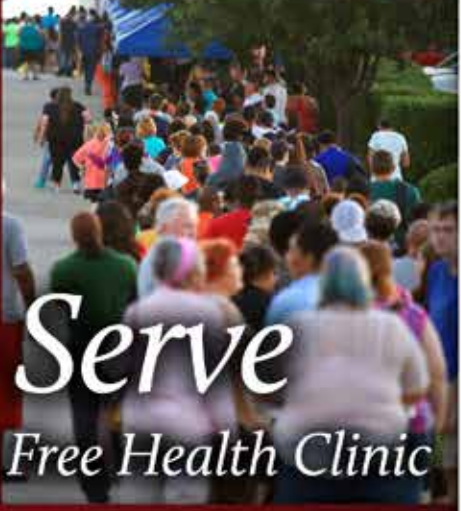


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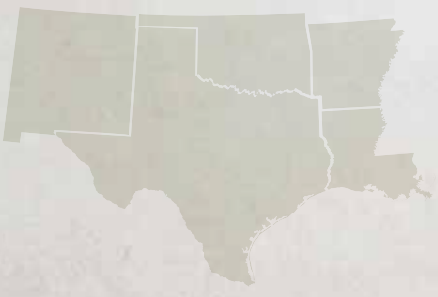
AUGUST 2016



They Came to Serve

Nearly 700 Volunteers Served 2,000 at Free Health Clinic

FOCUS ON HEALTH MINISTRIES



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On the Cover

Nearly 700 volunteers from across the U.S. served 2,000 patients at Jumpstart Free Health Clinic in Killeen, Texas, on July 14-15, 2016. They came to serve in the manner of Christ—healing their physical ailments and moving their hearts with compassion and love.

Point of View»

BY LARRY MOORE » SOUTHWESTERN UNION CONFERENCE PRESIDENT



A Season of Change

Pat Humphrey, *Record* editor, communication director, health ministries director, and ASI liaison, has announced that she will retire from the Southwestern Union Conference at the end of August.

Pat first joined the Southwestern Union as assistant editor of the *Record* in November 1999. She returned to the Southwestern Union in 2007 as associate communication director and associate editor of the *Record*. In 2011, she became the director and editor. In 2013, the health ministries department was added to her responsibilities.

Prior to her first tour of duty at the union, Pat worked as a freelance writer, editor, and journalist. She earned both her Bachelor of Science degree in psychology and her Master of Science degree in human development from Howard University in Washington, D.C. She is currently pursuing a Master of Public Health degree.

She began her professional career as a college counselor, and then in 1988, entered the field of communication when she was invited to serve as assistant editor of *Message* magazine. After spending four years at the Review and Herald Publishing Association, first at *Message*, and later as editor of *Kids' Stuff* and *Cornerstone Connections*, she launched her career as a freelance writer and editor while raising and home-schooling her children. Throughout her career, Pat has written copy for special projects for the Adventist Church; served as a columnist for *Guide*, *Winner*, *Message*, and *Women of Spirit*; published numerous articles; was a contributing writer for several children's books; and also served as contract editor for *Insight Youth Resource* and *Action!* magazines. Just prior to her return to the Southwestern Union, she worked as an educational advisor at the University of Texas at Arlington, and also taught English



as a Second Language to adults.

Pat is married to Art Humphrey, a semi-retired filmmaker and video producer, and they have two adult children, Candice and Brandon. The Humphreys will reside in Southeastern Oklahoma, where Pat will continue to do freelance writing and editing for Adventist periodicals along with pursuing her passion for health ministries.

Pat has done a tremendous job in continuing a tradition of excellence and professionalism in her roles here at the union. She has blessed many with leadership in the communication department, as well as her passion for health ministries. I know she will continue to minister for the Lord wherever she goes. Thank you, Pat, for a job well done.



Pat Humphrey (above), *Record* editor, communication director, health ministries director, and ASI liaison, will retire on August 31, 2016. Jessica Lozano, who has served since 2012 as associate communication director and associate editor, will assume the role of communication director and *Record* editor in September.

