cities with a population of more than 1 million, 31 have no Adventist congregation, and 119 have fewer than 125 Adventists.¹

The North American Division approved a program to partner with local conferences and churches to plant 1,000 community churches from 2016 to 2020. In addition, the NAD asked conferences with less than 15,000 members to plant three churches every year for the following five years.

We looked at our Minnesota Conference territory and noted that there were many neighborhoods,

towns and counties that still did not have an Adventist presence, and there were a number of people groups who were mostly unreached. We took this challenge seriously, and prepared a strategy to plant new community churches.

I knew it was not realistic to expect all churches to plant a new congregation, but I hoped every church would at least commit to pray for church planters, partner with an existing church plant, or send missionaries into zip codes with no Adventist presence. I believed most existing churches would benefit from getting involved in church planting if they understood our role in the Great Commission was to go, baptize and make disciples (Matt. 28:18-20).

The early church commission

The book of Acts records what the disciples did in carrying out the Great Commission. There are no scriptures that tell us to plant churches, but we are clearly commanded to make disciples. These disciples then become churches. In the New Testament, the Greek word for church means “the called out,” thus the word *church* refers to a congregation, or the whole body of Christian believers.

Church planting was a natural phenomenon that followed Paul's evangelism. By the time he made it to Thessalonica, Paul was planting new churches—people called out from the world to follow Jesus—all over Asia Minor. These new churches became transforming powers

in their communities.

The decision of the church in Antioch to set apart Paul and Barnabas, commissioning them for the work, was a watershed in the church's ministry. Throughout church history, when the church followed God's Word and participated in the gospel commission, people who were once spiritually dead came to life.

The Adventist commission

Our founding fathers saw the Adventist Church as a movement, streaming into population centers with the good news of Jesus Christ. The history of church planting in the Minnesota Conference began with a call made in 1854 by Julia E. Grem, a 17-year-old girl, to the brethren in Battle Creek.

In 1857, George Morse, who later became the first Minnesota Conference president, moved his family to Minnesota on the recommendation of the Whites. By 1861, five churches were planted in Minnesota.² The work continued to grow among the various immigrant groups, especially the German, Norwegian, Swedish, Scandinavian and Danish peoples, well into the 20th century.³

The General Conference long ago saw church planting as the means for reaching communities and people groups with the gospel. This strategy allows individuals,



churches, and conferences to plant new churches to reach unreached people.

Conferences can target geographical areas, individuals can create small groups, and churches can invest in bringing together converts to form new congregations. It is this church planting strategy, and the world church's strong missionary activities, that has made the Adventist Church one of the fastest-growing denominations in the world.

EYES on eternity

Like Paul, we too should use a simple twofold strategy. First, enter the largest zip codes without Adventist presence, evangelize and plant a church. Second, encourage planting churches in all zip codes, regardless of size, that have no Adventist presence.

In order to mobilize, organize and motivate our churches and members, the Minnesota Conference administration emphasized two things. First, a united, focused and concerted effort in specific areas precipitated the creation of "EYES on Eternity," which stands for Evangelism; Youth; Adventist Education; and Spirituality, Stewardship and Service.

Second, the administration internalized the statement made by Ellen G. White: "Christ's method alone will give true success in reaching the people. The Savior mingled with men as one who desired their good. He showed His sympathy for them, ministered to their needs, and won their confidence. Then He bade them,

'Follow Me.'"⁴

When churches used this strategy to plant a group, their people became energized. The existing churches' visions became larger as they participated in church planting. And the church plant groups were more in tune with their geographical context.

Making plain the redemption story

Conference administration saw the challenge to plant 1,000 churches by 2020 as a challenge to engage every member in evangelism and awaken inactive congregations. The church is a movement that should be making plain the redemption story in practical ways to the unchurched in our communities, making disciples and planting churches.

In 2015, our conference membership stood at 9,558. We had 73 organized churches, 13 companies and 12 groups.⁵ Statistics from the NAD showed that in the city of Minneapolis, church membership grew by 19 percent, putting us among 10 metropolises in the NAD with membership growth.⁶ In the five year period leading to 2020, we have organized six new churches, established 20 new church plants, and our membership now stands at 10,710. We have 79 churches, 13 companies and 23 groups.⁷

I challenge us to continue planting new congregations. We have seen in our conference that church planting leads to numerical growth. Individually, collectively as churches, and as conferences

Minnesota Conference Association Constituency

Official Notice

Minnesota Conference Association of Seventh-day Adventists Notice is hereby given that the 109th Regular Session, and 3rd Quadrennial Session, of the Minnesota Conference Association of Seventh-day Adventists, a nonprofit corporation under the laws of the State of Minnesota, will be held at Banquets of Minnesota, 6310 Hwy 65 NE, Fridley, Minnesota 55432 on Sunday, May 17, 2020, at 10 am.

The purpose of the meeting is to elect the officers and members for the Board of Trustees for said Association, as well as transact any other business that may properly come before the delegates. Delegates from the churches comprising the Minnesota Conference are on the following basis:

One (1) delegate for the organization and one (1) additional delegate for each thirty-five (35) members (as of Dec. 31, 2019) or fractional majority thereof.

