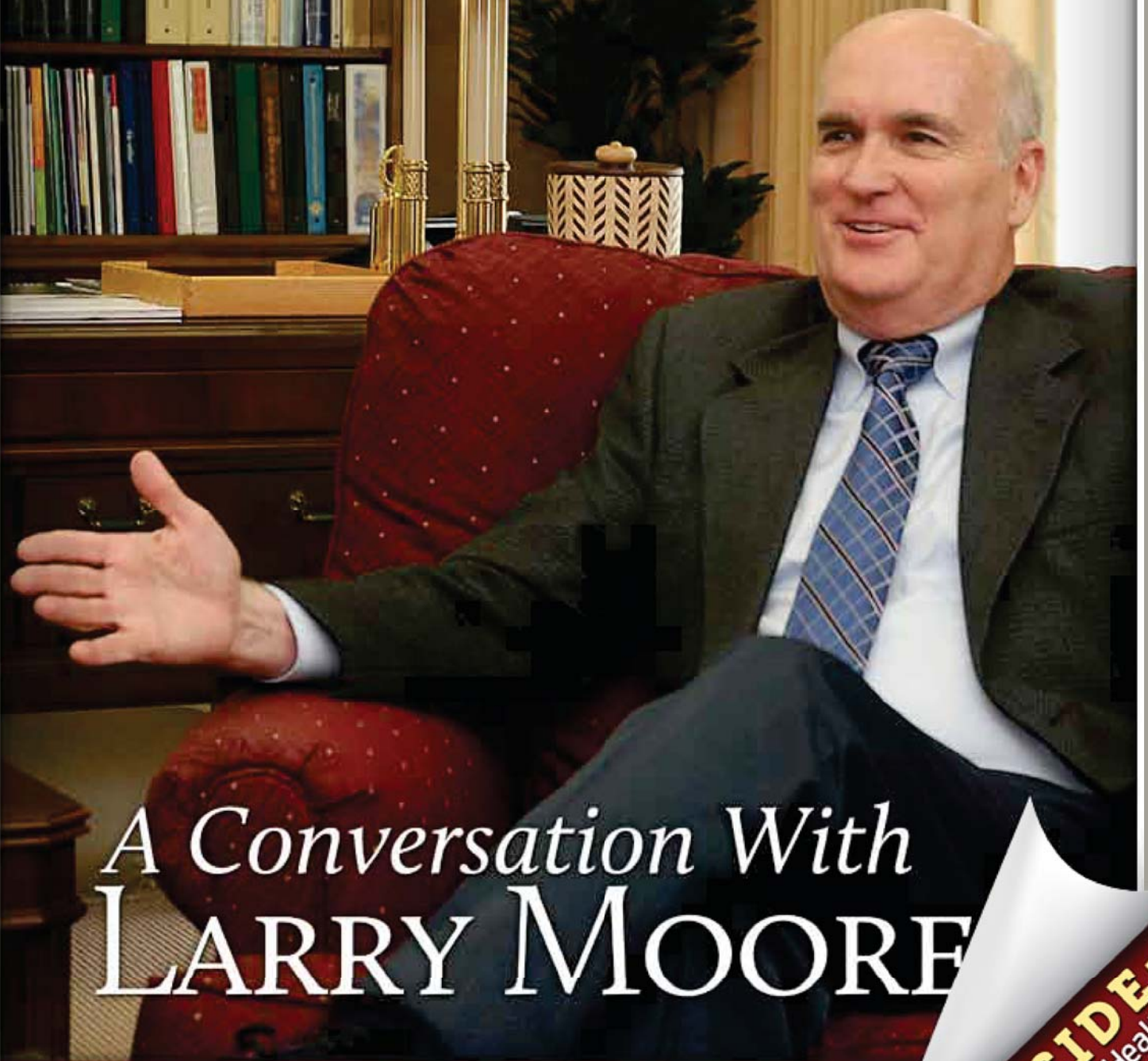


SOUTHWESTERN UNION

# Record

AUGUST 2011



## *A Conversation With* **LARRY MOORE**

SOUTHWESTERN UNION'S NEW PRESIDENT

**INSIDE:**  
Focus on Health  
and Healing





*In this Issue...*

**DEPARTMENTS**

CREATION Health ..... 4  
 Shades of Grace ..... 5  
 Pass It On ..... 6  
 Visión Hispana ..... 7

**FEATURES**

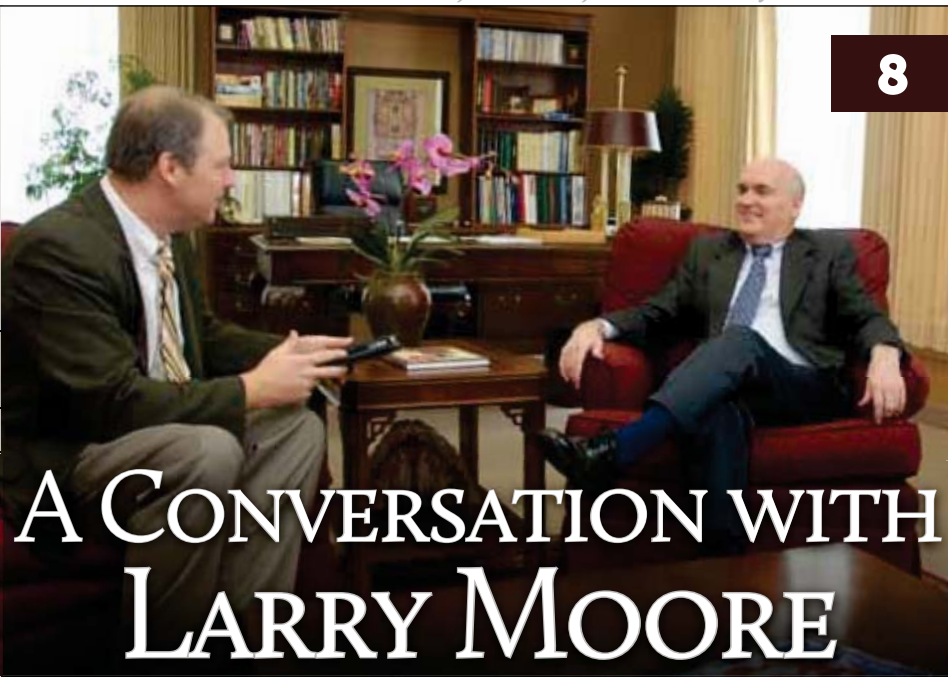
A Conversation with Larry Moore... 8  
 Wellness Secrets ..... 10  
 My Journey ..... 14

**NEWS**

Arkansas-Louisiana ..... 16  
 Oklahoma ..... 20  
 Southwest Region ..... 24  
 Texas ..... 28  
 Texico ..... 32  
 Southwestern Adventist University... 36  
 Southwestern Union ..... 37  
 North American Division ..... 38

**ETCETERA**

Classified Ads ..... 40  
 Announcements ..... 44  
 Obituaries ..... 45  
 MyFaith ..... 46  
 For the Record ..... 47



8

# A CONVERSATION WITH LARRY MOORE



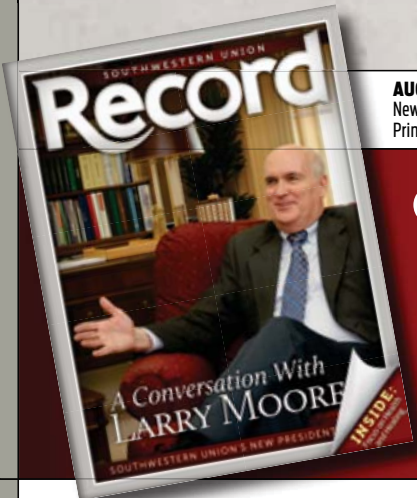
10

# WELLNESS SECRETS

A Well-Kept Secret—But Not for Long!

# My Journey

Finding Peace Through Pain—p. 14



**AUGUST 2011, Vol. 110, No. 8.** The *Southwestern Union Record* is a monthly publication of the Seventh-day Adventist churches in Arkansas, Louisiana, Oklahoma, New Mexico, and Texas, and is published at the headquarters of the Southwestern Union Conference, 777 S. Burlison Blvd., Burlison, TX 76028, 817.295.0476. Printed at Pacific Press Publishing Association in Nampa, Idaho. [www.SouthwesternAdventist.org](http://www.SouthwesternAdventist.org).

## On the Cover

Larry Moore, the newly-elected president of the Southwestern Union, shares, from a pastor's heart, his thoughts and hopes for evangelism, revival, and reformation in the Southwest. [Record staff photo]

# President's Perspective»

BY LARRY MOORE » SOUTHWESTERN UNION CONFERENCE PRESIDENT



## It Does a Body Good

*Larry Moore*

**A long time ago**, I realized that if I wanted to stay healthy and not put on extra pounds, I'd need to get regular exercise. So I decided to make walking a part of my daily routine.

I typically go for a brisk walk for about 15 minutes in the morning and another 15 minutes after my evening meal. I have found that I feel better and think more clearly when I exercise. And on days when I miss my routine for whatever reason, I'm not as energetic or clearheaded.

It's probably because exercise jumpstarts my lungs. Oxygen flows in and out, and the blood starts pumping.

It's not enough for me to go on a Sabbath afternoon hike once a week to keep my heart healthy and my mind focused. I need to do it every day. It's all a part of being physically fit.

Of course, there's a spiritual lesson there for us, as well. If I only pray or read my Bible once a week on Sabbath morning, I'm sure to become a flabby Christian with poor spiritual muscle tone.

Christ is our example. He often withdrew early in the morning to spend time in prayer and interaction with His Father in heaven. And if *He* needed daily "spiritual exercise," you can be sure we need it even more!

We're told to "pray without ceasing" (1 Thes. 5:17), and that prayer is the "breath of the soul." Without maintaining an ongoing, hour-by-hour prayer conversation with God, we literally experience spiritual asphyxiation.

Someone else said it even better: "If such an amount of time is required to make preparations for the wants of the body for this short life, how much time do you consider will be required for spiritual exercises, in order to perfect Christian character [for] life which is eternal?" (*Review and Herald*, March 29, 1870).

Having daily prayer and Bible study gets our spiritual blood pumping, which results in a unique kind of physical and spiritual fitness. So why don't you join me? Try adding a little daily exercise to your routine this week, both physical and spiritual. "It does a body good," as they used to say. It does a soul good, too, both now and for eternity.







# CREATION Health

BY LYNELL LAMOUNTAIN

## CREATION Health: Fearless by Choice

**Charlie Boswell was an amazing man whom Bob Hope called “America’s greatest inspiration.”** An outstanding athlete, he attended the University of Alabama on a football scholarship but fell in love with baseball while there, eventually playing in the minors in preparation for the majors. But unfortunately it was World War II and he was drafted by the United States Army.

In November 1944, during a fierce battle near Lindern, Germany, Captain Boswell rushed to pull a wounded American soldier from a burning Sherman tank when the tank exploded in his face from a German artillery shell, throwing him clear of the vehicle but blinding him permanently.

Charlie’s life was unalterably changed by circumstances beyond his control. But he chose to live life to the fullest anyway, and became a successful businessman and championship golfer, winning 16 national titles and 11 international titles. On October 5, 1956, after shooting an 81 at Highland Park, his hometown course—a record for a blind golfer—Birmingham renamed the course after him. So it is no surprise that he was chosen to serve as president of the United States Blind Golfers Association from 1956 to 1976.

Other achievements on his highlight reel of successes include founding, and chairing for fifteen years, the Charlie Boswell Celebrity Golf Classic, raising over a million dollars for the Eye Foundation Hospital of Birmingham; starting the Boswell Insurance Agency and serving as its president for 40 years; becoming the Revenue Commissioner for the state of Alabama; and serving on the board of the Helen Keller Eye Research Foundation.

Over the years, Charlie befriended celebrities such as Bob

Hope and Bing Crosby. In fact, Charlie left Hope speechless one day at a pro-am when Hope suggested they play a \$5 Nassau. Boswell said, “Why not play for \$10?” Hope said he’d take that bet, anytime, anywhere. “Fine,” Boswell retorted, “we’ll play my course at 12 midnight.”

Charlie Boswell inspires us with what is possible when we choose an empowering outlook instead of letting fear blind us to the opportunities within our reach. We fear the economy, the job market, and rising fuel and food costs (valid concerns). Much of what happens in life is beyond our control, but what lies within our power is how we **choose** to live *today*.

Gasoline might be a dollar a gallon higher than it was a year ago, but this does not keep us from making our health a priority—unless we let it. Maybe fewer items are on our family’s dinner menu but we can still pray, hold, and love each other. Evil might be growing darker but our trust in God can enlighten a path for others who are struggling to find their way.

If CREATION Health teaches us anything, it’s this: God gives us the gift of deciding how we will live today—especially with respect to circumstances that are beyond our control.

Charlie Boswell published his memoir in 1969, entitled *Now I See*. As I think about that title and his accomplishments, I ask myself, what do I see? How much power do I give fear over my life? Am I fearful by choice? Great courage is found in this promise from 2 Timothy 1:7: “*For God has not given us a spirit of fear, but of power and of love and of a sound mind.*”

Through the indwelling presence of Jesus Christ and His strength, we can be fearless by choice and live lives that inspire others with a vision of all that is possible when they choose to live life to the fullest.

*That’s CREATION Health!*

Lynell LaMountain writes from Florida Hospital in Orlando, Fla.

- C** Choice
- R** Rest
- E** Environment
- A** Activity
- T** Trust
- I** Interpersonal RELATIONSHIPS
- O** Outlook
- N** Nutrition

[CREATIONhealth.com](http://CREATIONhealth.com)





# Shades of Grace

BY MIKE TUCKER » SPEAKER/DIRECTOR, FAITH FOR TODAY

## The Dead Don't Bleed

**After a serious car accident in Venezuela**, Carlos Camejo was pronounced dead at the scene. The police released the body to the morgue and a routine autopsy was ordered. But as soon as examiners began the autopsy, they realized something was gravely amiss: the body was bleeding. They quickly stitched up the wounds to stop the bleeding, a procedure without anesthesia which, in turn, jarred the man to consciousness. “I woke up because the pain was unbearable,” said Camejo. We can only imagine the shock Camejo’s wife experienced when she came to the morgue to identify her husband’s body and instead found him in the hallway—alive.

Why did the doctors in the morgue stitch up Carlos’ wounds? The dead do not bleed. This is a sign of the living.

Thought and practice in Old Testament times revolved around a similar understanding—namely, the life is in the blood. From this idea comes the expression that “blood is on one’s hands” when life has wrongfully been taken. When Cain killed his brother Abel, God confronted him in the field, saying, “What have you done? The voice of your brother’s blood cries out to Me from the ground” (Gen. 4:10, NKJV).

There is a general understanding that blood is the very essence of what it means to be alive. There is life in the blood; there is power.

We find this notion of blood and its power in the language of sacrifice and offering found in the Old Testament. “You shall daily make a burnt offering to the Lord of a lamb of the first year without blemish; you shall prepare it every morning (Ezek. 46:13, NKJV). Today we understand that those “blood sacrifices” pointed to our need of the power of the perfect blood that flows from the wounds of our Atonement, Jesus Christ.

While pagan nations also offered blood sacrifices, the blood of Israel’s sacrifices was different. The blood shed by worshipers of pagan gods was an attempt to appease and approach the gods they feared and followed. The prophets sent throughout Israel’s history insisted that God wanted more than the empty performance of sacrifice. God was far more concerned with the heart of the worshiper. He wanted His worshipers to yearn to be fully alive in the presence of their Creator. While the blood of a living sacrifice made this possible temporarily, God would eventually provide a better way.

When Christianity speaks of Christ as the Lamb of God, it is not meant to be merely a symbol. Christ is the Lamb whose blood carries enough life and power to atone every sin, every shortfall, every evil and depravity of the world. He is the Lamb who comes to the slaughter alive and aware, and on His own accord. With His blood He covers our deep need, moving us forever into the presence of God. There is life in the blood of Christ; there is power, and he has freely offered it.

“Then Jesus said to them, ‘Most assuredly, I say to you, unless you eat the flesh of the Son of Man and drink His blood, you have no life in you. Whoever eats My flesh and drinks My blood has eternal life, and I will raise him up at the last day. For My flesh is food indeed, and My blood is drink indeed. He who eats My flesh and drinks My blood abides in Me, and I in him’ ” (John 6:53-56, NKJV).

Carlos Camejo bled because he was living. On the Cross, Jesus was alive, conscious, and bleeding. Communion reminds us of this fact. The Lord’s Supper tells the story of someone who was very much alive, bleeding, and conscious. His shed blood makes it possible for us to live just as He lives.

The Bible tells of a time when we will bow before the slain Lamb who stands very much alive, even though He bears the scars of our atonement. The Lamb of God is not dead and buried, but alive! He calls a broken world to his wounded side as He offers the life and power of his blood. For indeed, the dead don’t bleed!

---

Mike Tucker



# Pass it On...

A Monthly Focus on Evangelism in the Southwest

BY RICARDO VILORIA, PASTOR OF THE GARLAND, TEX., SPANISH CHURCH

## A Loving Touch Heals Bodies and Souls

**T**he Garland Spanish church in Garland, Tex., is committed to ministering to the needs of people in our community, and one of the ways we put that principle into practice is through the ministry of health. In May 2009 we opened a Cancer Resource Center for cancer patients, with 34 volunteers who were trained in first aid and certified by the American Cancer Society. With loving hands and hearts, these volunteers minister both physically and spiritually to those who are in need of a healing touch.

In collaboration with the American Cancer Society, our goal is to provide services, resources, and information to help reduce the suffering experienced by cancer patients. These include dis-

and glucose screening, as well as approximately 90 free mammograms annually, in cooperation with local hospitals. And throughout the year we offer seminars, conducted by the National Cancer Society, on the prevention of colon cancer, skin cancer, breast cancer, lung cancer, and other cancers.