While I know we are sad to see Pat leave, it also gives me great pleasure to introduce our new *Record* editor and communication director, Jessica Lozano, who will take on her new roles at the beginning of September. Jessica is no stranger to the Southwestern Union. She graduated from Ozark Adventist Academy and then Southwestern Adventist University with a Bachelor of Science degree in journalism. Her work includes marketing and graphic design, as well as editing and writing, for Southwestern Adventist University. She also worked at Texas Health Huguley as a PR Specialist and Spirit of Women coordinator.

Since 2012, Jessica has served as associate communication director and associate editor here at the Southwestern Union. I believe her expertise and commitment to the mission makes her an excellent choice for this important position. Please pray for her that God will give her grace and wisdom as she takes on her new assignment.



To Your Health

BY LYNELL LAMOUNTAIN » SOUTHERN UNION HEALTH MINISTRIES DIRECTOR

Unparalyze Your Outlook

Zig Ziglar once said, “It’s not what happens to you that determines how far you will go in life, it is how you handle what happens to you.”

Too often when bad things happen to us and cause pain, we want to blame someone—or make someone else hurt. But what we need to do is look for a solution instead.

In the Sermon on the Mount Jesus said, “First remove the plank from your own eye, and then you will see clearly to remove the speck from your brother’s eye” (Matthew 7:5, NKJV).

In other words, we should first work on our own issues and

Then I realized as time went on that it wasn’t going to get much better, so I just needed to accept it. No one was going to beg me to do stuff, so I needed to be the person to continue on with my life and make something, be happy, ’cause you know . . . it’s the best that it’s going to be.”

“Donna had been in a wheelchair for 11 years before she came to see me,” her physical therapist remembers. “What really impressed me about her was her outlook on life. Although she was still wheelchair-dependent, Donna had learned to dress and bathe herself. She made her own food and learned to drive her own car.

In fact, she’s actually gone back to her profession as a model.”

“I didn’t think that I’d ever be able to meet a great guy,” Donna admits. “But I did, and I got married. Now I go out and talk to newly-injured people and encourage them. ‘Look at me,’ I tell them, ‘I’m doing fine. Things will be OK. You can go on.’”

Donna refuses to become discouraged, depressed, or hateful about life. Instead, she chooses to be an inspiration.

“Life is so fragile, as they always say,” she says, “and I so appreciate what I have now. And you know, life is not really so bad—it’s pretty good. I can still have fun and do things.”

A positive outlook makes the difference between overcoming circumstances or being paralyzed by them. God offers wonderful promises to keep us hopeful, even in the worst of times.

What kind of outlook have you allowed yourself to have? What kind of attitude do you bring home at night? Could you deal with your problems in a different way?

When faced with life’s challenges, first, look for the good in situations and people; second, learn to forgive; and third, take responsibility for your actions, behavior, and emotions.

Allow an optimistic outlook to illuminate your heart, mind, and soul. Live with Christ’s perspective on life today, and every day until He returns.

That’s CREATION Health!

Lynell LaMountain, Southern Union health ministries director



not focus on other people’s shortcomings, even when we believe that their shortcomings got us into this mess!

Jesus offers a three-step process for handling what happens to us. First, look for the good. Second, learn to forgive. And third, take responsibility.

Our perspective determines our progress—in all kinds of life situations. The story of Donna Marini dramatically illustrates this point.

“When I first realized that I was paralyzed and that I was going to be in a wheelchair,” she said, “I was real upset and hurt and felt like somebody owed me—you know, this wasn’t fair, why me?”

The Best Place to Be Is at the Feet of Jesus

WHEN I WAS YOUNG, I was determined to become a famous rapper, a professional skateboarder, or a professional football player.

Finally, I found the one thing that was meant for me, or at least, so I thought.