The first meeting will be called to order at 10 am on said date, at which time all duly elected delegates shall be seated.

Justin C. Lyons, President
Brian K. Mungandi, Vice President for Administration
Dwayne W. Mauk, Vice President for Finance

we can all work together. As members of the Adventist Church, we all need to recapture this kingdom-mindedness and say it loud and clear: "Church planting works."

Brian K. Mungandi is communication director and vice president of administration for the Minnesota Conference.

1. gm.adventistmission.org/taking-mission-to-the-cities
2. Parke, Kathy Joy. 1862–2012. *From*

the Wilds of Minnesota ...150 years in the Minnesota Conference of Seventh-day Adventists. p. 1-2.

3. Ibid. p. 7.
4. White, Ellen G. *Ministry of Healing.* p. 143.
5. *The Northern Light, Minnesota Conference of Seventh-day Adventists Second Quadrennial 108th Regular Constituency Session.* May 15, 2016. p. 20.
6. www.nadadventist.org/news/work-together-and-be-not-deterred
7. www.eadventist.net/dashboard?locale=en

Greeley Church Initiates Art Class in Preparation for Catch 2020 Outreach

In preparation for the Catch 2020 evangelism thrust in northern Colorado, the Greeley Church creative events are raising awareness about the outreach series in the community. In hope of inviting community members to the evangelistic meetings, the evangelistic team decided to be creative.

“As we were brainstorming I started thinking about paint parties that are so popular right now and I thought, *Why couldn't we do that here?*” said **Grace Logan**, member of the team.

Philip Castillo, a member of the Greeley Church, is an

artist who also teaches classes at the local Adventist school. It only made sense to ask him to teach the class, and he was willing to help out. Church members were encouraged to come to the bridge event on Dec. 15, 2019, but there was one requirement: they had to bring a guest.

“We decided to make it a Christmas paint party so we could give away our paintings as gifts,” said Logan. “There were only 16 seats available, and they filled up quickly. It was such a fun environment and we were able to get to know the guests in a nonthreatening atmosphere. All the



Photos Courtesy Rocky Mountain Conference

guests said they would come back if we do another one.”

As they let their paint dry, the participants were treated to a devotional from **Janea Balderrama**, who is preparing for baptism. Castillo also shared his testimony of what

the church has done in his life. The class was such a success that the plan is to have many more painting classes.

.....
RMCNews with Grace Logan

RMC Ministerial Retreat Envisions Church Growth

Planning for church growth was one of the main features of the 2020 RMC pastors retreat. The annual gathering of pastors from nearly 130 congregations in the conference met Jan. 5-8 to “learn ways to make Christ known in RMC,” said **Mickey Mallory**, RMC ministerial director and organizer of the retreat.

The retreat was designed to give pastors practical tools to help them be more effective in their ministry. It brought together 80 ministers, some

with their spouses. In a parallel program on two mornings, Shepherdess meetings were organized for spouses.

“If we are not planning to grow, we are going to die [as a church],” said **Jose Cortes Jr.**, NAD associate ministerial director, one of the presenters. Cortes called for a re-focus of our mission throughout America.

Ivan Williams, NAD ministerial director, commented on an often-heard remark that the church worships tradition rather than Jesus.

“Unfortunately, sometimes the institution is revered more than the mission. We have to change that. Every institution is in the business of keeping itself alive, but the church has not been called to be an institution,” he said.

Retreat presenters also included two members of the NAD Ministerial Department, **Esther Knott** and **Dave Gemmell**, as well as MAUC ministerial director **Mic Thurber**, NAD Risk Management account executive **Leander Tomazelli**, and administration and ministry leaders from RMC.

“I was struck by Jose Cortes Jr. when he said, ‘People were not attracted to Jesus because of His clothes, nor His diet or taste in music. They were attracted to Jesus because He

cared about them.’ Amen to that,” said **Shayne Vincent**, pastor of the Casper, Wyoming, district.

“I love our pastoral team,” said **Ed Barnett**, RMC president, in his farewell. “We hire pastors to grow healthy churches.”

Commenting on the retreat, **Anton Kapusi**, pastor from Pueblo, said the gathering “showed me, as a new arrival, that pastors can be friends and on the same team with leadership, and that leadership can embrace and empower pastors on the front line not only on the organizational [level], but also on a spiritual level.”

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

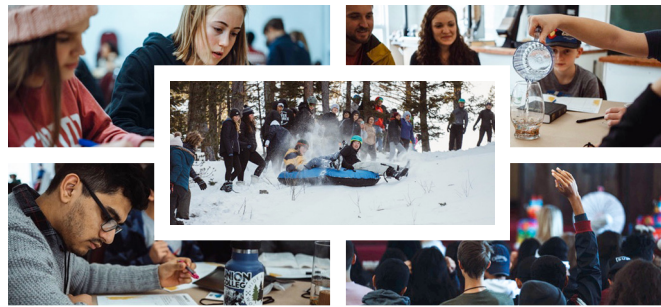


High School Students Engage at Greater Summit

High School Summit 2020 kicked off in the middle of a snowstorm on Jan. 17 at Glacier View Ranch. As the first guests arrived and took the Matt Morgan shuttle from the head of the driveway, snow that had been floating down all afternoon was picked up by the evening wind and tossed in icy sheets through the air. Nine of the 10 groups signed up for the weekend arrived, bringing with them over 150 students and sponsors. Fortunately, the cold temperatures and blizzard conditions didn't match the warmth of the blessings poured out on attendees.