We also collaborate with area churches to conduct health emphasis programs and to provide free medical services to the community in conjunction with local hospitals, clinics, and other organizations.

Over the past three years, we have served more than 1,300 people and touched the lives of countless others in the community through our health ministries. Interestingly, during this time, our church has grown phenomenally—from 300 to more than 800 members—and I have no doubts that our health ministries have played—and will continue to play—a vital role in our explosive growth. People are drawn to those who care, and through the health outreach programs at the Garland Spanish church, others are experiencing, in a very



Ricardo Viloria

**Volunteers from the Garland Spanish church minister to cancer patients through their Cancer Resource Center by providing them with wigs and other needed items.**

persing such items as informative brochures on the various types of cancer; wigs of different colors and styles, both for adults and for children, as well as caps, turbans, and scarves for people who are undergoing chemotherapy; breast implant prostheses for women who have undergone mastectomy; special brassieres for prostheses; colostomy accessories, and more.

In addition to our ministry to cancer patients, we provide educational seminars at the church on various health topics each week on Sabbath afternoons, followed by a one-hour Bible study class at 5:00 p.m. On other days we also offer free blood pressure



Ricardo Viloria

practical way, our love and care for them. We are especially grateful to the two physicians in our congregation, Elsy Gamboa, who coordinates the Cancer Resource Center, and Hortensia Casco, who coordinates our health ministries department, for their leadership and devoted efforts in helping our church to extend a healing hand to others.



# Visión Hispana

UN BREVE NOTICIERO MENSUAL DEL SUROESTE

## Un Toque de Amor Sana el Cuerpo y el Alma

La Iglesia Hispana de Garland, Texas, esta cometida a ministrar a las necesidades de las personas de su comunidad. Una de las formas en que pone en práctica este principio es por medio del ministerio de salud. En mayo del 2009, abrimos un centro de tratamiento para pacientes con cáncer, con 34 voluntarios quienes han sido entrenados en primeros auxilios. Estos voluntarios han recibido certificación de la Sociedad Americana del Cáncer. Con corazones y manos amantes, estos voluntarios ministran física y espiritualmente a aquellos que tienen la necesidad de un toque de sanidad.

En colaboración con la Sociedad Americana del Cáncer, nuestro blanco es el de proveer servicios, recursos e información para ayudar a reducir el sufrimiento experimentado por pacientes de cáncer. Estos servicios incluyen el dispensar información y panfletos acerca de los distintos tipos de cáncer, información sobre diferentes pelucas con sus colores y estilos para adultos y niños, al igual que gorritas, turbantes y pañueletas para personas que están recibiendo quimioterapia, implantes de seno, prótesis para damas que han sufrido una mastectomía, brasieres especiales, colonoscopías, accesorios y otras cosas que puedan necesitar.

Además de nuestro ministerio a pacientes de cáncer, todos los sábados de tarde, proveemos en la iglesia seminarios educativos sobre varios tópicos de salud, seguidos por una clase de estudios Bíblicos a las 5:00 p.m. Otros días también ofrecemos exámenes gratuitos de presión y chequeo de glucosa. Además, anualmente ofrecemos, en conexión con hospitales del área, aproximadamente 90 mamogramas gratuitos. También, durante

el año ofrecemos seminarios llevados a cabo por la Sociedad Nacional del Cáncer relacionados con la prevención de cáncer del colon, la piel, las mamas, pulmones y otros tipos de cánceres.

También colaboramos con otras Iglesias en el área para llevar a cabo programas con énfasis en salud y que provean servicios médicos gratuitos a la comunidad en conjunción con hospitales locales, clínicas y otras organizaciones.

En los últimos tres años hemos servido a más de 1,300 personas y tocado la vida de un innumerable número de personas en

la comunidad por medio del ministerio de salud. Es interesante observar que durante este tiempo nuestra iglesia ha crecido en una forma fenomenal. De 300 miembros a más de 800, y no tengo ninguna duda que el ministerio de salud ha tenido mucho que ver y continuará teniendo que ver con este rápido y explosivo crecimiento. Las personas son atraídas por

aquellos que muestran interés y compasión, y por medio de nuestros programas de salud en la Iglesia Hispana de Garland, otros están experimentando en una forma muy práctica, nuestro amor y compasión por ellos. Estamos agradecidos especialmente a dos médicos de nuestra congregación, Elsy Gamboa, quien coordina el Centro de Recursos para el Cáncer y a Hortensia Casco, quien coordina el Departamento de Salud, por sus liderazgos y devoción en ayudar a nuestra iglesia a extender una mano sanadora a otros.



Voluntarios de la Iglesia Adventista Garland ministran a pacientes de cáncer por medio del Centro de Recursos para el Cáncer al proveerles pelucas y otros artículos necesarios.

Ricardo Viloria, Pastor de la Iglesia Hispana de Garland

# A CONVERSATION WITH LARRY MOORE

by Mark Bond

*I recently sat down with Larry Moore to talk with him about his perspective on his new position as president of the Southwestern Union. Larry is warm, welcoming, and easy to talk to, and his gentle accent reveals his Texas roots. His heart is a pastor's heart, and it's clear that it will remain so.*

**MB: You've experienced many changes in a very short time recently. You've gone from being a pastor to ministerial director to conference president to union president.**

**LM:** That is a lot of change. And if I didn't feel like it was God's leading, I would have some serious concerns. But as I have been telling folks, I feel like the Lord has led in all of these things.

Six months ago, I was pastoring the Bursleson church and enjoying it immensely. To be asked to serve as ministerial director was an honor. It's an honor generally bestowed on pastors with a little age and experience [laughs]—those who've been down the road a few times. Hopefully, in that capacity, you have some insight and counsel to share with younger pastors. So I thought, *Hey, this is great. I'm going to enjoy this assignment.*

I had only been serving in that position for a few months when the call came to be president of the Texas Conference. I had been a conference president once before—in the Nevada-Utah Conference—so I had a pretty good idea what that job would be about, and I felt like God was calling me to do that.

And then, of course, barely four weeks later, Elder Max Treviño surprised us all, I think, by retiring when he did. I had no idea that I would be invited to be the union president. And it's really an honor to have been chosen to serve in this capacity.

A lot of capable leaders have occupied this desk, but I see my

role as more of a pastoral role. That's what I've always been. And although I've worked in conference offices before, having just recently come from full-time pastoral work helps me to identify with the local pastors and congregations.

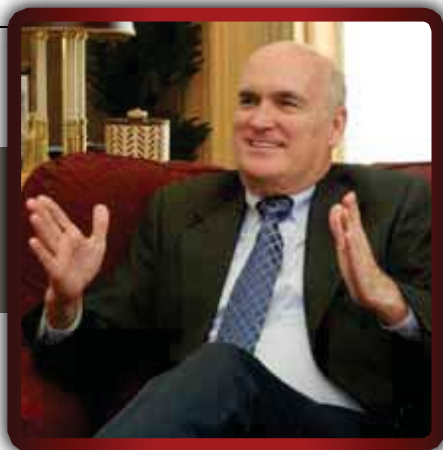
**MB: The Southwestern Union has been blessed to be the fastest-growing union in the North American Division. How can we remain strong and continue to grow with all the changes that are happening in our leadership?**

**LM:** There are two things that we have to do. First, we have to continue doing the things that have worked and that have been a blessing in the past. Our focus on evangelism—even overseas evangelism—has been a huge part of the Southwestern mentality. I look forward to working with Duane McKey and his wife, Kathy. Duane was the Arizona Conference president when I was at Nevada-Utah, and I have great respect for Duane. I'm excited that he's here to help us continue our focus on evangelism. And then, of course, there's Eddie Canales, whom I've known for years. He actually used to be one of my church members in Phoenix and is an experienced soul winner. So I'm looking forward to working with this great evangelistic team.

Secondly, I think we need to take it a step further than we already have. If God's mission is going to be accomplished in this generation, it's going to take dedicated effort on the part of our







lay people. Now, we've said that for so many years, but I believe that we're going to have to make a concerted effort—a targeted effort—a focused effort—toward doing that. We need to keep doing what we're doing but add this other element. The ShareHim program, which we're heavily invested in, encompasses that element—getting laypeople involved in evangelism and the mission of our church. If we wait for the pastors to do it, it's never going to get done.

**MB: So how does the local church member play into your vision for evangelism?**

**LM:** I think inviting people to become involved is important. Sometimes we don't see the results we hope to see, simply because we don't invite people to participate. We leave it to the "professionals"—the pastors and the evangelists. And while they're good at it, they're limited in what they can do, because there are only a few of them.

I think what it's going to take, Mark, is for our people to become excited about seeing the mission completed. It's not something that happens with just a few people. I believe that the whole church has to become excited.

**MB: Our new General Conference president, Ted N.C. Wilson, has talked a lot about revival and reformation. How can we as members catch a vision for what revival and reformation mean?**

**LM:** There's a difference between *revival* and *reformation*. I believe that personal revival must come first. Too often, people try to employ certain reforms, hoping that revival will follow. But if we are truly revived in Christ, our lives will not only be reformed, they'll be *transformed*.

And that's a Holy Spirit-driven thing. I don't think it's something that you learn simply by attending a class or going to a meeting. It's God's message being owned by God's people. And *then* it becomes explosive. I think that's what Elder Wilson is getting at when he talks about revival.

Reformation is different. That connotes things in our lives that need to be altered or bettered, but revival has to come first.

**MB: What made you decide to become a pastor?**

**LM:** That's an interesting question. I didn't have any "Damascus Road" experience. I was sitting in Week of Prayer at Southwestern Adventist University. One of the Hayward twins was the speaker. It was John Hayward. He was a tremendous preacher. He was making a call. It wasn't a call to come forward to accept Jesus. He said, "Some of you are being called to a life of service. Some of you have a calling to be ministers."

This brought a stirring in my heart that God was prompting me to do that, and I've never looked back.

**MB: Do you have a favorite parable or Bible story?**

**LM:** Probably I think the one that touches my heart most is the "The Prodigal Son," because that seems to encapsulate our mission in the Seventh-day Adventist Church. It touches my heart that Jesus would come after somebody like me. I have no famous name, no family connections. Here's this Presbyterian boy going to public school in San Antonio, working around trucks, and yet somehow, God can seek him out and use him in this Adventist movement somewhere along the way. That's my story, and it's pretty special.

**MB: If you could ask the members of the Southwestern Union to pray for something, what would that be?**

**LM:** To be praying for revival and reformation in our churches. As I said a while ago, that's the key. It's the key to evangelism. It's the key to our churches being lighthouses in the community. It's the key to our churches being safe places for people to go.

I don't think people are necessarily out looking for a different set of doctrines. They're looking for a place to belong. You know, Jesus said, "If I be lifted up, I will draw all men to me." And so if Jesus is lifted up in our churches, then people will want to be in that kind of an environment. They will be drawn in. So if you're going to pray for something, that's what I'd pray for—revival in our churches, revival in our hearts.

**Mark Bond** is the director of communication for the Southwestern Union.

# WELLNESS SECRETS

## A Well-Kept Secret—But Not for Long!

Pat Humphrey

**D**id you know that one of the best-kept health secrets around is located right here in the Southwestern Union, in the Northwest corner of Arkansas? Wellness Secrets, a total health center in Decatur, Ark., featuring a five-day, live-in lifestyle program, a vegetarian restaurant, health food store, and a multi-faceted health outreach ministry and training program, is inspiring many people to experience the joy of healthful living.

This past May, I was blessed to spend time as a health guest at Wellness Secrets during their five-day wellness program. I left there not only feeling pampered, energized, rested, and refreshed (both physically and spiritually), but even more committed to taking better care of the “temple” that God has entrusted me with. I was also intrigued by the staff’s commitment and dedication, and I was inspired by the story of how God opened the way to establish this little center of health and healing in Northwest Arkansas. In the following interview with Wellness Secrets’ director, Sheri Trueblood, I’d like to give you a glimpse into a wonderful ministry that’s impacting lives every day for eternity.

### PH: What is your mission at Wellness Secrets?

**ST:** Inspiration tells us that, “medical missionary work brings to humanity the gospel of release from suffering. It is the pioneer work of the gospel. It is the gospel practiced, the compassion of Christ revealed. Of this work there is great need, and the world is open for it” (*Medical Ministry*, p. 239). This sums up the whole reason for the existence of Wellness Secrets, which is

to relieve suffering and reveal the compassion of Christ.

We are also instructed that “in every city where we have a church there is need of a place provided where treatment may be given for common ailments. . . . The medical missionary work should be a part of the work of every church in our land. It is the Lord’s purpose that in every part of our world health institutions shall be established as a branch of the gospel work. These institutions are to be His agencies for reaching a class whom nothing else will reach. They need not be large buildings, but should be so arranged that effective work may be done” (*Testimonies*, vol. 6, p. 113).

Our mission is that of Jesus—to reach people’s hearts by meeting their physical needs and introducing them to the Great Physician, who can supply all of their needs.

### PH: How and why did Wellness Secrets get established?

**ST:** In an effort to reach out to the community, the Decatur Seventh-day Adventist Church hired Daniel and Nerida McKibben as Bible workers, at the time not knowing of the McKibbens’



▲ The food served at Wellness Secrets is healthy *and* tasty!

◀ A health expo reaches out to touch members of the community.

**Next page:** Hydrotherapy is one of the many treatments that health guests receive during the wellness program at Wellness Secrets.



health background. Nerida is a medical doctor, and her husband has been the director of Eden Valley Lifestyle Center in Colorado and is also a licensed massage therapist. They started a church health outreach ministry called Wellness Secrets and trained church members in various health programs, such as cooking schools, natural remedies seminars, and more. They held training sessions every Sunday for one year. Our church members really took advantage of the training and were eager to share with others what they had learned. As a result, nine people were baptized that year.

One experience that really impacted our church was the healing of a 72-year-old man with inoperable cancer who was given two months to live. By carefully following God's health care program, with God's blessing, this man is still alive today, nine years later. This living testimony greatly impressed our church with the power the health message has and our need to share it with others. The McKibbens had to leave after a year, but they left behind a church that was eager to carry on health evangelism. A committee was formed and providentially, property and buildings were secured across the street from the church to start a small health food store, massage/hydrotherapy department, and lifestyle counseling center. From that small beginning, with God's blessing, Wellness Secrets has grown to three guest houses with a live-in health program, restaurant, and community outreach classes.

**PH: Describe the programs you offer, and the kind of impact you have made.**

**ST:** We offer a number of programs. Our five-day live-in program starts on Sunday and ends on Friday. During this time our goal is to educate people in lifestyle practices that will give optimal health. We have morning and evening worships, supervised hands-on, plant-based cooking classes, daily health lectures, an exercise program, one-on-one counseling with our nurse, menu planning with our cook, and massage/hydrotherapy treatments.

For those who would like to learn more about health evangelism, we offer a two- and a three-week training course. We give instruction on how to conduct cooking classes, health expos, stop-smoking programs, and stress seminars. There are also classes in basic plant-based nutrition, common diseases and their treatments, hydrotherapy, and other natural remedies. Students who have taken the course in preparation for overseas mission work often comment on how much the health evangelism course has helped them in their ministry. Others have started health outreach programs in their local church on returning home.

The third program we offer at Wellness Secrets is called "Spiritual Health Week." Its purpose is to help facilitate spiritual revival in people's lives. Daily we study various spiritual topics. We have a facilitator to introduce the topic and give questions to aid in study. Then for an hour and a half we go back and study the topic from the Bible and Spirit of Prophecy. After cooking class, a



walk, lunch, and a short stroll, we come back together as a group and have a round-table discussion in which the participants get to share what they studied in the morning. We have found that people gain so much more when they study for themselves than when they just passively listen to someone else. We have precious experiences with Seventh-day Adventists and people of other faiths that have attended.

Wellness Secrets is also a mobile ministry. We have had the privilege to minister in many churches in Arkansas, Louisiana, Texas, and New Mexico, as well as outside of our union across the country. Churches have invited us to conduct cooking classes and health lectures for the church and/or community, and to train church members in various health outreach activities.

For three years now we have been blessed to go to Florida in January to hold a five-day health program at the Lady Lake Seventh-day Adventist Church. The program is similar to what we do at home for our live-in session. It is amazing what God's health care program can do for diabetes, heart disease, obesity, depression, and other lifestyle-related illnesses in five short days. This year we had 27 people who are not Seventh-day Adventists attend; 11 came to church afterward, and some have started Bible studies. There is a deacon in the Lady Lake church who came to our program three years ago, took Bible studies, and was baptized. What a joy it was to see him this year as a deacon!

**PH: A lot of people are hesitant to make dietary or lifestyle changes and they sometimes have a negative view of the "health message." How have you been able to help dispel negative ideas and change people's attitudes and approach to healthful living?**



▲ A customer shops in the Wellness Secrets health food store, where customers can purchase items that aren't readily available in local stores.  
▶ Graduates of a medical missionary training class held in January 2010.

Our staff is very united, and we place great emphasis on the spiritual needs of our guests. Most health guests comment that they had not expected things to be so spiritual, and they appreciate it so much. Our staff is truly like a family, and we are blessed with a very temperate work schedule that enables us to live what we teach others.

**PH: What stories can you share about how God has provided for your needs?**

**ST:** There are many to share! One couple from the church was impressed to donate savings that they were going to use in retirement for an RV and an addition to their house; instead this money helped greatly in purchasing the property. Then there was the church member who was selling three cars and offered to give the money to buy a staff house. We only had one week for all three cars to sell, and they had been up for sale for over a year. The Lord not only sold three



**ST:** The first important principle to always remember is the way Jesus works with people. He doesn't force, He doesn't condemn, He is patient and loving, He provides something better, and appeals to one's reason. People are able to make intelligent decisions when they are given sound scientific information coupled with Bible principles. We seek to meet people where they are in life and encourage them to progress as they and their families are able to make needed changes. We do not force anyone to make changes in their lives, but as they listen to the common sense lectures and counsel, they want to make changes on their own. Having good-tasting, eye-appealing food also helps! Truly "the proof is in the pudding." When people start feeling better and see improvements in their health, they know for themselves that this is a health care program that really does work. We also have a follow-up program in which we stay in contact with our guests by phone and e-mail to encourage, give support, and help where needed.

