

SOUTHWESTERN UNION

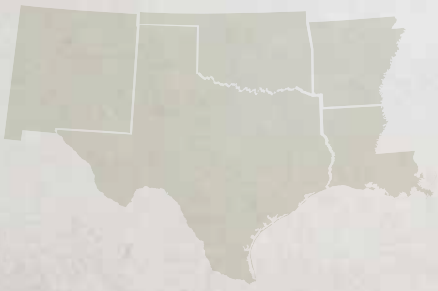
Record

AUGUST 2014



*They Were the
Hands and Feet
of Jesus*

HEALTH MINISTRIES SPECIAL ISSUE



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On the Cover

In April 2014 more than 500 volunteers became the hands and feet of Jesus as they provided free medical, vision, and dental services to the underserved populations of Oakland and San Francisco, California. A similar outreach event, Pathway to Health, will be conducted in San Antonio, Texas, April 8-10, 2015. Turn the pages to find out more about this and other medical ministries you can become involved in. [Photo by Gerry Chudleigh]



Point of View»

BY LARRY MOORE » SOUTHWESTERN UNION CONFERENCE PRESIDENT



Let's Be a Blessing in the Community

I have always been grateful to God for the health principles He has given in Scripture and Spirit of Prophecy. As I have lived these principles out in my own life and shared them with others in evangelism or seminars, the blessings go on. Do you remember the Five Day Plan to Stop Smoking? I had the privilege of helping hundreds kick the habit. I always felt that I had helped the community be a healthier place as well as helping the people move on to a happier, more productive life. My motive was simply to be a blessing to the community.

As you know, the General Conference Session will be held in San Antonio next year. One of the events leading up to GC Session

will be Pathway to Health, a three-day free medical clinic held April 8-10 for people who have limited or no access to health care. This was done in the San Francisco/Oakland, California area with wonderful results. We want to give something of value to the community of San Antonio. We will need professional healthcare workers to lead the way as well as volunteers willing to do a multitude of tasks. You will be hearing a lot more about this as time goes on. This will be like a mission trip here in our own backyard. May God help us as we work for Him.

Larry Moore



Stepping Stone to Success

LM: Reading about Jennifer and Ngoc-Tam's experiences at Southwestern instills in me a sense of surety about the difference that the university's commitment to excellence and to Adventist education is making in the lives of our young adults.

JF: It wasn't a hard decision to attend Southwestern Adventist University. My parents had made Adventist education a priority and I was excited to continue that tradition when choosing a university. My friends from academy were attending and it was a short (in Texas terms) car trip from home. I didn't expect that when my parents dropped me off for the fall semester in 2001 that I would make Keene my home.

I knew I wanted to study nursing and I had heard positive things about the program at Southwestern. In addition to lecturing on the science and practice of nursing, my professors demonstrated the ministry in their profession. They had worship before class and prayed with their patients, showing us the ministry aspect of our chosen career. Now I work at one of the hospitals where I had done some of my clinicals, and I am able to count some of my former classmates and professors as co-workers.

While I didn't plan to stay after earning my degree, I am thankful for the blessings that came from my time at Southwestern. I met my husband, made friends, and learned skills necessary for the career I enjoy today. I am excited to be raising my child in a community that has such a commitment to Adventist education.



Jennifer (Rhodes) Feese, Nursing 2006



Ngoc-Tam Nguyen, BBA 2012, MBA 2013

NN: Southwestern wasn't my first choice of college. But after having finished my undergraduate program there, I know it was God's first choice for me.

I wasn't a believer before attending Southwestern, but I soon realized that it was the place where I could focus on finding the answers to the most important questions, such as "Who am I?," "What are my goals in life?" and "How can I achieve my goals?" I studied

and was baptized while there.

Class sizes at Southwestern were small, which allowed us to actively contribute in the lessons and have time for quality discussion on topics of interest related to our classes. The teachers were very helpful and dedicated in guiding us through the discussions. This way of teaching let the students find their own best answers for business questions that usually didn't have one right answer. Not only that, there were a variety of activities outside of the classroom that allowed students to apply knowledge from textbooks as well as feed their spiritual needs.

To me, college was not a job training school, and it shouldn't be thought of that way either. College should prepare a strong foundation for one's career and personal life. It should be the place where you can find your passion, learn to think and to work like a professional, make life-time connections, and especially, learn how to balance all the important matters of life. I'm confident to say that Southwestern has prepared me well to continue my journey.





CREATION Health

BY LYNELL LAMOUNTAIN » SOUTHERN UNION HEALTH MINISTRIES DIRECTOR

Five Things You Don't Know About Water

A close family member of mine does not care for water, or any other liquid for that matter (yes, I'm calling you out, Mom).

If I believed in reincarnation, I could be convinced that she was a camel in a former life. On a good day, she might drink four glasses of water. I, on the other hand (insert smug tone), drink close to a gallon.

Water is awesome. Here are five amazing things about water that I think you will love hearing:

1. Falling water, whether from a waterfall, creek, or a rain shower, gives off negative ions. So? Well, research reveals that breathing in these negative ions boosts our immune system, and has a tranquilizing effect on our mood.

2. Hydrotherapy—something as simple as a hot bath—reduces the stress hormone cortisol. Additionally, in a German study conducted in Bavaria, researchers explored the positive effects of hydrotherapy and found that it triggers a significant increase in lymphocytes, which aids the immune system in better fighting off disease.

3. Adequate water intake reduces the risk of three of the four most common cancers: breast, large bowel, and prostate (but not lung cancer). Drinking at least five glasses of water daily may reduce the risk of colon cancer by 45 percent in women, and 32 percent in men compared to people who only drink two or less. And, get this: drinking

enough water daily can reduce the risk of breast cancer by 79 percent in postmenopausal women and 33 percent in premenopausal women.

4. Water can decrease your risk of stroke and heart attack. When dehydrated, our blood is thicker and likelier to clot, which increases our risk of stroke and heart attack. One

epidemiologic study demonstrated that heart attack risk decreased about 50 percent in people who drank at least five cups of water daily.

5. Water helps us lose weight! One of the important functions of the liver is to metabolize fat. And one of the main functions of the kidneys is to remove toxins from the body. Inadequate water intake stresses the kidneys, making it difficult for them to do an adequate job of ridding the body of toxins. When this happens, the body recruits the liver to assist in this essential job. The result? Well, because the liver is helping the kidneys with detoxification, it is unable to metabolize fat efficiently, and the “leftover” fat is deposited in your body. So, drink your water for better results on the scales!

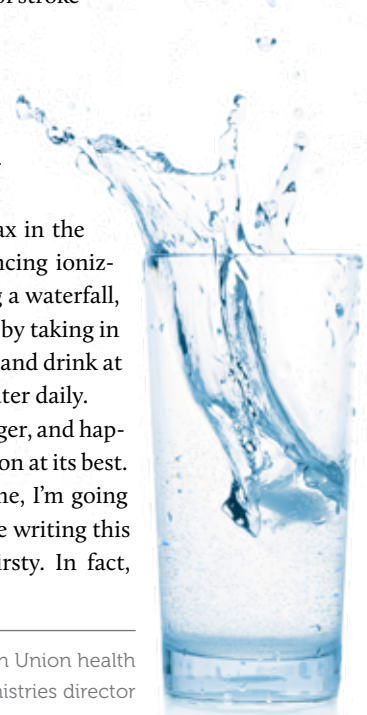
If you want to have less stress and feel calmer, *and* strengthen your immune system to fight off disease more effectively while reducing your risk of three of the four most common cancers, *and* decreasing your risk of stroke and heart attack, *and* help in losing or maintaining a healthy weight, then make the adequate usage of water a part of your daily lifestyle (*Mom*).

So play in the water, relax in the water, enjoy the mood-enhancing ionizing effects of water by visiting a waterfall, bubbling brook, the ocean, or by taking in a gentle summer rain shower, and drink at least eight to ten glasses of water daily.

You will feel better, stronger, and happier, and your body will function at its best.

Now if you will excuse me, I'm going to get a glass of water, because writing this article has made me *very* thirsty. In fact, why don't you join me?

Lynell LaMountain, Southern Union health ministries director



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Choice

Rest

Environment

Activity

Trust

Interpersonal
RELATIONSHIPS

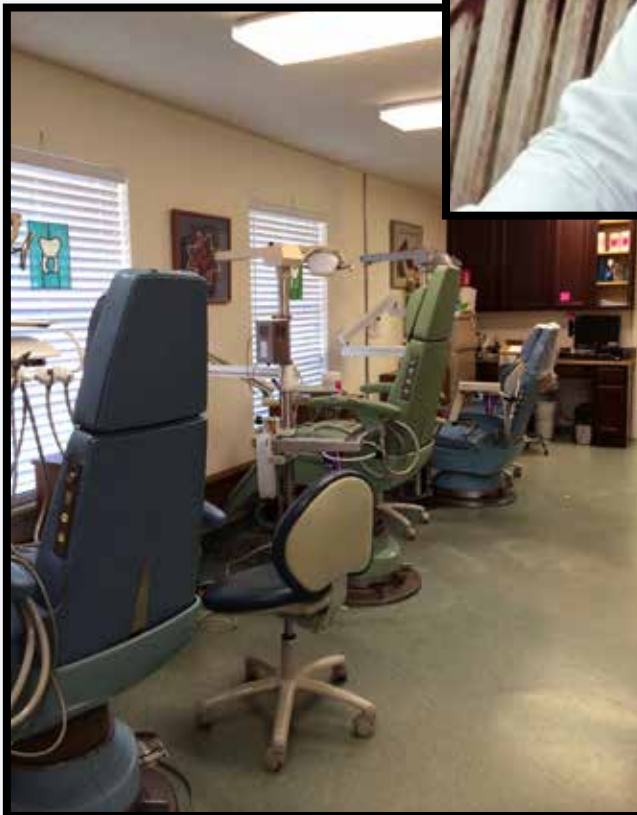
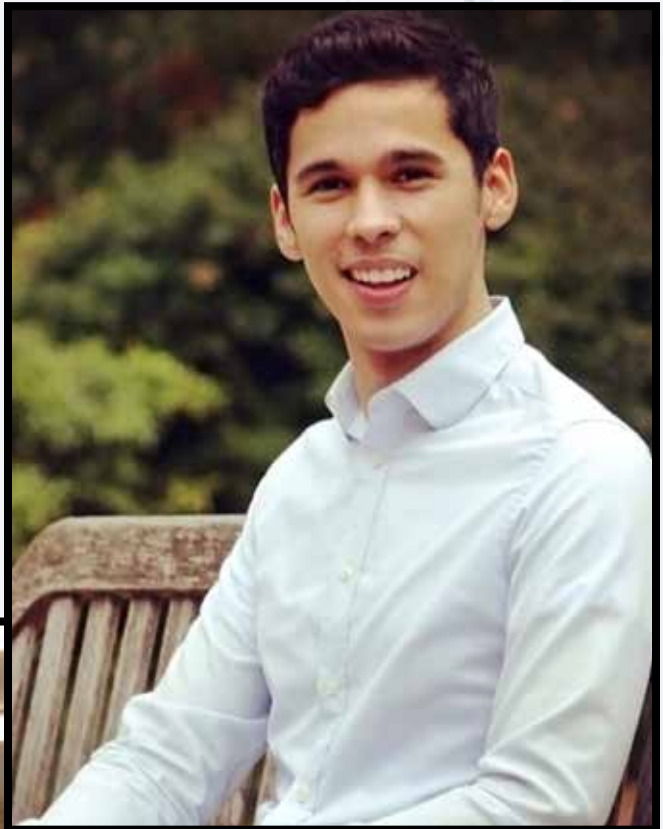
Outlook

Nutrition

Sharing HOPE With Others

“RELIGION THAT IS PURE AND UNDEFILED BEFORE GOD, THE FATHER, IS THIS: to visit orphans and widows in their affliction, and to keep oneself unstained from the world” (James 1:27). At first glance this verse seems to be speaking of two separate duties. The “orphans and widows” are those who cannot care for themselves. It is our duty to help these individuals. But what does it mean to keep oneself unstained from the world? Many times I’ve thought about this verse in James. It tells us what the religion of Christ is all about.

Over the past 5 years I have had the privilege of being a part of the HOPE Clinic. Since this small clinic in Cleburne, Texas, opened its doors in 2007, it has changed many lives. Not only have many individuals received treatment there, but many students have percolated through HOPE, picking up knowledge and skills for their future careers. This institution is where I found a career for myself and also gained a perspective on life that has helped shape me into a better person. And now that I’m a licensed dental hygienist I have an avenue of service and ministry where I will be able to help others and help myself grow spiritually. If I didn’t have the HOPE Clinic I might be tempted to think that this new career of mine is for my benefit alone. I know how selfish I can be, but I have a very real reminder, twice a month, that there are individuals who are not nearly as blessed as I am. These people are in poor health, in constant pain, and many of them with no hope of improvement. I’ve never been the type of Christian who likes to preach in front of crowds or even hold Bible studies, but I can show Christian love



▲ Robert Drapiza volunteers at the HOPE clinic.

◀ The HOPE Clinic in Cleburne, Texas, a ministry of the Cleburne Seventh-day Adventist Church, provides much-needed dental care for underserved area residents.

and compassion through nonsurgical periodontal therapy.

I believe that to “keep oneself unstained from the world” means to maintain a perspective of what really matters in life; the health and well-being of others. To do this there is nothing better than to be involved in a community service project. I’ve found mine.