The weekend's events centered around three main sections: Encounter, Engage and Enjoy, allowing students to worship, discuss and spend time connecting.

At the Encounter sessions,



Pastor Jennifer Woody from Washington shared messages of hope and joy while simultaneously cutting to the heart of our spiritual journey. Commenting on the Encounter sessions, a student said, "This weekend was spiritually uplifting. Everything Jen said, I really took to heart."

After each of the weekend's four Encounter sessions, students headed to the cafeteria for Engage. At Engage sessions, volunteers and sponsors led attendees through curriculum designed to take

the topic presented and make it applicable.

Each table had vases filled with water-absorbent beads called Orbeez. Students poured a small amount of water into the vase, watching the colorful beads swell and fill the space—a representation of how our lives fill with joy as we fill our minds with Jesus.

High schoolers like to have fun while presenting a cool and collected exterior, and the Enjoy sessions created spaces for just that. At the Kulikup Cafe, treats and hot

drinks were served alongside board games and a Nintendo Switch. In the Long House, artists created one-of-a-kind mugs and decorated bags for Project Angel Heart in Denver. Meanwhile outside, the daring and adventurous students took snow tubes off double ramps and hiked through the wind and cold to experience the spectacular views afforded by GVR's mountainous terrain.

As the weekend drew to a close, many prayers of praise were lifted for the nice weather that arrived Saturday morning and continued throughout the weekend. Diego, one of the attendees, captured the feeling best, saying, "Wow! Wow! Wow! What a great weekend. Literally one of the best retreats I've ever been on, and I've been on quite a few."

Kiefer Dooley is youth director for the Rocky Mountain Conference.

From El Salvador to the US

Campion student learns to thank God through the good and the bad

Francisco was born in El Salvador and raised by his single mother until he was nine. His mother successfully applied for political asylum in the U.S., but had to leave her son behind. But after a few hard months, Francisco's mother was finally successful in applying to bring him to live with her in Denver.

Growing up, Francisco had many Christian denominations in his family. When searching for his faith, he appreciated the views his grandma had about Adventism. In 2017, while

attending the North Glenn Hispanic Church, Francisco felt the need to commit himself to God during the pastor's altar call and raised his hand.

Francisco heard about Campion Academy through his church. He attended Campion his freshman year, but despite the positive changes, he found his new life at Campion wasn't without challenges. When he arrived, he didn't speak any English, and he struggled with the different educational system.

In the fall of his sophomore

year, Francisco was a starting player for the men's varsity soccer team. He was excited to have a starting position, but his grades began to slip, so he wasn't allowed to play. "I wasn't used to studying for tests," he explains, "and I had low grades. After they kicked me out of the team, I got so depressed my grades went down more."

This was hard, but it helped him realize he needed to trust God. He said, "I realized I need to be thankful through the bad times and the good."

Francisco appreciates the

opportunities at Campion to worship God. Something else he appreciates is the love he sees through the teachers. He says that through God and his time at Campion, he has found his purpose in life.

RMCNews with Megan Michalenko and Jill Harlow



An Inside Track to PA School

Courtesy Union College



Union College offers the inside track for undergraduates to get into the school's PA program and prepare for one of the top-rated careers in the country.

For **Michelle Vietz**, a second-year student in Union College's PA program, Union turned out to be the perfect choice for her undergraduate studies too.

"The small class size and approachable teachers made Union stand out from the other schools," said Vietz, who earned a biomedical science degree at Union. "The program challenged me to understand why and how processes work, which laid a solid foundation for graduate school."

Her undergraduate degree at Union also gave Vietz an inside track into one of the top programs in the country, because Union's PA program now gives special preference and mentorship to Union College undergraduate students.

A top-ranked medical career at a top school

With an anticipated higher than average career growth rate of 37 percent, more

students are focusing on becoming PAs for a medical career. According to *U.S. News and World Report*, the profession ranks #1 in America on the 2019 list of "Best Health Care Jobs" and #3 on the 2019 list of "Best Jobs."

At Union, those great career prospects are paired with exceptional preparation. Union posts consistently high first-time pass rates on the national board exams and nearly every graduate has found employment within six months.

"I want to be a PA because of the challenge of solving problems and the connection with the patient," said Vietz. "When I did patient care hours, I was continually amazed by how much a cheerful attitude and smile can increase trust and sometimes even help the patient feel better. In a nutshell, the combination of mental challenges and interaction with patients provided a good fit."

An inside advantage

Students who choose Union for their undergraduate degree get prepared to enter into Union's high demand program. For the class of 2021, the program received nearly eight times the number of applicants needed to fill the 30 available seats.

"If a student is interested in becoming a PA, then studying at Union for their undergraduate degree is a fantastic avenue to secure a position in the PA program," said **Michelle Velazquez-Mesnard**, vice president for Enrollment. "It's not easy to get a spot in a PA program."