**PH: What is unique about your program in relationship to other lifestyle centers?**

**ST:** We are a very small center with the ability to give much one-to-one counsel and attention. We offer a five-day live-in program that is very affordable, only \$495 for the complete program. Because of the glass business that helps to support us, we are not so much tied down with the financial constraints that would otherwise hinder us from traveling and keeping our prices so affordable.

cars, but the last one was sold on Sunday—a day before the deadline. The man interested in the truck had tried to get a loan early in the week, but was denied. On Sunday he received a call from another bank manager saying the man he had spoken to earlier was on vacation, and if he would come in on Sunday, he'd give him the loan. How often do people who have been denied a loan get a call like that on a Sunday? Only when God is in it.

One time we had a hailstorm that barely damaged our property, but the insurance company insisted on giving us over \$20,000, just the amount needed to build our restaurant. We had even told the insurance company that this was too much money, but they replied, saying they could give us more if we wanted it!

Another experience was when we needed an additional whirlpool for the hydrotherapy department. Just when we started to pray about it, friends from Florida excitedly called us, saying they had found a barely-used HydroTone whirlpool at Goodwill, a secondhand store. The whirlpool was worth over \$35,000, and we



could buy it for only \$900! God not only provides for us, but He goes beyond our expectations. Other friends of Wellness Secrets secured another whirlpool worth \$5,000, and we only had to pay \$500. Someone else sold us an almost-new sauna for \$100. I could fill this interview with testimonies without exaggeration.

**PH: I heard that a miracle happened when you were about to close. What's the story?**

**ST:** Four years ago our faith was tested. The building industry was on the rocks, which threatened to affect the glass door business that helps support us. Our gross income for the month of January had dropped to \$4,000. We had our staff to pay, as well as two men in the glass business. We also had a bill of over \$2,000 for liability insurance. One day one of the men in the glass business called; his transmission on his truck was out, and the next day the other man called to say the engine was out on his truck. Now the financial records show that February was always the worst of the whole year. We started to pray intensely as a team. Wes, our business manager, even got up in front of the church and told them our dilemma. Our staff offered to take time off work without pay. One went on a mission trip, and the others visited family in order to help save money. Then the business phone started to ring off the hook. Day after day this was the case. God is so good! At the end of the month, the gross income was \$33,000, and we were able to pay off all bills, and put a new transmission in one truck and a new motor in the other one. Also, the bank account increased by \$14,000. Our business manager really felt the burden because he had told me, "I am sorry to say that before God filled our cup, I spent many sleepless nights, which was all in vain. We know that God wants us to be here and will always supply our needs, if we continue to faithfully follow His counsels."

**PH: How have people from the community responded to Wellness Secrets?**

**ST:** We have had many influential people from the community come for counsel and treatment, including the mayor and his wife. Our classes for the community, such as cooking schools, weight management seminars, stop smoking classes, Dr. Neil Nedley's depression seminar, and more, have been well attended. Recently we conducted a two-month depression seminar and followed it up with a Daniel seminar conducted by our pastor, which several from the depression seminar attended. We help out at community health fairs and we have had a booth at the county fairs.

**PH: In what ways have Decatur church members been involved and/or supported Wellness Secrets?**

**ST:** Our pastor is a part-time chaplain at the center. And church members have done so much! They have been faithful volunteers in the store, restaurant, grounds, community outreach, and have financially contributed to the center. Though we are organized as separate entities in order to not be a liability in any way to the

church, we work together as one, supporting one another.

**PH: Tell us a little about your staff and volunteers. What led them (including you) to come and work there?**

**ST:** Each staff member and volunteer are a God-sent blessing to Wellness Secrets. Wes Stabel, our business manager and wearer of many hats, was very instrumental in starting Wellness Secrets and has been very passionate about the work of the center. Ann-Marie Scott, our nurse, worked at Uchee Pines with Dr. Agatha Thrash, and is a great asset to our program. Franklin Morris is our store/restaurant manager, and heads up our media ministry. We have been so blessed by his many talents. Pastor Daniel Hoover is our chaplain and pastor of the Decatur church. I am the current director of Wellness Secrets and have been here for five wonderful years. John Irvine, though officially a retired health educator, volunteers regularly, presenting our stress seminars. He is also chairman of our board. Young people from the church help with cleaning, bagging for the store, in the restaurant, and in our community health programs.

**PH: What needs does Wellness Secrets currently have? How can church members help?**

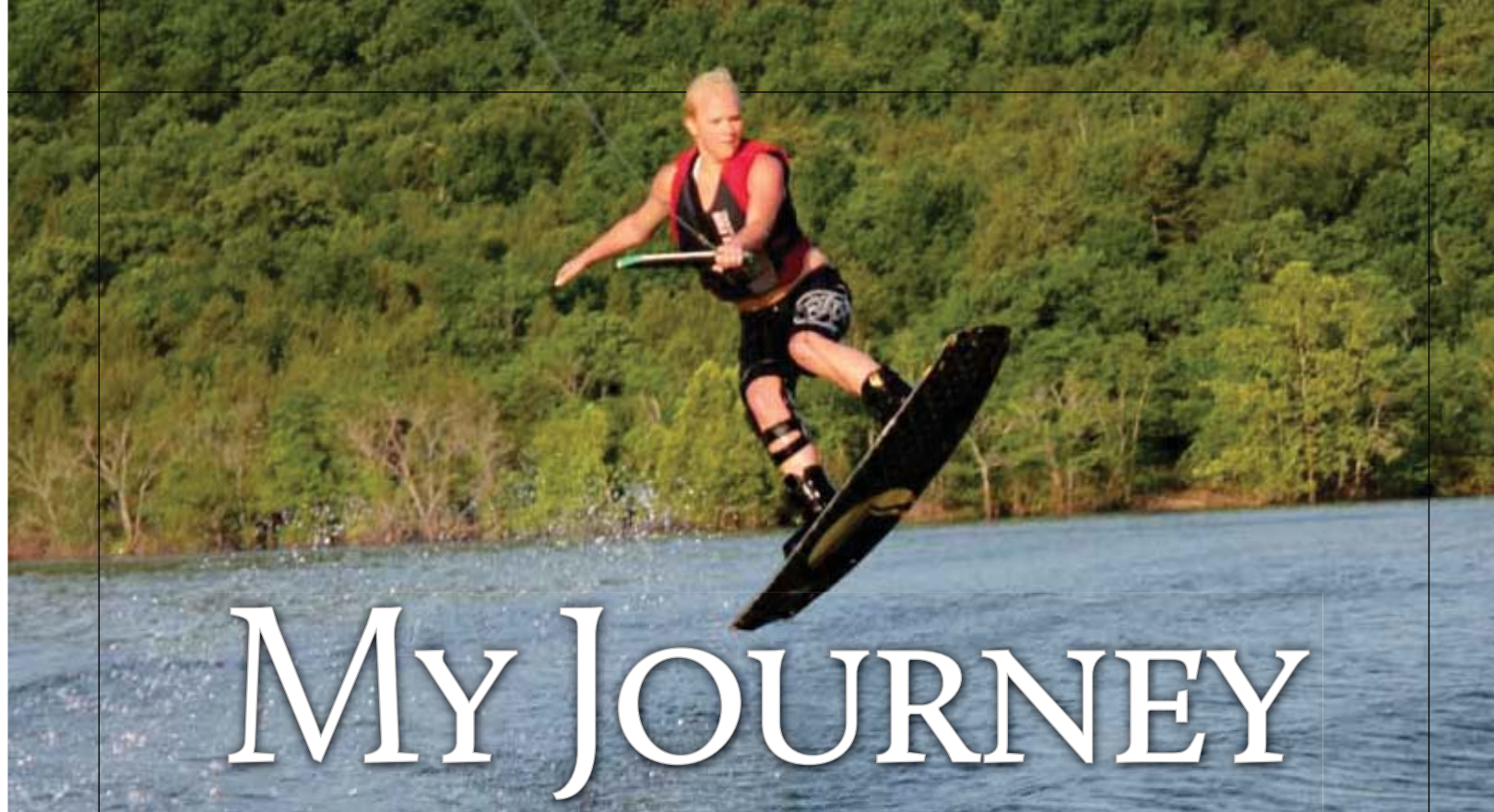
**ST:** Our greatest need will always be an ongoing one, which is to get the word out about Wellness Secrets. We don't want to be a secret. We want to let people know all that the ministry has to offer so we can be a help to them and fulfill God's purpose for it. Church members can help by letting others know about us. If people are interested in supporting financially, we have a worthy health guest fund for those who cannot afford to come and truly are in need. Others may be impressed to support with donations regularly. We have learned by experience that the Lord knows our needs and always provides for them.

**PH: What do you envision for the future of Wellness Secrets?**

**ST:** We want to walk through the doors that the Lord opens for us. We started off by doing community health classes, never knowing that we would become what we are today. So the vision for Wellness Secrets is to continue in the course that the Lord sets for us.

We would really like for other churches to catch the same vision our church has and to initiate some kind of health outreach like Wellness Secrets. What an impact could be made for furthering the gospel if there were small health centers connected with our churches! What has been done here in Decatur, Ark., can definitely be replicated elsewhere. What is needed is a church that loves Jesus, loves souls, and is committed to following all of God's counsel. God will provide for the rest.

*Pat Humphrey is associate editor of the Record.*



# MY JOURNEY

## Finding Peace Through Pain

by Chelsea Enderson

I remember floating in the lake, tears streaming down my face as I screamed in pain and agony. What had just happened? I'd been doing so well, jumping and flying in the air on my wakeboard, so I decided to try a wake-to-wake 180. And then I fell.

The pain in my right leg was excruciating, and any movement just made it worse. My mind was jumbled with thoughts. *Maybe I shouldn't have gone wakeboarding. Maybe I shouldn't have tried a trick I knew I couldn't land. Or... maybe this happened for a reason.*

The summer of 2010, I was excited to join the boat staff at Camp Yorktown Bay (CYB). I really enjoyed interacting with kids and making new friends. I'd been wakeboarding for years, had tried many new tricks, and had fallen hundreds of times. I'd never anticipated something like this happening.

I was quickly transported home, where I had two weeks to think about the surgery that would hopefully "fix" me. The surgery to connect my torn ACL tendon to my bone went smoothly, and I soon began attending physical therapy sessions. Then one day the incision site on my knee became red, swollen, and painful. My doctor drained the fluid and sent me home. A week later, the redness and swelling returned. Back to surgery I went. The doctor removed a stitch that hadn't dissolved.

Another week went by, and my physical therapist checked the incision again. This time, a strange-looking orange liquid was

seeping from the wound. My doctor quickly sent me to an infectious disease specialist.

I'd started my senior year just the month before and had really been looking forward to the special trips planned that year. The day before my class was to leave on the government class trip to Washington, D.C., the infectious disease doctor diagnosed the infected area with staph infection. It was a serious strain that could cause me to lose my leg without intensive intervention.

My doctor inserted a PICC line into my arm the following day so antibiotics could be injected into my bloodstream. It meant I couldn't go on government trip. I was crushed! I'd been looking forward to this trip since my freshman year. All I could do was wave to my classmates as the bus pulled away. I stood there in shock, chained to a bag of antibiotic fluid.

I was stuck with the PICC line for four weeks. I had to sleep with it, shower with it, and carry it in a little bag everywhere I went. It was finally removed on my birthday in October, but still the incision did not heal. I was sent to a wound care center where a half-inch deep hole was discovered in my leg. They treated it with a Dermagraft®.

Still the incision didn't heal. During Thanksgiving break, more specialized tests were done, and I was diagnosed with osteomyelitis. I'd have to have another PICC line, this time with stronger



antibiotics and for eight weeks instead of four. When would this long journey end? I was so tired of it.

Christmas was drawing near, and so was the Christmas choir performance. I was the piano accompanist for the choir and had been practicing two different cantatas. I began to notice a horrible rash developing on my chest. Benadryl didn't seem to help, and the rash started spreading. It felt like needles were trying to pop through my skin. I was told that I had Red Man Syndrome in reaction to the strong antibiotic I was taking.

By the day of the Christmas performance, the RMS had spread up toward my neck and down to my mid-thigh, and I had fever of 102 degrees. Miraculously, I was able to play for the performance. As I thought about it later, I realized that God had taken the pain away as I played each song.

The next day, I took the SAT test, and then headed to the ER because the pain kept getting worse. I stayed home from school the following week, even though it was the week before finals. Every movement was torture. That Wednesday, I was admitted to the hospital and given medicine from a glass bottle instead of a plastic bag. The next morning, I felt as good as new, but my skin was peeling off in sheets.

On Friday, I had my third surgery. The bone at my injury site had gotten soft from the long-term infection. The screw that anchored my ACL tendon to the bone was so loose, it only took a pair of tweezers to remove it. On Sunday I was discharged, and on Monday I was back in school. But by Tuesday, I returned to the ER with difficulty breathing. The doctors explained that the stress on my mind was also putting stress on my body, and that I needed to stay home and rest. I argued that I didn't want to have homework during Christmas break, but they ordered me to take it easy.

My dad called the academy principal and explained the situation. I couldn't believe how understanding my teachers were. They went out of their way to help me complete my classes quickly and easily. One teacher excused the work I'd missed. A couple of others gave me open-book or shortened final exams. I was amazed, and I knew that God had blessed!

Christmas passed, and so did the month of January. By February I had healed enough to have my second PICC line removed, and by April I was cleared to go wakeboarding again, which I did on May 5, 2011. It was an exciting day for me, but the following day was even more significant.

While I was in the hospital, I had asked to be re-baptized as soon as my leg healed. On May 6, after another afternoon of wakeboarding—no new tricks this time—I put on my CYB T-shirt and was re-baptized in a lake by my youth pastor.

I've done a lot of thinking about what happened to me over the past year. When I look back on my journey, I think of a scene from the movie *Facing the Giants*. A high school football team is losing every game and develops a losing attitude. On the practice field, the coach picks the best player on the team and challenges him to do the death crawl blindfolded, with another player on his back. He starts crawling down the field on his hands and feet until he gets tired and wants to stop. He figures he's gone far enough, but the coach pushes him to keep going. He crawls a little farther, but the coach won't let him stop. Pretty soon he's in agony, but the coach yells, "Keep going! Don't quit!" The coach is beside him every inch of the way until he crawls the entire length of the football field and into the end zone. When he takes off the blindfold, he can't believe how far he has crawled. No one on the team can!

To me, this trial has revealed how God was my coach during my senior year. I often felt like giving up. I would cry in my bed, and then sense that God was next to me, whispering, "I'm here. Don't give up. Stay strong. We're in this together."

Would I go through it all again? Absolutely! Through the experience, my relationships with family members and friends—and most importantly with God—grew stronger. I learned to pray and trust without quitting. I gained confidence in God's plan for my life, and I came to realize that, even when the journey is tough, it's worth it to keep going. With Him as my coach, not only can I go farther than I ever thought possible—I can make it all the way to the end zone.

*"He gives strength to the weary and increases the power of the weak. Even youths grow tired and weary, and young men stumble and fall; but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint" (Isaiah 40:29-31).*

**Chelsea Anderson** is a recent graduate from Chisholm Trail Academy. She lives with her family in Burleson, Texas.



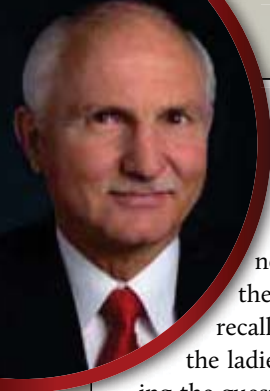
To watch Chelsea's baptism online, scan this QR code, or visit the following URL:



<http://bit.ly/swuc01>

Once Chelsea's leg had healed and she could get back into the water, she asked Pastor Russ Laughlin to re-baptize her. Her decision was a symbol of her recommitment to God and an act of thanksgiving for all that He brought her through.

## Living the Health Message



ARKANSAS-LOUISIANA CONFERENCE

Over the years I have witnessed a lot of extremism in the area of health and diet. I recall a cooking class in which the ladies of the church were helping the guest lecturer. The night before the actual presentation, various dishes were prepared in advance to be used as samples. When one of the dishes was nearly complete, the guest lecturer asked my wife, who was helping, to “taste test” the dish. My wife suggested that the lecturer taste it, since neither she nor any of the other ladies helping were familiar with the dish and wouldn’t know how it should taste. The lecturer recoiled at the thought, stating that she never put anything between her lips after supper! It seemed in-

congruous to expect someone else to do something that she herself would not do. Whatever piety she portrayed, much of her credibility was lost.

I have been told several times by different church members that eating dairy products is a sin and only vegans will be saved. A well-meaning sister in the church told one of our pastors that Jesus would have had a closer relationship with His heavenly Father if He had been a vegetarian! I find all such statements “hard to swallow.” There is no question that the original diet given to us by our Creator is the best, and as much as possible, that should be the diet we choose. Willful abuse of our bodies is a sin and could cost us our salvation. However, diet is not the gospel and was

never intended to be the measuring rod of one’s relationship with Christ that some would make it to be. Unfortunately, there are those who twist dietary principles to fit their personal standard and then impose their standard on others.

The health message given to this church is truly a blessing and is to be the “right arm of the gospel.” Many will find their way to the kingdom because their confidence in truth was first anchored in the simplicity and beauty of our health message. So, live the health message! It was never intended to be a platform for criticism.

**Steve Orian**, president

## Three Baptisms at Mammoth Spring

**MAMMOTH SPRING, ARK.** » On April 23 at 3:00 p.m., the Mammoth Spring church members visited the Spring River Baptist Church, which has a nice baptistery, for the baptism of three new members of the Mammoth Spring church. Bill Neptune, pastor of the Mammoth Spring church, baptized Ann Howard, Kennard Fowler, and Jan Thompson.