I started training in Mixed Martial Arts (MMA, cage fighting). I had my first cage fight at 17 and quickly became the Missouri State Champion at 125 pounds. Soon after I turned 19, I became a professional fighter. Fame was starting to become a reality. Doors kept opening for bigger fights and bigger shows. My goal was to make it into the UFC (which is like the Olympics for MMA) and become the world champion. This was a more-than-likely possibility.

Even though I had many people around me and was admired by many, I felt like the loneliest person alive. I had a hole where my heart was supposed to be. I desperately told God, “If you do not want me in this lifestyle, get me out, because I cannot get myself out.” I felt so caught up and trapped, I didn’t know how to get out.

I had a fight scheduled. The money from the fight would go towards paying for the dorm where I was staying. But I got very sick and had to cancel the fight. From that time on I started to lose my focus, and slowly I started drifting away from MMA.

I ended up moving in with my brother and his girlfriend, Laura. Their relationship was an abusive one. It worsened, and, tragically, my brother murdered her.

One day, I told a man that I had thoughts of killing my brother. This man’s response was life-changing. He asked me, “Eric, how could you hate your brother, and love the Lord?” I started crying. That night I prayed, and gave my life to God, and I felt like a hundred pounds was lifted off my chest. My life belonged to God.

Some years later I learned from my cousin that Laura’s mother had accidentally hit a pastor in a traffic accident. The pastor had gone into a coma and suffered other injuries. When he came out of the coma, he told her that he forgave her. She said she had felt like a murderer, but that the pastor’s forgiveness toward her made her feel it was possible that she could also forgive my brother. Laura’s death was not in vain. Through the work of her mother, there is now a law called Laura’s Law, which serves to protect women in abusive relationships.

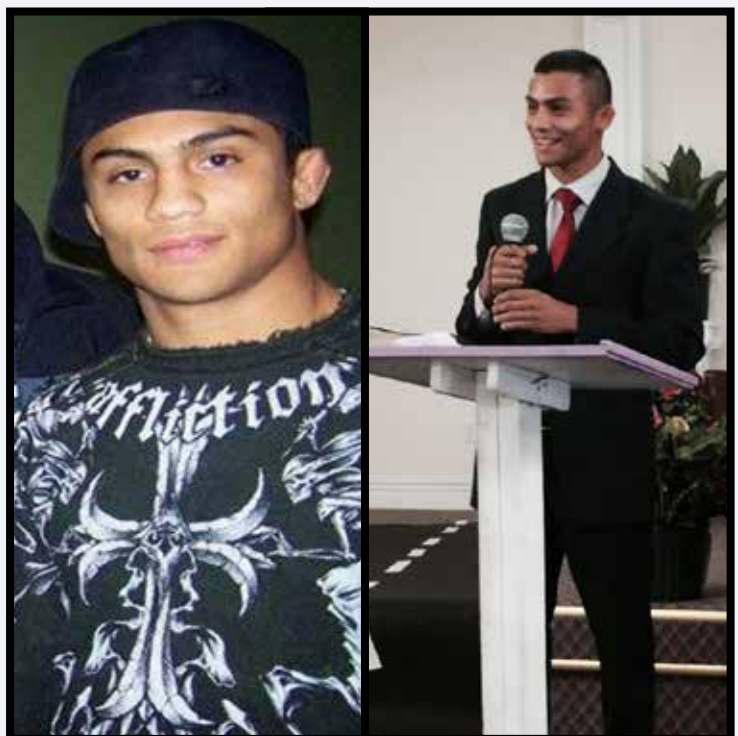
God changed my life. He gave me strength to overcome addictions and my heart’s ambitions, took me out of

the fighting lifestyle, and helped me to be all that I can be in Him. It was my dream to become a world champion, but I have learned that the greatest place in life is to be sitting at the feet of Jesus.

Through all these things that I have gone through—the suffering, the hurt, the tragedies—I can testify that with the Lord there is healing, comfort, hope, reconciliation, and true fulfillment.

He did it for me. He can do it for you.

This is a condensed version of my testimony. If you would like to learn more, or have comments, or feel the need for encouragement or prayer, you can e-mail me at ericacuna91@gmail.com.