While studying at Union, pre-PA students will acquire an overall understanding of their role as a PA. Undergraduates will learn how to interview for PA school, develop their professional skills through job shadowing and receive mentorship from students and faculty in the program.

"Faculty can be intentional in advising pre-PA students and help them know the expectations before applying. It will definitely make for an easier transition," said **Megan Heidtbrink**, PA program director.

More than 250 PA programs currently exist in the country, with admissions being highly competitive according to the American Association of Physician's Assistants. Admission to a PA program requires a bachelor's degree and completion of courses in basic and behavioral sciences as prerequisites.

The perfect track for your medical career

Union offers several pre-PA tracks—including an accelerated pre-PA emphasis for biomedical science majors that can have students practicing medicine in just six years by starting the 33-month PA program after three years of undergraduate studies.

Vietz' choice of a biomedical science four-year degree focused on human health while making sure she built in all the PA prerequisite courses. This unique degree also allows students to earn a minor in a complementary field such as business or psychology while still finishing in four years.

For students wanting to prepare for medical work overseas or in harsh conditions, an international rescue and relief degree provides a variety of emergency medical training as well as a pre-PA option. Each graduate completes emergency medical technician training, completes a five-week summer course in wilderness rescue and survival, and spends a semester learning about global health and providing medical care in a developing nation in addition to their graduate school prerequisites.

Union's business degree with a science emphasis is another great option for students with plans to run a medical practice. While integrating necessary science courses, students also learn management, finances and leadership skills.

Now that she is in the PA

program, Vietz knows she made the right choice. “I have always been curious about how and why processes in the body act a certain way,” she said. “A degree in medicine is a challenge, but it helps me appreciate the efficiency and design of the human body as a masterpiece created by God. And I appreciate Union’s emphasis on service and interactive learning. Students spend time washing the feet of our homeless neighbors and also participate in case studies and mock scenarios to hone our skills for the future.”

Heidtbrink added that completing an undergraduate pre-PA degree at Union gives a significant advantage because students are prepared to succeed in the program. “We want to focus on mentoring students who are at Union aiming to become a PA for their career choice,” she said.

Emily Roque Cisneros is a Union College graduate, freelance writer, mother and pastor’s wife writing from Cedaredge, Colorado.



For more in-depth information on getting an inside track into the PA program, visit ucollege.edu/pre-pa.

Union to Host Accreditation Site Visit in April

In April 2020, Union College will host the High Learning Commission for a regular accreditation site visit that typically happens every 10 years.

The college will host the visit April 6-8, 2020 from a team of peer reviewers representing the Higher Learning Commission. The team will review the institution’s ongoing ability to meet HLC’s Criteria for Accreditation. Union College has been accredited by HLC since 1923.

The HLC last visited campus in the fall of 2009 and awarded Union a 10-year accreditation. A decade is the maximum accreditation term granted by HLC, one of two commission members of the North Central Association of Colleges and Schools, which accredits degree-granting post-secondary educational institutions in the north central region of the United States.

“Accreditation from HLC demonstrates the quality of a school and shows that it lives up to certain high standards for collegiate education,” said Vinita Sauder, president of Union College. “Without it, our students couldn’t receive federal loans or grants and our nursing, physician assistant and education graduates wouldn’t be licensed or certified.”

The HLC accreditation process is now ongoing as Union College has adopted the Academic Quality Improvement Program model. That means Union works to consistently assess all areas of the education process and address areas that need improvement. Leading up to and during the accreditation visit, accreditors from peer institutions will do an in-depth review of Union’s processes, programs and structures to make sure they meet HLC standards.



If you have questions about Union College accreditation, please contact Frankie Rose, vice president for Academic Administration, at frankie.rose@ucollege.edu.

Improving Health Through Exercise at AdventHealth Shawnee Mission

No matter what your age or condition, exercise can improve your whole health. That's the message **Amanda Nunamaker** gives her fitness members every day. As fitness program supervisor at AdventHealth Shawnee Mission, she and her team members design workout programs for patients and community members and work with them to achieve their health goals.

"Exercise can absolutely help you heal faster and treat symptoms," says Nunamaker. "The more you move, the better you feel."

Through AdventHealth's Move 4 Life program, senior adults learn fun, easy ways to improve their health, whether they're managing a health condition or recovering from an injury. They often come to the Fitness Center after graduating from outpatient rehabilitation at AdventHealth, including cardiac rehab, physical therapy and pulmonary rehabilitation.

After getting a doctor's clearance, Fitness Center team members work with the patient to develop an exercise program that's tailored to their individual needs. They monitor each person's vitals before and after each workout, including heart rate and blood pressure, and make sure they're not at risk for falls.

The program has consistently had about 100 members over the past 10 years. Many members think of exercise sessions as a prescription,

so they aren't tempted to skip, explains Nunamaker.

"I'm so proud of this group. They always have great attendance," she says. "They take that success from outpatient therapy and use it here to make lifestyle changes."