Pass it On...

A Monthly Focus on Evangelism in the Southwest

BY SANDY KELLER WITH CRYSTAL GABLE OF GET HEALTHY MARSHALL

Helping Our Community to Get Healthy

When the members of the Jefferson Central church in Jefferson, Texas, learned about Healthfest, an annual community event in Marshall, Texas, they decided to get involved. This event draws celebrities, health professionals, and culinary experts from around the nation who demonstrate and promote the benefits of a plant-based diet. “Our son learned about healthy living and the vegetarian lifestyle at Cypress Bend Elementary School. At the time we didn’t know a lot about health,” says church member Sandy Keller. “But when our son came home and shared with us what he had learned, we decided to become vegetarians,” Keller continues. Now, any time the opportunity presents itself, Keller enjoys sharing with others the good news about healthful living that has been such a blessing in her own life.

In 2013 Keller learned about Healthfest while helping the wife of Marshall’s mayor to put up posters around town. “As I met Amanda to get posters for the 2013 event, she reminded me that this is the Adventist church’s message. *Gulp!* It was too late for that event, but I knew our church needed to get involved the next year,” Keller says. When the billboards began to go up advertising the speakers for Healthfest 2014, Keller became excited as she recognized the faces of some of the medical experts featured in the documentary *Forks Over Knives*, which a friend had shared with her during her journey toward healthier living.

In January 2014 members of the Jefferson Central church collaborated to operate a booth at Marshall’s Healthfest. “We had a drawing each day for a plant-based cookbook, handed out health literature, and talked with over 400 people from all over the US, Canada, and Europe!” Keller exclaims. “Most were at least familiar with the Adventist health message,” she continues. “Many of the speakers credit the Adventists with their findings through the Adventist Health Studies 1 and 2.”

So how did Marshall, Texas, a small country town in the middle of the “stroke belt,” become the annual epicenter for plant-

based living? When Marshall’s mayor, Ed Smith, was diagnosed with prostate cancer in 2008, he obtained a copy of *The China Study* and read it. This book outlines the most comprehensive study ever conducted on the relationship between the consumption of animal products and chronic illness. After reading *The China Study*, Smith changed his lifestyle and adopted a whole-food,



From left: Karl Leukert, pastor, and Charles Bauder from the Jefferson Central Church, and physicians Esther and Manuel Alva and son, Richard, who are Adventist members from the Chicago area.

plant-based diet. Now, with a clean bill of health, he and his wife, Amanda, host (and largely underwrite) Marshall’s annual Healthfest, and the Smiths have dedicated most of their energies toward promoting a plant-based diet.

The next annual Healthfest will take place March 27-29, 2015, and will feature such guests as T. Colin Campbell, author of *The China Study*; Del Stroufe, author of the *Forks Over Knives* cookbook; and many others. To learn more about this community event, visit healthfest.com. Even better, why not find out what health fairs will take place in your own community and work with your church to host a booth? For ideas and information on literature you could purchase and distribute, please contact the Health Ministries Department at the Southwestern Union at 817.295.0472, ext. 338.



Unidad Matrimonial

El fin de semana del 6 al 8 de diciembre, 2013 la Asociación de Texico celebró un retiro matrimonial con el tema, "Creando en el Amor," con énfasis en la terapia de pareja. Los oradores invitados fueron el Doctor en Psicología René Quispe y su esposa Alvy, quien se especializa en las relaciones familiares.

Los dos compartieron no solamente el conocimiento en sus respectivas especialidades sino que también compartieron su testimonio de cómo Dios obró un milagro en la restauración de sus propias vidas. Con un estilo dinámico, honesto y divertido, los



El grupo de asistentes al retiro matrimonial y el Doctor Quispe y su esposa Alvy.



Quispes reafirmaron los principios divinos en la vida de las parejas que asistieron al retiro. Fue un evento especial donde recordaron las promesas hechas en el altar y renovaron el compromiso de amor que se hicieron el uno al otro en la gracia de Cristo. Los siguientes testimonios reflejan la experiencia de algunos de los participantes durante este retiro:

-“Para mí fue un fin de semana de despertar como padres y esposos. Hemos descubierto lo que no vemos, las cosas que tratamos

de ignorar, pero necesitábamos enfrentarlas; somos responsables de nuestras acciones. Gracias, muchas gracias.” - Anónimo

-“Siento que tengo una mejor idea de cuánto daño le he causado a mi esposa en el pasado, de mis responsabilidades, de una mejor forma de resolver los conflictos en nuestro matrimo-

nio, este será un nuevo comienzo. Me hubiera gustado asistir a un asesoramiento prematrimonial 3-5 años antes o asistir a un retiro como éste.” - Alex

-“Este fin de semana me ha cambiado para siempre. Vinimos aquí completamente aislados el uno del otro y con el dolor de una nueva aventura descubierta. No pensé que mi esposo vendría conmigo hasta el día antes de venir. Vi a Dios trabajar en ambos llevándonos al punto difícil de confesar heridas profundas y guiarnos hacia el camino de sanación.” - Anónimo

-“Este era mi último esfuerzo. No podía hacerlo todo sola y necesitábamos algo que nos ayudara a cambiar la forma en que veíamos y manejábamos las situaciones. Mi esposo necesitaba a otra persona aparte de mí para que le explicara acerca de opciones, necesidades, y los cambios necesarios. ¡Muchas gracias!” - Martha

-“Pensé que mi matrimonio había terminado y fui al retiro muy desesperada. Inmediatamente pude ver una esperanza y sentí una fuerte conexión con los mensajes que escuché. Era como si las sesiones fueron hechas para nosotros. Me voy con un renovado sentido de optimismo y una gran paz. Gracias a Dios por todos los maravillosos, generosos y atentos consejeros.” - Maria

Jaime Calvo, coordinador del ministerio de oración de la Asociación de Texico



Stephanie Leal

THEY WERE THE HANDS AND FEET OF JESUS

Pat Humphrey, Record editor and SWUC health ministries director

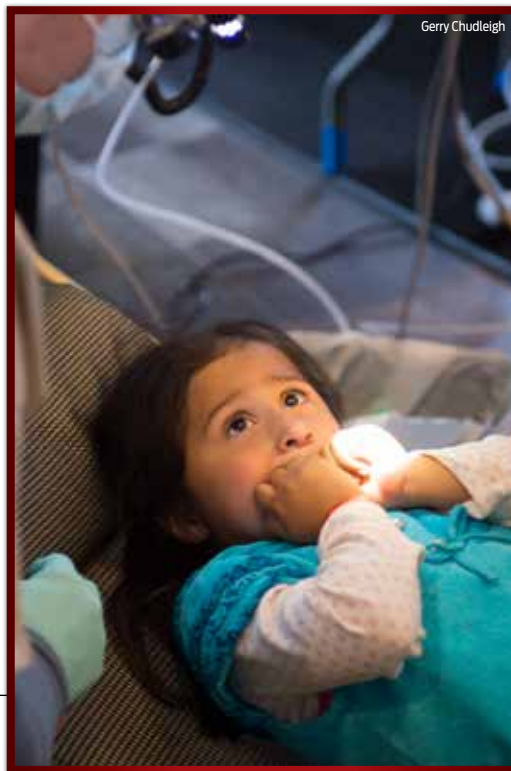
The four Gospels are filled with stories of Jesus’ ministry, in which hundreds of people flocked to Him for healing. In *The Ministry of Healing*, p. 17, we are told that, “On so large a scale did He conduct His work of healing and teaching that there was no building large enough to receive the multitudes that thronged to Him.” And not only did Jesus meet the physical needs of everyone who came to Him, He offered them something even more valuable—salvation, forgiveness, and relief from the burden of sin. Just as in Jesus’ day when the multitudes sought healing and relief from their physical maladies, thousands today in every major city are seeking physical comfort and care. For three days this past April, in the cities of San Francisco and Oakland, California, more than 500 volunteers from around the nation and beyond became the hands and feet of Jesus as they ministered to the physical and spiritual needs of city residents.

Bridges to Health, a three-day medical outreach event that provided free medical, dental, and vision services to the needy and underserved urban

population, was the brainchild of Lela Lewis, M.D., who serves as president of Pacific Union’s ASI chapter, along with her husband, Chris, who is also a physician. This urban, stateside medical mission trip was held in conjunction with the chapter’s regular spring convention and provided attendees an opportunity to get involved

with the community and make a meaningful difference in people’s lives. The idea was born following Pacific Union’s 2013 ASI Chapter convention, when Don Mackintosh, director of Weimar Institute’s Health Program, encouraged the members to put ASI’s motto—Sharing Christ in the Marketplace—into action. With the prompting of the Holy Spirit and the encouragement of others along the way, the idea of an urban-based medical mission trip began to take shape.

“I took Chris and Lela [Lewis] on a



Gerry Chudleigh

Top: Four-year-old Mia, despite getting in line at 5:30 a.m. with her mom Estella, in the rain, was all smiles as she waited in line at the Bridges to Health event in Oakland. She and her mom, like many others, were in line hoping for dental services.

◀ Richard Beckermeier, DDS, from Niles, Mich., reassures Mia during a dental procedure.

trip to Mexico and they got inspired,” says Jeff Hardesty, M.D., of Loma Linda University, who was one of the volunteer physicians providing medical services during the Bridges event. As the team was initially planning for Bridges to Health, Hardesty says, “Getting that many volunteers together at first seemed massive and overwhelming to me, but they did it. God opened the doors for them, He moved mountains, and it happened!”

Many of the volunteers shared what a joy it was to be a part



Gerry Chudleigh

▲ A young girl is examined by pediatrician Wanda Abreu, MD, from San Bernardino, California, at the Armory in San Francisco.

◀ A happy man smiles during registration at the Oakland event.

Bottom left: Jerrick Le, from Oakland, has his eyes checked by Jeannette Peterson during the Bridges to Health event.

▼ Peter Nelson, DDS, from San Luis Obispo, California, treats a patient during the Bridges to Health event.



Rich Constantinescu



Gerry Chudleigh



Gerry Chudleigh

of such an event—some of whom were eager from the start, along with others who weren't so sure they could make the sacrifice. When Yolanda Innocent Palmer of Monrovia, California, and her husband, Shubert, an M.D., heard about the opportunity to participate, they immediately wanted to get involved—in spite of their busy schedules. “We told the Lord, ‘Whatever You have to do to get my husband away from the office, we must be there,’” Yolanda said. “Our hearts were full, because we saw the multitude of people coming, just as Jesus fed the multitude and cared and provided health care for them—that’s what this is all about,” she said.

Sean Carney of Austin, Texas, whose wife, Linda, an M.D., volunteered with women’s services, said, “I was a little bit hesitant to come because of financial and time constraints. But none of that really matters. We simply left it in God’s hands. Coming to a situation like this gives you a perspective that we need to count our blessings. We are God’s hands and God’s feet.”

Yolanda Palmer’s husband, Shubert, feels that the time sacrificed was worth the cost. “We’ve been involved in mission trips, health fairs, and clinics,” he says, “but I must confess, I’ve never seen anything like the experience we’ve just gone through. I’ve had the opportunity to pray with my patients. . . . People left here having been touched by God’s hands in the flesh and introduced to the Master healer. This happened over and over again.”

Sponsored by the Pacific Union Chapter of ASI, in coordination with the Pacific Union Conference, the Northern California Conference, and the Central California Conference, Bridges to Health was a collaborative effort on the part of many self-supporting and church organizations, including Adventist Health, and numerous volunteers who sacrificed their time and resources to share the love of Jesus in a practical way.

A full range of medical, dental, and vision services were provided to more than 3,000 people over a three-day period, in many cases making a life-changing impact in people’s lives. A homeless man who came with missing front teeth exclaimed that the dental work he received would now enable him to apply for a much-needed job. A woman who was desperately in need of eyeglasses to correct her vision problem rejoiced that her new pair of glasses allowed her to see clearly for the first time. In addition to dental and vision, other services included women’s health services, primary care, pharmacy services, and even minor surgeries. Before



Gerry Chudleigh



Gerry Chudleigh

▲ Volunteer physicians and staff pray together at the Bridges to Health medical and dental clinic at the San Francisco Armory.

Top right: On Friday, April 25, 14 dentists treated 205 patients at the Oakland Coliseum.

► Maria Messner draws blood from a patient at the Armory in San Francisco.

Third row, left: People arrive at the Armory early in the morning to get in line.

Third row, right: A five-year old with her mother has her blood pressure measured as part of the triage process in San Francisco.

Fourth row, left: The dental clinic set up in the San Francisco Armory.

Fourth row, right: The "triage" area at the in the San Francisco Armory.

Bottom right: Lela Lewis, MD, president of the Pacific Union Chapter of ASI, gives instructions to nearly 600 volunteer workers to the Bridges to Health medical and dental clinic.



Gerry Chudleigh



Victor Carreiro



Gerry Chudleigh

leaving the venue, participants were ushered through the lifestyle medicine and chaplaincy areas, where they could receive free literature, counseling, and information on healthy living, as well as the opportunity to have someone pray for them.

Rodney Bowes, a volunteer with L.I.G.H.T (Lay Institute for Global Health Evangelism) and H.E.R. (Health Education Resources), who worked with the chaplaincy and lifestyle departments, said, "At the chaplaincy department it was so exciting to see how hungry people are for God's Word. I was able to share



Rich Constantinescu



Mark R. Brunig



Gerry Chudleigh



Gerry Chudleigh

▲ Music by students from Fountainview Academy in British Columbia had a soothing effect on the many people who had to wait in long lines for medical services at the San Francisco Armory.