Anne had been studying the Bible on her own for some time and had discovered that the Sabbath is on Saturday. Not long after moving to Hardy, Ark., she called the General Conference of Seventh-day Adventists to find a church. She was directed to Virginia McCormick in the Arkansas-Louisiana Conference office and Virginia put Rita Neptune, of the Mammoth Spring church, in contact with Anne. On the very first Sabbath Anne rode to church with the Neptunes, she had lots of questions to ask, so each trip to and from church became Bible study time. Anne soon requested to be baptized.

Kennard Fowler studied with Bill Neptune and with church member Debbie Wright before making the decision for baptism.

Jan Thompson attended the evangelistic series last August that was presented by

Bill Neptune and Andrew Cochran. After continued study she made a decision to be baptized.

**Rita Neptune**



Pastor Bill Neptune, left, Anne Howard, Kennard Fowler, and Jan Thompson following baptism.



# ACS Helps Disaster Victims

**VILONIA, ARK. »** With the severe storms that roared across Arkansas in May, the state of Arkansas asked Arkansas-Louisiana Conference Adventist Community Services Disaster Response director Lavidia Whitson to run a distribution warehouse out of Vilonia, Ark. Koletta Hubbel, a volunteer from the community who came to help, writes about her experiences helping disaster victims:

When two teenage girls came to the distribution center to pick up supplies I introduced myself, asked if I could be of assistance, and inquired about the nature of their damage. Their home was still inhabitable, but their 100-year-old barn was gone and they had sustained substantial damage to a newer barn. Their property was strewn with refuse from others who had suffered

loss. In great detail, they described having played under massive oaks that were no longer standing. They whipped out their cell phones and began showing me pictures of what remained of the barn (a pile of rubble consisting of a small fraction of the material necessary to build a barn).

I met an older lady who had lost all her possessions. In addition, Ms. Bonnie's husband was stricken by a heart attack and a stroke and was now hospitalized. As I shopped with her and her daughter, it was amazing to see the large number of lovely items we located to replace her losses. I was surprised to find some new things that I had not previously seen. After receiving her permission, I prayed with her and quoted some scriptures. She displayed a humble and very grateful spirit.

One day a little five-year-old girl came to the center with her father. Her dark brown pageboy style hair and big brown eyes were striking, but there was no smile. I asked her to come with me and took her to an area containing bags with crayons, coloring books, a throw, and a stuffed animal. I gave her one and took her over to an area where there was a very large pink poodle. During this time she began talking, smiling, and laughing. As she ran on ahead of her daddy, he told me he hadn't heard any laughter or giggles since the tornado.

While working, I looked up and saw a young lady who was engaged in trying to find something. When I approached, she averted her eyes. I asked if I could help find something and her reply was, "I am so ashamed to be here." I told her there was no reason to be ashamed; and while she had to go through the tornado, God was taking care of her through the compassion and love of the people who were donating. I stayed with her as she shopped and shared information on where she could find things. She was truly grateful.

**Koletta Hubbell**, volunteer



Following recent storms that ripped through the area, many homes in Arkansas were left in shambles. Fortunately, Adventist Community Services Disaster Response was there to help pick up the pieces of torn houses and lives.



## A Preacher is Born

**NEW ORLEANS, LA. »** Toshia Cartman came night after night to a series of meetings that were conducted at the New Orleans First church by Emanuel Beck, Amazing Facts evangelist. From the beginning we could see that Toshia was interested in the things she was learning, but what we failed to notice was that she had invited several of her friends to come to the meetings with her.

At the end of the meetings, Toshia made her decision to accept the things that she had learned and became a part of the remnant church. She was baptized on November 20, 2010. Toshia continued to attend and joined the pastor's Bible class, where the truths she had learned were reinforced.

Each

week Toshia brought new guests with her. Sometimes it was a work acquaintance or an old friend or neighbor. Later we discovered that Toshia, totally on her own, had begun a Friday evening Bible study at her own home with several individuals attending each week. When the pastor found out, he asked Toshia if she would consider holding a series of meetings in the fellowship hall and inviting all of her friends, relatives, and work acquaintances to attend night after night. Her reply was, "Me?"

About a week later the pastor asked her again if she was ready to conduct the meetings and then asked her if she knew how many meetings she was committing to holding. She replied, "Yes, about 20 or so." Amazed, the pastor started working out a schedule where she could speak on Saturday, Sunday, Tuesday, and Thursday, giving her some time in between each meeting to prepare for the next one. Between her heavy work schedule as a scientist at a lab and her meeting preparation, Toshia was giving up virtually all of her social life as a single young woman in her 20s. But

she didn't seem to mind a bit.

Fliers were printed for distribution and Toshia's meetings began with 50 people attending. Some evenings a group of visitors coming from the other side of the city would arrive late due to traffic congestion. They hated to miss the presentation and Toshia offered to preach the whole sermon again. This was possible because she was using the new "His Way of Hope" series in English, which only takes about 30-35 minutes to present.

Already one person has been baptized and three more have committed to baptism soon. Five others are attending Sabbath services and the mid-week Bible study classes each week. At the end of the meetings Toshia was given the opportunity to conduct another series of meetings, this time in Zimbabwe, Africa! Toshia's eyes lit up, responding that she would love to go, if she could make the arrangements to get time off from work. After praying about it, she asked her boss for the time off and permission was granted. Several individuals who attended her first meetings have already donated funds to help buy her airfare and provide for any other needed expenses.

Although Toshia has already preached an entire evangelistic series, she will have to use the "old"

ShareHim series in Zimbabwe, as the artwork for the new series has not yet been adapted for that country. We know that she will certainly be well-grounded. And when the meetings in Zimbabwe are over, we expect to hear more from this remarkable young lady who loves sharing her faith with others.

**Edna Vcknair**



Toshia Cartman, a newly-baptized member of the New Orleans First church, is ready to preach the Word again—this time in Zimbabwe, Africa!



# “Livin’ Raw and Rarin’ to Go”

**FORT SMITH, ARK.** » The Fort Smith church hosted a “Livin’ Raw and Rarin’ to Go” seminar in March, under the direction of Cindy Howell. More than 155 people en-

joyed a delicious and creative vegan dinner prepared by chefs Nancy and Jeff Riedesel, who presented an informative and interesting demonstration using raw vegetables. The Riedesels have been teaching cooking schools for 20 years and not only conveyed the nutritional benefits

of eating raw foods, but also shared how their Christian journey has enriched their lives. Magazines and books were given to the guests and healthy living products were also offered for participants to purchase. The church has received a lot of positive feedback and would like to conduct more seminars in the future.

Joyce Hilton



Servers for the evening were Laura Scholl, Justine Evans, Michelle Evans, Hannah Howell, Rose Scholl, and Katelynn Stephens.

Nancy and Jeff Riedesel demonstrate raw food preparation at the Fort Smith church.



## Juniors Assemble Care Kits at Ozark Family Camp Meeting



At the Ozark Family Camp Meeting, Juniors put together care kits for disaster victims.

**GENTRY, ARK.** » The Juniors spent time during Ozark Family Camp Meeting in late May, putting together 150 personal care kits for adults and 150 personal activity and learning kits, sometimes called PAL kits, for children who have lost their belongings in a disaster. The Gentry church purchased the material and 21 juniors put them together, under the leadership of Jackie Katsuren and Lloyd Clapp.

David Farmer, pastor

## Love One Another



OKLAHOMA CONFERENCE

When Jesus seated Himself on the Mountain of Blessing, as Matthew reports in the fifth chapter of his Gospel, He challenged His hearers with concepts that were totally different than anything that their religious leaders were teaching them. He taught them that breaking God's law is not limited to the outward acts of murder and adultery, but that the sin comes about because of the hidden motives of the heart. He followed up on this incredible idea with another one: they should not respond to mistreatment in kind and they should love their enemies. If I understand anything about the culture of His time, this must have been drastically

different than the conventional wisdom of the day.

"Love your enemies, bless those who curse you, do good to those who hate you, and pray for those who spitefully use you and persecute you" (Matt. 5:44, NKJV). Come to think of it, that is still a very radical concept today. Human nature feels justified in slapping back and retaliating against those who attack us. Jesus, however, would have His followers to respond from a different nature, from a divine nature. Stop a minute! Who are the enemies that Jesus says we should learn to love? Most certainly it is that neighbor who is so hard to get along with, that co-worker who continually takes credit for your ideas,

or that gossip that is spreading falsehoods about you.

But could it be that we have enemies in the church? In John 13:35 Jesus says, "By this all will know that you are my disciples, if you have love for one another." We can easily see that the way we treat those outside of the church will have an effect on our witness, but He said to His disciples, "Love one another." As we pray for revival, it seems that we should be asking for this love, (that is not natural, but spiritual), so that our churches will be places where Christianity is not just preached, but where it actually works.

John Moyer, president

## Sister Churches Host Annual Lakeside Services

**BRISTOW** » The founders of Harvest for Life, "a family ministry dedicated to helping others learn to garden, and to promote the value of country living," were welcomed by the Bristow church in May. David and Cheryl Stottlemeyer, along with daughters Jolene and Kayla, imbued the weekend with beautiful music and heartfelt testimony about their move from Riverside, Calif., to rural Idaho in 2004. Fortunately, their visit was the same weekend as the Bristow and Okmulgee churches' annual outdoor services at Okmulgee State

Park. With chairs perched overlooking the lake, friends and members had a beautiful outdoor experience with bright sunshine, clear skies, and a gentle breeze throughout the morning.

While standing under a majestic oak tree, David Stottlemeyer eloquently explained the Sabbath message through creation, and also shared his thrilling experience with an invasion of army ants while he was a student missionary in Nigeria. While the dangerous ants invaded his home, he had no recourse other than to pray for safety while they charged through every room—except the one he was prayerfully sequestered in.

The Stottlemeyer family also presented the evening vespers program at Bristow. David, Kayla, and Jolene's musical talent on guitar, violin, and harp meshed beautifully with their message of how God gently per-

sued them to leave Riverside, and move to Idaho. Cheryl and David explained that making a decision to move from the city to a rural area should be made with much prayer, rather than sudden conviction without planning and preparing the family. They carefully considered their move away from a good job—David has years of experience in agriculture research—and a beautiful locale.

Cheryl's experience as a nurse with a background in public health helped the family, as she was able to work from home while homeschooling their daughters. In fact, they packed their household items for two years before actually moving away! The family also shared some personal health obstacles they have faced, sharing how God has helped them work through and overcome these difficulties.

On Sunday, the Stottlemeyers held a gardening workshop that covered the basic how-tos, along with the benefits of organic gardening, pest control, and soil fertility. The workshop is based on David's vast education and experience in agriculture and research. The sister churches were truly blessed and inspired by the Stottlemeyers' program.

Caroline A. Fisher



Annette Park



# Kids and Fossils?

**OKLAHOMA CITY** » The two words in the title don't go together, do they! Or do they? April 21-24 found 27 Oklahoma TLT Pathfinders digging, brushing, chiseling, and finding fossils in the rich fossil territory of Lake Whitney, Tex.

During the Texas Camporee at Lake Whitney, the Oklahoma group found themselves off to the side in a very primitive area, camping and looking for "ancient treasures" under the direction of naturalists Bob and Dana Holbrook and completing the honor with fossil digs, worships, and lectures.

The TLT Pathfinders pre-read the chapters in *Patriarchs and Prophets* about the flood. With the pre-reading, Bob Holbrook was able to lead a discussion with the group concerning false and true information on the flood, dinosaurs, and fossils. Through his lectures, "Pastor Bob" made the creative powers of God so real, simple, and beautiful.

**Apple Park**, Oklahoma Conference  
Pathfinder/Adventurer director



▲ Oklahoma Pathfinders dig for ancient treasures at Lake Whitney Camp in Texas.

Top: Pathfinders discovered ancient treasures and learned about God's creation.

▲ Bob Holbrook helped Oklahoma Pathfinders dig for fossils.



## Mission Service—at Home and Away

OKLAHOMA CONFERENCE

**WAGONER** » Approximately 17 people from the community attended a two-week prophecy seminar conducted by our pastor, Ryan Neill, during the last week in April and the first week of May. This was a pleasant surprise for the 30-member church that had been praying for this seminar in its intercessory prayer group for the previous two months. The results were two baptisms and six others continuing their study of Revelation in a weekly

seminar.

The Wagoner and Claremore churches combined their efforts to help the Navajo people in and near the city of Page, Ariz. The Navajo Indian Reservation is the largest reservation in the U.S., covering over 200 square miles. Thanks to the mission team from both churches, structure and repair improvements were made, literature, Bibles, DVDs, and blankets were distributed, and a stress seminar was given each

night. The team members also conducted two Sabbath services. In response to their efforts, two Navajo families prepared meals for the laborers that participated. This mission trip not only helped the Navajo people, but also helped to bond the people of the Wagoner and Claremore churches. Plans are being made for both churches to work collaboratively on a mission trip presentation for the members. Both churches are planning to come together to distribute DVDs and literature in the local community. God's service begins at home.

**Jack Harris**



**Left and below:** As a result of the prayers of an intercessory prayer group at the Wagoner church, two people were baptized and six others continue to study the book of Revelation at a weekly seminar.

**Bottom left:** The Wagoner and Claremore churches combined their efforts to help the Navajo people in and near the city of Page, Ariz.





# Summit Ridge is Blessed by the Myers Siblings

**HARRAH »** Summit Ridge is privileged to have the Myers siblings as a part of its retirement village. Russell, who recently turned 94, was the first of the three to move to Summit Ridge in 2007, followed by Jennie Hutson, age 91, moving here in 2008. Then in 2009 their sister, Nell Sabes, age 89, became a part of our village family. Each of the three live in and maintain their own private home. They are all ac-

tive in our church and community. On any given day you will see the “Myers kids” taking a walk throughout the campus. We are blessed to have each one of them here. What a beautiful addition they are to our Summit Ridge family!

The retirement center, an entity of the Oklahoma Conference, is a quiet little 90-acre village located in rural Harrah about 15 miles east of Oklahoma City. We have

private homes, duplexes, four-plexes and mobile homes, where approximately 100 residents live. A church with approximately 126 members is located on campus as well as the Wolfe Living Center, a full care nursing facility. We are one large, happy family who genuinely care for one another. Come pay us a visit!



Siblings Russell Myers, 94, Jennie Hutson, 91, and Nell Sabes, 89, are active members of the Summit Ridge church and community.

## LEGAL NOTICE

### OKLAHOMA CONFERENCE OF SEVENTH-DAY ADVENTISTS

Notice is hereby given that the Constitution and Bylaws Committee of the Oklahoma Conference of Seventh-day Adventists will meet on Sunday, October 16, 2011 at 10:00 a.m. at the Oklahoma Conference Office, located at 4735 NW 63rd Street, Oklahoma City, OK.

Individuals desiring to make suggestions concerning the work of this committee should submit them in writing to Trevor W. Thompson, P.O. Box 32098, Oklahoma City, OK 73123, or by emailing to: [twthompson@okla-adventist.org](mailto:twthompson@okla-adventist.org).

*Trevor W. Thompson, Oklahoma Conference secretary*

# Can You Really Prevent and Reverse Heart Disease?

According to the latest scientific research and extensive studies conducted in the medical world for the past 20 years or more, some scientists and physicians say resoundingly, "Yes, you can!"

In his book, *Prevent and Reverse Heart Disease*, **Caldwell B. Esselstyn, Jr., M.D.**, an internationally-known surgeon, researcher, and clinician, formerly at the Cleveland Clinic, shares irrefutable evidence that changes in one's diet and nutrition can actually cure heart disease and prevent it in others who don't yet have the disease. He shares that when a person changes his/her lifestyle to a plant-based diet, the body begins to heal itself. Arteries that were once narrowed will reopen because of the plant-based diet. His diet calls for eliminating all meats, including chicken, beef, fish; all dairy products; and oils of any type, including olive oil. He has proven through his research and with patients how effective this diet is in reversing heart disease.

When former President Bill Clinton was questioned as to how he had achieved such a dramatic weight loss, he responded that he adopted a total plant-based diet. After his second stent operation, he knew he needed to make some changes in his lifestyle, and whole grain foods, vegetables, fruits, grains and almond milk became his way of life. As a result of adopting this new lifestyle, he lost 24 pounds and has not had heart-related issues since. He credits Dr. Esselstyn's program as the reason for his great improvement and healthy weight reduction. He also credits **Dr. Dean Ornish**, author of six best-selling books, including four New York Times' bestsellers: *Dr. Dean Ornish's Program for Reversing Heart Disease*; *Eat More, Weigh Less*; *Love & Survival*; and his most recent book, *The Spectrum*, for his health makeover. Dr. Ornish is the founder and president of the non-profit Preventive Medicine Research Institute in Sausalito, Calif., and clinical professor of medicine at the University of California,

San Francisco. For over 33 years, Dr. Ornish has directed clinical research, demonstrating for the first time, *that comprehensive lifestyle changes may begin to reverse even severe coronary heart disease, without drugs or surgery*. His program includes a very low-fat diet, including predominantly fruits, vegetables, whole grains, legumes, and soy products in their natural, unrefined forms; and moderate exercise, such as walking.

There are many other physicians and scientists who support the above physicians in their conclusions as to what is the best lifestyle to reverse or prevent heart disease. Dr. Esselstyn believes that heart disease could be completely eradicated in America if our nation were to promote and encourage a plant-based diet for its citizens.

Viewing health as a gift causes a shift in our thinking from a legalistic, self-satisfied mentality to one of appreciative gratitude and a desire to take care of God's gift of life and health in the best way possible.

If you have not tried a plant-based diet, why not give it a try for three to six months and see the results for yourself. You might want to encourage your entire family to take this journey with you to the oasis of a plant-based diet, which is the original

diet by design at creation. If you do, you are guaranteed to be healthier, feel better, be stronger, have more energy, lose weight, begin to look younger, and have better-looking skin. Most of all, you will begin the process of reversing any heart disease you may have.

