

SOUTHWESTERN UNION

Record

AUGUST 2013



*Find the Time,
Do What You Can*

IMPROVE YOUR LIFE THROUGH HEALTHIER CHOICES



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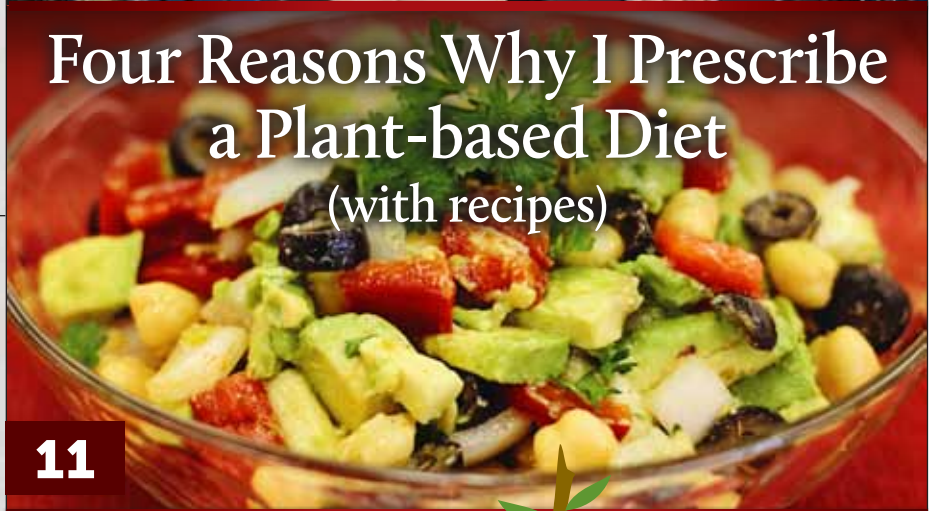


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Creation®

HEALTH
Living Life To The Fullest and Helping Others Do the Same!

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On the Cover

To live longer and healthier, we need to make healthy choices. Besides choosing good foods, our bodies need exercise—more than most of us typically get in today's hectic world. The good news is that there are lots of fun ways to add more movement to our sedentary lifestyles. Pastor Tyler Bower and his wife, Amy, of the Fort Worth First church, manage to fit biking and running into their busy schedules. You can make time for exercise too. Just find something you enjoy and do it! [Photos by Jessica Lozano]

Point of View»

BY LARRY MOORE » SOUTHWESTERN UNION CONFERENCE PRESIDENT



An Invitation to Make Healthy Choices

Elder E. E. Cleveland told a story I will never forget. He was invited to eat with a family that practiced strict health reform principles. The wife placed the food on the table but there was no drink. He inquired about the drink, but the woman answered, “We do not drink with our meals.” Cleveland replied, “But I do!” He asked, “Do you have any water?” She said “Yes,” and brought him a glass of water. He then asked for some ice, and then some lemon, and then some sugar. He fixed his own lemonade on the spot and drank it gratefully.

I think you can see where I’m headed. Not all of us are at the same place when it comes to health practices. We need to be patient with one another. I hope that this issue of the *Record* will give you some good ideas to help you enjoy life more and live your life to the fullest and to the glory of God. I always appreciate the

regular feature from Creation Health. I like to be reminded how I can live better. May God bless you as you live for Him.

Healthfully yours,

Larry Moore



Stepping Stone to Success

LM: I’m proud of our Southwestern graduates and enjoy hearing about their careers and how they are serving God through them. Geraldo Alonso, ‘09, is the youth pastor of the Keene, Texas, church, and Melissa Renken George, ‘03, works for the University of Texas at Arlington. They both have found fulfillment in their jobs and have found ample opportunities to serve the Lord.



Geraldo Alonso
Class of '09

GA: I went to Southwestern because I believed that it was the best way for me to figure out how to serve God. Now, I am on the other end of my education at Southwestern, and I believe it was God’s plan. My experience at Southwestern prepared me for pastoral ministry. By no means did I receive all the answers for all the challenges that I have faced since my time in the classroom. However, I certainly received important tools that have equipped me in my journey as a pastor. As a result of the opportunities afforded to me by Southwestern and the Keene church, I found that I truly wanted to serve God as a youth pastor.

As a result of the education, exposure, and mentorship that I received at Southwestern, I have purposed in my heart to always

do my part, with the Lord’s help, to bring people to Jesus.

MRG: Southwestern will always have a special place in my heart. It’s because of Southwestern that I am the person I am today and working in the career I am. I started working at the Advancement Office during summer vacations in high school. The caring staff nurtured talents I didn’t even know I had. I learned so much and had so many unique opportunities. As I went on to attend the university, I found the faculty had the same caring nature and went the extra mile to ensure my success in my academic career.

I’m currently working at The University of Texas at Arlington as assistant director of design services in the Office of University Communications. Two of my predecessors were also Southwestern graduates, and my department leaders have bragged for years on the quality of Southwestern graduates. I’m proud to have come from such a respected university. I always share about my roots in Keene and the top-notch university I was lucky enough to attend.



Melissa Renken
George
Class of '03





CREATION Health

BY LYNELL LAMOUNTAIN

Live Life to the Fullest! Imagine...Living Life to a Healthy 100

The Florida Hospital seminar presenter asked the class that had gathered to learn about successfully launching health ministry teams in their local churches, “What’s the leading cause of death among males 65 years old or older in Florida?”

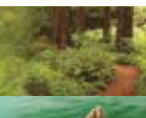







“Heart attack—heart disease” the class quickly answered. Easy. But then the presenter asked, “What’s the second leading

cause of death?” “Stroke, diabetes, hypertension, cancer,” the students answered. Good guesses, but wrong. The correct answer was suicide. *Suicide!* For many of these men, taking their own life is the only real choice they feel they have to end their pain. But there is another option: CREATION Health.

people want to know our longevity secrets. God has opened a window of opportunity—this is our time.

CREATION Health is more than a philosophy, it’s a lifestyle that God designed around eight principles that are a catalyst for experiencing balanced wellness in every area of our lives. What this means is that when you practice the principle of Choice, you take charge of your life and are in control. Through Rest, you replace chaos with calm and are restored in mind, body, and soul. With Environment, you create a soothing Eden-like oasis that nurtures you. Through Activity, you maintain your quality of life and stay youthful. With Trust, your faith makes you fearless and confident because of your loving relationship with a caring heavenly Father. With Interpersonal Relationships, you enjoy a happier and more meaningful life. By practicing the principle of Outlook, you have greater success and a brighter future because of the

power of positive expectation. And through Nutrition, you have energy and peak performance. God gave you these eight principles of CREATION Health to live life to the fullest.

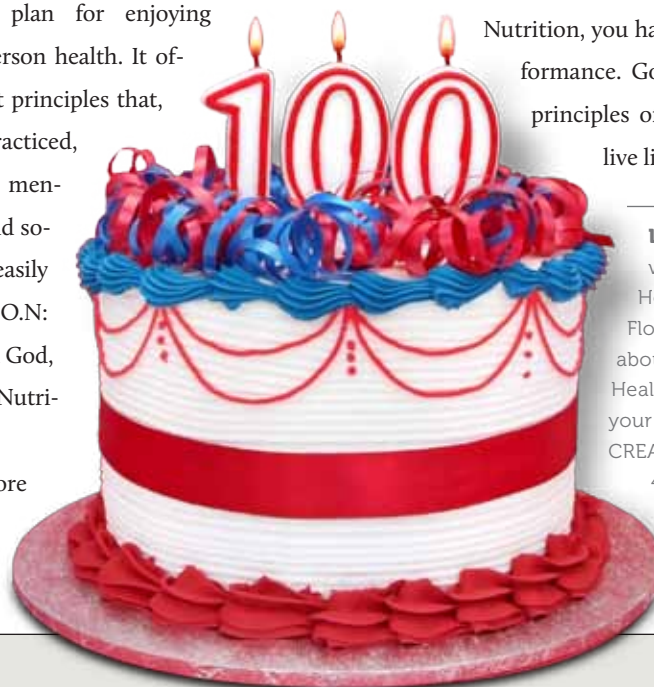
- C **Choice** 
- R **Rest** 
- E **Environment** 
- A **Activity** 
- T **Trust** 
- I **Interpersonal**
RELATIONSHIPS 
- O **Outlook** 
- N **Nutrition** 

CREATION HEALTH

The Creation story contains a plan for enjoying whole-person health. It offers eight principles that, when practiced, make us men-

tally fit, physically robust, spiritually vital, and socially connected. These eight principles are easily remembered with the acronym C.R.E.A.T.I.O.N: Choice, Rest, Environment, Activity, Trust in God, Interpersonal Relationships, Outlook, and Nutrition.

Seventh-day Adventists produce more centenarians than any other group. This fact has entered the public awareness and



Lynell LaMountain writes from Florida Hospital in Orlando, Florida. For information about hosting a CREATION Health program at your church, visit www.CREATIONhealth.tv or call 407.303.7711. See page 14 of this issue for tips on how to conduct a seminar.

Broken, But Still Used by God!

NO ONE LIKES TO SIT ON THE BENCH! From the time I was six years old, I have played baseball. It's been so much fun to make friends and play ball over the years. As I signed the official "Letter of Intent" for my college baseball scholarship, my dad reminded me that I was to bring glory to God in everything that I do. Things were going well until last fall.

As I was running the timed 60-yard dash in front of the coaches and potential scouts, something happened. Ten yards from the end I pulled my hamstring in mid-stride and fell to the ground in pain. "Oh no," I thought. "Not now!" I tried to remain calm, but ended up sitting on the bench for two and a half months. The day finally came that I could take my place back on the field. When it was my turn to hit, I stood ready at the plate. But as I swung for a fast ball down the center of the strike zone, I felt a sharp pain mid-back. I tried to ignore it after getting on base, but it hurt too much to ignore.

After further tests I discovered that I had a disc injury. This problem put me on the bench for the entire season. I couldn't participate in warm-ups, practices, or take part in any of the official games. I began to get really down on myself. I prayed, "God, all I want is to play ball. I'd give anything to be out there right now, I am supposed to be an example for You and bring You glory. How can I do that by sitting here doing nothing?" It was a lot easier to be an example when things were going well, but I can't bring God glory from a bench. As I spent time with the Lord He impressed me with a thought. *No matter the situation, no matter where I am sitting or standing, God can use me for His will if I am willing.* I said, "Lord I'm willing to be used by You, but I'm sitting on the bench. So use me from the bench."

As we approached the end of the season, a younger baseball player approached me. He told me that he had been watching me all season. He said, "I noticed that you don't act like some of the other guys on our team and even though you're on the bench you still have a positive at-

titude." I didn't think anyone was noticing me on the bench, but someone was in fact watching me. He continued to ask me what I do in my free time. I told him that I spend time with God and He helps me to have a better attitude. "I just want to bring Him glory," I told him. He said, "Hey, can you teach me how to spend time with God and teach me about Him?"

I couldn't believe what happened! God used my time on the bench to show someone else what He can do. We started to hang out together and talk about God. Before the school year ended we were studying the Bible together. Other guys in the dorm saw what we were doing and asked to join us. Before long a half dozen students were all sitting together praying and studying the Bible. It's amazing what God can do from the bench.

Mario Labrador, Southwestern
Union communication intern





Pass it On...

A Monthly Focus on Evangelism in the Southwest

BY JIM LANDELIUS

Do What You Can!