► Nicole Amador, left, from Weimar Academy, Weimar, Calif., and Brianna Wiley, from Fountainview Academy, British Columbia, administer therapeutic massage during the event in San Francisco.



Gerry Chudleigh

ally need someone to follow up with them,” says Rhonda Rushton, a medical resident who traveled from Michigan to be a part of the event. “If they’ve been eating meat for 30 years, it’s unrealistic to think they will go home and start cooking vegetarian. A number of handouts invited people to future programs, such as cooking classes. The San Francisco Central church has a number of events coming up that will give them the education they need to help

give them a good start, and that is great.” Other churches in Oakland and San Francisco are conducting follow-up activities, as well.

In every major city across the U.S. and around the world, thousands are yearning for medical assistance. It is the hope of church leaders and lay members alike that Bridges to Health will serve

Bible studies with people, pray with scores of people, and lead them to a deeper relationship with Jesus Christ, which is what this event is all about.” Bowes said that he was able to encourage a couple who were struggling with addictions by showing them, with a five-minute Bible study, how they could overcome their habits. The couple went away rejoicing.

Each of the more than 3,000 people who served in San Francisco and Oakland from April 8-10 no doubt has their own story to tell. Over and over the words “Thank-you!” were repeated by happy people whose long-standing medical needs were cared for. A Weimar Academy student who volunteered on the hospitality team remarked that she heard testimonies from numerous people who had expressed their deep appreciation for the work that was done during the three days of Bridges to Health. But the work didn’t end there. Bridges was only the beginning. Participants were invited to a number of follow-up activities taking place at local Adventist churches, such as stop-smoking clinics and prophecy seminars. Additionally, follow-up appointments for patients to pick up eyeglasses were scheduled at local churches, providing additional opportunities for relationship-building.

“The biggest challenge for most of these people is that they re-

ally need someone to follow up with them,” says Rhonda Rushton, a medical resident who traveled from Michigan to be a part of the event. “If they’ve been eating meat for 30 years, it’s unrealistic to think they will go home and start cooking vegetarian. A number of handouts invited people to future programs, such as cooking classes. The San Francisco Central church has a number of events coming up that will give them the education they need to help give them a good start, and that is great.” Other churches in Oakland and San Francisco are conducting follow-up activities, as well. In every major city across the U.S. and around the world, thousands are yearning for medical assistance. It is the hope of church leaders and lay members alike that Bridges to Health will serve as a model for medical ministry that can be replicated many times over in other cities—large and small—around the globe. From April 8-10, 2015, right here in the Southwestern Union in the city of San Antonio, Texas, the Pathway to Health medical mission project will enable thousands of volunteers to become the hands and feet of Jesus, touching the lives of more than 5,000 people. ASI, the Southwestern Union, Adventist Health Systems, the Texas Conference, Southwest Region Conference, and numerous other organizations and entities are collaborating to make next year’s outreach efforts even bigger.

If you’d like to be a part of the Pathway to Health medical mission trip to San Antonio next year, please visit bigcitybenevolence.org to sign up. Medical volunteers, including physicians, dentists, eye specialists, and other medical professionals, as well as non-medical volunteers are needed to assist in a number of vital areas of service. To see a photo gallery and view a video about the Bridges to Health event held this past April, go to asisw.org. No doubt, you’ll be inspired. Please help us to be the feet and hands of Jesus in San Antonio and beyond!

YOU MAKE THE DIFFERENCE



Pathway to Health Medical Outreach

Medical Volunteers Needed to Provide Free Medical, Dental, and Eye Care

San Antonio, Texas: April 8 - 10, 2015

To sign up as a volunteer, visit:

www.bigcitybenevolence.org

WHAT IF CHURCH WAS LIKE A 12-STEP GROUP?

Jackie Bishop, author, *Journey to Wholeness* series

Thirteen years ago, I walked into my first 12-step meeting—heart broken, confused, suicidal, and utterly hopeless. I knew that no one could have tried harder, prayed more, read anything additional, attended any better seminars or put an ounce more sweat or tears into their marriage or family than I had. I would soon come to understand that 20 years of my best efforts had produced little more than a separation from my alcoholic husband and three wounded children.

I was raised a fourth-generation Seventh-day Adventist, went to church school, gave my heart to Jesus, and was baptized in the Keene (Texas) church when I was 14. I studied, prayed, and genuinely believed that if I just did the right things, good things would happen. The church did a great job of teaching me the concept of freedom from sin. They told me to quit sinning, and then when I was caught, I was belittled or shamed for my sin. I was taught *where to go* to receive forgiveness, but never really *how* to come in contact with the saving blood of Jesus. I was taught that I should be free from sin, but no one ever taught me how to do that.

My childhood was difficult, to say the least. Alcoholism and addiction touched my life long before I was born. My grandfather grew up in an angry, alcoholic home, and he raised my mother in a home filled with anger and rage. She carried that rage, abuse, and addiction into our home as she raised my brothers and me. My dad was killed in an auto accident three months before my fourth birthday—the victim of a drunk driver. Before I turned five, I had a new step-dad, step-brother and many additional new

family members. One of those new cousins sexually abused me over the next four years.

My gentle, praying grandmother and a kind, patient step-dad reflected the love that I imagined God must feel for me. Surrounded by the secret shame and pain, I promised to keep loving and trying my best to serve Him, no matter what. I desperately wanted to be saved, saved from the pain of my life, saved from the sins I seemed to keep committing no matter how hard I tried not to, and saved when Jesus returned to claim His own.

“Saved” is a medical term, translated in the New Testament from the word “sozo,” meaning to rescue from danger, to keep safe and sound. There is an emphasis on protecting someone who is suffering from a disease, to make them well, fix what is broken, restore and recover. It involves much more than forgiveness for past sins, it must also involve tools—the “how to” of dealing with the sickness of sin.

Sadly, there are very few churches doing much in this

area, especially when dealing with folks suffering with addictions, alcoholism, and other obsessive sin. In those cases, we tend to accuse, judge, and isolate them. We look down on them, when they struggle with a sin that is different from our own.

During the first few weeks of regularly attending 12-step groups, I wrote in my journal: “If I had to choose between church and my Alanon meetings, I’d choose Alanon, with no hesitation! Why can’t church be more like a 12-step meeting?”

The more I experienced the people and principles of the 12-step program, the more disappointed I became in the way most local churches deal with fellow sinners. It seems that we’re comfortable pretending that any



one sin is worse than another. As though an addict or alcoholic is worse than having a bad temper, behaving dishonestly, impatiently or arrogantly. One of the slogans I hear often in meetings, “We’re only as sick as our secrets,” defines a sickness within the church. We don’t talk about alcoholism, addiction, sexual abuse or any of these “secret sins.” And, because we don’t talk about them, we cannot offer the experience, strength, and hope found within the meeting rooms of 12-step groups.

In contrast to churches, 12-step groups exist to draw people by our brokenness and weakness, not our strength or morality. Although there are a wide variety of cultures, ethnicities, and demographics present, the only thing we have in common is the issue we know we’ve been unable to fix. We know exactly why we are all there; our purpose and structure are clear; when we show up and look around the room there are no pretenses that we are not broken. We all understand that because we are there, we all need help. There is no one particular leader, our groups are self-led, with the clear understanding that we all offer help and need help.

I am passionate about our churches becoming more “sinner friendly,” less secretive, less arrogant, more honest and open about the reality that we all are sinners, in need of a Savior. We all struggle with sins and addictions and most of us, if not all, understand the pain and struggle of loving an addict or alcoholic. The only way to minister to that need is to quit denying that people in our pews are dealing with these issues, and in doing so, develop real strategies to embrace each other and our needs.

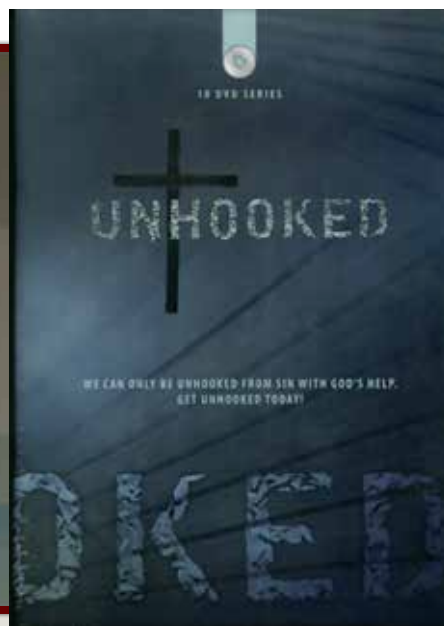
Although the church has acknowledged the problem of addiction and alcoholism for many years, it has now become more of a priority. *Unhooked*, a series recently produced by the Hope Channel can be viewed via satellite or on their Web site. This series is a combination of personal stories and practical information to assist in understanding the desperate need of our families impacted by alcoholism and addiction. In addition, Adventist Recovery

Ministries partnered with the GC Health Ministries Department to produce a 12-month curriculum entitled Journey to Wholeness. Designed to follow the format, principles, and structure of an AA or Alanon meeting, it is meant to be a resource for churches that want to be more intentional in meeting the needs of folks in their churches and communities dealing with compulsive behaviors.

While these are both excellent resources, the best resource of all is you and me. As we admit our powerlessness over the sin in our own life, we see the other hurting people in the pew with new eyes. This new perspective allows us to willingly accept another weary traveler as we join hands to weather the journey.

The amazing people in my 12-step group continue to provide me with acceptance, understanding, and a nurturing environment in which to express my anger, hurt, and suicidal feelings. They support and celebrate my mini victories and personal growth, often identifying my progress when I can’t even see it. They know all my dirty secrets, share theirs with me and we love each other all the more because of our common frailties. They cry with me, pray with me, agree with my powerlessness, reminding me to take one day at a time. They never fail to point me back to a God who is big enough to handle all the things in my life I often try so desperately to control. I learn the most from the ones who have been to the bottom and now, daily rely on a big God to keep from going there again. My willingness to share my weakness keeps me humble and honest and is attractive to those who may need my help the most. The people in my 12-step meetings keep me connected, empowered, and aware of who God is. My sponsor reminds me repeatedly that “there is one God and His name is *not* Jackie.”

I wonder, what if *our* church was more like a 12-step group? Or maybe the real question is, what if *we* were more like the members of my 12-step group?



The “Underage Addictions” episode of the *Unhooked* television series produced by the Hope Channel won a 2014 Bronze Telly Award in the Film/Video category. Jackie Bishop, pictured above is an expert in the series and wrote the companion Journey to Wholeness curriculum.

SHARING THE GIFT OF HEALTH IN NATIVE COUNTRY

Robert Burnette, assistant to the president for Oklahoma Conference

Several years ago a church member came to me and shared an experience he had had at an American Indian tribal leader convention. He said that there was a tribal leader from his area to whom he had been giving Bible studies and with whom he had become friends. The leader had asked him to attend a large meeting. And on occasion the tribal chairman had asked him for advice.

At the meeting the leader took the church member into a room where a group of other tribal chairmen were standing around and talking between sessions. Introducing the church member (with whom he was studying), the tribal chairman said, "This is my advisor. This is the man who is teaching me. Look in his eyes. Do you see the peace? I have never seen peace like this in anyone's eyes. Do you see the honesty, and the caring and humble love in his face? You all asked me who is guiding me to help our Nation become strong. This is that person. Look at the peace."

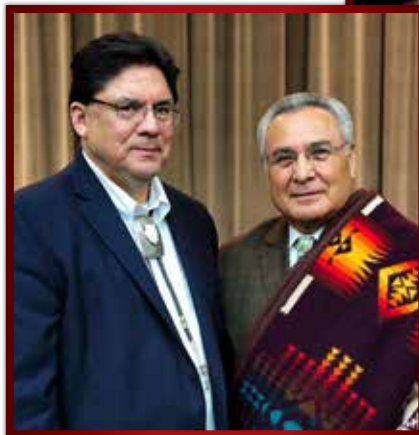
The church member said that the other leaders looked closely into his eyes and commented that they saw the peace, and they all asked for Bible studies. As he relayed the story he told me, "They did not see me. I am not that person. How can this be?" Then I asked him, "What did you do after they asked for Bible studies?" He said, "I prayed and asked that the Holy Spirit would continue to guide me and that He would reveal Jesus to these people."

"Don't you understand?" I said. "It is Jesus they saw, not you. God answered your prayers because of your willingness to allow the Holy Spirit work through you and they saw God through you."

The Scriptures tell us that "Whenever someone turns to the Lord, the veil is taken away. For the Lord is the Spirit, and wherever the Spirit of the Lord is, there is Freedom. So all of us who have had that veil removed can see and reflect the glory of the Lord. And the Lord—who is the Spirit—makes us more and more like him as we



▲ In October 2013 Brian Cladoosby of Washington State was the first Seventh-day Adventist to be elected president of the National Congress of American Indians. His role includes serving and representing all federally recognized tribes at the office of the president.



◀ Bob Burnette, left, with Jefferson Keel, immediate past president of the National Congress of American Indians.

are changed into his glorious image" (2 Corinthians 3:16-18, NLV). We each have opportunities to share our faith. We simply need to select one of the many tools and be willing to allow the Holy Spirit to work through us, just as this church member has done.