Here are three important keys for a plant-based diet: 1.) Variety means that you must include many different foods from each level of the major food groups, because no single food can supply all of the nutrients that the body needs on a daily basis. The more colors and textures in your daily meals, the better range of nutrients you'll get. 2.) Balance means that you must eat the right amounts of foods from all levels of the food pyramid each day. This way you will get all the calories and nutrients you need for proper health and development. 3.) Moderation means that you are careful not to eat too much of any one type of food.

Let's walk this journey together in the faith of Jesus!

**Mil Dyer**, SWR Health Ministries director

## COWBOY CAMP MEETING

Sept. 30-Oct 2

Lone Star Camp

6829 FM 317

Athens TX 75752

Bikers are

welcome!!





# Southwest Region Conference Youth and Young Adult Campmeeting 2011

**ATHENS, TEX.** » “All things work together for good to them that love God, to them who are the called according to His purpose” (Rom. 8:28).

Traditions are hard to break. Coming to the beautiful Lone Star Campground in Athens, Tex., for the annual Southwest Region Conference Camp Meeting is a must for those who are constituents. There are even members who, at the beginning of the year, request time off from work so they can attend camp meeting. So imagine the dismay when they found out that this year's camp meeting was only one weekend! The news spread around the conference like a wildfire in west Texas.

Some decided they didn't want to come for just the one weekend. But they missed out. God blessed in so many ways. Carlos Ming, pastor of the Caffin Avenue International church in New Orleans, was chosen to speak to the youth and young adults. “People don't pelt stones at green mangoes,” a saying Pastor Ming shared with the

youth, meaning that when you are under attack by the enemy, it's because others can see Christ in you. If you weren't “ripe,” there would be no need for Satan to send his workers your way. We want to be ripe Christians. When the adversary is attacking, we must take comfort in knowing that God is on our side. Those who were there were truly blessed by the word God gave Him.

After the morning service, the annual Bible Bowl competition was under way. The turn-out was wonderful, with almost every seat in the gym filled with members from various federations cheering on their teams. The competition was all in good sport, but nobody wanted to lose. Pastors Eddie Polite from the City Temple church in Dallas, and Kenneth Edwards from the Mansfield church in Louisiana, took some time to give their Bible Bowl teams a little “pep talk” and encouragement. Everyone did their best, but in the end, the Ark-La-Tex Federation prevailed as conference

champions for the adult division; Capital Cities Federation succeeded as champions of the pre-junior, senior youth, and young adult divisions; and North Central Texas Federation were champions for the youth division. The crowd was so enthusiastic that there were three new teams formed after the competition and they are gearing up for next year's competition.

Although camp meeting was only held for one weekend this year, it was a blessing in more ways than one. It's a time of year to see old friends, make new ones, and to share your love of God with others. God showed that even with a small amount of time He could show you who He is. Sometimes plans change. Sometimes the things you have become accustomed to doing may be altered, but God never changes. He is ever-present, even if it's just for one weekend of camp meeting.

Cordera Fraiser



Youth and young adults who attended camp meeting this year were blessed by the preaching of Carlos Ming, pastor of the Caffin Avenue International church in New Orleans.

# Revived and Reformed

— Southwest Region Conference Camp Meeting 2011 —

**ATHENS, TEX. »** Camp meeting for only one weekend? Not in Southwest Region! However, from June 17-19, God worked a miracle at Lone Star Camp in Athens, Tex., the site of Southwest Region Conference Campmeeting. He packed ten days of Holy Spirit experience into three days. I don't how He did it, but He did!

The theme of this year's encampment was **Revive for His Work-Reform for His Coming!** Samuel L. Green, the new conference president, said, "we must be resolved, resolute, and ready to revive the urgency of His Good News!" Green and the administration planned a scaled-down version of camp meet-

ing to afford the members of Southwest Region the opportunity to come together and be revived to continue the work of evangelizing in their local communities.

At the adult pavilion, the worship was spiritual and uplifting. Each speaker thrilled those in attendance and those that joined by the Internet. Joe Grider, senior pastor of the Bellfort church in Houston, spoke on Friday night and set the place "ablaze." Sabbath morning the worship experience continued with Sabbath School facilitated by Elder Buford Griffith, Jr.

The Grace Temple Mass Choir from Fort Worth, Tex., presented the music, along with Undivided, an all-female group from Oklahoma City, Okla. The preached word was presented by Samuel Green, who presented a challenge to Southwest Region members to "get busy about God's work." He said, "It's when we begin to work together that we see the end in

sight." His message was entitled "Pass Me a Brick!"

This camp meeting the administration took time out to thank Billy E. Wright, former conference president, and his wife, Althea, for the many years of leadership they gave to the Southwest Region Conference. The Wrights were presented with gifts of appreciation and expressions of love from all present. Also, Olinda Ramsarran was honored with the Excellence in Teacher Award for 2011. Ramsarran teaches at Excel Adventist Academy in Missouri City, Tex.

James Cox, senior pastor of Faith Temple church in Dallas, Tex., lifted us higher on Sabbath evening, bringing our attention to the story of the man healed at the Pool of Bethesda. The pavilion was electrified with excitement and a feeling of "Yes, we can!" But it was not over yet!

On Sunday morning, Roger R. Wade, director for youth ministries and communications for Southwest Region Conference, closed out the weekend with a message entitled "Encounter With the Divine!" The campground was truly "holy ground" and the bush burned hot!





Everyone left the camp meeting revived for His work, reformed for His coming. Although many folks wanted to stay for the week, they realized that if they stayed at Lone Star they could not tell those that did not come the good news of the joy they had. The members of Southwest Region did not lose out on a blessing because of the shortened encampment, but gained an opportunity to experience the Holy Spirit.

**Roger R. Wade**

**Previous page, left:** Samuel Green, president of Southwest Region Conference, addresses the constituents on Sabbath morning.

**Previous page, right:** Mary Green and special guests are recognized during the morning worship service.

**This page, bottom:** A large audience enjoys the preaching and music at the 2011 Southwest Region Conference Camp Meeting.

▼ Musical group "Undivided" from Oklahoma City, Okla.

► Attendees of all ages enjoyed camp meeting at Lone Star Camp.

**Below, right:** Roger Wade, conference director for Youth, Communications, and Media, promoting the *Regional Voice* magazine.





## Furthering Christ's Healing Ministry



TEXAS CONFERENCE

Huguley Memorial Medical Center in Fort Worth was founded with the mission of "Furthering the Healing Ministry of Christ." A member of the Adventist Health System, Huguley is part of the largest not-for-profit Protestant healthcare provider in the nation, and is committed to physical, mental, and spiritual healing.

The medical center includes a 213-bed acute care hospital, two intensive care units, a progressive care unit, an open-heart surgery center, a behavioral health center, a doctor's surgery center, an emergency department, and more—all committed to whole-person healing.

Just one example of Huguley's commitment to healing is seen in its new weight-loss program, *Huguley H.E.A.L.* (Healthy Eating, Active Lifestyles), which is intended to combat obesity and promote healthy food choices and an active lifestyle.

Megan Holloway, RD, LD, outpatient

dietitian at Huguley, says a recent self-reported study by the Centers for Disease Control and Prevention (CDC) shows that between 2000 and 2009, the incidence of obesity among adults has increased dramatically, and no state in the union has reached the CDC's *Healthy People 2010* goal of an obese population of 15 percent or lower. The percentage of obese adults in New Mexico and Texas is now in the 25-29 percent range, while in Arkansas, Oklahoma, and Louisiana, it's at 30 percent or higher.

According to Holloway, "*Huguley H.E.A.L.* is not just about physical healing; it incorporates a balance of mental and spiritual healing, as well." Each participant is guided by a team that includes a registered dietitian and a personal trainer. The 12-week program offers personalized meal plans, sessions with a personal trainer, nutritional counseling sessions, a Huguley Fitness Center membership, and a nine-

month support and maintenance program.

According to the CDC, obesity is common, serious, and costly, and it is a factor contributing to several leading causes of death, including heart disease, stroke, diabetes, and some types of cancer. Approximately 72.5 million U.S. adults are obese, and on average, people who are obese have medical costs that are \$1,429 more than those of normal weight.

"Health is a lifelong journey that begins with a first step," says Holloway. "*Huguley H.E.A.L.* makes taking that first step easier by providing a plan and a support system."

The program is one of many at Huguley that uses a holistic approach to healing with the intention of "Furthering the Healing Ministry of Christ."

**Jessica Lozano**, marketing and media relations specialist at Huguley Memorial Medical Center in Fort Worth, Tex.

## Concert Highlights Local Adventist School

**HOUSTON/GULFHAVEN** » The Gulfhaven church hosted a concert recently to fundraise for the local Adventist school. Home and school leader Julieta Campos arranged, organized, and promoted the endeavor.

The featured artist for the program was Ysis España, a popular Christian singer from Alvarado, Tex. Ysis has been an inspiration to thousands, with Gulfhaven being one of the latest beneficiaries. Other musical guests included Brenda Blanco, Mil-

ton Rodriguez, The Shaddi Singers, The Celebration Singers, and Gulfhaven's own Daniel and Venus Velez. These talented musicians wonderfully performed before a capacity crowd of nearly 300 people.

It was a time to rejoice and a time to praise. But most of all, this was an opportunity to show support for Christian education. Many testimonies were shared, like that of Angel Campos, an eighth-grader who professed that attending Christian

school has brought him and his family closer to God.

The concert was a success, but not because of the generous donations made to the school. The concert was successful because of the hearts and minds that were transformed by God through the gift of music.

**Jean Hagen**



◀ Milton Rodriguez and Brenda Blanco were part of the big musical line-up at a concert held in support of Adventist education at the Gulfhaven church.



# Sign Language Ministry Blossoms at Hill Country School

**KERRVILLE** » Pat and Jim Swofford, leaders of the Kerrville church's music ministry, showcased the sign language talents of their students recently at Hill Country School's graduation. As Pat led, each student would use their hands and fingers to form prayers, Bible verses, and song lyrics.

When asked how she became interested in learning and teaching sign language, Pat said that it all began as a student nurse. "I had a deaf patient who was having her second baby and both of her children had normal hearing, even though both she and her husband were deaf. . . . Thus began my fascination with sign language," she recalls.

As the years passed, Pat did not pursue that interest to any extent. At first, she and Jim chose to focus on recorders and handbells, instead. However, the interest in signing was reignited after Pat read an

article about the deaf community. At that point, Pat discussed the possibility of sign language as a part of their music ministry for the school. Jim agreed and they both took a basic course in signing exact English, while Pat also studied how to sign worship music. Initially, they learned only the fundamentals, from the alphabet to how to spell with your fingers. Then it started to blossom into songs, more complex spelling, Bible verses, and vocabulary.

"I ultimately took part of a semester of ASL (American Sign Language) at the University of Texas at San Antonio," said Pat. "I must admit that, at the time, the concept of total immersion for ASL was overwhelming for me."

However, the mission of reaching out to others through sign language continued to flourish. Pat and Jim have embraced ASL

and are dedicated to learning more themselves and teaching more to children.

Pat's focal point has always been the students and added, "It is my prayer to keep growing and learning in order to help kids communicate more effectively in this arena, as well as help facilitate this form of language to be part of their praise to God."

Betty Blair

▼ Caleb Jackson, Ethan Nichols, Mia Ocoa, and Janet Woods worship God through sign language.

**Inset:** Pat Swofford, sign language ministry director and co-director of the Kerrville church's music ministry.



# TxDot Employees Build Spiritual Highways

**DATeline (WAITING FOR INFO) »** For some Texas Department of Transportation (TxDOT) employees, building and maintaining roads and highways isn't the agency's only mission, but also an awakening from our Lord to build up spiritual highways—preaching the gospel and reaching out to lost souls. Isaiah 62:10 says, “Go through, go through the gates; prepare ye the way of the people; cast up, cast up the highway; gather out the stones; lift up a standard for the people.”

Meeting over lunch every Wednesday, believers from different denominations join as one spiritual group. During this time, the class studies biblical scripture and prays for the Holy Spirit to guide them through the Word of God.

We were blessed to eventually have Lindaura DaSilva bring Evgeni Kovachev, pastor, and his wife, Vanya, to our Bible study in order to help explain the meaning of the Book of Revelation. After hearing the inspirational story of the couple's path to Christianity, we knew that the true purpose behind Revelation was about to be revealed.

“The class continues to meet on Wednes-



TxDOT employees gather to discuss the importance of the Book of Revelation and the impact it has in the present.

days and as we study the Bible with such intelligent, fun, and passionate people, we continue to pray for showers of the Latter Rain, as declared by James 5:7,” said Pastor Kovachev.

The pastor's teaching has also begun to bear other fruit from the TxDOT class as Eloisa Torres has enjoyed visiting Pastor

Kovachev's church and even brought her family with her, as well. In affirming his passion for the group, Dorn Smith said, “There are few times in life when you have a life-changing awakening, and Pastor Kovachev's Revelation Bible study is one of those times!”

**Dorn Smith**

# Gulfhaven hosts first S.E. Texas SDA Spelling Bee

**HOUSTON/GULFHAVEN »** The first S.E. Texas SDA Spelling Bee was held at the Gulfhaven church recently. Three schools were represented: Gulfhaven Adventist Christian School (GACS), Katy Adventist Christian School (KACS), and Triangle Adventist Christian School (TACS). A total of 36 students participated in the spelling bee. There were five different categories, with each category having a first-, second-, and third-place winner. The results were as follows:

**Kindergarten:**

- First Place:** Jasmin Sanchez (GACS)
- Second Place:** Henry Valderrama (GACS)
- Third Place:** Chinyelu Anagbogu (GACS)

**First and Second Grades:**

- First Place:** David Kenaston (TACS)
- Second Place:** Julian Okello (KACS)

**Third Place:** Monde Msibi (KACS)

**Third and Fourth Grades:**

- First Place:** Javier Campech-Flores (TACS)
- Second Place:** Jessica Okello (KACS)
- Third Place:** Hans Kenaston (TACS)

**Fifth and Sixth Grades:**

- First Place:** Karen Campech-Flores (TACS)
- Second Place:** Stephanie Marcial (GACS)
- Third Place:** Markayria Pringle (GACS)

**Seventh and Eighth Grades:**

- First Place:** Kayla Turner (TACS)
- Second Place:** Andy Mosqueda (GACS)
- Third Place:** Angel Campos (GACS)

The judges for this contest were the principals from each school—Nidia Moller from Gulfhaven, Eulalia Kenaston from Triangle, and Sharon Nguyen from Katy. Each winner received a certificate and a ribbon. All the students studied hard for this spelling bee contest and must be commended for their participation.

**Jean Hagen**

Students wait in anticipation to show off their spelling skills during the first spelling bee held for Adventist students in Southeast Texas.





# Adventist Community Service Disaster Response Update

**KEENE, TEX. »** Adventist Community Services Disaster Response (ACS-DR) is known nationally for its expertise in donations management. We have trained our volunteers to know how to collect, sort, store, inventory, ship, and distribute items that are donated by individuals, organizations, and corporations. The North American Division is currently assisting disaster victims in the following ways:

**Atlantic Union:** In Springfield, Mass., we are distributing emergency supplies (personal care kits, bottled water) and feeding hot meals as a result of the recent tornadoes there.

**Columbia Union:** In Bristol, Va., we are operating a county multi-agency warehouse (where all active distribution centers are able to obtain goods to distribute) as a result of the tornado outbreak in late April. In Mansfield, Ohio, we are operating a collection/distribution center in response to

flooding.

**Southern Union:** In Alabama we are operating four warehouses, one for FEMA, the others for counties and cities, in response to the tornado outbreak in April. There are two in Tuscaloosa, one in Birmingham, and one in Huntsville. In Tennessee we are operating a multi-county warehouse in Cleveland. In Georgia we have a collection/distribution center in Griffin. These are all connected with the tornado damage from April.

**Lake Union:** In Southern Illinois (18 southernmost counties) we are operating a call center, taking calls from flood survivors who still have needs and we are trying to match the needs with available services and goods.

**Mid-America Union:** In Joplin, Mo., we are operating a FEMA multi-agency warehouse in response to the devastating tornado, and providing goods for 40 distribu-

tion sites. In Pierre, S.Dak., we are opening a FEMA multi-agency warehouse because of the flooding situation there.

**Southwestern Union:** In Oklahoma we are distributing work gloves, bottled water, and snacks in response to recent tornadoes. In Clarksville, Ark., we are operating a county warehouse in response to a tornado.

**North Pacific Union:** In Alaska, ACS-DR is working in recently flooded Kewaskum and Crooked Creek.

For more information regarding disaster response training, contact Sherry Watts at 817.641.7679.

Sherry Watts

Volunteers gather in Joplin, Mo., to discuss the latest distribution strategy.



## God's Way Leads to Abundant Life



TEXICO CONFERENCE

When my wife and I became Seventh-day Adventists we noticed that people in their 40s, 50s and 60s seemed to look so much younger than people who were not a part of our faith. It seemed as if they were living the abundant life. Could that be true? Recent statistical studies have shown that the average Adventist lives 10 years longer than other Americans. What we observed years ago has been proven by scientific studies. Why, you ask? The key is a Sabbath rest and a biblical diet.

The Bible holds the keys to health. What is best to drink and eat is clearly outlined. It tells us what foods are best for us and what foods to avoid. The original diet was plant-based and those who adhere to a plant-based diet live longer statistically than those who eat even the clean foods that are mentioned in the Bible.

Most of us can do better with our health habits. We all need exercise, plenty of water, rest (Sabbath), an environment that

promotes spiritual growth, and healthy, wholesome food. Granted, all of us have a genetic code that predetermines many of our health propensities. There is nothing we can do about that. It is simply passed on to us by our parents, but we can make the most of what we have been given.