In late January, 2012, I weighed 367 pounds. My morning blood sugar was 110, my blood pressure was 176/105, my 5XL shirts were starting to get tight, the waistband of my 52-inch pants were starting to cut into me, and anything more than a walk around the block would leave me breathing heavily. Major changes were needed, but like those struggling with alcohol, I needed to hit bottom before I could do what was necessary.

It was at this time my family asked me to travel to Passo Fundo, Brazil, to help care for my aunt, Melanie. My aunt was a nun in the Scalabrini Congregation, and was in Brazil receiving treatment for colon cancer. She was having surgery, and the family wanted someone to help her during her recuperation. I arrived the day she was released from the hospital.

I stayed with her in a convent where the elderly and infirm of the Scalabrini Congregation are cared for. One of the first things that struck me was how close to the Seventh-day Adventist health message their lifestyle is. With the exception of a small amount of meat, their diet consists of fresh fruits and vegetables (95 percent of everything they eat is grown on the grounds). They live a life of simplicity and honest labor. Their day starts before the sun comes up and doesn't end until long after the sun goes down. But during the day they find time for prayer, Bible study, and socialization. I began to realize that in great part they were living the health message that I should be.

One day, my aunt needed something from the pharmacy, but I had no idea where it was. Fortunately, an 83-year-old Sister offered to walk with me (they have a car, but it is only for long trips). The city has many hills and on the first one, after a quarter of the way up, I was gasping for air. I looked up and Sister Celita was almost at the top. I had to call out, "Espera, Irma" ("Wait, Sister," in Portuguese). Then and there I realized that changes needed to be made.

After returning home, I began walking. I started with a half-mile a day and eventually got up to three miles. When I tried to add another half-mile, I noticed that my feet and ankles hurt. My joints would only tolerate so much walking. So I bought a bicycle and added that to my regimen. When the weather turned colder and walking and cycling became uncomfortable, I joined a gym and though it is over thirty minutes away, I do my best to go three times a week.

I made healthier food choices. I adopted a primarily total veg-



▲ Exercise is now a regular part of Jim Landelius's new, healthier lifestyle.

▲ Jim Landelius made the commitment to live a healthy lifestyle, and lost over 100 pounds in one year.

etarian diet with very few processed foods (when I eat in a church member's home, I eat what is put before me). This isn't to say that I don't occasionally have a treat. But I make those treats few and far between and I keep the portions small. Instead of ice cream, I eat sorbet. Instead of Oreos (I love Oreos), I make my own cookies sweetened by fruit. And to be honest, I have an Oreo or two every once in a great while. It is more about making healthier choices.

At the end of December, I went back to Brazil to help bring my aunt home so that she could die among the family who loved her so much (she passed away in early January, 2013). While there, I got up early one morning and walked up the same hill that had left me gasping just a few months before. I didn't even slow down.

I still have weight I need to lose. Currently, I weigh around 250 pounds. I would like to lose at least another 50 pounds. But my morning blood sugar is 92, my blood pressure is down to 130/80, my shirt size is 2XL, and my 38-inch waistband pants are comfortable. In addition to walking, cycling, and swimming, I've added Zumba to increase the cardio part of my exercise program. I'm no good at it (and that is an understatement), but it burns the calories. I'm not there to impress anyone!

When it comes to exercise, I tell people, "Do what you can!" If all you can do is get the mail, then get the mail. Don't send the children after it. After a while, start walking around the block. Add a little more every couple of weeks. And most importantly, don't stop!

Jim Landelius is pastor of the Sallisaw Spanish, Tahlequah, Stillwell, and McAlester churches in Oklahoma. He also serves the conference as director of Native Ministries.

Visión Hispana

UN BREVE NOTICIERO MENSUAL DEL SUROESTE

Quinto Festival Laico

Un saludo a todos los hermanos y líderes de la Unión del Suroeste que en su corazón sienten el deseo de proclamar el evangelio de salvación, a cada creyente que se apasiona por compartir la palabra que los ángeles del cielo desean proclamar pero que se ha encomendado a cada uno de nosotros.

Desde hace 5 años el Instituto de Capacitación Laica del área de Houston, Texas invita a toda la hermandad hispana a celebrar un festival laico con el objetivo de fortalecer y motivar a cada hermano que se convierta en un misionero para Cristo.

Este año el festival laico tuvo lugar el 30 de marzo, donde tuvimos una participación de más de 800 personas que vinieron con el objetivo de ver cómo la obra de Dios se está desarrollando en Houston.

Después de tener una semana de evangelismo en cada iglesia y grupo hispano de la Conferencia Regional del Suroeste en el área de Houston, los hermanos vinieron a este festival motivados, con grandes expectativas de tener una experiencia con nuestro Señor Jesús. Este día fue una fiesta espiritual la cual contó con los testimonios de los hermanos laicos que han sido instrumentos usados por Dios en el crecimiento de nuestras iglesias locales. También pudimos ver como más de 20 preciosas personas tomaron la decisión de bautizarse y ser testimonio de lo que Dios puede hacer en sus vidas.

Contamos con la ayuda del Pastor Kircio Mota, Coordinador Hispano de nuestra Asociación Regional el cual presentó el mensaje "Confirmando Tu Llamado." A la vez contamos con cada instructor del Instituto de Capacitación Laica quienes presentaron seminarios de Ética Digerencial, Evangelismo Público y Santuario. Tuvimos la presencia del Coro de la Universidad de Puerto Rico quienes nos ayudaron con las partes musicales del Festival Laico, también con los músicos locales de nuestras iglesias llenando la atmósfera aun

del festival de inspiración.

Los Jóvenes también disfrutaron de un programa especial que los animó a ser parte del evangelismo local, se les presentó un desafío para que usen sus talentos y habilidades en el servicio del Señor. La tecnología asistió a proveer resultados de encuestas inmediatas, facilito pre-



◀ Un festival laico para todos.

Abajo a la izquierda: El festival al aire libre.

▼ Con el objetivo de fortalecer y motivar a hermanos de todas las edades.

Fotografías tomadas de la página electrónica: <https://www.facebook.com/media/set/?set=a.465583523508502.1073741825.138270446239813&type=1>



guntas de lo que la iglesia local puede hacer en su favor. Los participantes incluyeron adultos, jóvenes y niños caballeros y damas! Fue una experiencia que marcó una gran diferencia en cada joven que participó. Los niños también tuvieron su programa con la ayuda de las esposas de los pastores y un buen grupo de voluntarios que hicieron que ese día fuera especial para ellos.

El evento concluyó con el reconocimiento a los hermanos laicos que más influyeron en el crecimiento de sus iglesias locales y cómo su testimonio ha ayudado a otros a decidirse por el Maestro. Agradecemos a todos nuestros Laicos, sabemos que Dios derrama bendiciones sobre cada persona que predica la verdad. Esperamos la pronta venida de nuestro Salvador, mientras lo vemos volver en las nubes, estamos trabajando arduamente como Laicos para compartir el amor de Jesús.

Luis Velosa, pastor

You Don't Have to Break a Record... **JUST DO IT!**



Jessica Lozano



Tyler and Amy Bower

On February 24, 2013, my wife, Amy, and I successfully completed the Cowtown Marathon in Fort Worth, Texas. It was my first marathon and number nine for Amy. To say that we “ran” the marathon is a bit of an overstatement. We prefer to stick with the vague, yet accurate, description that we “finished” the marathon. It was 26.2 miles of running, walking, and, I’m not going to lie, the occasional shuffle. I knew we weren’t running at a world record pace, but I still felt pretty good about our performance. Unfortunately, that bubble was burst in the last half mile when I glanced to the side and noticed a woman on the sidewalk pushing a baby stroller, slowly passing us. Not to be outdone by a mother on an afternoon stroll, I knew it was time to dig deep, push past the pain, and sprint (i.e., shuffle-walk) to the finish line.

Jessica Lozano



Amy and Tyler Bower, pastoral couple of the Fort Worth First church in Texas, recognize the value of exercise as part of a healthy lifestyle. Whether it's jogging, biking, walking, or something else entirely, the important thing is to just do something.

Jessica Lozano



When you're in the middle of an event like a marathon, it's easy to forget all the good reasons that led to signing up for it in the first place. Exhaustion has a way of driving rational thought right out of your head and you end up just trying to put one foot in front of the next. But looking at it objectively and from a distance, there are a host of great benefits to regular exercise. You don't have to run a marathon or half-marathon to experience these benefits, but it does take dedication, consistency, and time to realize the

full blessings that come from exercise.

We know that vigorous exercise releases “feel good” chemicals in our brain, God’s built in anti-depressants. I can’t count the number of times I’ve gone to the gym feeling drained and weary only to leave feeling strong and renewed. Exercise is also a great way to reduce stress, clear your mind, and give you fresh motivation to tackle life’s challenges. A plan for regular exercise, in conjunction with a healthy diet, is an absolute necessity for anyone trying to lose weight, stay in good health, and remain strong as the years tick by. Despite all the benefits of exercise, many of us have a hard time making it a part of our regular schedule. It’s easy to let other things take priority and put our exercise plans on the back burner. I’d like to suggest a few tips that have helped my wife and I make exercise a regular part of our routine.

Sign up for an event. I have to admit that I never would have gotten up early for Sunday morning runs if I hadn’t signed up for the marathon. When you sign up for an event, whether it be a 5k or a marathon, it gives you a solid goal to work for. It’s a little extra motivation to get out there and work hard.

Keep an exercise journal. I like to keep track of my workouts every time I go to the gym. I record how much weight I lift and how many reps I do. This allows me to monitor my progress from week to week. Sometimes it doesn’t feel like I’m making much progress, but then I can always look back on my journal to see how far I’ve come. It’s always encouraging to see real evidence that the hard work is paying off.

Join a group. If you’re trying to develop a habit of exercise it’s sometimes hard to hold yourself accountable. But if you join a group you have others to help motivate you. I’ve been a part of running groups and cycling groups and I can’t even guess the number of times that I dragged myself out of bed simply because someone else was counting on me being there. Find a group that is doing the kind of exercise that you enjoy and become a part of it. Use peer pressure to your advantage.

After Amy and I finished the marathon, we met up with the rest of our church group

who had also run that day. We all stood around eating our victory ice cream, sharing war stories, and comparing joint aches and muscle cramps. We hugged, congratulated each other, and shared in the agreed-upon lie that “we should totally do this again next year.” At the time, running another marathon was the last thing in the world that I wanted to do. I was glad I had done it, glad that I finished, and perfectly content to cross it off my bucket list. But now that several months have passed and my legs have healed, I’m starting to think that maybe I should give it another shot. Maybe this time I’ll train a little bit harder, maybe I’ll be able to run a

little more and shuffle a little less. I don’t think I’ll break any world records, but with a little luck and a lot of hard work, I just might be able to outpace the lady with the baby stroller.

Tyler Bower is pastor of the Fort Worth First church.



Jessica Lozano

FOUR REASONS WHY I PRESCRIBE A PLANT-BASED DIET

Carlos Japas, M.D.

When I think about the most important elements of a healthy lifestyle, the first thing that comes to mind is diet. And the latest scientific evidence indicates that there's no better option than a plant-based diet. Here are four ways in which a plant-based diet promotes optimum health:

1. Plants are high in dietary fiber

Fiber-containing foods occupy large spaces in the gastrointestinal tract. This contributes to the feeling of satiety and provides a steady stream of energy to the body, helping to equalize glucose and insulin.