The Move 4 Life program is designed for people of all fitness and ability levels. Fitness Center team members develop exercises based on the needs of each person, including those dealing with pain or those in wheelchairs.

"It doesn't have to be strenuous or difficult to improve your health," she says. "If you have the will, we will get you moving."

When fitness becomes part of patients' routines, their health improves. Nunamaker, a respiratory therapist, conducted a study to follow her members' progress. She found that the fitness members who attended regularly were less likely to go to the hospital. When they did go to the hospital, they were discharged sooner and had lower hospital bills than other patients with similar health issues.

"It's amazing because this is a group that's at risk for hospital visits due to their chronic conditions," she says. "We found that if we see them regularly at the Fitness Center, we're not seeing them

AdventHealth Shawnee Mission offers classes for seniors like tai chi and yoga.

as much in the hospital."

In addition to individual fitness programs, the Fitness Center also offers classes geared toward senior citizens and people with different health conditions. Popular classes include tai chi and yoga, which provide health benefits for both the mind and body.

"Mind-body classes that include meditation, like yoga and tai chi, are very brain-protective," says Nunamaker. "It's not only good for your emotional health but also good for your brain because it can actually change the structure in ways that improve memory and executive functioning."

Specific yoga classes for health conditions are offered throughout the year, including ones for digestion, heart health, arthritis and menopause. Chair yoga is offered for those who may have challenges with standing yoga poses.

Nunamaker says they try to offer classes to meet lots of different needs, whether

patients are looking to improve balance or gain more energy. Classes are designed to allow senior members to take exercise at their own pace with a group of their peers.

"We're providing a space where patients know they're safe, they can see improvement and they can be around other people with similar health goals," says Nunamaker. "Our fitness members consistently come back from doctor's appointments saying how happy their physicians are that they're exercising."

Ann Muder is a freelance writer and editor for AdventHealth Shawnee Mission.



For more information about AdventHealth's Fitness Center and our goals for whole-body health, visit [AdventHealthKC.com/Wellness](https://www.adventhealthkc.com/Wellness).



Caring for Castle Rock's Seniors

What Dr. Patel's grandfather taught him about healthcare

The following is Dr. Devang Patel's story of how his healthcare journey began and why he is providing care for seniors today.

Growing up in the state of Gujarat in India, I was fortunate enough to spend time with my grandfather, who was a prominent teacher and active member of the community. In India, children must pay to go to school, and due to widespread poverty not all families can afford this expense. Displaying the importance of community service, my grandfather privately taught disadvantaged children in the evenings and would refuse any monetary payments that families offered him, insisting he simply wanted a better future for these children.

My grandfather was my role model growing up, and when he developed Parkinson's disease, I couldn't help but fixate on the changes affecting his body. He suddenly seemed frail and weak with uncontrollable tremors. I continued to spend time with him, but now I was learning how to assist him with his daily living activities.

Accompanying him to his doctor's appointments, I saw how modern medicine impacted the quality of his life. His movements were greatly improved from the prescribed medications, and he was able to return to doing what he loved—teaching. Observing his strong work



ethic, compassion for others and service to the community—in the face of personal adversity—generated a desire within me to help as many people as I could.

After moving to Canada and assimilating to life in the Western world, I began volunteering at a nursing home. While at the nursing home, I worked with patients who had suffered strokes and had difficulty communicating. This experience was pivotal in helping me understand how health and wellness incorporate body, mind and spirit.

The physical process of speaking requires control of the vocal cords and respiration. In some stroke patients, their body can no longer perform this function, but they may still be fully aware in mind and spirit. Working one-on-one with patients who were relearning how to communicate without the faculty of speech requires thorough observation and patience,

basic principles I continue to use in my practice today.

As an internist, I provide comprehensive care for adults. I choose to practice in the outpatient setting so I can foster meaningful relationships with my patients. Providing whole person, compassionate care through personalized wellness plans; utilizing current, evidence-based practice guidelines; and caring for patients as if they were my own family member is how I practice medicine.

Going to the doctor may be intimidating, but I can't stress enough the importance of annual preventative visits. These visits are key in preventing future chronic conditions like diabetes, hypertension, osteoporosis and heart disease. These visits also allow for common cancer screenings including breast, colon, cervical and prostate cancers. Doctors are helpful for more than just sick visits. We are also here

to help you optimize your health and wellness.

You can't always see exceptional care, but you can feel it. At Centura Health, we know the care that comes from our minds and hands is only one part of whole person care. There's another kind that comes from within—from our inherent, soulful desire to treat others with kindness and compassion. We believe that we are here to look out for, help and uplift one another, building flourishing communities—and that care is part of all of us. It comes from all of us and serves all of us.

Submitted by Wendy Forbes, director of media relations and public relations for Centura Health.

Dr. Devang Patel



Courtesy Centura Health

Barker, Evelyn J., b. May 18, 1924 in Tekamah, NE. d. Dec. 21, 2019 in Harrisonville, MO. Member of Pittsburg (KS) Church. Preceded in death by husband Lyle; 1 brother. Survivors include sons Guy, Bruce, and Gary; daughter Sherry Christian; 2 sisters; 6 granddaughters; 2 grandsons; 3 great-granddaughters; 3 great-grandsons.