I'd like to tell you about a new resource that is available for evangelism in any community, particularly in Native American communities. *American Indian Living* magazine is a new companion to American Indian Living Radio. This publication promotes healthful living and is produced through the Southwestern Union Health Ministries Department, the Native Ministries Department of the Oklahoma Conference, and in partnership with the National Congress of American Indians, which was created in 1944 by the United States Congress to represent all tribal governments to the United

States government. *American Indian Living* has the endorsement of all tribes in the United States.

Approximately half of the content for *American Indian Living* is provided by Florida Hospital's Creation Health department. The devotionals, or Spirit Walk section, in *American Indian Living* come directly from the Creation Health devotional material. Each issue is centered around one of the eight principles on which the Creation Health model is based: Choice, Rest, Environment, Activity, Trust, Interpersonal Relationships, Outlook, and Nutrition. Designed with particular appeal to Native Americans, this magazine is a perfect way to share your faith in our loving Creator-God with both Native and non-Native families. It is most

month the National Congress of American Indians will meet with General Conference president Ted Wilson to discuss how more tribes can obtain access to the Adventist health message? Did you know that last fall Adventist tribal chairmen were elected to the top tribal leader positions in the United States, including



Each year the North American Division's Native Ministries Department hosts a booth at the annual convention of the National Congress of American Indians, where they provide free blood pressure and blood sugar testing through Roche Diagnostics.

helpful to have churches and individual members who are willing to distribute the magazine in areas where there is a concentration of American Indian families, which, in Oklahoma, includes every community. Magazines can be placed in shops, stores, hospitals, clinics, dentist offices, businesses, and anywhere that people have to wait, even tire stores. *American Indian Living* will become more and more targeted to American Indian tribal communities, but as you look at the magazine, you will see it introduces the Adventist health message in a very positive way. It also makes a great handout for churches that are conducting Creation Health seminars.

American Indian communities have been devastated by health issues. Just look at the Web site for the Centers for Disease Control and you can readily see that nearly every health issue is the most severe in American Indian communities. Heart disease, cancer, and diabetes are all far more prevalent in American Indian communities than anywhere else. Native Americans are very much aware of this and for that reason, tribal leaders have been asking for the Adventist health message for years.

Did you know that five Lifestyle Centers of America have been built on Indian Nations by the tribes? Did you know that next

the presidency of the National Congress of American Indians? Oh, how God has opened the door for the message to go forth into the dry land! Read Revelation 7:9-12, where it tells us that every nation, tribe, tongue, and people will know of God. The Spirit of Prophecy tells us that the health message is the entering wedge, and God is opening many doors to enter the tribal communities with the wonderful information on healthful living that God has entrusted to us.

Will you allow the Holy Spirit to do a work through you? Will you become a part of this ministry for God? Maybe you have never been involved in Native Ministries before now. Here's a simple way to get started that does not require a large commitment of time or any special skills. Why not try distributing some magazines and prayerfully watch God bless your personal life as you do something in partnership with Him—just one hour per week? Peace and grace be with you as you consider this invitation to partner with the Holy Spirit.

To receive copies of *American Indian Living* to distribute in your area, contact the Health Ministries Department at the Southwestern Union at 817.295.0476, ext. 339 or e-mail Pat Humphrey at phumphrey@swuc.org.



Mind Over Matter—A Matter of Health



ARKANSAS-LOUISIANA CONFERENCE

The message of Scripture in Proverbs 23:7 is deeply profound: “For as he thinketh in his heart, so is he.” Put another way, we are what we think. In her blog, “Mind Over Matter,” Michelle Botes makes a reference to Proverbs 23:7 and then makes this comment: “Our brains are so powerful that we can literally think ourselves healthier. Unfortunately, the opposite is also true, that we can think ourselves into an illness.”

Researchers are continually finding evidence that the brain has a distinct power to manipulate the body’s physiology. Our thoughts, and even our imagination, can actually have a direct impact and influence on our physical being. Consider this inspired comment: “Disease is sometimes produced, and is often greatly aggravated, by the imagination. Many are lifelong invalids who might be well if they only thought so. Many imagine that every slight expo-

sure will cause illness, and the evil effect is produced because it is expected. Many die from disease the cause of which is wholly imaginary” (*Ministry of Healing*, p. 241).

Notice the three words underlined in the statement above—imagination, imagine, imaginary. These are all references to mental constructs that are not necessarily associated with reality. Yet, because the mind has been allowed to give focus to negative thoughts, what has been imagined has become that person’s reality.

In the opposite vein, numerous studies have demonstrated that people have had their health improve because they thought they were receiving medication when in fact, what they took was a placebo. The mind brought about biological effects that produced a healing to the body—again demonstrating the power of the mind over body. Addressing the issue of age and how we allow that to affect our well-being,

Mark Twain put it this way: “Age is an issue of *mind over matter*. If you don’t mind, it doesn’t matter.”

Because of the intimate relationship between the mind and body, sadly many of the diseases that people suffer come as a result of anxiety, grief, discontent, and guilt. Because of what the mind is allowed to feed on, life forces are broken down and illnesses are the natural consequence. On the other hand, if the focus of the thoughts is positive, uplifting, and joyful, a calming and healing effect is experienced in the body. That’s why a key factor for healthful living is keeping Jesus central to every facet of our lives. Contemplate His goodness, His longsuffering and mercy towards us, and His infinite love. Beholding our Divine Healer will bring spiritual, emotional, and physical healing.

Steve Orian, president

Unashamed Marriage

Bonnerdale Family Enrichment Weekend

The Bonnerdale Seventh-day Adventist Church is hosting a Family Enrichment Weekend, August 22, 2014. Come for a supper at 6:30 p.m. followed by the speakers Karl and Sharon Leukert. Child care will be provided. For additional information, contact June Bates at 501.865.3234 or 501.276.0932.



Karl and Sharon Leukert

Karl and Sharon Leukert and their three children moved to Jefferson, Texas, in August of 2007 to begin pastoral ministry. Shortly after they arrived in Texas, they were accused of being newlyweds. People began to notice and comment on their marriage and asked for their secrets. The call to marriage ministry was beginning and only grew stronger as they saw more and more the great need to help couples improve or save their marriages.

Trained under a nationally recognized program for impacting marriages, Karl and Sharon began presenting weekend seminars in 2011. Their focus is on building relationships in a fun manner that appeals to both men and women. They greatly enjoy seeing how God impacts marriages with simple and practical, yet vital, principles presented in their seminars.

Karl and Sharon believe that of all marriages, those in the church should be the healthiest. As couples learn and grow together into the image of God, they will help draw others to Christ.

Minden Church Holds Health Expo, Cooking Classes

MINDEN, LA. » The Minden church has been reaching out to its community and neighbors with a decided health message for the last several years. Believing that the health ministry is the right arm of the church and that people who may never come to a church service might come to a Health Expo, the Minden church has organized an enthusiastic team to reach

will know what the body needs to become truly healthy. Our goal is to prepare their minds to receive the three angels' messages. Cooking class-



▲ Fredy Cordova served samples.

Above left: Volunteers shared information on health.

◀ Health lectures and food samples were offered as part of the spiritual Minden's Health Expo topics.

out to the community. The Health Expo, organized by Fredy Cordova, uses the New Start program. Each station of the expo explains a piece of truth that helps nourish the body God created. By the time participants have gone to all the stations, they

es, organized by Kathy Irizarry, have been held monthly in the church fellowship hall with good attendance. The church utilizes this program as a door to opportunities. Recently, a Health Expo at the Minden fairgrounds was followed by the "Touring Tab-

ernacle of Moses" with Darwin Whitman, on display for 10 days at the fair ground. It was an interesting way to teach about the importance of the sanctuary services. Christ spent more time healing than He did preaching when He was on earth. We should use every opportunity to help alleviate suffering and pain through the use of right principles and healthful practices.

Renee Kuhn

SWUC Excellence in Teaching Award

HOT SPRINGS, ARK. » Aaron Hall is a strong spiritual leader at the Hot Springs Adventist School. As you enter the school, The Lion and the Lamb, a lovely painting by Adventist artist Nathan Greene, greets you. The hallways are lined with attractively framed inspirational and motivational posters. The halls, bathrooms, and classrooms are repainted, giving the school a clean and neat appearance. These improvements were among the first accomplished after Aaron Hall became principal.

Other accomplishments include cataloging the library using a digital bar code system; laptop computers for every upper-grade student; new desks and lockers; and a newly repainted gym. Aaron used his own money to purchase a smart board and projector for his classroom.

Aaron is gifted in handling a multi-grade classroom. He is a master of using his time efficiently, often ending the day with little grading or recording to take home. He is punctual with getting reports to the conference office. Lesson plans are kept on his computer. He is always well prepared.

Classroom management and discipline are handled in a way that encourage the students to respect and cooperate with him.

Aaron is a lead teacher in our new math curriculum and is very successful in implementing it in his class. He shared effective ways to use the program with other teachers at our teacher's in-service training.

business degree, he decided to switch careers and quickly finished the coursework to become a degreed teacher. Currently, he is involved in math training and will be part of the union team conducting the SWUC Math Workshop this summer in Keene, Texas.

Aaron has good people skills and works well with everyone. He accepted the leadership role in developing and directing a new eighth-grade outdoor school program called Turning Point for the conference. The kids really liked the new program this spring.

Aaron is very musical and often leads song service for church. He has been the Pathfinder director for several years.

As recipient of the Southwestern Union Excellence in Teaching Award, Aaron was presented with a framed certificate, a plaque, and two \$500 checks, one from the union and the other from the Arkansas-Louisiana Conference. Congratulations, Aaron.



Aaron Hall receives award from Rebecca Burton, Arkansas-Louisiana Conference education secretary.

Students enjoy being in Aaron's class. Aaron has several athletic boys, so he organized an after-school football team and they played in a Christian league.

Although Aaron finished college with a

business degree, he decided to switch careers and quickly finished the coursework to become a degreed teacher. Currently, he is involved in math training and will be part of the union team conducting the SWUC Math Workshop this summer in Keene, Texas.

Stephen Burton, superintendent of schools

Huntsville Food Pantry is Thriving

HUNTSVILLE, ARK. » The Huntsville church began operating its food pantry in October, 2013, and served 30 families in its first month. Six months later, during the month of April 2014, the pantry served 120 families! The pantry is open every second and fourth Tuesday each month from 10:00 a.m. until 1:00 p.m. In order to meet the needs of the community, the church converted the fellowship hall and Primary Sabbath School room into the food pantry headquarters—on Monday they set up the supplies, and on Tuesday they distribute the food.

Although it is a small church with around 30 active members, they

believe that God has called them to minister to the community and give freely of their time, trucks, money, and prayers. They pray that the recipients are not only blessed physically with the food given, but also spiritually with the literature and magazines that are included in the boxes.

If you would like to know more about how to start your own food pantry at your

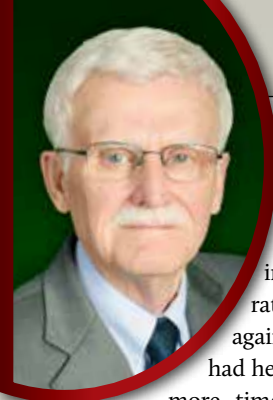
church, please contact Zeny Oliverio or Anna Griffith at 479.738.5178. May God continue to use His people to save more souls for His kingdom.

Zenaida Oliverio

Members of the Huntsville church are dedicated to caring for their community through food security.



Healthy Christians



While recently studying the four gospel narratives, I was impressed again with something that I had heard long ago. Jesus spent more time healing than He did preaching. For the first time I stopped to ask the question, Why? I have decided that it is not the case that He thought one activity was more important than the other, but that they complimented each other with lessons of eternal importance.

Anyone who has been ill (all of us at some time) can testify that those are not the times when we feel the most spiritual. A sickness has a way of taking our focus from where it ought to be to what we are feeling and experiencing. Someone has observed

that it is hard to be a sweet Christian on a sour stomach. Pain and discomfort cry out for us to center our thoughts on them and away from the things of the Spirit. Jesus knew very well that until a person was well, the preaching would be less effective.

We should never separate the health message that we have been given from the preaching of the gospel. It is a tool to help us preach the gospel, but it is also a means of preparing people to be able to see past this moment of suffering to a time when all of that will be past. I think that the Holy Spirit expresses this through the pen of John when He says: "Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers" (3 John 2).

To put it more simply, preaching tells us

what to do, but a healthy body and mind increase our ability to listen to the preaching and put it into practice. We would be blessed if we spent time with Psalm 103:1-5. Verse three tells us that the Lord not only forgives all our iniquities, He also heals all our diseases. It tells me that God wants to the reality of Revelation 21:4, which says there shall be no more pain, to begin here today.

The good news is that while it will be perfect some day, it can be much better now.

Stay well!

John Moyer, president

Baptisms at Owasso's Three Angels Church

OWASSO » Members of the Three Angels church in Owasso are excited about making new friends and welcoming new members as the result of a recent prophecy seminar. Darrin Bartell, an Amazing Facts speaker, presented the Bible truths to an enthusiastic audience as guests and members alike listened eagerly at each meeting.

One of the attendees, Becky Stevens, had grown up in a fervently religious Christian family, but in recent years had stopped attending church, in part because of a lack of Bible-based sermons. She became weary of the shallow, entertainment-style worship services she encountered in the various churches she attended.