Dietary fibers also help maintain the health of the colon and the intestines. They do so by acting as “sweepers,” cleansing them of waste products and absorbing moisture. Moreover, the presence of fiber in the gastrointestinal tract helps reduce the amount of time that bile acids are exposed to the walls of the intestine, lessening the potential for erosion and ulceration. Inflammation and ulceration can lead to a change in DNA that can be manifested later as pre-cancerous lesions and malignancy.

A plant-based diet also helps decrease cholesterol. The good news is that plant foods don't contain cholesterol to begin with *and* they are rich in a myriad of nutrients that help lower cholesterol levels. Remember, animal foods contain no dietary fiber and are rich in cholesterol. Think of it this way: “If it comes from a plant food with roots, it contains fiber; if it has a mamma with a face and legs, it does not.” This includes all meats and dairy products. Whole grains, fruits, legumes, vegetables, and nuts provide a balanced and healthy diet without the harmful effects of animal products.

2. Plants are rich in vitamins and minerals

A plant-based diet provides an array of vitamins and minerals that are essential for the absorption of nutrients into the cells. To get the most benefits, choose a wide variety of brightly-colored fruits and vegetables. Iron, a mineral sometimes considered deficient in vegetarians, is found in abundance in spinach, lentils, almonds, and chia seeds. Whole grains and nuts (in moderation) are also an important part of a healthy plant-based diet. Green vegetables and legumes, such as beans, peas, and lentils, are a good source of folate, an important nutrient that helps to prevent birth defects, depression, and dementia. Vitamin B12, which is often recommended to those who don't consume meat or eggs, can be obtained through supplements and fortified foods.



3. Plants are a great source of protein

Proteins promote growth and help maintain a variety of body functions. When confronted with the myth that plant-based diets do not contain essential amino acids, I am compelled to mention mammals, many of which constitute the largest creatures on earth. I am impressed by their muscle size and strength, and am reminded that they obtain their nutrients from plant sources. Remember, the best way to obtain protein is to get it firsthand—from plants. Animal foods provide second-hand proteins, which have already been processed by another living being.

For many generations, vegans in India have abstained from animal foods and consumed a variety of vegetables, fruits, grains, and nuts, and show no evidence of physical or mental impairment. Similarly, researchers have shown that there is a lower incidence of colon cancer among the Bengali population (who are largely vegans) compared to those in Western civilizations.

4. Plants are the best source of antioxidants

Fruits and vegetables are best known for their antioxidant properties. Antioxidants are buffers (acid neutralizers) that interact with free radicals (acids) that come into our systems through food. If the body is not able to react to such acids, inflammatory processes that lead to chronic illnesses, such as cancer, will follow. With disease, the normal balance of the electrically charged par-

ticles (homeostasis) is disrupted.

All of the highest sources of antioxidants come from fruits and vegetables. For example, the American Heart Association stated that “three or more servings of blueberries and strawberries per week may slash a woman’s risk of a heart attack by as much as 33 percent. The researchers attributed these benefits to the berries’ high anthocyanin content, which may help dilate arteries, counter the buildup of plaque, and provide other cardiovascular benefits.”

A wealth of studies show that many chronic diseases such as diabetes mellitus; cancers of the colon, breast, and prostate; osteoarthritis; hypertension; atherosclerosis; heart disease; obesity; anxiety and depression; among others, are related to the consumption of animal foods and their derivatives. Adopting a healthy lifestyle that includes a plant-based diet can prevent many of these diseases.

Allow me to end with a most authoritative statement: “Grains, fruits, nuts, and vegetables constitute the diet chosen for us by our Creator. These foods prepared in as simple and natural a manner as possible, are the most healthful and nourishing. They impart strength, a power of endurance, and vigor of intellect that is not afforded by a more complex and stimulating diet” (*The Ministry of Healing*, p. 296).

Always strive for the best, and move toward the ideal established by our loving God who desires our joy on earth as well as in heaven. (See 1 Corinthians 10:31).

Carlos Japas, M.D., is an internal medicine specialist in private practice at Texas Health Huguley Medical Center in Fort Worth, Texas.

BREAKFAST MUESLI

By Norma Japas

- 1 can crushed pineapple (in its own juice)
- 1/2 teaspoon salt
- 1 1/2 teaspoon vanilla
- 1 medium grated apple
- 2 cups old-fashioned rolled oats
- 1/4 cup grated coconut
- 1/4 cup raisins
- 1/4 cup slivered almonds

Mix well first four ingredients, add next three ingredients and refrigerate covered overnight. When ready to serve add almonds. Keeps well refrigerated several days. Can substitute pineapple for other juicy fruit like mango. If mango is too dry, you can add the juice of one orange. Also the almonds can be substituted for your favorite nut. Serves 4-6



Jessica Lozano

COCONUT FLAN

By Norma Japas

- 2 cans of coconut milk, standard size
- 1/2 cup cornstarch, pressed down
- 1/2 cup sugar of choice
- 1/2 teaspoon salt
- 1/2 teaspoon vanilla

Mix above ingredients in the blender. Heat to thicken stirring while cooking to prevent lumps. Place cooked mixture on rectangular baking tray. Refrigerate overnight. Serve squares garnished with a piece of fruit of your choice. Serves 12



The *Record* staff made and taste-tested the Breakfast Museli and the Garbanzo Bean Salad. Two thumbs up for each of them!

GARBANZO BEAN SALAD

By Norma Japas

- 2 cans garbanzo beans, drained and rinsed
- 1 can chopped black olives
- 1 sweet red pepper, chopped OR 1 cup grape tomatoes, halved
- 1/2 white onion, chopped
- 3 cloves garlic, minced
- 1 to 2 tablespoons olive oil
- 1/4 cup fresh lemon juice
- 1 teaspoon dried oregano
- 1/2 teaspoon salt
- 2 tablespoons chopped parsley
- 1/4 teaspoon cayenne pepper
- 3 large avocados, diced

Mix all the ingredients except the avocados. Gently incorporate diced avocados to keep their shape. Serves 6-8



Jessica Lozano

Creation[®]

H E A L T H

Living Life To The Fullest and Helping Others Do the Same!

"I have come that they may have life, and that they may have it more abundantly." - Jesus Christ

Call me crazy, but I don't believe Christ's promise of abundant life in John 10:10 is a future experience reserved for when He returns to take us to the earth made new. He wants us to get into the game and start living life to the fullest right now!

According to 3 John 1:2, God wants us to thrive—to be vibrant in mind, body, and soul, and to prosper in all things—*today!*

God's Original Plan for Life

The word "life" in John 10:10 means *life as God originally intended*. If you wanted to learn about God's original plan for life, where would you go? The creation story.

Embedded in the creation story are God's eight universal principles for living to the fullest in mind, body, and soul. Although we discuss them monthly in this column, here is a quick review for our new readers.

C-CHOICE

Choice is the first step toward improved health. We create our quality of life and destiny by the decisions and choices we make. People who take charge of their lives tend to be healthier and live longer.

R-REST

Rest is about trading pace for peace. We rest to enjoy just as God did at the end of creation week when He gave the seventh-day Sabbath. We need physical, mental, and spiritual rest.

E-ENVIRONMENT

Environment is everything that surrounds us. It is about creating soothing spaces that nurture and support our lives.

A-ACTIVITY

Activity is about creating a life of vitality by building a strong body and mind. Mental and physical activities improve health, boost happiness, and increase longevity.

T-TRUST IN GOD

Trust in God enhances every area of our lives. People who trust God have stronger immune systems, less disease, and enjoy greater life satisfaction.

I-INTERPERSONAL RELATIONSHIPS

Interpersonal relationships are vital for optimal health. Feelings of loneliness and isolation can increase risk of premature death by up to 500 percent. Social connection is the most powerful force in maintaining good health.

O-OUTLOOK

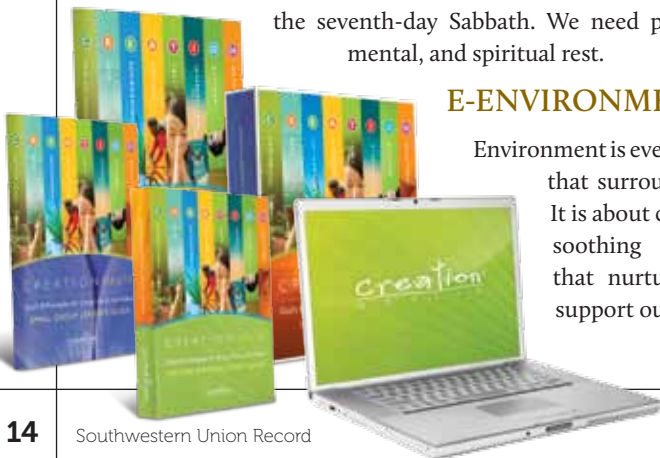
Outlook is choosing an optimistic perspective on life. A positive mental attitude influences how we view our world, ourselves, and others. A person who chooses an optimistic outlook decreases his or her risk of premature death by 50 percent.

N-NUTRITION

Nutrition is the fuel that keeps us at our peak. Of all the nutritional choices available, two are guaranteed to improve health and extend life: 1) Eating less, and 2) Eating higher quality foods. Change your life by making positive food additions to your diet and see how small changes create big improvements.

The CREATION Health Advantage

But there is more to CREATION Health than preventing disease. It is an empowering lifestyle for creating total wellness. It increases energy, creates hope, and extends a person's life on average by eleven years. Regardless of stage of life, we can live life to the fullest this very moment in mind, body, and soul.



CREATION Health for Churches

CREATION Health is an eight-part whole person health seminar for creating relational bridges with your community that establishes you as a health leader and authority. All you need is the CREATION Health Seminar Kit to get started.

What is in the CREATION Health Kit?

People often ask, *what comes with the kit?* You get *everything* you need to conduct eight outstanding presentations on health, plus 10 hours of online training:

- 8 DVDs of medical experts teaching the science behind each principle, averaging 15 minutes in length; one DVD for each principle.
- 8 professionally designed PowerPoint presentations – one for each principle, with speaker’s notes so you know what to say.
- A Leader’s Guide with teaching tips and small group exercises.
- The 300+ page CREATION Health Seminar Personal Study Guide with chapters on each principle, additional research, skill builders, small group exercises, self-assessments, and power tips on how to live the CREATION Health lifestyle.
- A CREATION Health Discovery book that gives a concise overview of the CREATION Health philosophy.
- Ten hours of online training to certify you as a CREATION Health teacher.

How Do You Conduct a CREATION Health Seminar?

Conducting a seminar is *easy*. Anyone can do it. We recommend one class weekly for eight weeks. Here is the outline I follow for my seminars:

1. Begin with a warm welcome.
2. Show the DVD all the way through.
3. Give a thirty-minute lecture using the 25 PowerPoint slides provided.
4. Facilitate small group interaction.
5. Invite people to make one small change they will practice that week.

The Opportunity for Your Church

People need you to show them how to live better. And Jesus wants you to help relieve their suffering and lead them to a brighter future. Jesus mingled with people as One who desired their highest good. He was sympathetic, ministered to their needs, earned people’s trust, and then invited them to follow Him.

C

Choice

R

Rest

E

Environment

A

Activity

T

Trust

I

Interpersonal
RELATIONSHIPS

O

Outlook

N

Nutrition

Thrilling Stories

One pastor I work with has partnered with his local hospital to bring CREATION Health to the community. For his ninth CREATION Health seminar, 65 people registered and more than 70 showed up!