Belville, Beulah, b. July 9, 1923. d. Feb. 2, 2020. Member of Valentine (NE) Church. Survivors include sons Terry and Bruce; 1 brother; 2 sisters.

Burkhart, Kella K., b. April 28, 1958 in LaPlata, MO. d. Sept. 17, 2019 in Columbia, MO. Member of Kirksville Church. Survivors include daughters Amanda and Heather Brown; mother; 2 siblings; 3 half-sib-

lings; 5 grandchildren; 3 great-grandchildren.

Compton, Ida M., b. Nov. 19, 1920 in Wing River Township, MN. d. Oct 2, 2019 in St. Paul, MN. Member of St. Paul First Church. Preceded in death by husband Mervin; 4 brothers; 2 sisters. Survivors include sons Donald and Gordon; daughter Nancy Grant; 1 sister; 2 grandchildren.

Dixon, Patricia Ellis, b. April 23, 1939 in Trenton, NJ. d. Jan. 9, 2020 in Rapid City, SD. Member of Rapid City Church. Survivors include son Idrees Jenkins; 7 grandchildren; 11 great-grandchildren.

Gehlert, Florence, b. Dec. 28, 1923. d. Dec. 28, 2019. Member of St. Louis Central (MO) Church.

Johnson, George A., b. Nov. 4, 1956. d. Dec. 28, 2019. Member of St. Louis Central (MO) Church. Survivors include 3 children; 2 siblings; 1 grandson.

Masters, Lula Alice, b. Nov. 9, 1928 in Ft. Laramie, WY. d. June 18, 2019 in Columbia, MO. Founding member of Northside (NE) Church, longtime member of Chanute (KS) Church. Preceded in death by husband Glenn; 1 grandson. Survivors include daughters Glynda Dick and Lorretta Van Kort; son Ronald; 10 grandchildren; 12 great-grandchildren.

Matson, Genevieve, b. June 8, 1918 in Ramona, SD. d. Sept. 30, 2019 in Arlington, SD. Member of Dakota Conference Church. Preceded in death by 4 brothers. Survivors include children Eugene, Roger, Judy Hargitt, and Nanci Eskildsen; 11 grandchildren; 20 great-grandchildren; 7 great-great-grandchildren.

McDaniel, Penny "Toni," b. Jan. 22, 1962 in Dallas, TX. d. Nov. 5, 2019 in Dickinson, ND. Member of Invitation Hill (ND) Church. Preceded in death by husband Jimmy Avrett; 2 sisters. Survivors include daughters Krista Hardwick, Sara Reiss, and Pamela Paul; 2 brothers; 11 grandchildren.

Orr, Betty Ann (Barton), b. Feb. 24, 1930 in Akron, CO. d. Dec. 12, 2019 in Lincoln, NE. Member of Akron Church. Preceded in death by daughter Jacquelin Collins; 1 sister; 2 brothers; 1 grandchild. Survivors include daughters Joyce Kingham and Linda Wehling; son David; 3 brothers; 7 grandchildren; 10 great-grandchildren.

Stienbarger, Eugene Leroy (Gene), b. Feb. 7, 1963 in

Pratt, KS. d. Dec. 22, 2019 in Lincoln, NE. Former member of North Platte (NE) Church. Survivors include mother Eva; 1 sister.

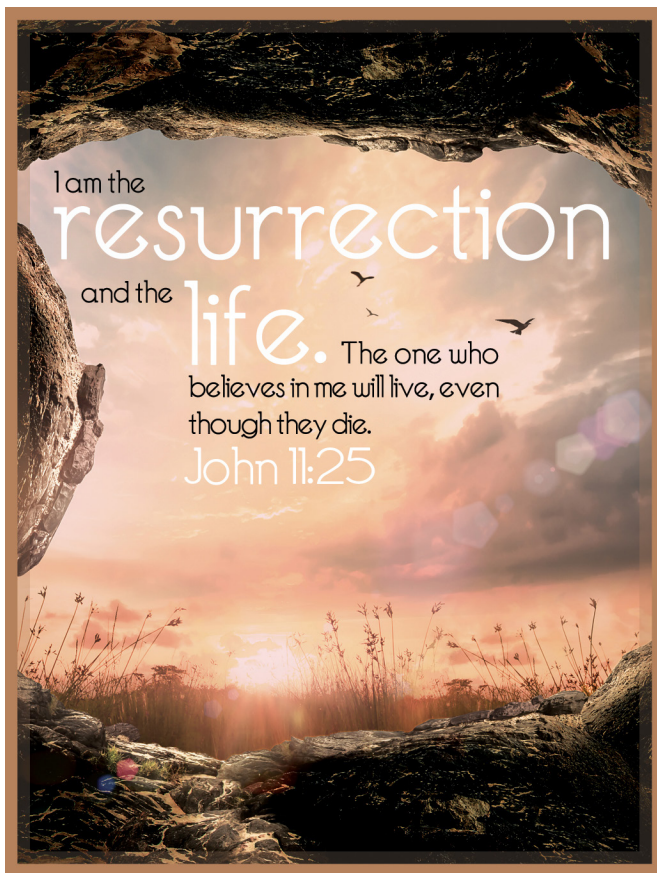
Ström, Hebre, b. Feb. 15, 1919 in Doran, MN. d. Dec. 2, 2019 in Breckenridge, MN. Member of Wahpeton (ND) Church. Preceded in death by husband Gordon; children Darrel, Sandra May, and Donald; 3 brothers; 1 sister; 2 step-sisters; 1 step-brother. Survivors include children Marlene Gast, Pat Mitzel, Mary Lou Roecker, Richard, Bruce, and Donna Kerry; 17 grandchildren; 31 great-grandchildren; 6 great-great-grandchildren.