Great health emphasizes a wholistic approach to life. Everything we do affects everything else. Our lives must be in harmony with biblical principles. I believe it begins with faith in Jesus and worshiping and resting on the Sabbath day. Even our attitudes can have an effect on our health. My wife's favorite verse is "A merry heart doeth good like a medicine" (Prov. 17:22). Determining to be happy can radically affect our health for the good and vice versa.

I have seen the good effects of biblical rest and diet in my own life. Praise God for this great message! Ellen White felt the same way when she wrote, "The principles of healthful living mean a great deal to us individually and as a people. When the

message of health reform first came to me, I was weak and feeble, subject to frequent fainting spells. I was pleading with God for help, and He opened before me the great subject of health reform. He instructed me that those who are keeping His commandments must be brought into sacred relation to Himself, and that by temperance in eating and drinking they must keep mind and body in the most favorable condition for service. This light has been a great blessing to me. I took my stand as a health reformer, knowing that the Lord would strengthen me. I have better health today, notwithstanding my age, than I had in my younger days" (*Testimonies*, vol. 9, p. 158).

Let's bring our lives into conformity with the biblical principles of health. We will be better for it and we can influence a sick and dying world to join us for abundant life now *and* eternal life with Jesus when He comes.

**Jim Stevens**, president

## Evangelistic Meetings Make an Impact in Albuquerque

**ALBUQUERQUE, N.MEX.** » The Albuquerque Heights church invited evangelist Richard Halversen to conduct an evangelistic series in May and June of this year. The entire series was conducted at the newly-remodeled church, with approximately 200 people attending on opening night. The stirring messages from God's Word were preached with power, bringing people back again and again and the guests responded positively to the warmth of the evangelist and his wife. The meetings were held for only one hour each evening, in-

cluding opening and closing songs. New people showed up for the crusade, even during the last week of the presentations. Childcare classes kept Heights church volunteers busy each night. A woman who had previously attended two vegetarian cooking classes at the Heights church was baptized, along with over 23 others, and nine people joined by profession of faith. New members are attending a prophecy seminar class, conducted by the pastor, David Merling, on Tuesday nights and Sabbath mornings. Please join us in prayer as

we continue to minister to these wonderful additions to God's family.

**David Merling**

**Below, left:** Twenty-four people joined the Albuquerque Heights church through baptism and nine through profession of faith, following an evangelistic series by evangelist Richard Halversen.

▼ Evangelist Richard Halversen, left, and David Merling, pastor, on the right, baptize one of the 24 people who joined the church through baptism in June.







**2011 Texico Conference**  
**Women's & Young Women's Retreat**  
*"Reformation and Revival"*  
**September 16-18, 2011**  
**Sheraton Uptown Hotel, Albuquerque, NM**



**Keynote Speaker: Pastor Elizabeth Talbot, Voice of Prophecy**  
**(English and Spanish \*Separate Sessions)**



**Spanish Workshop Speaker: Doctora Marbel Luz Escobedo**

**English Workshop Speaker: Geri Morrison, RN**

**Teen Speaker: Diana Jaworski, Creativity in a Box**

**Musical Artist**

**English, Ray Sample and Spanish, Ysis Espana**  
**(Pillars of Our Faith Concert Saturday Night!)**



**Registration, Hotel and Complete Retreat Information at: [www.Plusline.org](http://www.Plusline.org)**

**NO ON-SITE REGISTRATION**



**Women's Ministry**  
**Is all about**  
*Modeling Jesus Christ*  
**This is your Training**  
**Ground..... COME!**



# The Taos Church is Growing!

**TAOS, N.MEX. »** On June 11 two people were baptized, two joined by profession of faith, and two people recommitted their lives to Jesus at the Taos church. Now that the meetings are over, we are conducting a follow-up Bible-marking program in Taos four times a week, and people are still responding.

One of the people who joined the church attended evangelist Mike Sady's seminar a few years ago. He studied prophecy for eight years and then persuad-

ed his brother to accept the truth. Some came for the first time to the meetings and

found the Sabbath truth to be amazing. Others were impressed about Jesus and His salvation as a free gift. Please pray for us, as there are many interests, but the people need more knowledge before making a decision to join the church. We have felt the Spirit of God moving in Taos and a great revival is happening there. Praise the Lord!

**Jorge Poveda**



Two people were baptized, two joined by profession of faith, and two people recommitted their lives to Jesus in Taos, N.Mex., on June 11.

## Two Baptisms in Plainview

TEXICO CONFERENCE

**PLAINVIEW, TEX.** » On Sabbath, June 11, Shirley Gibson and Samuel Rodriguez stepped in the baptismal pool with Earl Robertson, the church's pastor.

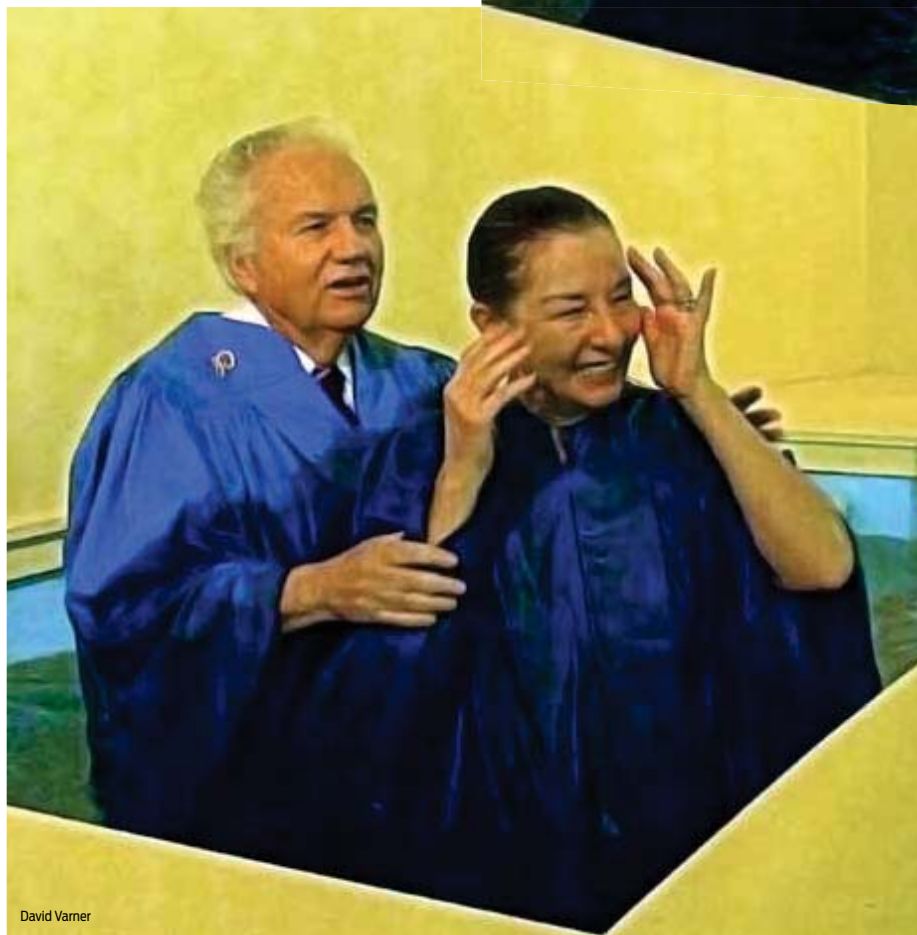
Shirley Gibson has attended several seminars with two different pastors—one with Cline Johnson and most recently with Sven Frantzen. Shirley knew immediately that the message she heard is truth and that she wanted to become a part of the church family. As with many people who hear this wonderful message, the Sabbath presented a challenge. Although Shirley's manager was not willing to allow her to attend church on Saturday, Shirley would attend church when she was not scheduled to work on that day. The more she attended church, the closer she drew to the Lord, and in time, through much prayer and persistence, she was able to have Saturdays off permanently! A close friend since junior high, Judy Fugett drove 85 miles to witness

Shirley's baptism. Now Shirley's husband has shared his desire to know the truth

and is presently taking Bible studies with Pastor Robertson.



David Varner



David Varner

Shirley Gibson (left) and Samuel Rodriguez (above) were baptized at the Plainview, Tex., church on June 11.

Samuel Rodriguez joined our church in May, 2006 when Hector Quinones held a prophecy seminar. Samuel attended every meeting with his wife, Maria! At first Samuel had no desire or interest in going, but Maria did. On opening night as Maria prepared to leave, Samuel changed his mind and went with her. From day one to the last night of the meetings, they fell in love with the message. Samuel came in by profession of faith, while Maria was baptized. Both he and Maria are faithful to the Lord in every way. For several years Samuel felt that he should have been baptized, even though it wasn't necessary. Knowing that Christ was baptized, he felt that he should have done the same.

Patricia Varner



# Church Property Dedicated

**SANTA FE, N.MEX. »** May 28 was a special day as members and friends gathered in the sanctuary on Sabbath morning at the Santa Fe Southwest church. There was excitement in the air, as this was the day that the dedication ceremony for the church's building site would take place.

Attending the event were some original members and friends, including Don and Sheri Yohe, who were on their way back home to Alabama in their fifth-wheel. They had just completed a journey with evangelist (and friend) Leo Schreven on his 100 Day Walk Across America. Later in the day, Sheri Yohe surprised members by reading a letter that Leo Schreven wrote to the Santa Fe Southwest church. Many members that were present were baptized through Leo's efforts several years back.

The worship service was led by Sean Robinson, a pastor from the Texico Conference, who inspired the members with his message. A delightful vegetarian fellowship meal followed the morning worship.

Later that evening at the dedication ceremony in Rancho Viejo, attendees drove in and parked on the spacious five acres of

land, worth approximately five hundred thousand (\$500,000), that was donated by the Rancho Viejo Developers to the Southwest Seventh-day Adventist Church for building a church and school. Lee-Roy Chacon, of the Texico Conference, officiated during the dedication. He reminded the patient saints, who embraced one another, of their 11 years together—seven of those spent waiting for this moment—that the dedication of the church building will soon follow in a matter of months. Michael Maestas brought his favorite stringed instrument and, together, a beautiful song of praise was lifted up to the Lord.

Pastor Daniel Villalva closed with a message of gratitude to God, thanking everyone for their involvement.

Special mention was made of head elder Michael Maestas for his unwavering commitment, perseverance, and management of ongoing paperwork that secured the land and opened the way for the church to be built.

Reminiscing with Robert and Dorothy Bernal, church elder Edna Maestas said (regarding the acquisition of the land), "All I did was ask." This simple request opened the door for God to answer the prayers of His people.



Members of the Santa Fe Southwest church gathered in Rancho Viejo on May 28 to dedicate the property on which their new church and school will be built.



# God Led Me on Another Path

**Intent on being a top filmmaker, Devin Grady asked God to open His eyes to His will. And God did just that.**

“Southwestern has shown me how much God can change my life.” For sophomore Devin Grady, change means letting God put you on the path He has planned for you.

Devin had to travel a lot growing up, while his father worked as the *On the Road* film director for 3ABN. “We got tired of just sitting around, so we bought a fifth wheel and traveled around with my father for about two years, going to 48 states in 18 months.” Following that, the Gradys moved to Santa Cruz, Bolivia, for two years as volunteer missionaries. Today their home is Keene, Tex., where Devin’s mom works at Southwestern Adventist University, and his dad is the studio director for Seminars Unlimited.

Originally intending to go to another Christian college for their film program, Devin decided in his high school junior year that he wanted to go to Southwestern. Soon, according to Devin, he began to realize that film might not be all that he was supposed to be involved in.

“Later, in my junior year, I discovered God had given me a talent for preaching,” he says. “The communication program at Southwestern is small, but sometimes bigger isn’t better. And the religion department here is fantastic.” In addition, Devin was attracted by Southwestern’s reputation for a strong, pervasive spiritual atmosphere.

Finally, Devin can’t say enough about Southwestern’s social life and Southwestern’s reputation for being a friendly campus. “Jumping into college for me was a breeze,” he says. “The school may be small, but I love the teacher/student ratio. It’s so personal. I can sit down with any teacher on campus and just talk about school, life, and they listen and they know who you are. Having an opportunity like that makes education so much more applicable, because you can learn not just in the classroom, but just by chatting with the teachers, as well.”

Devin points to Chaplain Islem Matthey as a great inspiration for him. “She teaches me so much about getting the most out of

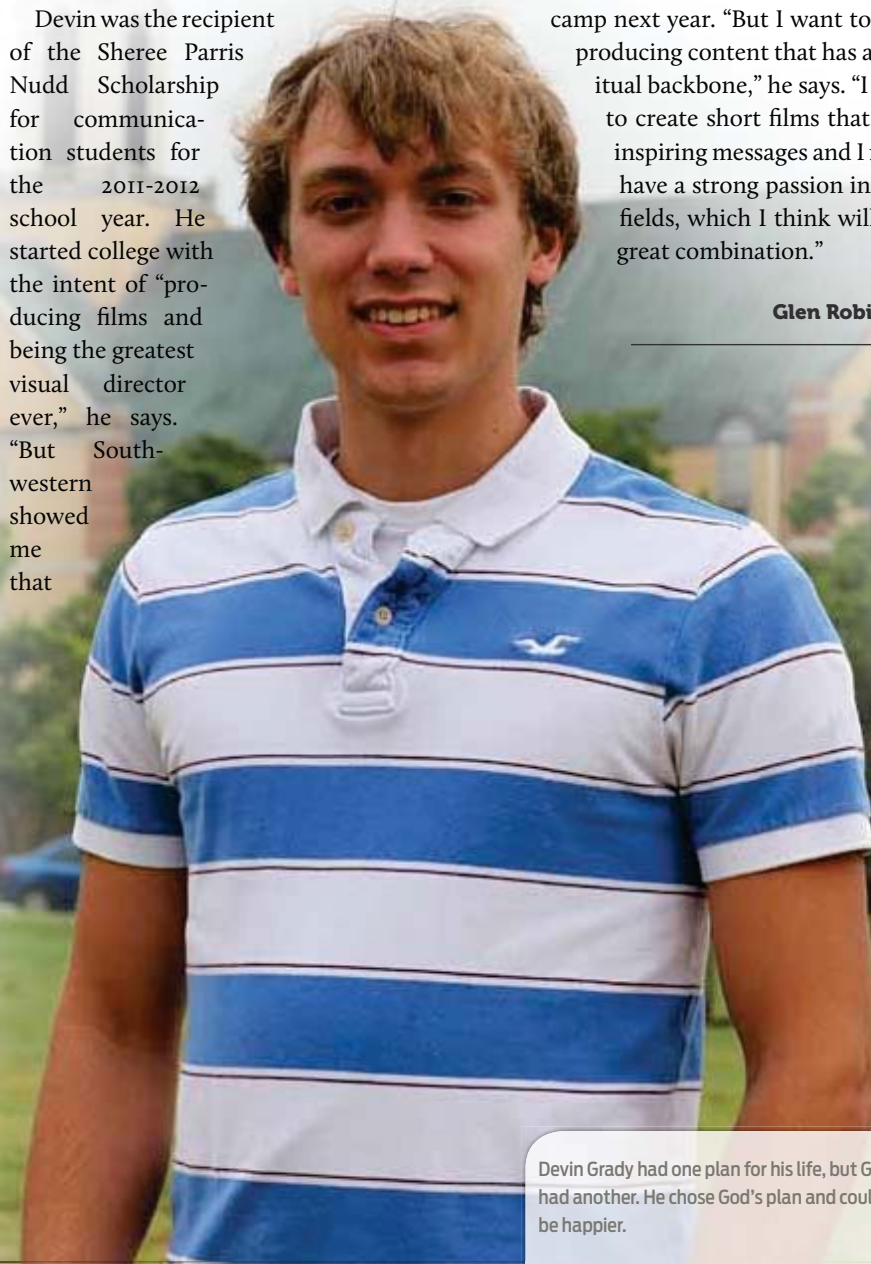
a worship experience and just about enjoying life in general.” Other mentors include Dr. Bob Mendenhall, chair of the communication department, who Devin says taught him much about the theoretical side of communication, while film instructor Stew Harty taught him the practical side. In addition, he points out math professor Paulos Berhane as instrumental in helping him learn a topic he has felt he was always “horrible” at. “When it comes down to learning and getting an education well worth the money, he’s it.”

Devin was the recipient of the Sheree Parris Nudd Scholarship for communication students for the 2011-2012 school year. He started college with the intent of “producing films and being the greatest visual director ever,” he says. “But Southwestern showed me that

that’s not all that was in store for me. I was running away from becoming a pastor. I told God that it wasn’t for me and that I already had my life set. But He opened my eyes and said, ‘Here, this is what you were meant to do.’ I told God that if He wanted me to be a pastor, He had better slap that opportunity across my face. And He did.”

Now a sophomore radio-TV-film major with a religion minor, Devin says he plans on helping to communicate the gospel to the world. He has already received an offer to serve as youth pastor at summer camp next year. “But I want to keep producing content that has a spiritual backbone,” he says. “I want to create short films that have inspiring messages and I really have a strong passion in both fields, which I think will be a great combination.”

**Glen Robinson**



Devin Grady had one plan for his life, but God had another. He chose God's plan and couldn't be happier.





## A Holy Calling

### Southwestern Union Men's Summit

There was a reverential awe as over 500 men entered the gymnasium of Southwestern Adventist University, which had been modeled to resemble the earthly sanctuary. Each man entered and came to a golden laver where they dipped their hands in water and dried them with the assistance of men dressed as priests. The washing of the hands was symbolic of cleansing, as each man entered the sanctuary to take part in the Men's Summit the weekend of June 24-26 in Keene, Tex.

Upon entering the sanctuary the men observed the Table of Shewbread, the Seven Golden Candlesticks, and the Altar of Burnt Incense. With soft music playing and the flickering light of simulated candlelight, men were immediately impressed that this weekend was going to be different than anything they had ever experienced.