Another pastor I work with is teaching CREATION Health in three sheriff departments. (You may see this story online, just go to YouTube and search “Ookaloosa County Sheriff’s Department + CREATION Health.”) One of the sheriffs is so pleased with the results that he has pledged to use confiscated drug money to bring CREATION Health to the 200,000 citizens of his county!

Choose to Make a Difference

Choose today to make an eternal difference in people’s lives. Encourage them. Relieve suffering. Push back the forces of evil by filling hearts with the radiant light of our Father’s hope and grace, and show people how to live life to the fullest now and forevermore.

That’s CREATION Health!

Smile For Your Health!



ARKANSAS-LOUISIANA CONFERENCE

One of the things I have enjoyed ever since I was a teenager was looking at the faces of people and observing their expressions. It's always neat to see a smile or some expression that reflects a pleasant disposition. Not so sweet is the look of anger or an expression of discontent. The facial expression says a lot about the inner health of an individual, revealing his or her outlook, mind-set, and attitude.

We often limit our understanding of health to our physical well-being. However, our emotional health factors in as a most significant element of our overall health condition. While it is true that physical pain may make it difficult for someone to maintain a constant smile on their face, the choice to be pleasant or happy can radically impact one's physical health. Medical science has clearly demonstrated that the mind can have a powerful effect on the physical condition of an individual. Just as deliberate choices of our diet will affect the physical state of the body, so deliberate

choices of thought will affect one's emotional state of being.

Notice this inspired commentary on the subject. "It is the duty of everyone to cultivate cheerfulness instead of brooding over sorrow and troubles. Many not only make themselves wretched in this way, but they sacrifice health and happiness to a morbid imagination. There are things in their surroundings that are not agreeable, and their countenances wear a continual frown that, more plainly than words, expresses discontent. These depressing emotions are a great injury to them healthwise... but cheerfulness and hope, while they brighten the pathway of others, 'are life

unto those that find them, and health to all their flesh,' " (*The Adventist Home*, p. 430).

There is a soothing, and yes, healing quality to a smile! Not just for the one who smiles, but for everyone who is a recipient of that smile. "One smile of pleasure, one peaceful, approving word spoken in the spirit of meekness, would be a power to

soothe, to comfort, and to bless," (*Testimonies*, vol. 4, p. 348). All of us much more prefer being in the company of someone who carries a cheerful disposition rather than one who is grumpy and can seemingly never find good in anything. So for health's sake, smile! It is good medicine for you, and for those, around you!

Stephen Orian, president



Ringers of Hope Visit Van Buren Spanish

VAN BUREN, ARK. » The Van Buren Spanish church, sister church to "La Capilla del Amor" church in Fort Smith, was recently visited by the Ringers of Hope, the bell choir of Ouachita Hills Academy. The church is grateful to God for the visit from the talented youth and their wonderful

director, Robert Neall. In addition to sharing their music, one student shared a Bible story with the children, and other students shared about a mission trip they had taken to Cuba.

Ivonne Lozano

The Ringers of Hope from Ouachita Hills Academy. Choir members include: Sarah Payne, Nicole Brinkley, Hailey Chalfant, Nathalie Jimenez, Nohemi Ruiz, Brianna Grisham, Greg Zdor, Aletia Thornton, Rosetta Magazzeni, Joshua Baute, Abri Ranzinger, and Madeline Cadavero.



Minden Church Continues with Health Outreach

MINDON, LA. » The Minden church has continued to be involved in outreach activities.

One of the church's recent outreach activities was holding a Nedley Depression Recovery program, culminating with a graduation ceremony in late April. Another recent activity was a Health Expo, conducted at the local American Legion Building, also in late April. In anticipation of the Expo and of an evangelism series, two Sabbath afternoons were dedicated to distributing flyers door-to-door. Members, including Pathfinders from sister churches, provided the needed manpower.

On May 2, the monthly healthy plant-based cooking

class demonstrated the many uses of tofu. The class also included its usual health talk. These classes are well-attended from month to month and it seems there is an increasing interest in healthy lifestyles.

May 3 was the start date for "Uncovered, Answering the Big Questions in Life," an evangelism series taught by David Machado, a young evangelist from the Southeastern California Conference. Machado kept the interest of all as he presented various Bible truths each evening. The series concluded on May 18. The church is praying for those who have made and will make decisions for Christ.

Kathryn Irizarry



The Minden church has been very active and recently concluded an evangelism series with David Machado.

Hot Springs Pathfinders Host Rally

HOT SPRINGS, ARK. » Last summer, during a Pathfinder planning meeting, it was decided to invite Manny Cruz, assistant youth director for the North American Division, to help with a Pathfinder rally and Investiture.

During the following months, the church prepared for the great activity. The theme for the rally was "A Servant of God and a Friend to Man," and a special pin was designed that reflected that theme. Pathfinder clubs from across the Arkansas-Louisiana Conference were invited for the weekend of May 11-12, 2013.

Visitors came from Springdale, Bonnerdale, Conway, Little Rock, and North Little Rock. The rally began

with Cruz speaking at a beautifully-presented program on Friday night. On Sabbath, Pathfinders conducted the Sabbath School program, and then Cruz spoke for the church service. At the afternoon investiture service, Pathfinders, Master Guides, and candidates for the Pathfinder Instruc-

tor Award were invested. In the late afternoon, Pathfinders distributed more than 300 copies of *Steps to Christ* to people in downtown Hot Springs. The Pathfinders enjoyed meeting people and watching them carry the book away in their hands.

A dream that started a year ago concluded with great blessings to everyone involved—Pathfinders, leaders, church members, and the community. Praise God for all His goodness. No dream is too big when God is in it.

Brenda Perez



A recent Pathfinder Investiture and rally with guest Manny Cruz, assistant youth director for the North American Division.

Shreveport First Presents Check to Shreveport Spanish

SHREVEPORT, LA. » The Shreveport First church has hosted a Spanish group in one of its Sabbath School rooms for the past four years. Now, the Spanish group has grown into a thriving company, and is in search of a church building. Shreveport First was able to donate money to help them find one.

Several years ago, Shreveport First voted to match the first \$20,000 of the Spanish group's fundraising efforts and much effort has been put forth. This past June, the Spanish

company found a wonderful church building within five miles of the parent church.

They are negotiating for its purchase. They have raised \$46,000, and on June 1, David Farmer, pastor, gave the Spanish company a check for \$20,000 from Shreveport First.



David Farmer

David Farmer, pastor, presented a \$20,000 check to Carlos Portanova, head elder, and Daniel Castellanos, treasurer, for the Shreveport Spanish church members to build a church.

New Members for Ozark Church

OZARK, ARK. » On April 27, 2013, Doreen Grady and Arlene Lewis became members of the Ozark Seventh-day Adventist Church. Church members celebrated the addition of these two women who have already accepted responsibilities and are such a blessing.

Doreen Grady made her decision to follow Christ and be baptized after attending worship and a Bible Prophecy Seminar that was held by Bryan Seymour, pastor, at the Ozark church. She loves her Redeemer and looks forward to serving Him as an Adventist.

Arlene Lewis was introduced to the Adventist church by her husband, David. In 1992, Arlene and her husband moved to Arkansas, and soon after began attending the Ozark church. She studied the Bible, and over time became more involved in church activities. Arlene had accepted Christ as her Savior, and joined the church by profession of faith.

Seymour is following up with Bible studies, so that Arlene and Doreen will have a better understanding of their faith and is praying that the Holy Spirit will continue to guide in their spiritual growth and commitment.

Arlene Lewis



Doreen Grady and Arlene Lewis are the newest members of the Ozark church.

Arkansas-Louisiana Conference

Retirees / Senior Citizens Retreat

September 20-22, 2013 • Camp Yorktown Bay, Mountain Pine, Ark.

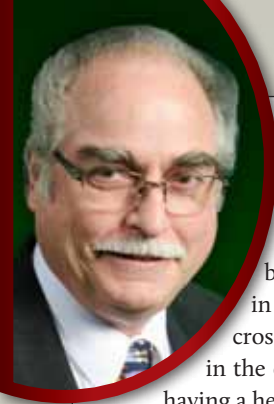
Guest Speaker: Elder Dowell Chow, President, Adventist World Radio

Lodging: Whispering Pines Motel, New Cabins with/AC, Bring RV or Tents

Featuring: Friday boat tour on clear, clean Lake Ouachita by state park ranger; Walking trails; Planned program with activities; Quiet time to refresh. This year is "Hobby Year" so bring your favorite hobby or activity. Relax at beautiful Camp Yorktown Bay on Lake Ouachita. Enjoy great speakers, great music, great food, and great lodging.

Registration and More Information: Call 318.631.6240, ext. 207.

Quitting the “Well, I Try” Club



The doctor leaned back against the counter in the examining room. He crossed his arms, looked me in the eye, and said, “So, you’re having a healthy lifestyle contest for your school boys and girls to enter posters, essays, slide presentations, or movies. And these entries are supposed to talk about a healthy lifestyle?”

“That’s right,” I replied. “We present winning entries with trophies, ribbons, cash money, or certificates. It is really a good day for all of us, the parents, family members, and friends.”

My doctor continued his look at me. I interpreted this to mean that he was not satisfied with what he was seeing. He finally said what was on his mind. “Well, if you’re going to go and talk to your students about healthy lifestyles, we’ve got to get you looking the part, don’t we?”

Ouch! The truth can hurt!!

We all know what we should be doing, but when it comes down to it, how many of us actually do it? I know I need to monitor my diet and watch what I eat but, well, I try! I know I should listen to my spouse when she’s ready to go for a walk but, well, I try! I know I should check my blood pressure, drink plenty of fresh water every day, get sufficient sleep every night, make time to study the Sabbath School lesson, spend time with the Bible, and spend time on my

knees but, well, I try!

I’m all too afraid that if I opened enrollment to my “Well, I try club,” I would have way too many members! For myself, I actually do better when I am with a group with the same goals that I am trying to reach.

One evening, arriving at a motel after a day of driving and meetings, I looked into the fitness room. But I kept going and ended up sitting on the edge of the bed flipping through channels on the television to see if there was anything worth watching, which there wasn’t.

But a title did catch my attention. It was called *The Biggest Loser!*

It was about people trying to see who amongst them could lose the most weight. There were trainers to give them encouragement and suggestions. I turned off the TV and went to sleep!

Over the years, I’ve witnessed our members speaking of evangelism meetings to reach out to the public. School teachers and school boards have talked about ways to reach out to the community with their students.

It is all evangelism. Could it be that the finest form of evangelism might be when we involve our youth and in the process, take care of our own?

So I figure since I need to be in shape, and I do better when I have people getting in shape along with me, then why not participate in The Biggest Winner? We could

use one of many programs available to us. A small group of various ages could select a program to facilitate the process. In doing so, we would be meeting one of the many suggestions we have heard for a long time.

“The principles of health reform are found in the word of God. The gospel of health is to be firmly linked with the ministry of the word. It is the Lord’s design that the restoring influence of health reform shall be a part of the last great effort to proclaim the gospel message...In perfect and complete unity with the gospel ministry the work of health reform will reveal its God-given power. Under the influence of the gospel great reforms will be made by medical missionary work” (*Manuscript 172*, 1899).

The following are great resources on the Internet for you to launch a healthy living program in your area.

The Full Plate Diet: www.fullplateliving.org/learn

Complete Health Improvement Program (CHIP): www.chiphealth.com

CREATION Health: www.creation-health.tv

Contact your conference’s health ministries department to discuss if training can be provided.