Eric Acuna’s dream was to become a champion in Mixed Martial Arts. Now he’s a champion for Jesus.



Pass it On...

A Monthly Focus on Evangelism in the Southwest

BY MATTHEW CLEMONDS AND MARK PHELPS

West Houston Church Launches Journey to Wholeness

“Ever since my husband and I came back to God in 2008, after falling away and becoming lost in our addictions for nine years, we had been hoping to begin a recovery group at our home church,” says Ronda Clemonds.

Ronda and her husband, Matthew Clemonds, are so very thankful for their friend, Mark Phelps. Mark discovered the Journey to Wholeness training in Keene, Texas, in October of 2015. Having had many years of experience in recovery programs and working through the besetting sins that normally go unmentioned in Adventist circles, these three Christians attended the training and took a message of hope back to their home church in Houston. Mark and Matt were, at the time, attending a Celebrate Recovery 12-Step men’s group and were excited upon hearing that the Adventist Church was offering recovery training. They knew that the church needed a recovery program, as they had worked with many individuals, both inside and outside of the Adventist community, who struggled with codependence or addiction issues.

After discussions with their pastors, Ashwin Somasundram and Adam Keating, they worked through their very receptive church board and developed a plan to launch Journey to Wholeness via a kick-off weekend that they called Road to Recovery. The church invited a fellow attendee of the training, Juliet Van Heerden, to be the main speaker. Juliet’s testimony is a blessing to all who’ve heard it. (Read it for yourself in her book, *Same Dress, Different Day*.)

On Friday and Sabbath, January 22-23, 2016, the church began its own Journey to Wholeness 12-Step Program. A large assembly showed up for the two-day event, with many showing up Sabbath afternoon for multiple training and informational sessions. As many as 40 participants ended the weekend with a semi-impromptu 12-Step meeting late in the afternoon, and shared their stories of struggle, hope, and recovery.

Ronda summarizes the kick-off by saying: “I definitely could see the Holy Spirit working around everything leading up to the Road to Recovery weekend, but especially during the weekend.

People really opened up and shared the very real struggles they’re having. Many admitted that they didn’t realize that they had a problem until listening to Juliet’s Sabbath messages. I encouraged them to attend the meetings, where I was sure they would meet others that had the same type of struggle.”

The next step was to begin the meetings. The group started out with around 15 people with various recovery-related issues showing up for the first Tuesday-night meeting on February 8. The meetings started promptly at 7:00 pm by first showing a video from the *Unhooked* series. After a quick group prayer asking God to bless their time together, they spilt up into two smaller

groups, men and women, and use a lesson in the 12-Step Journey to Wholeness workbooks as a topic for the meeting. Members and nonmembers have attended the meetings; and although the attendance has fluctuated over the course of the past five or six months, the lives that are being impacted by the program are priceless. One member, after his first meeting, checked himself into a faith-based treatment center for six months to finally and faithfully address his addictions. Another attendee was finally able to end a dysfunctional relationship that held back her walk with

Christ. Others have seen their recovery program strengthen in a way that they always hoped it could. The facilitators have also found strength in service to their fellows and to God.

There is always hope when we let go of our besetting sins. Life is a journey, not a destination, as some would say; and, you don’t have to travel alone. God has designs for us to help each other as we’re bound for heaven, to meet our Savior and Lord. If you want to know more about the Journey to Wholeness program at the West Houston SDA Church, stop by on Tuesday evenings at 7:00 pm, or contact Matthew Clemonds at 713.591.6882, or mclemonds@hotmail.com. A blessing awaits you.

For more information about the Journey to Wholeness program developed by the Seventh-day Adventist Church or how to bring it to your local church, please contact Angeline David, DrPH, director, North American Division Health Ministries Department, at 301.680.6733.





El Mejor Lugar Para Estar Es A Los Pies De Jesús

Cuando yo era joven estaba decidido a convertirme en un famoso rapero, un patinador profesional, o un jugador de fútbol profesional. Por fin, encontré lo que era mi destino, o al menos eso era lo que pensaba.