Swanson, Mary Francis, b. Dec. 16, 1926. d. Jan. 27, 2020. Member of Hutchinson (MN) Church.

White, Benjamin, b. Dec. 12, 1974. d. Oct. 1, 2019 in Sioux Falls, SD. Member of Sioux Falls Church. Survivors include parents; 5 siblings.

Wilson, Wanda "Marlene," b. Sept. 6, 1940 in Mercer, MO. d. Dec. 3, 2019 in Kirksville, MO. Member of Kirksville Church. Preceded in death by 1 brother. Survivors include daughters LouAnn Rongey and Marsha Brinnen; 8 siblings; 3 grandchildren; 8 great-grandchildren.

Zeeb, George, b. Oct. 5, 1923. d. Nov. 23, 2019 in Bismarck, ND. Member of Bismarck Church. Preceded in death by wife Rose Kreiter; child Dallas. Survivors include 1 brother; 1 grandchild.



SERVICES

Atlanta Adventist Academy offers excellent Adventist education locally (Atlanta, Georgia) as well as virtually through our live online program for homeschoolers and distance campuses. To enroll your student, become a partner campus or receive more information, call 404.699.1400 or visit aaa.edu/admissions.

Are your health challenges interfering with your life goals? Worried that you won't be there to walk your daughter down the aisle? If your bucket list has been reduced to getting up in the morning, why not come to the quiet, healing beauty of the Black Hills Health & Education Center and discover the Pathway to Wellness. We'd love to help you expand your list! 605.255.4101. www.bhhec.org.

Enjoy worry-free retirement at Fletcher Park Inn on the Fletcher Academy campus near Hendersonville, NC. Spacious apartments available NOW. Ask about our limited rental units and villa homes. Enjoy a complimentary lunch at our vegetarian buffet when you tour. Call Lisa Metcalf at 1.800.249.2882 or 828.209.6935 or visit www.fletcherparkinn.com.

Move with an award-winning agency. Apex Moving & Storage partners with the General Conference to provide quality moves at a discounted rate. Call us for all your relocation needs! Adventist beliefs uncompromised. Contact Marcy Danté at 800.766.1902 for a free estimate. Visit us at www.apexmoving.com/Adventist.

TEACH Services: Helping AUTHORS make their book

a reality. Call 800.367.1844, or 706.504.9185 for your free manuscript evaluation. We publish all book formats and provide worldwide distribution. View NEW SDA BOOKS at www.TEACH-Services.com or ask your local ABC, and USED SDA BOOKS at www.LNFbooks.com.

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.org or call Bill Norman at 405.208.1289.

Andrews University Department of Sustainable Agriculture degrees feed the world with Agribusiness. Beautify the world with Environmental Landscape Design. Care for the creatures that share our world with Animal Science. Change the world with International Agriculture Development. See our new Agriculture Education Center at www.andrews.edu/agriculture; email: agriculture@andrews.edu; 269.471.6006.

Walla Walla University offers master's degrees in biology; cinema, religion, and worldview; education (including special education); and social work. Flexible completion times and in-person, hybrid, and fully-online formats may be available. Financial aid may be available. For more information call 509.527.2290 or visit walla-walla.edu/grad-studies.

FOR SALE

Lose Weight, Feel Great— and other health materials such as tracts, magazines,

books and cookbooks for your church, health fair or personal use. For a free sample call 800.777.2848 or visit www.FamilyHeritageBooks.com.

EMPLOYMENT

Faculty—Behavioral Science: The successful candidate will champion the cross-cultural perspective of anthropology in the general education program of the university, in our graduate program in community and international development, and to students and fellow faculty in a multi-disciplinary department offering programs and courses in psychology, sociology, geography, criminal justice, emergency preparedness, anthropology, and community and international development. Candidates with Ph.D. in cultural anthropology (preferred) or a related field are especially encouraged to apply. www.andrews.edu/admres/jobs/show/faculty#-job_3

Mile High Academy is looking for a principal with the following qualifications: master's degree or higher in education or equivalent; member of the Adventist Church in good standing; minimum five years of teaching/administrative experience preferred; denominational or state teacher certification. The successful candidate will be knowledgeable in best practices in curriculum alignment, ITBS/Mapping and Aspire or equivalent data, project-based learning, classroom observation, SEL/behavior, active brain learning, development, and overall leadership.