Jack Francisco, health and education director, Oklahoma Conference



Oklahoma Pathfinder Camporee: In the Lions' Den

WEWOKA » Was it chance or providence that "Lions' Den" was the theme for the Oklahoma Pathfinder Camporee? The camporee was held April 26-28 this year with 307 Pathfinders, directors, and staff in attendance. On Friday, April 26, everyone was busily setting up camp and preparing for Friday night worship with Elder Van Hurst from the Indiana Conference. During our worship, the sky began to look very cloudy, as is usual for Oklahoma in April. As the group split up to retire to the individual camps, warnings came in from Oklahoma City that baseball-sized hail and ripping winds were headed our way. Some clubs waited out the storm in the gymnasium.

I watched the camp, waiting for the hail and damaging wind, while remembering the prayers that the storm would go around us. Thoughts of Oshkosh 2005 began to rush into my mind. At that time, there was a huge tornado coming right toward the grounds where 30,000 Pathfinders were camping. Many prayed for the storm to go around, went to their tents, and slept. Others were screaming and running toward the metal hangars for shelter. I stood in the



◀ Pathfinders at the Oklahoma Conference Pathfinder Camporee had a "lions' den" experience when they faced a threatening storm.

middle of our Oklahoma Conference camp and watched the storm of Oshkosh divide as it got close to the campground. It went around both sides of the camp, rejoining on the other side.

I remembered that prayer as I watched a new storm coming and the rains pouring down. The hail and wind never came, it went another direction! Our God is an awesome God! Our "lions' den" experience was

held captive by the hand of our Father that loves to see Pathfinders in their best mode, camping!

We continued to have a wonderful, blessed weekend as the Lord used Elder Van Hurst. The weekend ended with seven Pathfinders choosing to make a decision for baptism. Just as the king of Babylon called to Daniel the next day and praised the living God of Daniel, the Oklahoma Conference campers praised the living God of Pathfinders.

Apple Park

Prayer Conference in Moore

OKLAHOMA CITY » It is an exciting time for Oklahoma as we prepare to blanket the state with "Oklahoma For Christ 2013" evangelism meetings. In preparation for the kick-off date, September 6, a prayer conference, "Empowering Evangelism Through Prayer," will be held August 30-31 at Hope Adventist Fellowship in Moore, Okla.

"We believe God is ready to pour out mighty blessings on Oklahoma as we seek Him in prayer," said Cindy Mercer, Oklahoma Conference prayer ministries coordinator.

The guest speaker is Ron Clouzet, director of the NAD's Evangelism Institute and professor of Christian ministry and pastoral theology at Andrews University. Additional guest speakers are Duane and Kathy McKey from the Southwestern Union.

"This will be a great time to rally our prayer troops and partner with evangelism as we seek the outpouring of the Holy Spirit on our conference and churches," said Mercer.

There will be a special prayer outreach for the tornado-stricken community of Moore on Sabbath afternoon. There will be no charge to attend this conference, but registration is required for meal planning. In lieu of a registration fee, there will be a love offering collected. To register, contact Mercer at 870.510.8048, or through e-mail at cjmercerc@tds.net. To find more information, visit www.oklahomaadventist.org.

Cindy Mercer

OKLAHOMA PRAYER CONFERENCE
Empowering Evangelism Through Prayer
OKLAHOMA FOR CHRIST 2013
August 30-31
HOPE ADVENTIST FELLOWSHIP
1426 NE 12TH ST. MOORE, OK

Guest Speaker
RON CLOUZET
Director NAD Evangelism Institute and
Professor of Christian Ministry and Pastoral Theology
at Andrews University

FRIDAY NIGHT 7PM, SABBATH MORNING,
SABBATH EVENING 7PM

Special Guests: Duane and Kathy McKey
Special outreach prayer project for
community of Moore, OK

Oklahomaadventist.org for more info

Kingdom Rock VBS at Edmond Church

EDMOND » More than 70 children and volunteers discovered how to stand strong for God at the Edmond church's Kingdom Rock Vacation Bible School, from June 3-7.

"Kingdom Rock was filled with incredible Bible-learning experiences for the kids to see, hear, touch, and even taste," said Amie Bostian, VBS director. "Games, songs, and tasty treats were just a few of the features that helped their faith flow into real life. Also, it was great

to see the kids participate in a hands-on mission project to show their love for children in India."

Kris Bryant



The Edmond church recently held an exciting Vacation Bible School program that was filled with faith-building experiences.



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Health is a Gift



There are not a lot of biblical texts that relate to health. However, from my memories of Adventist evangelism meetings that I attended, the health message would often be introduced by this text, "Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers," (3 John 2, NJKV). Because we are not all gifted with the same amount of life's vital force, we have to deduce that all of life has to be treated as a precious gift.

Many factors affect the health of each

of us. Heredity, environment, wealth, poverty, lifestyle, but the most important factors, in my opinion, are the choices that we make. This statement from *Counsels on Diet and Foods*, p. 156, indicts most of us, surely me: "We are under obligation to God to make an unreserved consecration of ourselves to Him, body and soul, with all the faculties appreciated as His entrusted gifts, to be employed in His service."

As the preacher says, "If you can't say amen, then at least say 'Ouch!'" I will be the first to confess that some of my health

problems have come from heredity traits, but they have been complicated by choices that I have made. This brings to the forefront the issue of "balance" in lifestyle. If we are to experience the well-wished greeting of John to his beloved friend, Gaius, then it will come only through God's providential leading and "as strictly temperate habits can make them," (*Counsels on Diet and Foods*, p. 156).

Samuel L. Green, president

Berean's Health Fair

BATON ROUGE, LA. » Baton Rouge Berean's healthcare ministries department recently hosted its sixth annual community health fair, with a successful response from the church and community.

Trudy McClain, health fair coordinator, made it her goal that the fair would offer more than what the average health fair does. The fair lasted from 9 a.m. to 2 p.m. Activities began with breakfast prepared and served by Naomi Smart and her crew. Participants could have BMI (body mass index) measurements, diabetes checks, hearing and visual screenings by Wal-Mart's vision center, blood pressure, cholesterol, and sickle cell anemia tests. Health care professionals from the nursing program at Berean church, Southern University, and the Baton Rouge community performed the various screenings.

As in the past, the ICARE station was one of the more popular tables. ICARE is a program that provides health service to East Baton Rouge Parish (EBRP) school students, and the community, in areas of alcohol, drug abuse, and violence prevention. Rosalind Wright, an EBRP teacher and

ICARE staff member, manned the table. Participants got a chance to feel what it was like to try walking a straight line under the influence of alcohol or drugs while wearing specially treated eye gear. Of course, very few succeeded.



▲ Robert Davis, pastor, got his hearing tested at the health fair.

► The Baton Rouge Berean church recently held a well-attended health fair and offered many important health screenings for community members.



The clerk of court's office provided fingerprinting and picture identifications for children. "This is the kind of service we'd normally have to pay for," exclaimed an obviously grateful parent. From there it was a trip to Safety Town, a pretend neighborhood complete with homes, vehicles, and businesses, which all helped to keep the children occupied as they received fun and invaluable safety instructions.

For lunch there was McClain's signature fruit salad. As the ending time approached, there was no denying that Berean had hosted yet another successful health fair, one that was anything but ordinary.

Evelyn M. Edwards

Better Care Health Fair

HOT SPRINGS, ARK. » The Sharon church's health ministries department held its "B.E.T.T.E.R. C.A.R.E." health fair at the Emma Webb Community Center in Hot Springs in mid-February. The name of the health fair is an acronym that stands for: bright sunlight, environment, trust in God, temperance, exercise, right nutrition, clean water, air, rest, and extreme gratitude. The emphasis was on natural health and disease prevention.

Shalawn Adams, LPN; Charlotte Jimerson, L.P.N.; and Roxanne Strange, R.N., were all on hand to lend their services, as well as Steve Carr, occupational therapist, and Priscilla Tangunan, M.D. From PowerPoint presentations to

counsel and practical advice. To finish the day, there was a light meal prepared by the hospitality department and other departments. The food was beautifully prepared, delicious, and nutritious.

3 John 2 says, "I wish above all things that

that we possess. Shall we not glorify Him in our bodies and our spirits, which are His? We can live longer and healthier lives by following His "Better Care" plan, because God's way is the best way. We thank Him for all of His wonderful blessings and we are so grateful for all of the volunteers, not only the medical personnel, but for all of those who provided transportation and assisted wherever there was a need.

Chibuzo Chinwah



blood pressure checks, blood glucose assessments, and cholesterol screenings, the health fair had it covered. Local health care professionals consulted with members of the community on matters concerning several aspects of health, including diet, nutrition, and exercise, providing a balanced educational experience for all who attended. One of the highlights of the event was the question-and-answer session. Participants were able to get more than just information and figures. They received wise

thou mayest prosper and be in health, even as thy soul prospereth." God is concerned about our health and He wants the very best for us. He wants us to live happy, healthy lives. Considering the fact that we are not our own, but merely stewards of all

▲ Roxanne Strange, RN, (at right) and Charlotte Green, LPN, (standing) provided services at the health fair for a community member.

Top right: Steve Carr, occupational therapist, teaching at the health fair.

Top left: Shalawn Goodman, LPN, drew the blood of health fair participant John Adams.

Bottom left: Chibuzo Chinwah, health ministries director for the Sharon church, with local firemen who came out to show their support.

The Elijah Message at Family Camp

ATHENS, TEX. » Everyone loves a bargain! The Southwest Region Conference provided a great bargain for families interested in living their “Kingdom lives” now! Buford Griffith, Jr., executive secretary

of the Southwestern Union, and his wife, Carmen Fuentes-Griffith, Southwestern Union women’s ministries director, presented a week-long seminar, “Family Wellness in Postmodern Times,” for Family Camp at Lone Star Camp in Athens, Texas. The theme for the week was “The Elijah Message.”

Families had the opportunity to learn eight ways to make a successful marriage. God’s plan for children is to live in a home where the parents love each other and share God’s love with everyone in

the home. Loving parents develop secure, confident, healthy, and spiritually-minded children.

Parents learned that they have to develop boundaries, open communication, and knowledge of the world in which their children live. Parents must contend with the impact of technology and media in the lives of their children, among other things. If it impacts the lives of children, parents are forced to contend with it for attention. Technology and media are not bad, they just need management through the lens of Christian living.

The Griffiths also shared about family education. Their willingness to share from their life experiences as parents, and now grandparents raising a child, made their seminar alive, pointed, and encouraging.

Families were encouraged with the promise of the Lord’s interest in our homes and families. They were reminded that God will never leave us nor forsake us.

Wilma Kirk-Lee, family ministries director



▲ Presenters for the family ministries workshop, Buford Griffith, Jr., Southwestern Union executive secretary, and Carmen Fuentes-Griffith, Southwestern Union women’s ministries director.

► Dr. and Sister Booker, directors of family for the Southwest Region Conference.