About two years ago, she became fascinated with the life story of Martin Luther. Reading further about the Protestant reformers, she came across the writings of Ellen White online. She was captivated while reading through the *The Great Controversy* and wanted to read more of White's writings. She prayed that God would lead her to a church where these types of teachings were being presented.

One day she got a flyer for our prophecy meetings in the mail. As she read through



Newly baptized members from left: Andrea White, Giancarlo Herrera, Kellay Herrera, Allen Carroll, Becky Stevens, Donna Caesar, and Joyce Rankin.

it she became excited. Convincing her husband to join her, she came to the meetings—not missing a single one. She was thrilled with every topic presented and eagerly made her decision to follow Christ in baptism.

Other seminar participants shared thrilling testimonies of God working in their lives to lead them to be baptized. Andrea White (age 12) made her decision for Christ and joined us in baptism. Donna Caesar, Joyce

Rankin, and Allen Carroll likewise joined. Giancarlo and Kellay Herrera, a young couple enthusiastic about newly discovered truths and a fresh outlook on Seventh-day Adventist teachings, requested rebaptism.

We are thankful to God that these dear people have chosen to join God's family.

David Qualls

Bristow Adventist School Finishes Out the School Year With Fun Activities

BRISTOW » Bristow Adventist School (BAS) ended the 2013-2014 school year with many activities, including a talent show and Kindergarten graduation. At the talent show, students from grades K-7 played recorders and guitar and sang songs, while Bristow church members Tom and Laura Weber performed entertaining skits in between. One student's family presented several a capella songs that echoed beautifully in the school's gymnasium. God's presence was felt during those gospel renditions! Our church and school members also rallied for the students by bringing baked goods for an auction. Laura Weber, school board chairperson, was the auctioneer and she helped bring up the ante to more than \$600 from a group of 30 adults.

Addison Perez's Kindergarten graduation was officiated by the Bristow church's pastor, Harvey Gil. He began the service with a short speech about building castles of sand and gave Addison a gift of sand

toys with a bucket and shovel. The students of BAS sang "Behold What Manner of Love." Her classmate, T.J. Friday, had opening prayer and another classmate, Taylor Frazier, ended with the benediction. The speaker was school board chairperson Laura Weber; "All I ever Needed to Know I Learned in Kindergarten" was her theme. She compared it to Bible texts to show that all truth comes from the Word of God. She finished with a theme chosen by Addison, "A child of the King," a phrase her teacher (and grandmother), Patricia Perez, uses for all of her students to help them remember just who they are. Weber then gave Addison a beautiful tiara to wear. Jack Francisco, Oklahoma Conference education superintendent, presented her with a graduation trophy, her second for the year, as she won first place in the healthy lifestyle contest for her poster. Addison also won first place in the BAS Jump Rope for Heart and Pennies for Pasta fundraisers.



A young student at Bristow Adventist School performing for a talent show.

She loves tea parties, picnics, art, kitties, singing about Jesus, and the ocean.

Caroline A. Fisher and Patricia Perez

Oklahoma Conference Ordains Eight Pastors

OKLAHOMA CITY » It is a unique celebration and honor when a man is set apart for the gospel ministry through ordination. There were four separate gatherings this year. We began Friday evening, May 30, at Wewoka Woods Adventist Center during Spanish Camp Meeting. Jairo Campos, pastor, and his wife, Ninett, were ordained. The following day, Sabbath, May 31, at Adventist Fellowship in Tulsa,

Okla., four more pastors were ordained: Rick Mercer and his wife, Cindy; Walter Martinez and his wife, Heather; Tim Scull and his wife, Brenda; and Emanuel LaPorte and his wife, Marion. On Sabbath, June 7, in Shattuck, Okla., two more pastors were ordained: Pat Gregg and his wife, Christine; and Damon Snead and his wife, Mary. Our last ordination was Sabbath, July 5, 2014, at Hope Adventist Fellowship, in Moore,

Okla., of Michael Smith and his wife, Holly. We are happy to see these pastoral families dedicated to the service of God.

Susan Castillo

The Oklahoma Conference has been blessed to ordain eight pastors in the past few months.



A Pair of Asics and a Divine Appointment

ALVA » I am the mother of four young boys, so you can imagine that I need a good pair of shoes to keep up with them. I was running errands one day, and I stopped by a shoe store to replace my old, unsupportive shoes. A good pair of shoes can be expensive, but their quality is an important investment in my productivity. I left the store with a new pair of Asics athletic shoes.

While in town I decided to see if I could get a hair cut. The salon was closed for lunch, so I decided to wait outside the store



Gabby Simpson exchanged her new shoes for an old, worn-out pair at a divine appointment.

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through the Adventist Church

with an elderly woman who was also waiting. While we were waiting, I decided to try on my new shoes again.

My feet felt heavenly. My companion, Virginia, admired my new shoes and commented that she hoped she could find a pair for herself to replace her well-worn shoes at a clearance sale or thrift store. I asked her what size shoe she wore and it happened to be my size. I asked her if she would like to try on my shoes to see if they supported her feet. About that time, the salon owner opened the door and we entered together.

Virginia sat down and tried on my shoes. Her face showed how much better they felt. About that time the salon owner mentioned that Virginia had no car, so she had to walk where ever she needed to go. I felt impressed to turn to Virginia and ask her if she would like to keep the shoes. The woman could not believe what I was offering her. She felt the need to pay me for them, but I refused. I told her that the shoes were a special gift from God. Not knowing what to do, and with tears in her eyes, Virginia handed me her old shoes.

That day I left my Asics at a divine appointment, and I walked away in a priceless pair of worn-out shoes. I believe that everything I have belongs to God. If He desires that someone else should have it, it is my pleasure to share what God has provided.

Gabrielle Simpson

Health Ministries for the Church: Jesus' Six Steps

The true purpose for any church ministry is to build the Kingdom of God by introducing people to the gospel of salvation through Christ. It is interesting to see that two thirds of Christ's ministry on planet Earth was devoted to healing and meeting the needs of ordinary people. To practice the method of Christ alone we must follow His six steps in dealing with man. 1. The Savior mingled with them. 2. Desired their good. 3. Showed sympathy for them. 4. Ministered to their needs. 5. Won their confidence. 6) *Then*, He bade them, "Follow Me" (*The Ministry of Healing*, pg. 143).

I encourage all health ministries leaders to practice Jesus' Six Steps and have a good understanding of the essentials for good health in order to share with the community. There are many easily accessible ideas about health expressed on the Internet by many people, but do we really know what the essential elements that are required for good health are? What is the foundation upon which we base health knowledge? It is important that all health programs sponsored by the church are based on solid information. As Seventh-day Adventists, we are committed to truth in spiritual doc-

trines—based on the Bible. "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 efforts to proclaim the gospel message" (*Medical Ministry*, pg. 259).

Let's teach from principles, not rules. "Instead of looking upon an observance of the laws of health as a matter of sacrifice or self-denial, they will regard it as it really is an inestimable blessing" (*The Ministry of Healing*, pg. 147). Teach personal responsibility. Who is responsible for your health and the well being of your family? Healthy living is a personal responsibility. Teach to empower individuals to think and make decisions for themselves. Let people decide what they want to change, help them make those changes successfully. Provide resources—survey the church, individuals, and the community to ensure people are getting the information they need. Invite people to good health by making it attractive, appealing, and desirable. Let our personal lives reflect what we teach as well. Never teach or present using coercion, guilt, and pressure. If it is to be person-

ally valued, people must choose to make changes freely. In general, we tend to be more receptive to information if we feel accepted and not judged.

To the health ministries leaders and your team members—let's reach out and touch our families, friends, communities, and churches. Let us conduct intensive health educational outreach programs in the church and the community. Let us establish good relationships with community leaders, health personnel, and organizations in the city where you are and the surrounding areas. Remember that we do not work alone. Ministering angels unite with us in service to practice Jesus' Six Steps.

Remember, God wants us to have and to teach others to be in good health. Listen to His wish for us as expressed through John to Gaius in 3 John 1:2: "Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth."

Friend, let's practice Jesus' Six Steps with the wisdom and guidance of God.

Mildred Dyer, health ministries director

Still Baptizing at Corsicana Bethel

CORSICANA, TEXAS » The Bethel church in Corsicana, Texas, held another evangelistic series from March 19 to April 30. The Holy Spirit really moved during this meeting as Norman Stiggers, pastor, and the Bethel church family worked with Bible workers Sharon Jefferson and Cyrus Stiggers to accomplish a task too big for us to do alone.

Each night we had a "Health Nugget" presented by Lorraine Stiggers, inspirational singing by Brenda Harden from Terrell, Texas, testimonies, prayer, and praise reports by members and guests. People were coming up for prayer and willingly surrendering their lives fully to Christ. We

heard so many beautiful testimonies during the meetings and would like to put them all in a book, if we could!

On April 19, we had two candidates for baptism, Vernon Chandler and Demontreaveon Hawkins. As the meeting continued, the following Sabbath, April 26, Brenda Creese came forward to be baptized, and, in return, Stiggers really got on fire for the Lord with his preaching and teaching. On April 30, Harry Gray and Christopher Sneed were baptized, and, long after the evangelistic

Norman Stiggers, pastor, baptizes Harry Gray.





▲ Norman Stiggers, pastor, baptizes Christopher Sneed.

► Vernon Chandler is baptized by Norman Stiggers, pastor.

Far right: Pastor Norman Stiggers with Demontraveon Hawkins, Vernon Chandler, Bryant Jackson, Brenda Creese, and Harry Gray.



meetings were over, the seeds that were planted caused Bryant Jackson to come forward for baptism on June 7. All baptized members completed their Bible Lessons and received a beautifully framed certificate.

We pray that God will continue to bless the Bethel church family in a mighty

way.

We are confident that the message is effective in evangelism because it is winning people to a saving faith in Christ and is strengthening the faith and testimony of those who are already Christians.

None of this could have been possible without the Holy Spirit and the love, support, and strength from each other!

Sharon Gray

SOUTHWEST REGION CONFERENCE

Southwest Region Conference Prayer Convocation

August 1 - 3, 2014
 Lone Star Campgrounds
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 Athens, TX
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SPEAKERS

Info on Back Drs. Israel & Augusta Oalore
 Ilishan-Remo, Nigeria Linda Carney, MD
 Austin, TX

"Bless The Lord"
 "O my soul; and all that is within me, bless His holy name." Psalm 103:1

<http://mysouthwestregion.org/?p=2839>

Recognizing the Contributions of Our Seniors

BATON ROUGE, LA. » In recognition of its senior adult population, the Berean church recently observed a senior ministry day—the concept of Berean’s pastor, Robert Davis, who felt the seniors deserved the recognition. However, it was not until the designated Sabbath actually arrived that seniors and members alike would learn that the day would consist of more than just the earlier announced Sabbath dinner.

Even though the drumroll was absent, an air of anticipation prevailed as, taking his cue from Davis, first elder Robert Landry headed in the direction of honorees Bernice Johnson and James Denman and escorted each to the rostrum where Davis and former first elder Charles Wilson proceeded with the recognitions. The older Berean members were reminded and newer members were made aware that the two honorees had at one time served as active

church elders but were now serving in honorary capacities. Johnson was baptized in 1959 under the late William Cleveland, Sr. It was in 1900, “due to the influence of late wife Joyce and the teachings of then Pastor Alfred Booker,” Denman was baptized into Berean.

Davis began by exclaiming, “Ladies and gentlemen I present to you Elder Bernice Johnson, one of our seniors to reach her \$1000 goal for our debt elimination drive!” He went on to humbly acknowledge how Johnson doesn’t hesitate to correct him when she feels correction is necessary. Wilson continued by recounting how, as a registered nurse, Johnson was remembered for being the first Black woman to own and manage a home health program in Baton

Rouge. In addition, it was she who established the Bootsie Street (named after her place of residence) Prayer Band that would meet at noon in Berean’s annex. It was there that members and community alike would gather for prayer and fellowship. The group also initiated a landscaping project for the newly erected, relocated Berean church. The group also purchased hymnals with Berean’s name indelibly etched on the cover. Johnson’s accolades continued with her decades

Pathfinder uniform and joining the ranks of Berean’s Pioneers’ club. Like Johnson, Denman has been involved in prison ministry—except in juvenile ministry—where, until the recent state-authorized relocation of the youth, he had served for decades. He is also a Sabbath School teacher. The ceremony ended with each honoree receiving a certificate commemorating their years of service as an elder.

Next, 92-year-old Voltaire Sterling was escorted to the front where he was recognized for completing the Amazing Facts Bible course. According to instructors, Charles and Marian Wilson, Sterling completed his course in record time. “I had to study those lessons to clear up misconceptions about the Bible. On both sides of my family, I have cousins who are members of the Adventist church. I thank my cousin Brenda Rucker Morgan for initiating the



Bernice Johnson holding the certificate presented by Robert Davis, pastor, with Charles Wilson smiling in admiration.

of adult prison ministry involvement—in particular her “Angel Tree Ministry,” a program that provided Christmas gifts and clothing for children of incarcerated parents.