Yo comencé a entrenar en Artes Marciales Mezclados (MMA, peleas en jaulas). Tuve mi primera pelea cuando tenía 17 años. Rápidamente me hice el Campeón del estado de Missouri a 125 lbs. Me convertí en un luchador profesional un poco después de cumplir los 19 años. La fama fue empezando a convertirse en una realidad. Yo seguía teniendo más peleas y las puertas seguían abriéndose para las grandes luchas y grandes espectáculos. Mi meta era llegar a la UFC (Ultimate Fighting Championship), que es como los Juegos Olímpicos de MMA, y en el futuro convertirme en el campeón del mundo, lo más probable es que esto era una posibilidad.

Aunque tuve mucha gente a mí alrededor y fui admirado por muchos, me sentí como la persona más solitaria. Yo tenía un agujero donde mi corazón debía de estar. Durante ese tiempo, desesperadamente le dije a Dios, “Si no me quieres en este estilo de vida, sácame, porque no puedo yo mismo”. Me sentía tan atrapado, no sabía cómo salir de esa vida. Tuve una pelea, y una semana después estaba programada otra pelea. El dinero de esa pelea lo usaría para pagar el dormitorio en el cual yo estaba. Pero después de mi última pelea me puse muy enfermo y tuve que cancelarla, porque era un riesgo si perdía y afectaría mi carrera. A partir de ese momento empecé a perder mi enfoque y comencé lentamente a alejarme del MMA.

Terminé viviendo en el hogar de mi hermano y su novia, Laura. La relación fue abusiva. Empeoró, y trágicamente Laura fue asesinada

por mi hermano. Un día le dije a un hombre que había tenido pensamientos de matar a mi hermano. La respuesta de este hombre tuvo un efecto que cambió mi vida, “Eric, ¿cómo puede usted odiar a su hermano, y amar a Dios?” Empecé a llorar. Esa noche oré y le di mi vida a Dios. Sentí como un centenar de libras fue levantado sobre mi pecho. Mi vida era de Dios.

Unos años después, supe por mi prima, que la madre de Laura había golpeado a un pastor con su auto. Él entró en coma y sufrió otras lesiones. Cuando salió del coma, él le dijo que la perdonaba. Ella dijo que ella se sentía como una asesina, pero el perdón del pastor la llevó a decir que en el futuro ella posiblemente podría perdonar a mi hermano. La muerte de Laura no fue en vano, a través del trabajo de su madre, existe una ley denominada Ley de Laura, que sirve para proteger a las mujeres en relaciones abusivas.

Dios cambió mi vida, me dio las fuerzas para superar las adicciones, las ambiciones de mi propio corazón, salir de las peleas, y me ayudó a ser todo lo que puedo ser en El. Era mi sueño convertirme en un campeón del mundo, pero he aprendido que el mejor lugar en la vida es estar sentado a los pies de Jesús.

A través de todas las cosas que he pasado, el sufrimiento, el dolor, las tragedias, puedo testificar que con Dios, hay sanación, consuelo, esperanza, reconciliación y el verdadero cumplimiento.

Lo hizo por mí... Él puede hacerlo por ti.

Eric Acuna



El sueño de Eric Acuna era convertirse en un campeón en los Artes Marciales Mezclados. Ahora es un campeón para Jesús.

Esta es una versión condensada de mi testimonio, si le gustaría aprender más, o tiene comentarios, o sienten la necesidad de aliento u oración, puede enviarme un correo electrónico a ericacunag1@gmail.com.

THEY CAME TO SERVE

Nearly 700 Volunteers Served 2,000 at Free Health Clinic

Pat Humphrey, Southwestern Union Health Ministries director

“When I called the number [for Jumpstart Free Health Clinic] and the guy answered the phone, he said, ‘We’re here to serve you.’ And I cried. Because that’s the word that God used. He said, ‘I’ve come to serve you and not to be served.’” These are the words of Devon Darson, a Jumpstart Killeen patient whose life was deeply touched by the 600-plus volunteers who converged on the city of Killeen, Texas, July 13-15 to follow Jesus’ example of serving others.