Remembering W.C. Jones with Center

ATHENS, TEX. » President Barack Obama once said: “Change will not come if we wait for some other person, or if we wait for some other time. We are the ones we’ve been waiting for. We are the change that we seek.” Change. A concept most are not comfortable with, most do not find easy, and almost all fear. But change can be a wonderful thing. Former Southwest Region Conference president W.C. Jones, who passed away last year, was unafraid to fight for change, a change that allowed his dream of creating a place where all will

be welcome, regardless of culture, race, or prejudices, to become a reality. During a

time when differences of opinions weren’t applauded, opposition was discouraged,

and Southwest Region Conference had little to claim as their own, W.C. Jones fought to secure a place. We are so proud that he never gave up the fight! Jones was a visionary, and upon coming to Lone Star Camp, he saw the potential, and fought to own the soil that we so lovingly call Lone Star Camp. We are grateful for his efforts, and we applaud him. The

Welcome Center will be a constant reminder that we should “be the change we wish to see.” If there is one lesson that I could take away from W.C. Jones’ life, it is that in order to keep the legacy alive, I must be willing to sacrifice and give.

Michelle Mota



▲ The new W.C. Jones Welcome Center at Lone Star Camp.

◀ W.C. Jones’ family and Southwest Region Conference officers cutting the ribbon to the new W.C. Jones Welcome Center.

Healing in His Wings



A woman who was getting onto a sky lift was given instructions that the moment the lift's chair touched her, she was to sit down and lift her feet from the ground. Instead, when the chair arrived and bumped against her, she sat down but was extremely nervous and disarmed by the height of the lift. Her hesitation caused her to keep her feet firmly planted on the platform. She wanted to see the magnificent view from the top of the lift, but also wanted to remain firmly attached to the ground. With her feet glued to the platform, the seat began to wind back and then, like a slingshot, suddenly hurled her off the platform, causing severe injury to her legs and back. Indecision is a very dangerous thing!

Throughout the Bible we encounter individuals who were decisive in their walk with God, as well as others who hesitated, delayed, and were subsequently hurled into painful circumstances. It behooves us all to recall as often as possible the words of the prophet Isaiah, "He has borne our griefs and carried our sorrows. Yet we did esteem Him stricken, smitten of God and

afflicted. But He was wounded for our transgressions, He was bruised for our iniquities; the chastisement of our peace was upon Him and with His stripes we are healed" (Isaiah 53:4,5).

We serve a God that wants to heal us spiritually, emotionally, and physically! It is so unfortunate that there are more sick people in the world today despite the abundance and surplus of physicians, hospitals, medicine, and technology. It used to be common thought that only people from third-world countries, over-crowded and poor, suffer from disease and sickness. But today, how things have changed! Even those who live comfortably suffer from sickness and maladies such as heart disease, obesity, and cancer. As God's people, we were told millenniums ago: "If thou wilt diligently hearken to the voice of the Lord thy God, and wilt do that which is right in His sight, giving ear to His commandments and keeping all His statutes, I will put none of these diseases upon thee which I have brought upon the Egyptians. For I am the Lord that healeth thee" (Exodus. 15:26). That promise was so effective that many years later, the psalmist David was able to faithfully declare in Psalm

105:37, "He brought them forth also with silver and gold, and there was not one feeble person among their tribes!" The Word of God is a book of healing. Prayer is therapeutic. And working for the Lord and His cause strengthens our spiritual immune system and girds us up as we face the fiery darts of the enemy.

So often the seed of infirmity is allowed to foster and develop in our lives unchecked by the Spirit of the Lord. The key is to kill it at the seed stage before it develops into anything! Although a serpent is very dangerous, a small boy can destroy it while it's still in the egg. But once it has developed into an enormous python, it becomes a problem. Thus, the importance of allowing the Spirit of God free reign and ultimate autonomy in our lives. Today, see yourself the way the Lord sees you, as a precious candidate for heaven, then live like a prince or princess of the kingdom. It will empower you to live for Him, live above the fray, and prepare for a life that surpasses anything this world could ever offer!

Carlos J. Craig, president

Ray of Hope at Kerrville

KERRVILLE » The Kerrville church saw ten people baptized during its Ray of Hope evangelism series, which took place from February to March this year. The series was led by evangelist Tim Jones. He presented

a series of Bible Prophecy subjects on end-time events, and spoke in a fresh and dynamic way. When the series ended, Jones stayed another week, offering a five-day program to help people stop smoking. The

program helped three people to quit smoking, one of whom had been smoking for 45 years. There are many baptisms to come, as God blessed the meetings and called many to come forth and serve Him.

Betty Blair



Far left: Ten people were recently baptized at the Kerrville church following an evangelism series.

◀ Evangelist Tim Jones spoke for the Kerrville church's evangelism series.

Parade of Nations at Gulfhaven

HOUSTON » The Gulfhaven church recently celebrated the many countries, dialects, customs, and nationalities that represent the church at its Parade of Nations event. Gulfhaven has quickly become an international church, and the Parade of Nations demonstrated that when members carried the flags of their countries through the church. A narrator announced

each country, as well as the name of the person that represented the country. Approximately 26 nations were represented in the parade.

What really captured the heart and spirit were the international delicacies that had been prepared from the members from all these countries. It was the kind of day that makes one look forward to sitting down at

the table the Lord is preparing with people of every nation and tongue.

Jean Hagen

The Gulfhaven church recently celebrated its international members with a Parade of Nations. Guests of the event enjoyed seeing the flags and eating the traditional food of each nation represented.



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Living Healthy, Living Well Seminar Changes Lives

FORT WORTH » Is it possible that God carefully preserved a 150-year-old message for such a time as this? None one will argue against the fact that our communities are in great need of restoration, healing, and hope. The Fort Worth First church, along with members from surrounding churches, recently came together for a 40-day journey to return to a simple lifestyle in order to gain health and wellness. It began at the Fort Worth Colonial Country Club during the New Steps to Health Living Healthy, Living Well seminar. Fort Worth First members were involved with other participants in the community, helping to establish small groups and life-buddy systems, promoting success through a 40-day wellness challenge.

The facilitator, Errol Bryce, M.D., F.A.C.P., began with an explanation of the connection between neuroscience, the brain, and God's magnificent plan to restore health in His people. Individuals there committed to the 40-day challenge. They experienced incredible changes and shared their stories at a celebration banquet held on March 24 at the Fort Worth First church. It is impossible to share all of the stories, but here is what a few people shared: "I'm now off of four medicines. I was 284 pounds, and I'm 256 now. My diabetes is normalized. My blood pressure was 154/90, but it's now 104/64," "I lost 25 pounds. I was at 281, and now I'm at 256. My blood pressure was 160/94 and now it's 118/78," and "I got my life back. I lost 20

pounds and I'm off one medicine with the hope that in a few months I can come off of two more."

One individual suffered from a disease called sarcoidosis, which can attack any part of the body. In most cases, the lungs are affected, as in this person's case. She had come to the seminar with her oxygen tank and a hope that the program would make a difference. After just two weeks, she entered the small group session without her oxygen. By the third week, she gave her testimony, explaining that she did not need her oxygen tank filled because she had only used a quarter of the tank. A warm embrace and a glimpse of an expression of joy can't begin to tell the full story of one who was once totally dependent on oxygen, but had not needed it in more than four weeks.

Who would think that a simple, plant-based, zero-cholesterol diet with exercise, increased sleep, water, sunlight, and trust in God would make such a difference in the lives of our friends and neighbors. The seminar has also led some participants to join Bible studies.

Fort Worth First has decided to host the complete seminar again, and for \$75, the seminar includes a Sabbath power breakfast, lunch, and materials. The Living Healthy, Living Well Seminar will be held

August 23-24, 2013 at the Fort Worth First church, located at 7051 McCart Ave. To register, visit www.newstepstohealth.org, call: 817.290.0924, or mail: P.O. 530808, Grand Prairie, TX 75053.

Gina Jenkins



The Fort Worth First church recently hosted a successful Living Healthy, Living Well seminar and plans to have the complete seminar again August 23-24, 2013.

Good Medicine



Careful thinkers, past and present, know that attitude affects health in a marked way.

Attitude is something we can change for the better. One of my wife's favorite texts is Proverbs 17:22, which says, "A cheerful heart is good medicine."

I once counseled a young woman who had problems with her health and depression. I advised her to write 10 things she was thankful for and look at them every morning when she got up. It took her until noon the first day to think of one thing, but eventually she had 10. She followed my counsel by reading her list and praising God every morning when she got up. Her health and attitude dramatically improved by cultivating a cheerful heart. The life of her family and friends improved too. Cheerfulness is contagious.

The story is told of a farmer who grew award-winning corn. Each year he entered his corn in the state fair, where it always won a blue ribbon. One year, a newspaper reporter discovered the secret of his success: the farmer shared his corn seed with his neighbors.

"How can you afford to share your best seed corn with your neighbors when they are your competition each year?" the reporter asked. "Well," said the farmer, "The wind picks up pollen from the ripening corn and swirls it from field to field. If my neighbors grow inferior corn, cross-pollination will steadily degrade the quality of my corn. If I am to grow good corn, I must help my neighbors grow good corn, as well."

There is a connectedness in life. The farmer's corn could not improve unless his neighbor's corn also improved. So it is in

other dimensions. Those who choose to be at peace must help their neighbors to be at peace. Those who choose to live well must help others to live well, for the value of a life is measured by the lives it touches. Those who choose to be happy must help others to find happiness, for the welfare of each is bound up with the welfare of all.

The lesson for each of us is this: if we are to grow in grace, we must help our neighbors grow in grace. We are in continual cross-pollination. We choose what type of spiritual pollen exudes from us. Let's allow the spiritual pollen of love, peace, joy, and cheerfulness to spread to those around us. By blessing others we too will be blessed. As we practice cheerfulness we will grow in health as will those around us.

James L. Stevens, president

TEXICO CONFERENCE

Albuquerque Three Angels Church Hosts Marriage Partners Weekend

ALBUQUERQUE, N. MEX. » The Albuquerque Three Angels church recently hosted a marriage retreat, Marriage Partners Weekend 2013. Eighteen couples participated.

"Today, marriages are constantly being attacked by the enemy," said Elisa Castillo, an organizer of the event. "This retreat was to counter influences and attacks that try to destroy family and marriage."

Topics from the retreat included communication, blended families, marriage in the community, finances, and, of course, love, intimacy, and the joys of marriage. Lay couples presented each topic, sharing their uphill battles as well as successful strategies.

"These marriage weekends give couples an opportunity to reflect and identify with other couples that have experienced hardships in their marriages," said Castillo. "It also shows how

God will always be the one and only power source that can overcome and prevent destruction in marriages."

The highlight of the weekend was a couple's Communion service followed by a recommitment ceremony and banquet.

Couples had the opportunity to first renew their faith and relationship with Jesus Christ, then to renew their wedding vows.

Preparation and organization of the event took a lot of hard work and dedication. The team consisted of nine couples:

Manuel and Joanne Rodriguez, Nehemias and Ivy Basit, Al and Lydia Montes De Oca, Albert and Eunice Ortega, Jerry and Sandra Martinez, Elfigo and Elisa Castillo, Jeff and Carol Mertz, Dale and Mahea Dodd, and Bruce and Monique Wilkerson.

Elisa Castillo



Top: The Communion service was a special time together for couples attending the retreat. They renewed their love for Jesus Christ.

◀ The couples enjoyed the recommitment ceremony and banquet.

Church Uses Many Different Methods to Share the Gospel

CLOVIS, N. MEX. » The Clovis church is celebrating 11 new members whose baptisms took place on April 20. The baptisms followed a month-long evangelism series led by Nehemias Basit, pastor, and Harry Stone, head elder.

“I can go back at least 15 years in the history of this church and there have never been this many baptisms on one Sabbath,” said Stone. “Truly, the Lord has blessed our endeavors.”