It didn’t take long for former Berean pastor Marvin Jemison to recognize the potential God-inspired ministry in James Denman, remarking that under Jemison’s leadership Denman became an ordained elder. Wilson recalled how when the previous location of the Berean school needed fencing, Denman came to the school’s rescue. “Before we could seek out a company for the installation, Denman stepped up and offered to do the wire fencing; thus, he became our installation engineer.” Denman’s willingness to work with youth saw him donning a

contact with the Wilsons, which led to my Bible lessons.” Sterling is now a baptized member of the Berean church. The culmination of the worship service was Davis’ summoning all seniors to the altar for a rededication prayer. Following his Spirit-filled message, we proceeded to our community wellness center where we feasted on Jamaican and American cuisine prepared and served by the Davises and their children, Bobbie and Elise. We thank God for Robert Davis who readily acknowledges that the “Hoary head is a crown of glory if it is found in the way of righteousness” (Proverbs 16:31).

Evelyn Edwards

Strong Mind, Strong Mission



I love the words of the apostle Paul, inspired by God, found in 2 Timothy 1:7. "For God has not given us a spirit of fear, but of power and of love, and a sound mind!" Perhaps the key to receiving and retaining a sound, spiritually healthy mind, even amid the multiple depressions of our society is to have a clear vision of God and His throne.

Note the words of the prophetess, Ellen White, "The apostle was looking into the great beyond, not with uncertainty or dread...he looks up through the calm blue heaven of that summer day to assurance of the throne of the eternal," (*Acts of the Apostles*, pp. 511, 512). Statistics tell the sad story that even among Christians, 25 percent of us suffer from chronic depression and mental illness. We have been called by God to be a *whole* people, not divided into sub-parts of mind, body, and soul, but integrated into a holistic and complete wellness in Jesus Christ. Satan knows perfectly well that if he is successful in polluting or weakening the spiritual energies of our minds, he will eventually be able to attack our bodies and debilitate our souls.

The story found in Matthew is intriguing. The Bible says that the people were brought to Jesus, the divine Healer, those who were ill and afflicted with various diseases. Severe pain, demon possession, seizures, blood issues, the paralyzed and the lepers, and the Word of God states that He healed them! All who were ill, mentally, or physically! In the book of Psalms, as well as in a number of other biblical passages, we see clear symptoms of depression and anxiety exhibited in God's people. How can the Seventh-day Adventist Church relate and assist those who suffer from the age-old malady of mental health issues? First of all, we must learn ourselves and coax others to come to the understanding that He Who created us has the power to *recreate* our minds when they have become debilitated by sin. Isaiah 26:3 says "You will keep him in perfect peace, he whose *mind* is stayed on You!"

"*In God we trust*" should be much more than just something printed on a dollar bill for the Christian, it should and *can* be the stabilizing foundation of our lives! Second, we should not be afraid or hesitant to include good medicine into the mix of the power of God to cure and stabilize our minds. Just like

a relapse into sin can be extremely detrimental to our spiritual life, a relapse into depression and despair can be just as damaging.

The edification of a strong mind, built by the Spirit of God, should be the objective of every child of God. Note the words of Ellen White, "As the will of man co-operates with the will of God, it becomes omnipotent! Whatever is to be done at His command may be accomplished in His strength. All His biddings are enablings" (*Christ's Object Lessons*, p. 333). Finally, prayer is a tremendous weapon in the battle against self and a debilitated mind. Faith often falters when the mental illness or depressed state lingers. The devil comes beside us in moments of weakness and declares us both unworthy and unable to take control of our circumstances. But that is when our prayer of commitment should be: "Lord I am totally unable to do for myself, that which is needed to regain soundness of mind and soul. Take me, refashion me in Thy likeness, I claim the surety of Your word, I most certainly can do *all* things through Christ, Who strengthens me, which includes my mind!"

Carlos J. Craig, president

Bud's Big Vision

GRANDVIEW » We've all heard the phrase, "Where there is no vision, the people perish." Perhaps that's the secret of Harold "Bud" Bradbury's long life; Bud has always had a vision. Bud turned 87 on April 4, 2014. He retired after years of working as a contractor for the Texas Conference and is now a member of the Grandview church. Bud has built more churches, schools, and other related buildings than he can count. The remarkable thing about Bud is he has always had a vision.

It was his vision to create the food bank at the Grandview church. He designed it, and with the

help of the church members, built it. The Grandview Area Food Bank has become a huge outreach ministry for the Grandview church and is considered a model for other

North Texas food pantries.

Bud also had a vision to improve the church and the church grounds. The church now has a concrete parking area, retaining walls, flowerbeds, and planter boxes.

Now Bud has a vision of turning the wooded acres by the Grandview church into a park-like area with a fire ring and outdoor meeting area. Bud is still dreaming and we hope he keeps doing so for many years to come.

Jhan Beaupre



Harold "Bud" Bradbury.

Tenth Annual Music Fest for Seventh and Eighth Graders

KEENE » “Destination Heaven” was the theme for tenth annual seventh- and eighth-grade music festival, held on February 20, 2014 at the Keene church. David declares in Psalm 96, “Oh sing to the Lord a new song! Sing to the Lord, all the earth. Sing to the Lord, bless His name. Proclaim the good news of His salvation from day to day. Declare His glory among the nations, His wonders among all peoples.”

In ancient Hebrew schools, the art of sacred melody was diligently cultivated. Importance was placed on the sacred, solemn psalms of praise to the Creator, exalting His name and recounting His wondrous works. Music was made to serve a holy purpose, to lift the thoughts to that which was pure, noble, elevating, and to awaken in the soul devotion and gratitude to God. Recognizing the important role that music has in worship, the Texas Conference’s Office of Education decided to provide opportunities for our students to participate in elementary school music festivals to prepare them to participate in academy and college music activities and to assume leadership roles in their local church communities.

This one-day event brought 330 students together from 23 different schools across the conference. Students came from the Rio Grande Valley, Central Texas, Southeast Texas, East Texas, and the Dallas/Ft. Worth Metroplex. Fifty-four of the students participated in the band portion of the program. Plans are underway to add string instruments in next year’s concert.

Rudyard Dennis, director of instrumental studies at Southwestern Adventist University, was the guest conductor and his university band students mentored the young musicians throughout the day and joined them during the evening concert.

Teri Seiler served as our festival choir director, and her passion for sacred music successfully engaged the students to unite their voices in singing praises to our Creator. Trent Muse, a student from Chisholm Trail Academy, dedicated his musical talents to Lord in serving as the choir’s piano

accompanist.

Walter Savage Landor, an eighteenth century poet, said that “Music is God’s gift to man, the only art of Heaven given to earth, the only art of earth we take to Heav-



More than 300 students from across the Texas Conference joined together for the tenth annual music festival in Keene.

en.” Adventist education seeks to develop a life of faith in God and the development of each individual’s potential. The annual music festivals help to facilitate this goal.

“Make a joyful noise unto the Lord, all ye lands. Serve the Lord with gladness: come

before His presence with singing” (Psalms 100:1, 2).

Carol Bradley

Sharing Jesus Through Puppetry

McALLEN » It all started with one simple idea: make puppets and use them to share Jesus with the community. In late 2013, Dalgir Rockwell, from the McAllen Spanish Valley Central church felt inspired to start a puppet ministry at the church. The task at hand was not easy. Her original idea of sharing Christian stories with puppets at one park had soon transformed into simultaneously blanketing the city of McAllen with puppets at various parks. Yet the amount of work required did not deter her determination. For the next few months, Rockwell led a group of volunteers from her church and neighboring churches in an amazing effort to make more than 120 unique puppets. Each puppet was specifically hand crafted to be a Bible character for the stories that were going to be shared.

After countless hours of sewing and practicing the stories, the day finally came to see all the work come together. On March 29, 2014, eight churches from the McAllen area participated in an evangelistic effort to reach out to the community. Each church rented a park and prepared a Sabbath evening outreach program which included health screenings, free vegetarian food, songs, games, and, of course, Bible stories acted out by puppets. The community response was overwhelmingly positive. Church

members and many people present at the park joined the event to watch the show and eat. When community members asked who put the program together, church members got a chance to testify, share who they were, and invite these new friends to their local Adventist church.

This outreach event at the park served as a wonderful reminder that together we can accomplish great things. It also reminded us of the many people who live in our communities that are look-

ing for someone to take the time to share a message of hope and abundant living. We look forward to using these puppets again to share the message of Jesus in our community.

Enoc Garcia



Eight churches from the McAllen/Valley area were able to join together to do community outreach through puppetry.



Desperate for a Cure



TEXICO CONFERENCE

My allergies were out of control, my body was itching all over and I was getting frequent asthma attacks. I was only able to sleep about two to three hours a day and had no energy. Suffering from constant headaches, I forgot everything, and was not able to concentrate. I became increasingly irritable and depressed. In search of a cure, I went to different doctors and was on allergy shots for about three or four months. The shots helped with my allergies, but the itching continued as did my sleeplessness. One doctor prescribed different antibiotics to see if I could get well, but nothing seemed to help. I was desperate. A psychiatrist thought my job load was too much and diagnosed me with depression.

Then someone recommended a doctor that was 300 miles away from my hometown. The doctor ran different tests, and his final analysis was that I was allergic to corn, dairy products, some grains, soy sauce, mushrooms, peanuts, and legumes. Whenever I ate an apple or pear, I had a hard time breathing. I was also allergic to the pesticide that is used on fruit. In addition, more allergens included cats, dogs, hay fever, tumbleweeds and dust, which is not good since I live in the Southwest. The doctor explained that my immune system was very weak. "When your immune system is weak," the doctor said, "You get food and inhalant allergies, emotional stress, and

your body is full of toxins. You're apt to complain of fatigue, headache, itching, depression, and develop yeast or fungus infections on your skin and nails." Then he said something I had never heard before; I had Yeast Candidiasis.

Candidiasis is a yeast like fungus. It can affect any system in the body, but it primarily affects the gastrointestinal nervous, endocrine, and immune systems. Candida overgrowth is often caused by overuse of antibiotics. When yeast multiplies, it puts out toxins, which circulate through your body, weaken your defenders, and make you sick. Candida also manufactures a type of alcohol that can cause its sufferers to feel constantly "hung over." When the liver is overloaded with toxins, it is not able to filter blood properly.

In August 1999, the doctor put me on a raw vegetable diet for 90 days. I could not eat packaged and processed foods, breads, pastries and other baked goods, cheeses, condiments, sauces, malt products, or mushrooms. I was not allowed to eat melons, dried or canned fruits, fruit juices, or leftover foods. Fruits would multiply the sugar in my body. All I could drink was water.

The first week was the hardest. Being raised on a farm, I was used to eating very well. During this time I experienced different emotions. I was mad! I was constantly hungry and unbearable at home. My body began to have a bad odor because it was getting rid of all the

toxins.

I was struggling with my diet. Finally, I asked the Lord for forgiveness. My prayer went something like this, "Lord forgive me for abusing Your holy temple. Give me the power and strength to overcome. I give my life over to You. I give my cravings and my diet to you. Help me to get well soon." The Lord answered my prayer and did help me overcome.

Similar to Daniel's diet in the Daniel chapter 1, I was feeling much better in about ten days. My Yeast Candida was gone. My allergies were under control and I was no longer depressed. I could now rest at night and had more energy. This was the best I had felt in a long time. In the process, I also shed a lot of weight.

I praise the Lord every day that I feel good and am in good health. As a good steward of my body, it is my responsibility to work in conjunction with His will to overcome. I still have to be careful with what I eat, and need the Lord's help and strength every day. Please pray for me.

1 Corinthians 6:19,20: "What? Know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price; therefore, glorify God in your body, and in your spirit, which are God's" (KJV).

Lee-Roy Chacon, president



Want to see more of what is taking place around the Texico Conference? Subscribe to the Texico Update Newsletter at

<http://eepurl.com/TdOc5>
or www.texico.org



Newsletter can be viewed in numerous languages.

Reaching Out to a Neglected Mission Field

ALBUQUERQUE, N. MEX. » As Christians, and because we are members of the Seventh-day Adventist Church, we have probably read Revelation 14:6 many times, which says “Then I saw another angel fly-

- ▶ Raymond Nez of the Gallup church displays the Native Bible studies that were distributed at the event.
- ▼ Seventh-day Adventist church members from Gallup and Waterflow, N. Mex., set up a booth at the “Gathering of Nations PowWow” in Albuquerque.



ing in the midst of heaven, having the everlasting gospel to preach to those who dwell on the earth to every nation, tribe, tongue, and people.” Also, Revelation 7:9 states, “After these things I looked, and behold, a great multitude which no one could number, of all nations, tribes, people and tongues standing before the Lamb, clothed with white robes.”

Visualize people from every nation and language, standing humbly before the Lamb (Jesus). There will also be Native Americans from every tribe dressed in white robes.

My name is Raymond Nez from the Navajo Nation. I graduated from Sandia View Academy and attended Union College to study theology. I then graduated from the Black Hills College of Evangelism and served as pastor in Monument Valley, Utah and Kayenta, Arizona.

My wife, Angie Holtsoi-Nez, joined the Gallup All Nations church through a Revelation Seminar conducted by Steve DeLong in 1999. As a team, we are involved with our church to reach as many fellow Native people as possible, and God has opened many

opportunities for us. We invite people to attend our Navajo Sabbath School class and worship service.

The church has four *Signs* magazine boxes, which are located in the vicinity of Gallup in targeted areas. On a weekly basis, if we have enough *Signs* booklets, we supply these boxes with the monthly subscriptions. Often, due to a lack of funds, the magazines run out.