The theme of the Men's Summit was "A Holy Calling." The focus of the weekend, via the drama of the sanctuary setting, the prayers and messages from speakers Mark Finley of the General Conference, United

States Senate Chaplain Barry Black, and Frank Gonzalez of La Voz de la Esperanza, was men realizing the call God has extended to each male, young and old, to be spiritual ambassadors for Christ.

On Friday evening, men of two language groups, English and Spanish, secured a symbolic lamb and offered that "lamb" on the open fire that took place in the ballpark across the lake on the campus. Over 500 men silently proceeded across Old Betsy Road, with the assistance of the Keene Police Department, to offer themselves in surrender to the Lord Jesus Christ.

On Sabbath morning, Mark Finley continued his theme of prayer in the Mabee Center for the English-speaking men, while Frank Gonzalez ministered to the Spanish-speaking men in the sanctuary (gymnasium), challenging each man from the Word of God to allow Jesus to be their anchor and to be guided by the Holy Spirit.

At the divine worship service, both language groups gathered in the sanctuary as the high priest (Chaplain Barry Black, with translator Elder Eduardo Canales) led the procession of four priests carrying the Ark of the Covenant to begin the divine worship service. Chaplain Black challenged each man to take back what the devil has taken and to be the spiritual lead-

ers God has called them to be. Music by the A'Men Quartet (English) and The Gathering (Spanish) set the mood for a memorable experience with the Lord all weekend long.

Later that afternoon, each man, having been assigned to one of the twelve tribes of Israel, followed their tribal heads to a designated place on the campus for a Communion service, which was followed by a baptismal service held at the rotunda in the middle of the campus.

The weekend concluded with a final message from Chaplain Barry Black, who anointed every male, young and old.

The comments of Rodney Stowell of the Joshua church in Joshua, Tex., serve as a fitting summation to a wonderful weekend for the men of the Southwestern Union: "The weekend was unforgettable, an awesome experience! It was a very well-organized, awe-inspiring spiritual event. The layout of the sanctuary and the furniture, the entry of the Ark of the Covenant, the messages, sacrificing of the symbolic lamb at the altar, the breakout sessions, for both adult and youth, the washing of the feet and Communion, witnessing the baptisms...and I could go on! The Holy Spirit was present and moving! Praise the Lord!"

Special thanks to Sergio Rodriguez, a pastor from the Texas Conference, in whom the Lord has instilled a great passion and creativeness to bring men closer to the Lord Jesus Christ. The Southwestern Union Men's Ministries Department considered it an honor and privilege to partner with Pastor Rodriguez and all who assisted in making "A Holy Calling" a deeply spiritual weekend for the men of the Southwestern Union. We look forward to the next men's summit with great anticipation.

**Buford Griffith, Jr.**, vice president for ministries



A priest stands beside the Ark of the Covenant at the Southwestern Union Men's Summit in Keene, Tex.

Art Humphrey

## Society of Adventist Communicators

### You're Invited!

Has anyone ever invited you to join the Society of Adventist Communicators (SAC)? If not, consider this your official invitation! Maybe the question on your mind right now is, "Exactly what is SAC?" Unlike other organizations in the world whose names bear the title "society," SAC is not some elite or exclusive group. On the contrary, SAC is comprised of a variety of committed Adventists who have a passion to share our message through their unique areas of media ministry—whether through the printed page, photography, television, radio, the Internet, social media, music, art, or a host of other creative outlets. In short, if you are involved in—or want to be involved in—communicating to others the message of the Adventist Church, then you should be a part of SAC.

So what is SAC all about? It's about connecting with other communication professionals and growing from one another's knowledge, expertise, and passion for ministry. It's about being enriched

and energized by attending SAC's annual convention and returning home ready to put your newly-acquired knowledge into action. It's about networking and making new friends—people who will become a source of spiritual and professional support for years to come. If you're a communication professional, it's about using your talents and acquired knowledge to mentor a young person. And if you're a novice, it's an opportunity to connect with a specialist in your field whose wise mentoring can help you to grow professionally.

SAC is comprised of people from all facets of the communication field, including television producers, writers, editors, graphic designers, Web designers, photographers, social media experts, public relations specialists—and the list goes on. Membership is open to students and working professionals who are employed by the church or the secular media, and those who are self-employed.

There's a lot more I could say about SAC.

### SAC Membership Has Its Perks!

- Mentor/Mentee Program
- Communication Certification Program
- SAC Awards of Excellence
- Job Postings
- Annual Convention
- Networking Opportunities
- Professional Growth

But the only way to really know what SAC is all about is to join, attend an annual convention, and see for yourself what a great organization it is. For membership information, please visit [www.adventistcommunicator.org](http://www.adventistcommunicator.org) and click on the Members Only link. I hope to see you (and your colleagues!) at our next convention in Chicago in October 2011!

**Pat Humphrey** is associate director of communication for the Southwestern Union and vice president for recruitment for the Society of Adventist Communicators.



People who attend the annual convention of the Society of Adventist Communicators are a diverse group. If you're not pictured here, maybe you should be! The upcoming convention will be held in Chicago, Ill., October 20-22, 2011. For more information, visit [adventistcommunicator.org](http://adventistcommunicator.org).



# Adventists InStep for Life

Division-wide health initiative launched

What do a hospital-sponsored 5K run/walk, a school-sponsored community vegetable garden, and a church-sponsored summer feeding program have in common? They are all ways in which Seventh-day Adventist institutions and members are working together to promote a healthy lifestyle and fight childhood obesity.

Today, doctors are seeing diseases such as diabetes, hypertension, kidney disease, and heart disease—which once affected only older adults—striking children as young as six. The cause? Childhood obesity, which in 2008 reached an all-time high of 17 percent among children ages two through 19, according to the Centers for Disease Control and Prevention. In fact, the concern is that this may be the first generation in

history that grows up less healthy than their parents. The potential impact on our nation's economic health and security is significant.

But the good news is that there is a lot that we can do to prevent these diseases. “This is our time! As a church we have long talked about the importance of not just healthy minds and hearts but also healthy bodies. Our culture is coming to grips with its health crisis and we have a message for the times,” reports Dan Jackson, president of the North American Division.

The Seventh-day Adventist Church joined some 50 other faith and community organizations in support of a national initiative of United States first lady Michelle Obama to fight the epidemic of childhood

obesity. Adventists InStep for Life is a North American Division initiative sponsored by Adventist Community Services, Children's Ministries, Education, Health Ministries, and the Youth Department in order to mobilize every member and institution to get in step for life and make a significant impact on childhood obesity. “It is a wonderful means for advancing our emphasis on health among kids and their families,” affirms Jackson.

Church members will be encouraged to:

1. Increase physical activity by collectively accumulating 1 million miles through walking and other activities and encouraging 60 percent of Adventist students to achieve the NAD and President's Active Lifestyle Awards.
2. Focus on nutrition and increase fruit and vegetable servings by launching 100 summer feeding programs (VBS, camps, community service activities, etc.) so kids have access to healthy meals when school is out, and starting 100 community vegetable gardens at schools and churches to invite people who don't have their own space to grow food.
3. Engage kids, youth, parents, schools, and the community in working together to fight obesity.

More than ever the time has come for God's message of healing and restoration to be heard. Adventists InStep for Life is a wonderful opportunity to make a positive impact for Christ in our communities.

Health ministry leaders across the division have worked together to develop ideas, resources, and a toolkit for implementing the initiative, which launched April 1. The North American Division has also set aside Sunday, September 25 as *Let's Move Day*. Churches, schools, and health-care institutions are encouraged to host 5K run/walks or other active events on that day to provide opportunities for physical activity and promoting a healthier lifestyle. “I see this as a program that all 1.1 million Adventists in the North American Division can take part in and encourage their community to embrace,” asserts Jackson.

By **Katia Reinert**, NAD Health Ministries Director



## Classified Ads

### REAL ESTATE/HOUSING

**Summit Ridge Retirement Center**, 15 miles east of Oklahoma City, needs you. A new retirement home can be built for you, or there are several existing homes, duplexes, apartments, and mobile homes available. A church is on campus and new friends await you. Call Bill, 405.454.6538, for a free tour.

**Near new Lake Whitney Ranch:** Beautiful 1-acre wooded home sites available. 10-minute drive from new Lake Whitney Ranch; 1/2 mile from Uncle Gus' Marina. Paved roads. Water available. Restricted lots. From \$9,000. Call 254.622.2902.

### EMPLOYMENT

**Andrews University** is seeking an Assistant Chief Flight Instructor to teach aviation courses and assist the Chief Flight Instructor in flight training and program development. Bachelor's degree required, Master's preferred. For more information and to apply, please visit: [http://www.andrews.edu/hr/emp\\_jobs\\_faculty.cgi](http://www.andrews.edu/hr/emp_jobs_faculty.cgi).

### MISCELLANEOUS

**Authors Wanted.** If you've written your life story, want to tell others of God's love, or desire to share your spiritual ideas and want it published, call TEACHServices.com at 518.353.6992 for a FREE manuscript review.

TRAVELING WHERE MISSIONARIES CANNOT GO

# Reach your neighbors in their language

Select a language from the list below. The list is sorted by region for your convenience.

To share programs with your neighbor, download and print an invitation in their language, then hand it to them with a smile.

[www.awr.org/invite](http://www.awr.org/invite)

**ADVENTIST WORLD RADIO®**  
 12501 OLD COLUMBIA PIKE - SILVER SPRING, MD 20904  
 800-337-4297 @awrweb facebook.com/awrweb

# LET'S MOVE! DAY

## Sunday, September 25, 2011

HELP US REACH OUR 1 MILLION MILE GOAL IN ONE DAY!

Register at [www.AdventistsInStepForLife.org](http://www.AdventistsInStepForLife.org)

Whether you host a 5K run/walk, join a community event, or organize other activities, consider how your team can involve as many people as possible in physical activity. Invite your community to join your church, school, or hospital as we move together and promote a healthier lifestyle.

Find resources and information at [www.AdventistsInStepForLife.org](http://www.AdventistsInStepForLife.org)



Let's Move Day is an event of Adventists InStep for Life. It is sponsored by the North American Division Health Ministries Department in partnership with Adventist Community Services, Children's Ministries, Education, and Youth Ministries.



All your favorite  
Adventist Channels  
with one system!



No Monthly Fees  
No Subscriptions!  
70 Channels



Buy Now  
& Save  
over \$50!

# Limited Time Offer

Purchase any DVR System by Sept. 1st & receive \$25 OFF  
PLUS get a FREE \$35 Hard Drive!

One Room Standard System only \$199	Two Room Standard System only \$299
---	---



Now record your favorite shows with a  
**ONE ROOM DVR SYSTEM**

Now only  
**\$264 US** +shipping  
Simply use  
promo code: **decoded**

Ask about our  
multiple room systems!

Don't Miss The Prophecies Decoded  
Sept. 30 - Oct. 29

Watch this NET Series  
LIVE Only on

Glorystar  
Channel 124

Regular Price is \$289. Offer expires 9-1-11. Not available with any other promotions or discounts.

**Call Today:** toll free: 866-552-6882  
local: 916-218-7806 [www.adventistsat.com](http://www.adventistsat.com)

## Jefferson Christian Academy

3060 FM 728  
Jefferson, TX 75657



Come join the fun!

**We've Left the Light On For You!**



Academic or Social  
Your life will never be the same!  
Affordable Christian Education

903-665-3973 [www.jeffersonchristianacademy.org](http://www.jeffersonchristianacademy.org)

**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 believes uncompromised. Contact Marcy Dante' at 800.766.1902, for a free estimate. Visit us at [www.apexmoving.com/adventist/](http://www.apexmoving.com/adventist/).

**Planning an Evangelistic Series or Health Seminar?** Have questions? Need affordable, professionally-prepared handbills, brochures, signs, banners, and mailing services? Call free, 800.274.0016 and ask for HOPE Customer Service or visit [www.hopesource.com](http://www.hopesource.com). You deserve the best with confidence and peace of mind. Your friends at Hamblin's HOPE deliver on-time.

**RVs!!** Adventist owned and operated RV dealership has been helping SDAs for over 35 years. Huge inventory of new and used trailers and motorhomes. Jayco, Newmar, and Hurricane. Courtesy airport pickup and on-site hookups. Call toll-free 888.933.9300. Lee's RV Superstore, Oklahoma City. Visit [www.leesrv.com](http://www.leesrv.com) or e-mail Lee Litchfield at [Lee@leesrv.com](mailto:Lee@leesrv.com).

**Lay Institute for Global Health Training (L.I.G.H.T.)** is holding a three-week training program at Wellness Secrets Lifestyle Center in Decatur, AR, Aug. 21-Sept. 11. The training program is designed to teach the fundamentals of health evangelism. Accompanied with daily spiritual classes, students receive instruction in the principles of healthful living, common diseases,

# FLETCHER PARK INN

**CONVENIENT and AFFORDABLE**

On our campus you will enjoy easy access to our aquatic and fitness center, health food store, academy activities, and the Fletcher Church. Also adjoining is an Adventist hospital and pharmacy and a skilled nursing facility to help meet your health care needs. Gracious southern retirement living in 1 or 2 bedroom apartments starting at \$40,000 and up to 2,300 sq. ft. villas from \$125,000.

**Call (828) 684-2882**

Ask about our 90% Return of Capital program.

*Meeting your needs and Enriching your life.*

150 Tulip Trail Hendersonville, NC 28792 [www.fletcherparkinn.com](http://www.fletcherparkinn.com)

**FLETCHER PARK INN**

of Western North Carolina

natural remedies, and community health evangelism. For more information, go to [www.lightingtheworld.org](http://www.lightingtheworld.org), [wellnesssecrets4u.com](http://wellnesssecrets4u.com) or call 479.752.8555.

**Immune Ammunition & Other Vegetarian/Vegan Nutritional Supplements.**

Immune Ammunition is a unique blend of five herbs to help fight virus, bacteria, fungus, infection, and inflammation. Vegetarian/vegan Vitamin D, multiple vitamins, and more. Buy now. Credit cards accepted. 423.238.7467, Bon Herbals, P.O. Box 1038, Collegedale, TN 37315, e-mail: [bonnie@bonherbals.com](mailto:bonnie@bonherbals.com), Web site: [www.bonherbals.com](http://www.bonherbals.com).

**Wellness Secrets:** Do you or someone you know suffer with diabetes, high blood pressure, high cholesterol, arthritis, cancer, obesity, de-

pression, stress, or smoking? Wellness Secrets Lifestyle Center can help! Affordable five-day live-in health program in beautiful NW Arkansas. For further information, visit our Web site at [wellnesssecrets4u.com](http://wellnesssecrets4u.com) or call 479.752.8555.

**Have you driven a Ford lately?** Cleburne Ford has extended special "fleet pricing" to all Adventist church members. A \$3,000 government voucher available to some—will trade. For a "no hassle" simple and easy purchase program, please contact Lyndon DeWitt at 817.202.8091. I can help you!!

**AdventistSingles.org free 14-day trial!** Join thousands of Adventist singles online. Free chat, search, profiles, match notifications! Adventist owners since

## Society of Adventist Communicators



**Integrated Communication  
The Hub of Excellence**

*Register Today!*

**OCTOBER 20-22, 2011  
CHICAGO, ILLINOIS  
[adventistcommunicator.org](http://adventistcommunicator.org)**

**KEYNOTE SPEAKER:**  
David Neff, *Christianity Today* editor-in-chief



Many Strengths. One Mission.



DIVINE  
POWER.



HUMAN  
INTELLECT.



EOE/AAE

Loma Linda University Adventist Health Sciences Center is one of the best health systems in the nation. Explore our careers.

- LLUAHSC Vice President/Hospital Administrator – East Campus Hospital
- LLUAHSC Vice President/Chief Nursing Officer
- Assistant Professor – School of Religion, Job #46082
- NP – Adult Neurosurgery
- CNS – Peds Acute
- Compliance Program Manager –Murrieta
- Revenue Cycle System Administrator
- Biomed Equipment Tech 2 & 3

If you are an individual who understands and embraces the mission and purpose of Loma Linda University and its entities as premier Seventh-day Adventist Christian institutions, please visit [careers.llu.edu](http://careers.llu.edu) or call 1-800-722-2770.



LOMA LINDA UNIVERSITY

Medical Center | Children's Hospital | Medical Center East Campus  
Behavioral Medicine Center | Health Care | Heart & Surgical Hospital | Health Services

## ARE YOU A FORMER PHYSICIAN, STUDENT OR EMPLOYEE OF WHITE MEMORIAL MEDICAL CENTER?

*Do you have a memory, a story, photo or other relevant historical background to share with us? Even ordinary incidents and accounts of everyday life and work at the White Memorial Medical Center could be interesting.*

*White Memorial Medical Center will soon celebrate its Centennial and is calling on all former staff, nurses, doctors and students who may have worked at the hospital or any of its affiliated clinics to submit their bit of history.*

Please forward your information to [rgraybill44@gmail.com](mailto:rgraybill44@gmail.com) or mail to:

Ronald D. Graybill, Ph.D.  
Centennial Historian  
Medical Library  
White Memorial Medical Center  
1720 Cesar E. Chavez Ave.  
Los Angeles, CA 90033

For more information please call Dr. Graybill at (909) 910-9339

White Memorial Medical Center  
— Adventist Health

1720 Cesar E. Chavez Ave.  
Los Angeles, CA 90033  
[www.whitememorial.com](http://www.whitememorial.com)





# 2011 TEEN PRAYER CONFERENCE



## teach us 2 pray!



**OZARK ADVENTIST ACADEMY  
OCTOBER 28-30, 2011**

**ONLY \$35 Per Person**  
Includes Food, Lodging  
and Conference Fees!

Visit [www.OzarkAcademy.org/pray](http://www.OzarkAcademy.org/pray). For more information call 318.631.6240 x115, or e-mail [teachus2pray@cox.net](mailto:teachus2pray@cox.net).

An Adventist-Lutheran Conference Prayer Ministries Event with support from The Adventist Union and North American Division of Seventh-Day Adventists.