The series was held at the Clovis Civic Center beginning March 22. Opening night had more than 60 in attendance.

In preparation for the series, 5,000 fliers had been mailed and 15 canvassers from Ouachita Hills College invited people to attend. There were also radio announcements, newspaper advertisements, and even more fliers sent out.

A cooking class led by Mary Stone, Jodi McReynolds, and the Amarillo church was held a week before the series to encourage people to come.

After the first week of the series, there were more Bible study interests than the church could handle. Daniel Rojas, pastor, led the church members in continued distribution of



▲ Jodi McReynolds of the Amarillo church gave a delicious and healthy cooking class prior to the start of the evangelism series.

◀ The Prophecy Decoded meetings were initially held at the Clovis Civic Center, and were led by Nehemias Basit, pastor, and Harry Stone, head elder.

◀ Fifteen young canvassers from Ouachita Hills College in Arkansas went door-to-door in Clovis, Portales, and the surrounding area, selling books and inviting people to the upcoming evangelism series and cooking class.



the lessons and giving in-home Bible studies.

The program consisted of a health lecture by Mary Stone, a prophecy lecture by Nehemias Basit and Harry Stone, and book

awards coordinated by Rojas. In addition to the 11 new members, at least seven more individuals are showing interest.

LeAndra McGrath

United in Mission and Service

HEREFORD, TEXAS » The Hereford Spanish church has been greatly blessed through an evangelistic series that ended on April 20. The messages shared through our pastor’s wife, Betty Grijalva, have brought 13 people to the church. After conducting Bible studies and advertising with flyers

and billboards, we thank God for all the blessings that He bestowed on Hereford. We know that God has something special for this community. There is more work that needs to be done and we are united in prayer and mission to spread His Word to those who need to know Him.

Our church is also privileged to be a continual bless-

ing to the community by following Jesus’ example of not only feeding people spiritual food, but also putting food on their tables. Every week, the church gives away between 50 and 60 pantry boxes with the help of our volunteers. We solicit your prayers that we may continue working for Jesus.

Amparo Egbert



Far left: From left: Javier Grijalva, pastor, Amparo Egbert, and speaker, Betty Grijalva, introduce new members to the Hereford Spanish church at the conclusion of their evangelistic meetings.

◀ Between 50 and 60 food boxes are prepared weekly by volunteers at the church to distribute to needy families.

The Harvest is Ripe: ShareHim Provides Laborers

MORA, N. MEX. » My first ShareHim experience was on a mission trip to Mexico. My husband and I heard of it at camp meeting and were eager to join.

ShareHim was a new and exciting concept to me. It's a ministry where anyone can preach an evangelism series.

We returned from Mexico and I was soon invited to be a part of another series. It was in the Dominican Republic, led by pastors' wives. I accepted the challenge, seeking more experience and courage to be able to perform a dream I had of soul winning in our own community.

With my plane fare paid and plans in place, I was dismayed to learn I had cancer. Believing the devil was trying to discourage me, I went through with the surgery and radiation treatments, and continued my plans to go to the Dominican Republic. I believed that if I could be trained better in this work, perhaps the Lord could use me to hold meetings in our two churches.

When I returned, my husband, Jim, offered my services as an evangelist to the members of the Raton, New Mexico church. I saw them look at each other as they tried to process his offer, but no one responded. I imagined what they might be

thinking: "She's a woman. She's nearly 70. What if her cancer comes back?"

Time passed, and I wondered if the ShareHim ministry was over for me. I prayed, "Dear God, am I to lay down this training and forget about it? Maybe you have someone else who is willing to do evangelism in our district. I am willing to do it if you can use me. You were the One who whetted my appetite for this. If you want me to do this, you will have to open the doors, because I don't have a clue how to start."

The very next day, the phone rang. The woman on the line was unknown to me. She called to let me know my ShareHim sermons had been mailed and that I was scheduled to hold an evangelistic series in Raton. I was humbled that God had answered my prayer so speedily and approved of me for this task.

When the time for the meetings came, I was incredibly tired, feverish, and coughing. My throat was tight, and my voice rasping. My husband offered to preach for me, but I felt certain it was just another attack of the devil, and that I'd be able to speak freely when the time came.

Each evening and throughout the day,

my husband and others prayed for me, and each evening as we entered the church, my coughing stopped and my symptoms vanished. This happened each day for 24 meetings. The greatest thrill was seeing faces in the audience who weren't used to coming to church return each night. When five came forward to be baptized, it was a holy moment. I felt humbled that God could use me to help these individuals make this important decision.

I now pray for opportunities to invite my neighbors into my living room to present these messages to them. They must hear this message of hope and assurance that Jesus offers us. I long to tell people that what I have done, they can do, too. If Jesus can use me to do this, He can use anyone who is willing.

Lititia Coleman

Far right: Lititia Coleman, wife of Jim Coleman, pastor, held her own ShareHim meetings in the church that he pastors, with five people accepting the message and joining the membership.

► Greeters welcomed attendees with smiles and materials.

▼ The Raton, N. Mex., church sign.



No Time Like the Present

With Southwestern's Distance Learning Program, it's never too late to start

We've all experienced those moments when life takes unexpected turns. For Travis Foster, it seemed like the worst possible timing. He had a high-paying job, a young family, and a full class load, funded by his employer, through Southwestern Adventist University's adult degree program. And then he no longer had a job.

Fortunately for Foster, he also possessed a strong faith and a hardy work ethic. Already enrolled for another semester in the adult degree program (ADP), Foster decided to press forward with his degree and continue praying for guidance. And then life took another unexpected turn.

For more than a decade, Foster felt called by God to serve as a minister of the gospel. Serving as an elder at the Adventist church in Mojave, Calif., seemed to be the answer. He continued to serve his church while taking a full class load, working, and spending time with his family.

After losing his job and much of his educational assistance, Foster prayed even more specifically for God to lead in his life, asking his classmates and teachers to do the same. Through his ADP courses, Foster had quickly learned that prayer requests and e-mail discussions were welcome. Having formerly received his education from a public university, he was surprised and impressed to find that such an atmosphere existed.

During this time Foster felt a renewed calling to the ministry and decided to change his major to theology. It was a crucial time in his life and Foster credits his teachers with helping him through this difficult transition. "My experience in corresponding with my teachers has been exceptional. They genuinely care and take an interest in our lives," says Foster. "This has been the best decision of my life."

Foster is not alone in his experience. Students who enroll in either the adult degree program or the distance learning program come from a variety of backgrounds and geographical locations and enroll for many reasons. Last semester, a soldier stationed

in Iraq completed several courses. This semester's enrollment includes a student from the Bahamas and one from Canada. The ADP office just received an application from South Korea.

"Just last week I received an e-mail from an alumna who attended Southwestern in the 70s. Her kids are grown and she's thinking about that last class she never finished," says Robert Gardner, registrar. "She wants to finish her degree and we're here to help her make that happen."

The adult degree program is designed to help students who already have a job, a

tance learning offers many degrees, including business, elementary education, history, and religion/theology. It even offers a certificate in church ministry. The program also works closely with the Southwestern Union to provide an alternative certification program for educators.

"This summer we have a student from one of our sister Adventist colleges who needed to finish a course to graduate. She will finish her course and be able to transfer the credits. It's a simple solution for her," explains Gardner.

This semester, a student in one of English professor Susan Gardner's literature classes shared with her classmates that she was fighting cancer. She would often take her growing list of prayer requests from students to her other, on-campus literature classes, where they would take turns praying. One day, she decided to ask her students to sign a card for the classmate struggling with cancer. They did so enthusiastically. Upon receiving the card, the student emailed Gardner, saying the unexpected encouragement was exactly what she needed. She was both surprised and grateful for this kind act.

"There is a sincere prayer forum between teachers and students at Southwestern," explains Foster. "You're not just another student. It's encouraging and inspiring to know that people do care about you as a person."

With the start of ADP in 1980, Southwestern was one of the few schools to offer such a program. Today, the program continues to stand out, thanks to dedicated staff and faculty. "Our students seek a connection, whether they're in our classes physically or online. I picture my online students sitting at their computer, waiting for a human response on a paper they worked so hard on," says Susan Gardner. "That's why I'm eager to reach out to them, to let them know there is a teacher on the other side who cares about their success and well-being."

Darcy Force



Robert Gardner, registrar, assists local students with the distance learning registration process. The entire process can also be completed online.

family, and need help finishing their degree. "For these students, life is often way more complicated than the average dorm student. They need flexibility. They need understanding," says Gardner. "We are committed to helping them finish, whether it takes them a semester or six years. It's not about how many graduate per year but about helping them reach the goal of finishing their education."

In 2010, Southwestern added the overarching distance learning program, under which ADP now finds its home. In addition to helping students finish their degree, dis-

North American Adventist Publishing House Boards Asked to Consider Merger

On Wednesday, June 19, 2013, the General Conference and North American Division administrations forwarded to the boards of Pacific Press Publishing Association and Review and Herald Publishing Association a request for the two organizations to consider a merger in the near future.

The proposal comes in response to church administrators' analysis of the current publishing mission setting along

of the church's worldwide evangelistic and witnessing program."

Review and Herald Publishing Association, located in Hagerstown, Maryland, and the Pacific Press Publishing Association, located in Nampa, Idaho, have been operating as General Conference institutions. The proposal forwarded to the respective boards, through the board chairs, requests not only consideration of a merger of the two institutions but also a transfer of identity for these entities from being General Conference-sponsored institutions to that of being North American Division-sponsored.

Over the past two years, the North American Division has been developing a comprehensive approach to all forms of media ministry. "The preparation and use of literature by church members, by local church-sponsored witnessing initiatives, and as an adjunct to programs in other media platforms is a prominent component of this strategy,"

said Dan Jackson, president of the North American Division. "A publishing house closely linked to church infrastructure and intimately involved with planning, implementation and coordination of witnessing and nurture programs is a key component in accomplishing our mission objectives."

Neither publishing house receives financial appropriations from the General Conference or from the North American Division. Both publishing houses currently enjoy operating gains. Historically, the Seventh-day Adventist Church has operated several publishing houses in North America. Each must make important decisions regarding its vision for the future and the investment of capital to maintain efficiencies in publishing and

printing processes. Such decisions will have far-reaching impact. In light of present surplus manufacturing capacity it is believed advantageous for the two organizations to plan for the future as one unit rather than separately and to be directly connected to a North American Division mission-driven distribution system.

The next step will be for a taskforce with representation from the General Conference, the North American Division and each publishing house to prepare a blueprint for merger. It is expected that a report from the taskforce would be presented to the boards by late September of this year. Each board will then have the opportunity to determine its response to the merger proposal.

The Seventh-day Adventist Church operates 63 publishing houses worldwide, each operating under its own board of governance. Review and Herald Publishing Association is the successor to the first publishing house, The Seventh-day Adventist Publishing Association, incorporated in 1861. The Pacific Adventist Publishing Association, established in California, was or-

with related distribution systems. It builds upon the work of several commissions and groups that over the past several years have studied the challenges and opportunities arising from rapid technology changes in publishing as well as changes in how society accesses information.

The boards of both institutions met separately Wednesday evening, and each, by overwhelming majority votes, expressed agreement to consider a yet-to-be-developed merger proposal. In addition, each board authorized its chair and president to represent the institution on a taskforce whose assignment will be to develop a detailed merger proposal for future consideration by the boards and constituents.