Once a month, the Gallup church is scheduled to visit the elderly at McKinley Center nursing home. We enjoy singing Navajo and English hymns, sharing hope, and praying with the elderly. As opportunities arise, we visit with Native church members and with those who have shown an interest in learning about the Bible. It is a privilege to share the Bible, encourage them to come to church, and pray with them. Our goal is to continually invite others to Jesus.

At this time, our congregation is in the process of starting a weekly prayer meeting outreach in the local community using our hogan (a Navajo Indian dwelling). We will be inviting our neighbors, friends, relatives,

and children to attend. Many people are unable to come to church, so we want to bring church into their midst. More future plans include a Vacation Bible School and revival meeting in our Native American communities.

One of the major outreach opportunities that our church has been involved with is the annual “Gathering of Nations PowWow” which takes place every year in Albuquerque. This is the world’s largest gathering of Native Americans and is the most prominent powwow in North America. Tens of thousands of people attend and more than 700 tribes are represented from around the world to join in the festival that celebrates Native American culture and traditions.

The Adventist church sets up a booth and invites Native church members to run it. This year, helpers also came from outside the Texico Conference from the Waterflow church, which is a part of the Rocky Mountain Conference. Corie, Josh, and Lara Jones, as well as Veronica Johnson really enjoyed being a part of this ministry and having the opportunity to witness to others.

Together we shared “Native New Day—Gathering of Nations” Bible lessons (about the second coming of Christ) and other materials. Many people came to visit our booth, which gave us the opportunity to talk with them. Some individuals asked for prayer and so we took the time to pray with them right then and there. Our hope is that when Jesus comes again, the people we talked to will have made a decision to accept Jesus.

Is your Adventist church reaching out to the Native people? This “neglected mission field” needs Jesus too.

Raymond Nez

Texico Lay Pastoral Assistant Training

The Texico Conference continues to put a strong emphasis on evangelism with the goal of reaching as many people for Christ as possible in our territory. To help reach this goal more effectively, the Conference has offered a Lay Pastoral Assistant program in English with Pastor Ron Halvorsen conducting the training. Many elders have been trained to be better soul winners as a result of this two-year program. On May 2-3, Pastor Halvorsen taught the students how to preach effectively.

To help expand this program, the Conference held its first Spanish Lay Pastoral training in Corrales, New Mexico. Partnering with Montemorelos University, the Spanish program will offer a two-year curriculum.

Previously, pastors Gladstone Simmons and Jose Padilla initiated this program in the El Paso, Texas and Las Cruces, New

Mexico areas. Since it was extremely successful there, it was decided to expand it to the greater Albuquerque area.

The course study includes a total of 150 hours which are distributed in the following manners: 96 hours in theoretical instruction in different theological areas of study and 54 hours of practical evangelism where the students will learn how to give personal Bible studies. Each participant will be required to conduct an evangelistic campaign outside his/her district or start a small group in his/her area, as well as, give two Bible studies resulting in baptisms. The topics included in this course are:

- Homiletics and Hermeneutics
- Development of Adventist Doctrine
- Revelation and Inspiration
- Survey of Old and New Testament
- Spirit of Prophecy

- Church Leadership and Administration
- Lay Pastoral Spirituality

Jose M. Espinoza, department head of theological studies at the University of Montemorelos, initiated the first course of study. Espinoza inspired the students at the first session by focusing on how people need to know about Jesus Christ and the importance of spreading the gospel message where we live. Everyone was very excited about the weekend and the participants expressed that they were anticipating the next training. There were 65 students in attendance during this weekend. Due to limited space in the Conference office, some applicants were put on a waiting list. Once the trainees have successfully completed the course and the local pastor has signed off that they have completed all the practical requirements, a diploma will be issued by the University of Montemorelos and credentials will be provided by the Texico Conference as a Lay Pastoral Assistant.

Lee-Roy Chacon,
president



▲ The first Spanish lay pastoral assistant training was held at the Texico Conference office with a full house.

► Ron Halvorsen led out in the English lay pastoral assistant training.



Stories from the Field

This summer, a group of 11 theology students from Southwestern Adventist University successfully completed the university's unique, seven-week summer course in evangelism as part of Southwestern's Field School of Evangelism. The students' course work included Bible studies, home visits, and preaching several evangelistic series, all in Tulsa, Oklahoma.

"The students did a great job and saw great results. God really blessed," said Bill Kilgore, religion professor and the current faculty leader for the program.

The course started out with meetings held by Richard Halverson, which resulted in 13 baptisms. The students assisted and were coached on every aspect of holding an evangelism series. Then, each student had the opportunity to run their own series of meetings for two weeks, with mentoring provided by Southwestern's religion faculty. More than anything, the students learned how anything is possible with God through their experiences with the people who attended their meetings.

Elias Ortega, senior religion major, experienced God's intervention in the life of one woman who attended. "My first weekend here, I felt impressed to share a personal experience illustrating how God had worked in my life. As I was greeting

people afterward, a young mother came up to me with her kids in tow, tears streaming down her face. She confided that she had decided to end her life the night before but remembered hearing about these meetings and decided it was worth attending, that maybe she could find help. As it turns out, the struggles I shared mirrored her own.

he didn't have a car. He had been searching for truth and he was excited to learn. I'm praising God for his decision to be baptized."

Olga Vaiangina, also a senior theology major, said that her experience has given her a new perspective on ministry. She said, "I have witnessed so many answered prayers for speakers, people attending, and even for myself! I met a beautiful young

family early on in the series of meetings. The pastor introduced us and told them I could answer any questions they had. All I could think was, 'Oh, Lord, give me the answers!' There were some hard questions. We talked outside the meetings every night and it really seemed like the devil was trying to dishearten them. It was one discouragement in their personal lives after another. But they kept claiming God's promises and decided to be baptized. I am overwhelmed at the God we serve. He really can do all things."

"As I started my two-week series at a church in Claremore, I met a young man named Jason," said recent theology graduate Gilson Oliveira. "He learned about Christ in prison, was baptized, and had been attending the church since his release. He had also been sharing with his whole family about his faith. They could see the difference! But imagine my surprise one night when 25 members of his family were sitting in the audience, from his seven-week old niece to his grandma. Since then, six family members have been baptized and more plan to make that commitment. I was so thrilled!"

Experiences like these are incredible and life changing for all involved—for the students, church members, mentors, and especially the new believers.



Top: Praying: Every action begins and ends with prayer.

Above right: Student speaker, Olga Vaiangina, gets into the Word.

Above left: Bill Kilgore mentoring student speaker Nelson Bahena.

She said it gave her hope for the first time in a long time. I was supposed to be at another church and sharing on a different topic. But God knew I needed to be there that day."

Nelson Bahena, a senior theology major, said, "I learned so much and met so many interesting people. One man attending my meetings rode his bike six miles straight from work every night to attend because

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SOUTHWESTERN ADVENTIST UNIVERSITY



Darcy Force, marketing and public relations director

Southwestern Union Has a New Children's Ministries Director

BURLESON, TEXAS » Sonia Patricia Canó has been selected to serve the Southwestern Union as its new director of children's ministries, effective June 1, 2014. Canó began working with children's ministries in 1988 under the leadership of Margaret Taglavore, Southwestern Union's previous children's ministries director, who passed away earlier this year. Canó has a wealth of experience volunteering in children's ministries as well as conducting Sabbath School and Vacation Bible School workshops and certification training.

Mission and service have characterized Canó's contributions to church life over the years, not only in the Southwestern Union but beyond. She worked with the Beginner/Cradle Roll Sabbath School program at the GC Sessions held in Toronto in 2000 and St. Louis in 2005, and has organized the children's programming during a number of overseas mission trips, includ-

ing Paraguay, Dominican Republic, Peru, and India. Canó holds several certifications, including the Children's Ministries Leadership certification offered by the Austral Union in Paraguay, as well as the General Conference certification in Children's and Teen Ministries.

"I believe each child should be given a strong Christian foundation," Canó says. "Our mission is to 'train up a child in the way he should go, and when he is old he will not depart from it.'" As director of children's ministries for the Southwestern Union, Canó's plans include providing greater opportunities for volunteers in churches around the union to receive advanced training and certification, as well as encouraging greater involvement of parents, teachers, and pastors in children's ministries training and activities.



Sonia Canó, Southwestern Union children's ministries director

Adventist Church Restructures Publishing

Constituency meetings of Review and Herald and Pacific Press clear the way for the implementation of the biggest restructuring in Adventist publishing's 153-year history.

SILVER SPRING, MD. » The Review and Herald and the Pacific Press publishing houses have approved the biggest restructuring in Adventist publishing's 153-year history, embracing a plan that Adventist leaders hope will strengthen the Church's U.S. digital presence and ensure the long-term viability of its publishing work.

Constituency meetings of the two corporations, held consecutively on Tuesday, June 17 at the denomination's world headquarters in



Silver Spring, Maryland, voted 153-66 (Review and Herald) and 42-1 (Pacific Press) in favor of the restructuring.

"I believe that God led the deliberations that took place today for both of the publishing houses,"

Robert Lemon, treasurer of the Seventh-day Adventist Church, discusses the financial developments of the Review and Herald Press during the June 17 meeting.

said Daniel R. Jackson, president of the Seventh-day Adventist Church in North America. “We believe this is an opportunity for the Adventist Church in North America. This is God’s providence, and by His grace we will utilize it to His glory.”

“The General Conference wants the greatest expansion of publishing work in the North American Division and will be praying that this new restructured approach will be blessed by God in its outreach to the vast public in the NAD territory,” said world church President Ted N.C. Wilson.

Wilson urged church members to rally “to the great opportunity of sharing Adventist evangelistic and nurturing materials in both printed and digital form as we anticipate Christ’s soon return.”

A Shift in Reading Patterns

No one disputes that people like to read. The question is how they read today compared to a decade ago, when books and

magazines dominated the world just as they had done since the days when early Adventist leaders started the *Review and Herald*, the church’s first institution, in 1861.

Rather than relying on a handful of weekly or monthly church publications to stay informed, Adventists nowadays can get information instantly through various news Web sites and blogs, and from Adventist-owned television stations like the Hope Channel that have a world-wide presence.

“It’s the same with many other things,” said Robert Lemon, General Conference treasurer and a board member at both *Review and Herald* and Pacific Press. “I get a hard copy of the Sabbath school study guide at home, but I use the app on my iPhone. I have all of Ellen White’s books in my library, but I seldom go to any of them for reading other than *The Great Controversy*, *Desire of Ages* or *Steps to Christ*. I look up everything on my iPhone.”

Sales of Adventist Books Tumble

The shift in the general reading patterns of the public and a societal trend toward digital media have hurt the sales of Adventist publications, and church leaders have expressed fears that both Pacific Press and the *Review and Herald* would fold without a major restructuring. Consumers now get their news primarily from digital and broadcast media, delivered on a variety of platforms, and trade journals report that fewer print books are being produced and read.

The emergence of digital media also poses a challenge to distribution. Traditional methods of distributing Adventist publications through Adventist Book Center stores and literature evangelists are no longer viable, at least in the U.S., Lemon said. Bookstores are scrambling to survive, as evidenced by the financial struggles of major retailers like Borders and Barnes & Noble, while the distribution system for the average Adventist-published book sells 4,000 to 5,000 copies over its sales run, he said.

General Conference as a Publishing House

Under the restructuring, Pacific Press became an institution of the North American Division following the June 17 vote, while the General Conference will retain the *Review and Herald* as one of its institutions whose scaled-down operations will move to its headquarters in Silver Spring, Maryland.

Delbert Baker, chairman of the *Review and Herald* and a General Conference vice president, underscored that the *Review and Herald* would continue its ministry, albeit at a different location and, without its printing presses, with a different focus.

“A most encouraging reality is that the RHPA will continue its historic publishing mission at the General Conference headquarters uninterrupted,” he said.

Andrew McChesney, news editor, *Adventist Review*



Daniel Weber/NAD

▲ Daniel R. Jackson, president of the Seventh-day Adventist Church in North America, prays with the officers of the Adventist World Church during the meetings.

► Ted N.C. Wilson, president of the Seventh-day Adventist World Church, addresses the Constituency Board Meeting of the Pacific Press Publishing Association, as it votes to approve the merger.



Daniel Weber/NAD

Classified Ads

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EMPLOYMENT

Atlantic Union College:

Job posting for President. Atlantic Union College seeks candidates for the position of President. The detailed posting is available on the college's Web site: www.auc.edu. Send nominations and résumés to the e-mail address of the administrative secretary for Dr. Donald King, chairman of the Search Committee, at pwillmott@atlanticunion.org.

Adventist University of Health Sciences,

located in Orlando, Florida, is seeking full-time faculty members for its developing Doctor of Physical Therapy program. The ideal candidate will have an advanced level doctorate or a DPT with clinical specialty certification, contemporary expertise in assigned teaching areas, effective teaching and student evaluation skills, a well-defined, ongoing

scholarly agenda, a record of professional and community service, and eligibility for PT licensure in Florida. For more information e-mail: scott.bennie@adu.edu or visit our Web site at www.adu.edu/pt.

Andrews University seeks HVAC Technician to maintain, repair, and install HVAC and refrigeration equipment in campus housing and university buildings. Qualified person should have associate's degree (A.A.) or equivalent from two-year college or technical school; or minimum two years related experience and/or training. For information and to apply, visit http://www.andrews.edu/admres/jobs/show/staff_hourly.