Pacific Union College is seeking a full-time men's/women's soccer coach. Major duties include management of all operations for soccer intercollegiate teams, provision of leadership and direction

SUNSET CALENDAR		MARCH 2020			
		COLORADO	MAR 6	MAR 13	MAR 20
Denver	5:58	7:05	7:12	7:19	
Grand Junction	6:12	7:19	7:26	7:33	
Pueblo	5:57	7:04	7:10	7:17	
IOWA					
Davenport	5:59	7:07	7:15	7:22	
Des Moines	6:11	7:19	7:27	7:34	
Sioux City	6:22	7:30	7:38	7:46	
KANSAS					
Dodge City	6:39	7:45	7:52	7:58	
Goodland	5:45	6:52	6:59	7:06	
Topeka	6:21	7:28	7:35	7:42	
MINNESOTA					
Duluth	6:02	7:12	7:21	7:31	
International Falls	6:06	7:16	7:27	7:37	
Minneapolis	6:08	7:17	7:26	7:35	
MISSOURI					
Columbia	6:07	7:14	7:21	7:28	
Kansas City	6:16	7:23	7:30	7:37	
St. Louis	5:59	7:06	7:13	7:20	
NEBRASKA					
Lincoln	6:24	7:31	7:39	7:46	
North Platte	6:40	7:48	7:55	8:03	
Scottsbluff	5:51	6:59	7:07	7:15	
NORTH DAKOTA					
Bismarck	6:36	7:46	7:56	8:06	
Fargo	6:20	7:30	7:40	7:50	
Williston	6:47	7:57	8:08	8:18	
SOUTH DAKOTA					
Pierre	6:36	7:45	7:54	8:03	
Rapid City	5:48	6:57	7:06	7:14	
Sioux Falls	6:22	7:31	7:39	7:48	
WYOMING					
Casper	6:01	7:10	7:18	7:26	
Cheyenne	5:56	7:04	7:12	7:19	
Sheridan	6:03	7:12	7:21	7:29	

Daylight Saving Time Begins

OUTLOOK

www.outlookmag.org

to support student athlete success, and familiarity with NAIA governing rules. Must also have willingness to travel for competitions and recruiting, and work with NAIA and California Pacific Conference. Bachelor's degree required; master's degree preferred. For more information or to apply, please call Human Resources at 707.965.6231 or visit puc.edu/campus-services/human-resources/current-job-postings/head-soccer-coach,-mens-and-womens.

Southern Adventist University seeks a full-time faculty member for the School of Computing. The ideal candidate will have an earned doctorate in computer science, information technology, information systems, or a related area. Qualified candidate will teach graduate and undergraduate courses, develop course materials, advise students academically, serve

on university committees, and perform other duties expected of full-time faculty. For a full job description and desired qualifications please visit: southern.edu/jobs.

Union College seeks committed Adventist candidate for tenure track faculty position in instrumental music beginning June 2020. Responsibilities include overseeing instrumental program, directing instrumental groups, advising undergraduate music majors, and teaching undergraduate courses and instrumental lessons. Master's degree in music required, doctoral degree preferred. Complete application at ucollege.edu/employment, upload cover letter and resume/CV, and provide three references. For further information, email Bruce Forbes, chair of Division of Fine Arts: bruce.forbes@ucollege.edu.

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

EVENTS

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 April 17-19, 2020 for our Academy Days weekend and find out. Call 405.454.6211 to make your reservations today! Also visit www.oklahomaacademy.org.

Platte Valley Academy Alumni Weekend 100 year celebration: April 24-25 in Aurora, Nebraska. Questions? Michelle at 402.613.7081 or plattevalley100year@gmail.com.

“Ye Olde” Cedar Lake Academy Reunion will take place June 5-7, 2020 for alumni and schoolmates of 1970 and earlier at Great Lakes Adventist Academy, Cedar Lake, Michigan. Honor classes: 1940, 1950, 1960, 1970. Details will be sent by mail. You may contact GLAA Alumni office at 989.427.5181 or www.glaa.net.

NOTICES

Mission opportunity for individuals, families or Sabbath School groups: Urgent request from Adventist Child India. There are 183 children who have lost their sponsors, and we have over 300 new applications for whom we need to find sponsors. \$35 per month provides tuition, lodging, food, books, clothing and medical for a child. For more information visit www.adventistchildindia.org.

Coming up in OUTLOOK Magazine ...

May

Special edition celebrating 25 years of collaboration between OUTLOOK and Union College students



June

What you should know about GC Session 2020



July/Aug

Focus on Adventist education



Be informed.

Stay inspired.

Sign up for **free weekly e-news** from Mid-America to discover how God is working in our territory.

bit.ly/myoutlook

my **OUTLOOK**
MID-AMERICA E-NEWS & INSPIRATION





Reach your community *with the gospel!*

Get incredible results—for less than the cost of a postage stamp!

Effective. Affordable. Engaging.

*"We mailed 3,000 Mega Mailers and received
79 Bible study requests!"* —L.S., Pennsylvania

Call **888-664-5573** or visit **iiw.us/mailer**
to order a free sample or get more information



Copyright © 2019, It Is Written, Inc. All rights reserved.

- itiswritten.com
- facebook.com/itiswritten
- twitter.com/itiswritten
- instagram.com/itiswrittenmedia