Ted N. C. Wilson, president of the General Conference of Seventh-day Adventists, affirmed that "publishing and distributing materials to advance the proclamation of the gospel remains a vital and integral part



ganized in 1875. It was renamed as the Pacific Press Publishing Association in 1904. A third General Conference-sponsored publishing house, Southern Publishing Association, merged with the Review and Herald Publishing Association in 1980.

REACHING OUT TOUCHING HEARTS HEALING LIVES

A photograph of a man and a young child laughing joyfully. The man is in the background, wearing a red shirt with the number '6' on it. The child is in the foreground, wearing a light blue plaid shirt. The background is a soft-focus outdoor setting with green foliage.

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EMPLOYMENT

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MISCELLANEOUS

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LET'S MOVE! DAY

Sunday, September 22, 2013



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Find resources and information at 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, Disabilities, Education, Family, Women's, Youth, and Adventist Chaplaincy Ministries, and the Ministerial Department.



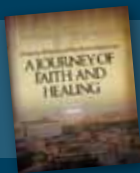
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Continuing Medical Education Event

Well-known physician, writer and speaker Dr. Rachel Naomi Remen

SATURDAY, OCTOBER 26 | Hospital Sabbath Program

Elders Charles White, great grandson of Ellen White, and Gordon Bietz, president of Southern Adventist University
Concert by Sandi Patty, acclaimed Christian vocalist

SUNDAY, OCTOBER 27 | Centennial Gala

A fund-raising celebration for WMMC

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Announcements

Oak Park Academy will hold its alumni homecoming weekend September 27-28, 2013, in Nevada, Iowa. The honor classes of 1963 (50 years) and 1973 (40 years) will lead out in the Friday-evening vespers and Sabbath-morning worship services. Michael Porter ('71) will speak for Friday evening, Ron Karr ('63) will speak for the 11 a.m. worship service, and Teresa Hoover ('73) will speak for Sabbath evening vespers. Jaime Jorge, an internationally-known violin virtuoso will present a concert on Sabbath afternoon. For information, contact Michael Porter at mporteratp@gmail.com, or 202.746.0744.



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Obituaries

ALLEN, Yuma Jean, born September 20, 1930 in Ringlin, Okla., and died June 10, 2013 in Ardmore, Okla. A member of the Ardmore church, she loved to cook, garden, travel, and take care of her dog, Baby. She was preceded in death by two husbands, Willis Harmon and Harold Allen, a daughter, and a step-son. Survivors: son and daughter-in-law, Michael and Kay Harmon, of Ardmore; son, Billy Harmon, of Ardmore; step-daughter, Sharon Halstead Quick, of Savannah, Mo.; step-son, David Allen, of Kansas; 10 grandchildren, eight step-grandchildren, and numerous great-grandchildren and great-step-grandchildren.

BALLENGER, Gene Earl, born April 6, 1928 in Jamestown, Ky., and died May 15 2013 in Mabelvale, Ark. A veteran of the Korean War, Gene was a long-time teacher and principal in the Adventist Education system. He operated the food pantry for his church in Little Rock, and loved to garden. Survivors: wife, Betty of Mabelvale; daughter, Loujean McDougal of Mabelvale; son, Danny Ballenger of Colorado Springs, Colo.; brother, Ralph of Louisville, Ky.; and four grandchildren.

JUST, Margaret R., born August 2, 1919 in Knoxville, Tenn., and died January 7, 2013 in Ardmore, Okla. She was an active church member and a well-loved teacher. Margaret was actively involved in service wherever she could be useful. Her husband preceded her in death. Survivors: daughter, Peggy West; daughter, Phyllis Krentz; son, Bo Just; daughter Pearlina Sickler; sister, Mamie Garnett; 10 grandchildren, seven great-grandchildren, four great-great-grandchildren, and special friends, Jerry and Dawn Krentz.

KORGAN, Joada, born July 5,

1932 in Pea Green, Colo., and died October 17, 2012 in Claremore, Okla. She was a member of the Claremore Seventh-day Adventist Church. Joada attend Campion Academy in Loveland, Colo., and Union College in Lincoln Neb. She graduated from Southwestern Adventist University in Keene Tex., and received her Masters of Education from the University of Tulsa. She taught at several schools and retired from teaching from Tulsa Adventist Academy. Joada was very active in church and school. She was treasurer for the Claremore church for 18 years, and set up the library for the Claremore Seventh-day Adventist school. Survivors: husband, Julius Korgan of Claremore; son, Doug Beyer of Claremore; son, Alan Beyer of Keene; several step-children, grandchildren, and great-grandchildren.

KRAFT, Hannah (Rauh) Haney, born January 17, 1922 in Shattuck, Okla., and died February 23, 2013, in Oklahoma City, Okla. She was preceded in death by her first husband, Charles Haney, and second husband, Godfrey Kraft. Survivors: daughter, Marjorie Lemmons, of Oklahoma City; and daughter, Darlene Bertschy, of Mountain Home, Ark.

RICHARDSON, Janice Marie Cook, born August 31, 1951 in Hammond, La., and died April 16, 2013 in Shreveport, La. In 1967 she married Louis Richardson and moved to Benton Harbor, Mich. She worked for Zenith, formerly Heath. After retirement in 2004 she relocated to Shreveport, La., where she was a member of the Shreveport church. Survivors: son, Randal Richardson of Toledo, Oh.; daughter Roshonda Richardson of Horn Lake, Miss.; son Patrick Richardson of Pontiac, Mich.; daughter Markesia Curry of Shreveport; sister, Rose Brown of Ponchatoula, La.; sister-in-law, Gloria Ard of Gramblin, La.; and

two grandchildren.

RYAN, Parker Lester, born September 24, 1914 in Lexington, Neb., and died April 26, 2013 in Mesquite, Tex. He was the first elder of the Mesquite church for many years and was a member of that church for almost 60 years. Survivors: wife, Pat Ryan of Mesquite; sons, Timothy Ryan and Thomas Ryan; three grandchildren, and many great-grandchildren.

SEALES, Cherrie Woodlief, born March 6, 1942 in New Orleans, La., and died June 6, 2013 in Baton Rouge, La. She was a member of the Baton Rouge Berean church since 1947, when she was baptized. Cherrie served as church pianist, secretary, finance committee member, investment leader, school board member, and sanctuary choir member. She attended Berean School, Oakwood Academy, Oakwood College, and graduated from

Southern University in Baton Rouge. Cherrie began her teaching career in the East Baton Rouge Parish School System, and in 1970 began teaching in the Berean church school. After several years, she became the head teacher and principal. She retired with 34 years of experience. During her tenure as an educator, Cherrie won the Zaphora award from the Arkansas Conference of Seventh-day Adventists. Survivors: husband, Edward Seales of Baton Rouge; son, Marvin Harris, Baton Rouge; brother, Messai Woodlief (Norma), LaPlace, La.; sister-in-law Nancy Ball, and numerous nieces and nephews.



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SABBATH SUNSET CALENDAR						
	Aug 2	Aug 9	Aug 16	Aug 23	Aug 30	Sep 6
Abilene, TX	8:37	8:31	8:23	8:16	8:07	7:59
Albuquerque, NM	8:10	8:02	7:55	7:46	7:37	7:28
Amarillo, TX	8:50	8:44	8:36	8:27	8:18	8:09
Brownsville, TX	8:16	8:11	8:05	7:59	7:52	7:46
Dallas, TX	8:25	8:19	8:12	8:04	7:55	7:47
El Paso, TX	8:02	7:56	7:49	7:41	7:33	7:25
Fort Worth/Keene, TX	8:28	8:21	8:14	8:06	7:58	7:49
Gallup, NM	8:19	8:12	8:04	7:55	7:46	7:37
Galveston/Houston, TX	8:14	8:08	8:02	7:55	7:47	7:40
Gentry, AR	8:23	8:16	8:08	7:59	7:50	7:41
Little Rock, AR	8:11	8:05	7:57	7:49	7:40	7:31
Muskogee, OK	8:26	8:19	8:11	8:02	7:53	7:44
New Orleans, LA	7:53	7:47	7:41	7:34	7:26	7:19
Oklahoma City, OK	8:34	8:27	8:19	8:10	8:01	7:52
Roswell, NM	7:58	7:51	7:44	7:36	7:27	7:19
San Antonio, TX	8:26	8:20	8:14	8:07	7:59	7:52
Shreveport, LA	8:13	8:07	7:59	7:52	7:43	7:35
Tulsa, OK	8:29	8:22	8:14	8:05	7:56	7:47



On the Record »

BY PAT HUMPHREY » COMMUNICATION DIRECTOR, SOUTHWESTERN UNION

Hang In There!

“Set a goal and hang in there—no matter what.”

A COUPLE YEARS AGO, *U.S. News & World Report* published an article entitled “11 Health Habits That Will Help You Live to 100.” And you know what habit number eight was? “Live Like a Seventh-day Adventist.” Wow. What a witness! Here’s what the article said: “Seventh-day Adventists have an average life expectancy of 89, about a decade longer than the average American. One of the basic tenets of the religion is that it’s important to cherish the body that’s on loan from God, which means no smoking, alcohol abuse, or overindulging in sweets. Followers typically get plenty of exercise, are vegetarian, and make family and community a focus.”

It’s amazing to me how quickly the world is catching on to the secrets we’ve known for years. But I have to admit that although I’m very health conscious, doing everything I should is sometimes a challenge. (Have you experienced that too?) Hectic schedules, a very long to-do list, stress, and a host of other modern-day hurdles often get in the way of my good intentions to exercise, watch my weight, and get the rest my body needs. Yet, despite the challenges and my less-than-perfect lifestyle, I’ve determined that I won’t give up. And *that*, I believe, is the secret to success. Set a goal and hang in there—no matter what.

If you’d like to make some positive

changes to your lifestyle, here are a few helpful hints. First, make a commitment to add just one new, healthful habit to your daily routine. Write it down, tell a friend, and ask that person to hold you accountable. Second, don’t try to do everything at once. One of the quickest ways to get discouraged is to take on more than you can handle. It takes about three weeks of consistent effort to make a habit permanent. So pick one thing, like drinking eight glasses of water a day, or walking 30 minutes a day (or even 10 or 15, if you’re just starting out) and when you’ve got that down pat, move on to the next goal.

And last, find some tools to help you

out. There are a ton of them available! For example, I recently discovered an app for my iPhone called **HEALTHY 100 HABITS**, developed by Florida Hospital. It’s kind of like having your own personal wellness coach to help you develop good health habits and hold you accountable for doing so. It even sends you reminders. Another of my favorite tools is a Web site called Spark People (you can find it here: WWW.SPARKPEOPLE.COM). It has food, exercise, and weight trackers along with articles, exercise videos, and a host of other useful features—and it’s all free. These are just a few of many great resources that you can find on the Web or in the app store. The idea is to find something that works for you—and use it.

You’ll find the best resource of all in God’s Word. In it there’s a treasure trove of promises to keep you going when the going gets tough. So, check out God’s Word, set some wellness goals, and hang in there. You can do it!

Record

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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.

i am more than a number

I never thought of going anywhere else because I visited Southwestern a lot when I was younger and was always so welcome. It's always felt like my school. And now it is. In addition to the scholarships I received as an incoming freshman, I've since received merit scholarships that are designed to encourage hard work and recognize you for it. I work hard for my grades and I'm very involved on campus as the S.A. president.

Southwestern recognizes my efforts and that makes a huge difference.

*Melissa, Senior
Education Major*



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