Recruiting midlevel providers (NP/PA) for a new Rural Health Clinic/Urgent Care in Weimar, CA. Candidates must have interest in and reflect the values of Weimar Institute's

NEWSTART lifestyle. Call Randy at 530.296.4417 or e-mail r61@me.com for more information.

Walla Walla University seeks applicants for a full-time tenure-track faculty/program coordinator position in the Missoula, Montana MSW program, to begin Fall 2014. Expertise is needed in the following areas: Clinical Social Work Practice and Program Administration/Management. For detailed information and to apply, please visit: <http://jobs.wallawalla.edu>.

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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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Announcements

The Norse Seventh-day Adventist Church, the oldest standing Adventist church in the Texas Conference, invites you to its 31st annual church service at 10:00 a.m. on Saturday, October 11. This year the State of Texas will unveil a historic marker at the church site. Randy Roberts, senior pastor of the Loma Linda University Church in California, is scheduled to present the sermon. Directions to the Clifton Norse church from Cleburne: Follow TX 174 south to Meridian. Turn right through town to TX 6, then turn left and drive eight miles toward Clifton. Turn right on FM 2136 and drive three miles to CR 4155, and turn left. The church is about a mile further on the left.

Obituaries

ALDRIDGE, Jennifer Melissa Philbin, born August 10, 1973, in Pawtucket, R.I., and died suddenly July 5, 2014 in Douglasville, Ga. She attended the NorthLake church, in Leesburg, Fla. Jennifer attended Adventist schools in Coos Bay, Ore., Topeka, Kans., Princeton, Ill., and Cincinnati, Ohio before the family moved to Texas, where she attended Burton Academy in Arlington, and then received her BA in elementary education from Southwestern Adventist University in Keene. Jennifer and two of her friends, Shelley and Kristi Patterson, formed a trio called Eklesia and sang at many churches in the Burlinson area. She moved to Gaineville, Fla., for her first teaching position. She married her husband, Rendell Aldridge, whom she had met in college, in Orlando, Fla. Jennifer had a talent for helping people,



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family, friends, and even complete strangers. Everyone will miss her smiling face and caring heart. She was preceded in death by her brother, David, in 2012. Survivors: husband, Rendell Aldridge, of Eustis, Fla.; parents, Frank Philbin, of Cleburne, Texas, and Joan Philbin, of Alvarado, Texas; brothers, George Philbin, of Mapleville, R.I., and Philip Philbin, of Coos Bay; sisters, Susan Holland, of Topeka, and Leslie (La) Philbin, of Richardson, Texas, as well as many nephews and nieces.

COOPER, Jeda Beryl, born July 23, 1925 in Hiwasse, Ark., and died May 29, 2014 in Sulphur Springs, Ark. She was a long-time member of the Sulphur Springs church. She served as the Sabbath School secretary until she passed away. Survivors: six grandchildren, and eight great-grand-

children.

CROWLEY, Jim, was born January 3, 1952 and he died April 5, 2014. He was a member of Adventist Fellowship in Tulsa, Okla.

ELLIS, Glenn W., born February 8, 1921 in McAlester, Okla., and died May 28, 2014 in Norman, Okla. Glenn served in the US Navy in WWII from 1941-1945. After the war he worked as Chief Fire and Safety Officer for Griffin Memorial Hospital and was the president of the Rose Society after retiring. He is preceded in death by his daughter, Rachel M. Ellis; brothers, Gordon Ellis, Williard Ellis, and Lloyd Ellis;

sisters, Opal Ellis, Ina Miller, and Mayme Dill. Survivors: wife, Edna Ellen Ellis; sons, Jerry Hailey, Doyle Hailey, Glenn Ellis, Jr., and John Ellis; daughter, Glenda Kay Harjo; brother, Gene Ellis; 13 grandchildren; and 10 great-grandchildren.

GREENSHAW, Marie May Fisher, born December 4, 1917 in Shackelford, Mo., and died May 29, 2014 in Tulsa, Okla. In 1954 Marie moved to Oklahoma City, Okla., where she then lived for 60 years. She moved to Tulsa 10 years ago to be closer to her children. She graduated from OU School of Nursing and served as a nurse for 60 years. She was also a licensed florist, cosmetologist,

Correction: On pg. 15 of the July 2014 Record, the line at the top of the page should read "2013-2014 School Year". We apologize for any inconvenience.

In English y en Español

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and realtor. She was elected president of the Silver Haired Senior Association in Oklahoma City. Her husband, Lloyd Greenshaw, and her sister, Lillian Rentschler, preceded her in death. Survivors: son: Walter Fisher, of Tulsa; son and daughter-in-law, Carl and Rachel Fisher, of Tulsa; four grandchildren; and two great-grandchildren.

HAMPTON, Carniece M., born April 25, 1919 in New Edinburg, Ark., and died May 16, 2014 in Benton, Ark. Carniece taught school for many years. She was a strong Seventh-day Adventist and very active in the church until she could no longer attend. Carniece was a loving and loveable Christian who looked forward to Jesus' soon return. She loved her family and friends and will be greatly missed. Survivors: husband, Earnest Hampton, of Benton; daughter, Thelma H. Jackson, of Benton; two grandsons, and one great-grandson.

LUSTIG, Michaeline (Mary), born June 15, 1922 in Utischkiw, Poland and died April 13, 2014 in Siloam Springs, Ark. She was a member of the Gentry church. Mary was born in Poland, but her family moved to Germany and she worked in an ammunition factory there. Later, her family immigrated to Venezulea, where she lived for 19 years before immigrating to the United States in 1962. She and her husband became Seventh-day Adventists in 1961. Mary Lustig lived a very full and colorful life. Her husband preceded her in death. Survivors: son and daughter-in-law, Jerry and Carol Lustig, of Sulphur Springs, Ark.; son and daughter-in-law, John and Marty Lustig, of San Diego, Calif.; son, Victor Lustig, of Gentry, Ark.; and four grandchildren.

PETTY, Retha Brown, born April 20, 1934 and died March 1, 2014 in Glenwood, Ark. She was a member of the Bonnerdale church. Retha was a licensed practical nurse for more than 40 years. She helped a lot of people and was loved by many. Survivors: three daughters: Susan Elaine Brooks, of Hot Springs, Ark.; Nancy Banks, of Glenwood; and Karen Tidwell, of Glenwood; daughter-in-law, Joyce Jones, of Amity, Ark.; brother, Joe Newberry, of Greenville, Texas; sister, Maydell Snell, of Aztec, Ariz.; eight grandchildren, and 22 great-grandchildren.

PLYLER, John Jay, born June 28, 1932 in Dodd City, Texas and died May 8, 2014 in Little Rock, Ark. He was a member of the Bonnerdale church. John served for more than 11 years in the military and retired from the Texas Department of Corrections after 14 years of service. John was always cheerful and always eager to share his love for Jesus. Survivors: wife of 50 years, JoAnn Plyler, of Glenwood, Ark.; three stepdaughters, Teresa M. Smart, Elaine M. Smith, and Leslie J. Carnaham; 11 grandchildren, and two great-grandchildren.

SIAS, Maria del Refugio, born December 29, 1925 in Robinson, Chihuahua, Mexico, and died May 23 in El Paso, Texas. She was a member of the Montana Vista church. She was a beloved mother, grandmother and friend, and is now resting in the great hope of the resurrection. Survivors: son, Ricardo Sias; son and daughter-in-law, Rodolfo and Luz Maria Sias; son and daughter-in-law, Raymond and Genie Sias; daughter and son-in-law, Roseanne and Tony Gonzales; 10 grandchildren; and six great-grandchildren.

TAYLOR, Dorothy Boston,

died May 7, 2014 in Pine, La. Dorothy was a cofounder of the Bogalusa church. She greatly loved her church family and was an active member for 47 years. Dorothy enjoyed working in her yard and loved to visit with the people she met, often talking and witnessing to them about Christ. She was a loving mother, grandmother, and great-grandmother to her family. Dorothy was a very friendly person who loved people and everyone who knew her loved her. Dorothy was preceded in death by her husband, George Belton Taylor, Jr.; grandson, Darren Wesley Morgan; great-grandchild, Austin Morgan; sisters, Lilly Mae Paris, Elzie Walker, Gladys Mallory; and brothers, Alvin Boston and Clearance Boston. Survivors: four daughters and sons-in-law: Joan Taylor of Sealy, Texas; Janet and Glen Miller, of Hammond, La.; Joyce and Johnny Gerald, of Pine, La.; Laura and Steve Garic, of Pine, La.; a son and daughter-in-law, John and JoEllen Taylor, of Jefferson, Texas; a brother, Bill Boston of Coalmont, Tenn; 10 grandchildren; 27 great-grandchildren; six great-great-grandchildren, and numerous nieces and nephews.

WIEGMANN, Elbridge M., born January 27, 1924, Centerville, Louisiana and died May 6, 2014 in Shreveport, La. He was a member of the Shreveport First church. Elbridge Wiegmann was born January 27, 1924 in Centerville, La., and passed away May 6, 2014 in Shreveport, La. He was a WWII veteran serving in the U.S. Army Air Corp and USAF Reserves. Elbridge was an LSU graduate and an avid reader. After 33 years of dedicated work as an electrical engineer, he retired in 1984 from South Central Bell and the USAF Reserve. He was a long-time member of the American Legion, and joined the First Seventh-day Adventist Church of Shreveport in 1975. He was preceded in death by his wife of 50 years, Wilma Wiegmann; and brothers, Fred Wiegmann and Carl Bauer. Survivors: son, Elbridge Wiegmann and daughter-in-law, Liza, of Shreveport; daughter, Sheryl Adams, of Shreveport; daughter and son-in-law, Anita and Tom Hassell, of Magnolia, Texas; eight grandchildren; five great-grandchildren; and brother, Charles (Joe) Wiegmann of Centerville, La.

SABBATH SUNSET CALENDAR						
	Aug 1	Aug 8	Aug 15	Aug 22	Aug 29	Sep 5
Abilene, TX	8:38	8:32	8:25	8:17	8:08	8:00
Albuquerque, NM	8:10	8:04	7:56	7:48	7:39	7:29
Amarillo, TX	8:51	8:45	8:37	8:29	8:20	8:10
Brownsville, TX	8:17	8:12	8:07	8:00	7:53	7:46
Dallas, TX	8:26	8:20	8:13	8:05	7:57	7:48
El Paso, TX	8:03	7:57	7:50	7:43	7:35	7:26
Fort Worth/Keene, TX	8:29	8:22	8:15	8:08	7:59	7:50
Gallup, NM	8:20	8:13	8:05	7:57	7:48	7:38
Galveston/Houston, TX	8:15	8:10	8:03	7:56	7:48	7:40
Gentry, AR	8:24	8:17	8:09	8:01	7:51	7:41
Little Rock, AR	8:13	8:06	7:58	7:50	7:41	7:32
Muskogee, OK	8:27	8:20	8:12	8:04	7:54	7:44
New Orleans, LA	7:54	7:49	7:42	7:35	7:27	7:19
Oklahoma City, OK	8:35	8:28	8:20	8:12	8:03	7:53
Roswell, NM	7:58	7:52	7:45	7:37	7:28	7:19
San Antonio, TX	8:27	8:22	8:15	8:08	8:01	7:52
Shreveport, LA	8:14	8:08	8:01	7:53	7:45	7:36
Tulsa, OK	8:30	8:23	8:15	8:06	7:57	7:47

On the Record »

BY PAT HUMPHREY » COMMUNICATION DIRECTOR, SOUTHWESTERN UNION



This Is Where the Hurting Stops

I RECENTLY HEARD A MINISTER SAY that there ought to be a sign on every church that says, “This is where the hurting stops.” In other words, church should be a place where people feel safe, where they can share their challenges and their joys without being ostracized, and where they feel and experience unconditional love and acceptance. A place where wounds are healed and where people are nurtured in their quest for health and wholeness. I’m not going to ask you whether your church is that kind of place, although I hope it is. But I *would* like to tell you about some exciting ways in which you can help turn your church (and your community) into a place of wholeness, health, and healing.

If you’ve got your calendar handy, please mark down some important dates: On August 29 and 30 (that’s right around the corner!) a health ministries training certificate is being offered at the upcoming Equipped for Ministries convention. This two-day training will show you step by step how to make your church a center for wholeness, health, and healing. To register, visit equippedforministries.com.

Sunday, September 21, 2014 is Let’s Move Day, a fun activity day designed to help fight against childhood obesity and make an impact in every community. For

info, visit adventistsinstepforlife.org.

On April 8-10, 2015, thousands of volunteers will converge in San Antonio, Texas, for the Pathway to Health medical mission experience. Hundreds of volunteers are needed to help make this event a success. Visit BIGCITYBENEVOLENCE.ORG.

If you hear the Holy Spirit calling you to engage in Adventist Recovery Ministries (to learn more about this ministry, see Jackie Bishop’s story on page 12), an upcoming weekend training seminar on October 9-11, 2015 will equip you to lead a

12-step support group to help people break away from harmful practices. Contact me for more information.

If, for some reason, you are not able to participate in any of these activities, there are still other ways that you can bring hope and wholeness to others. Our church has an abundance of health literature available at reasonable prices through the Adventist Book Center. And if you’re impressed to reach out to the Native American community, copies of *American Indian Living* magazine are available through the Health Ministries Department at the Southwestern Union.

The goal of the Adventist Church is to make every congregation a center for wholeness, health, and healing. With your help, we can make that goal a reality.

Pat Humphrey

Record

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