1993. Visit [www.ElliotDylan.com](http://www.ElliotDylan.com) for the Undercover Angels series of novels for Christian teens that build on biblical principles and reinforce integrity. Great for Sabbath reading, church and home schools, and gifts!

**Southern Adventist University** offers master's degrees in business, counseling, education, nursing, religion, and social work. Flexibility is provided through online and on-campus programs. Financial aid may be available. For more information, call 423.236.2585 or visit [www.southern.edu/graduatedegrees](http://www.southern.edu/graduatedegrees).

**You are cordially invited to join the Woodlands**

**Advent Fellowship** on a tour of the "Holy Land" with evangelist Ric Swaningson, February 19-29, 2012. You've studied your Bible and you know the places, now it's time to experience them. For information: [www.woodlandsadventfellowship.org](http://www.woodlandsadventfellowship.org).

**Single and over 40?** The only interracial group for Adventist singles over 40. Stay home and meet new friends in USA with a Pen Pal monthly newsletter of members and album. For information, send large, self-addressed, stamped envelope to ASO 40, 2747 Nonpareil, Sutherlin, OR 97479.

**<http://www.internationalbibles.com>**. A fully

functioning, international, online, Christian bookstore accessible 24/7 for your convenience. We're offering church supplies, Bible reference books and foreign language Bibles, accessories, software, audio Bibles, the latest in gospel music and more. To place your order, call 402.502.0883 or use our secure Web site, <http://www.internationalbibles.com>.

**New! Bite-size Bible Truth** tracts for sharing. Full-color, full-message, brochure-size witnessing tracts. Place a pack of 50 wherever people wait or check-out: offices, repair shops, beauty salons, etc. Your choice of 8 titles. 50/\$7.95, 400/\$50.00, 800/\$88.00, 1000/\$99.95 plus postage. Free display

boxes on request. For free samples and quantity discounts, call 800.777.2848. [www.familyheritagebooks.com](http://www.familyheritagebooks.com).

### Announcements

**Sheyenne River Academy/ Dakota Adventist Academy Alumni Weekend**, Sept 30-Oct 2, 2011, at Dakota Adventist Academy, 15905 Sheyenne Circle, Bismarck, ND. Honor Classes: '42, '47, '52, '57, '62, '72, '82, '87, '92, '02, '07. For more information, call 701.258.9000 ext 236, or visit our Web site at: [www.dakotaadventist-academy.org/alumni/alumnienvents](http://www.dakotaadventist-academy.org/alumni/alumnienvents).



## Obituaries

**ACKERMANN, DOUG-LAS CHARLES, born September 15, 1925** in San Antonio, Tex., and died October 5, 2010 in San Antonio. A member of the Laurel Heights church, he worked as an electrician for over 40 years and also served in the army during WWII. Living a life of service, he handcrafted the wrought iron chandeliers for the Laurel Heights sanctuary and wired many of the buildings at Nameless Valley Ranch. He served as Sabbath School teacher and superintendent, deacon, and head elder, and was one of the longest-serving Texas Conference Committee members, serving from 1968 to 1997. Survivors: wife, June Ackermann; two daughters, Shirley (and Robert de-Wayne) Beers, and Jacqueline Hamm; son, Robert (and Marsha) Ackermann; six grandchildren; three great-grandchildren, and one sister, Dorothy Eastwood.

**CARLTON, Alexander Thomas, born March 24, 1944** in Brandon, Tex., and died May 31, 2011 in Whitney, Tex. He was a member of the Hillsboro church. Survivors: brother, Dalton Alexander of Burleson, Tex.; sisters, Nelda Kattner of Waco, Tex., and Peggy Morris of Whitney.

**JENSEN, Milton Reese, born April 25, 1910** in Early, Iowa, and died November 10, 2010 in Keene, Tex. Milton was a farmer, and prior to enlisting for military service, was a Harley Davidson motorcycle dealer in Dixon and Freeport, Ill. He served in World War II, and was a Purple Heart recipient. He was a member of the Siloam Springs, Ark., church. Survivors: two

sons, David Jensen and wife, Donna, and Jim Jensen and wife, Jeanne, all of Gentry, Ark.; one daughter, Anne Giddings and husband, John, of Keene, Tex.; four grandchildren; three great-grandchildren; one brother, Lawrence Jensen and wife, Glenyce, of Early, Iowa; and several nieces and nephews. He was preceded in death by his wife, Alice Lewis Jensen, and a brother, Walter Jensen.

**LAUTERBACH, RUBY Darlene, born September 7, 1920,** near Sumner, Iowa, and died May 25, 2011 in Burleson, Tex. She was laid to rest in Portales, N.Mex. Darlene lived a very full 90 years, and was active mentally and involved in her church until the time of her death. Survivors: four daughters, Betty Gonzales and her husband, Don, of Riverside, Calif.; Rita Lauterbach of Loveland, Colo.; Judy McGee and her husband, Dean, of Phoenix, Ariz.; and Susan Hopkins and her husband, Michael, of Lincoln, Nebr.; two sons, Dennis Lauterbach and his wife, Shirley, of Midlothian, Tex., and Bob Lauterbach and his wife, Linda, of Burleson, Tex.; 21 grandchildren; 29 great-grandchildren; one sister, Marjorie Nuss, of Oelwein, Iowa; and many friends. She was preceded in death by her husband, Ray Lauterbach; her son, Ross, and his wife, Joyce; her brother, Leland; her sister, Vivian; and a granddaughter, Bobbie Evens.

**MILLER, Lubertha G., born December 13, 1929** in Ethel, La., and died May 24, 2011 in Baton Rouge, La. She was a member of the Berean church and was laid to rest in Southern Memorial Gardens in Baton Rouge.

Survivors: husband, Eugene Miller, Jr.; daughter, Jennifer G. Miller-Spears and husband, James Tyrone, of Baton Rouge, La.; sister, Lucy G. Porter and husband, Dewitt, of Baton Rouge, La.; an aunt, Emma Williams; seven sisters-in-law and five brothers-in-law, along with numerous other relatives.

**PATIN, Andre C., born August 26, 1965** in Baton Rouge, La., and died June 5, 2011 in Baton Rouge, La. A lifelong member of the Berean church, he was buried in Winnfield Memorial Park in Baton Rouge. Survivors: mother, Bertha Patin of Baton Rouge; sisters, Evelyn M. Edwards and Traci D. Patin of Baton Rouge; three nieces and three nephews, and many other relatives. He

was preceded in death by three sisters.

**SORENSEN, WILLARD (Bill), born April 24, 1927** in Coweta, Okla., and died May 29, 2011 in Raven-den, Ark. A member of the Arkansas-Louisiana Conference church, Bill served the church with dedication and faithfulness in various capacities for over 30 years, spending the last 16 years (through 2010) as pastor of the Spring River (Ark.) church. He was quite a handyman, using his skills to build an addition onto the Spring River church. Survivors: wife, Betty Sorenson; daughter, Audrey McGrew, both of Raven-den; son, Chris Sorenson of McKinney, Tex.; two grandchildren.

## Upcoming Camp Meetings:

**DFW Metro Area:** Aug. 13-20, Dallas, Tex.  
**GODencounters Conference:** Sept. 15-17, Arlington, Tex.  
**Bonnerdale Cowboy:** Sept. 30-Oct. 1, Bonnerdale, Ark.  
**Lone Star Camp Cowboy:** Sept. 30-Oct. 1, Athens, Tex.  
**Springtown Fall Round-up:** Oct. 13-15, Springtown, Ark.

## SABBATH SUNSET CALENDAR

	Aug 5	Aug 12	Aug 19	Aug 26	Sep 2	Sep 9
Abilene, TX	8:34	8:28	8:20	8:12	8:04	7:55
Albuquerque, NM	8:07	7:59	7:51	7:43	7:34	7:24
Amarillo, TX	8:47	8:40	8:32	8:23	8:15	8:05
Brownsville, TX	8:14	8:09	8:03	7:56	7:50	7:42
Dallas, TX	8:23	8:16	8:09	8:01	7:52	7:43
El Paso, TX	8:00	7:53	7:46	7:38	7:30	7:22
Fort Worth/Keene, TX	8:25	8:19	8:11	8:02	7:55	7:46
Gallup, NM	8:16	8:08	8:00	7:52	7:43	7:33
Galveston/Houston, TX	8:12	8:06	7:59	7:52	7:44	7:36
Gentry, AR	8:20	8:13	8:04	7:55	7:46	7:36
Little Rock, AR	8:08	8:01	7:53	7:44	7:36	7:26
Muskogee, OK	8:23	8:16	8:07	7:58	7:49	7:40
New Orleans, LA	7:51	7:45	7:38	7:31	7:23	7:15
Oklahoma City, OK	8:31	8:23	8:16	8:07	7:58	7:48
Roswell, NM	7:55	7:48	7:40	7:32	7:24	7:14
San Antonio, TX	8:24	8:18	8:11	8:04	7:56	7:48
Shreveport, LA	8:10	8:04	7:56	7:48	7:40	7:31
Tulsa, OK	8:26	8:19	8:10	8:01	7:52	7:42

BY FRANKLIN MORRIS II

## Two Passions Equal One Exciting Ministry

**TWO GREAT PASSIONS I HAVE IN LIFE ARE HEALTH EVANGELISM AND TECHNOLOGY.** I love sharing our health message using my iPhone and other electronic devices. It all started in college when the Lord gave me the idea to start an Internet ministry called OpenSourceVegan.com to connect with secular-minded people. Many major media outlets have expressed an interest in the Adventist lifestyle, and I wanted to make mine public. I began simply by posting pictures with recipe ideas of the plant-based food I ate. In addition, I produced video blogs, audio interviews, and articles about the optimal lifestyle God has prescribed for us. I was surprised with the response! I have been able to mingle with over 1,000 people from around the world that I most likely would never have met otherwise.

Then the Lord opened the doors as a college intern to work for ten weeks at Wellness Secrets, a lifestyle center in Northwest Arkansas. I brought my Macbook Pro and my digital camcorder to update OpenSourceVegan.com, but little did I know those concepts would be used for a greater ministry. As I saw the spirit of Christ in this lifestyle center, I was really impressed and was compelled to share with others about Wellness Secrets.

When Wellness Secrets' health session started, my camcorder was rolling. I filmed their worships, exercises, cooking classes, lectures, and meals. For the first time, I was able to work with an organization during my whole production process, from script-writing to video editing.

The final product was a YouTube video called "Wellness Secrets' 5-Day Live-in Program."

Working on this video was a labor of love, because I saw seven people who were helped by God's health care program. One person said on the video: "I just had a really good time, but what I'd really

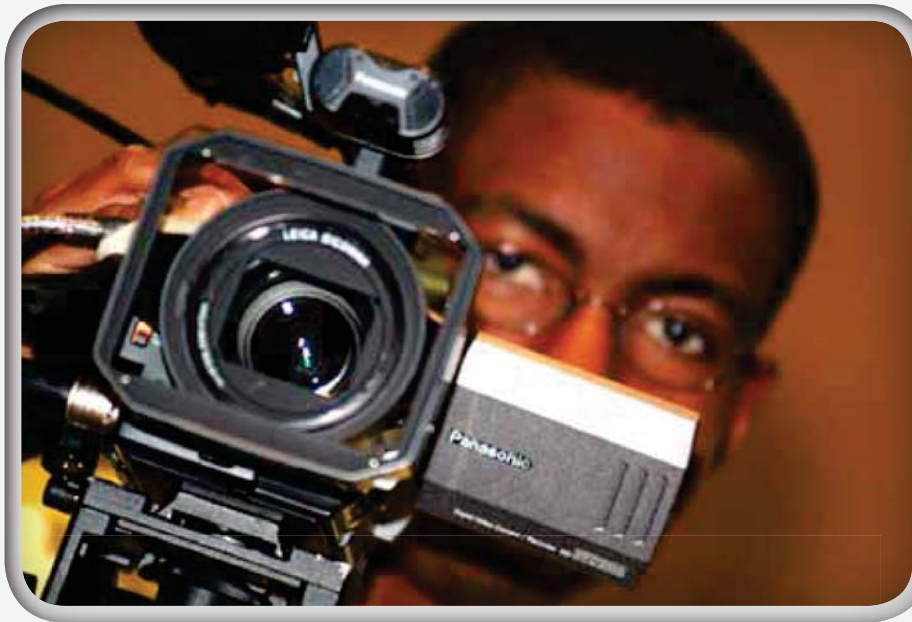
like to say about the program is, besides helping me change my physical lifestyle, it changed my spiritual lifestyle. Everything was done in the spirit of prayer. It just really brought me closer to the Lord."

We were surprised when we found out that people in Alaska and even Florida were listening to health lectures that I had posted

from the session, and they were making changes in their health as a result of watching the videos. YouTube gets at least 2 billion views per day, and what excites me about Internet evangelism is you never know its far-reaching effects. It can go where you may not be able to.

Now I am a new staff member at Wellness Secrets, managing the restaurant, store, and media ministry. I cherish the

time spent in this cheerful, uplifting environment where I can be on the front lines ministering to people's needs. Check out WellnessSecrets4u.com as we seek to integrate health evangelism with technology. Let's take advantage of our laptops, smartphones, and iPads, using them to help hasten Jesus' coming.



Franklin Morris, a recent college graduate and a brand-new staff member at Wellness Secrets in Northwest Arkansas, enjoys using technology to share his faith.





# For the Record »

BY MARK BOND » COMMUNICATION DIRECTOR, SOUTHWESTERN UNION

## A Reason To Be Optimistic

**I SUPPOSE IT'S FAIR TO CALL ME AN OPTIMIST**—a glass-half-full, head-in-the-clouds, Tigger-in-an-Eeyore-world type of person. But every once in a while, reality smacks me across the face.

A couple months ago, I got one of those reality smacks in the form of a routine blood test. I discovered that I was dancing on the doorstep of diabetes, with one foot already through the door.

What is it about human nature? Why are we inclined to ignore warning signs and wait for something to break before we fix it? My father contracted diabetes in his early 50s, so I've known about diabetes risk factors for years. And yet, I couldn't see the shadows for the sun.

I'm fairly tall, so I carry the extra 40 pounds pretty well. No one considers me obese, but the thousands of hours I spend sitting in front of a computer, combined with eating pretty much whatever I want, whenever I want, has finally caught up with me.

As Seventh-day Adventists, we've known for more than a century how to live longer, healthier lives. But I was ignoring the God-given counsel, and living life the way I wanted. To be honest, I was living selfishly.

While I would never try to convince you that eating a Wendy's Frosty or an order of McDonald's French fries is a sin, I *am* convinced that my ongoing unhealthy choices were defiant acts of rebellion. And rebellion at its core is sin.

So what have I done about this reality check? I've talked with my doctor about lifestyle changes. I've adopted a sensible, mostly plant-based diet that is high in fiber and low in fat. I've started making time to exercise and work out. I'm monitoring my blood sugar levels, and substituting fresh

fruit smoothies for milk shakes.

But probably the most important thing I've done is to get on my knees and ask for forgiveness and for the strength and ability to make better choices. And you know what? God is blessing my efforts. I've lost 15 of the 40 pounds I need to lose, and my blood sugar levels are already out of the danger zone and heading in the right direction. I feel stronger, I can think more clearly, and I'm finding it easier to manage other aspects of my life, as well.

God has given our bodies the wonderful ability to heal and repair. He has provided us with a treasure trove of advice and wisdom on how to maintain health. If we're willing to heed the warning signs, we can walk down a healthier, happier path. And that's a great reason to be optimistic.

## Record

### EDITORIAL STAFF

- Editor** ..... Mark Bond  
*mbond@swuc.org*
- Associate Editor** ..... Pat Humphrey  
*phumphrey@swuc.org*
- Assistant Editor/Designer** ..... Reggie Johnson  
*rjohnson@swuc.org*
- Advertising Manager** ..... Dianne Jones  
*djones@swuc.org*

### SOUTHWESTERN UNION OFFICERS

- President** ..... Larry Moore
- Secretary** .....
- Treasurer** ..... Deryl Knutson

- Vice-President** ..... Eddie Canales
- Vice-President** ..... Buford Griffith, Jr.
- Vice-President** ..... Duane McKey
- Undertreasurer** ..... Joel Wallace

### DEPARTMENT DIRECTORS

- ASI/Communication** ..... Mark Bond
- Children's Ministries** ..... Margaret Taglavore
- Education** ..... Eunice Warfield
- Family Ministries** ..... Buford Griffith, Jr.
- Hispanic Ministries** ..... Eddie Canales
- Information Systems** ..... Jerrilynn J. Bicek
- Personal Ministries** ..... Eddie Canales

- Religious Liberty** ..... Samuel L. Green
- Revolving Fund** ..... Carlos Ribeiro
- Sabbath School** ..... Buford Griffith, Jr.
- Shepherdess** ..... Kathy McKey
- Trust Services** ..... Joel Wallace
- Women's Ministries** ... Carmen Fuentes-Griffith

**Subscriptions**  
*Free to all Southwestern Union church members. Non-member subscription is \$12/year.*

**Submissions**  
*Articles for the Record will be edited for length and content. Because space is limited, stories and articles are selected on the basis of interest and relevance to those around the Southwestern Union.*

PO Box 4000, Burlleson, TX 76097

**CHANGE SERVICE REQUESTED**



# SOUTHWESTERN ADVENTIST UNIVERSITY

the beginning of wisdom



## Affordable. Christian. Education.

Founded in 1893, Southwestern Adventist University has always offered its students opportunity. It has grown from an "Industrial Academy" to a Junior College to a University. All along, it has stood for practical, affordable Christian education. "The college in Keene" has always been a school that honors hard work and self-help. With small classes and caring teachers, Southwestern is a place to discover opportunities.

**Apply today and schedule a campus visit\* to find out how affordable Southwestern Adventist University can be.**

\*Travel is reimbursed up to \$250.

SCAN ME  
WITH YOUR  
SMART PHONE!



**800-433-2240 • (817) 202-6794 • [www.swau.edu](http://www.swau.edu)**