Approximately one year ago, during the 2015 national ASI Convention held in Spokane, Washington, the idea for Jumpstart Free Health Clinic was born. Dawn Lewis, who had volunteered earlier that year for the Your Best Pathway to Health mega clinic held in San Antonio, Texas, was moved by

her experience there, and was inspired to take such an event to her hometown of Killeen. She pitched the idea to the ASI Southwest Chapter board, and, with great enthusiasm, the board members accepted the challenge. Soon after the ASI convention, several entities, including the Southwestern Union, Metroplex Adventist Hospital, along with several churches and leaders from the Texas

Conference and the Southwest Region Conference, became engaged in a collaborative effort to bring hope and healing to Killeen area residents. Support from the hospital, local businesses, community leaders, and church organizations began to pour in, confirming that indeed, God wanted this event to happen.



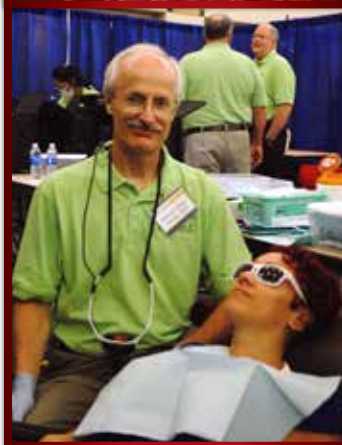
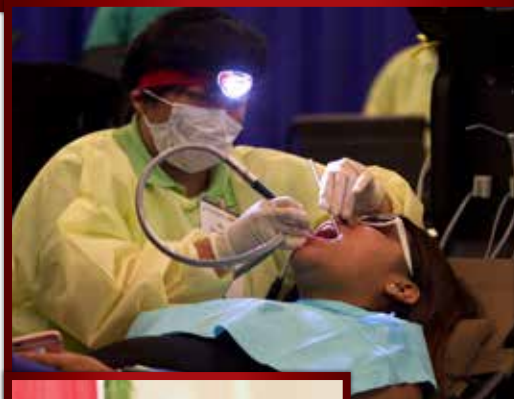


Previous page, middle left: Marques Davies was the first to line up for free health services on July 12 at 6:00 p.m. The doors to the free clinic opened at 7:00 a.m. on July 13.

Top: Killeen Mayor Jose Segarra (left) was impressed with the clinic when he visited on the morning of July 13. Also picture are Dawn Lewis (center), president of ASI Southwest Chapter, and Floyd Courtney (right), director of Jumpstart Free Health Clinic.



At a meeting of the Killeen City Council in November 2015, a council member who listened to Floyd Courtney's (director of Jumpstart Killeen) presentation about what Jumpstart could do for their city, exclaimed that a good friend had been part of Pathway to Health in San Antonio and had shared with her what a life-changing experience it was. The response was positive, the city council members expressed their support, and the mayor pledged to provide the Killeen Civic and Conference Center free of charge for Jumpstart Free Health Clinic in July. This good news was just another confirmation of God's blessing upon Jumpstart Killeen. As the word spread about the upcoming clinic, other generous donors, wanting to do their part to make a difference, began to offer their support through donated medical services and equipment, financial contributions, and volunteer assistance.



Services at the free health clinic included everything from medical, dental, and vision, to lifestyle services such as haircuts and massages.

After a year of planning, preparation, prayer, and recruiting of volunteers, at 7:00 a.m. on July 14, 2016, the civic center doors were opened and the long lines of tired people who had camped out overnight began to pour into the center,

in eager anticipation of receiving much-needed dental, vision, and medical care.

Over a day and a half, nearly 2,000 people were served with free health care—and more. In addition to dental, vision, and medical services, patients were offered free haircuts, massages, lifestyle and nutrition counseling, mental health counseling, and pastoral care. In every encounter, regardless of the service being offered, patients experienced compassion and loving care.

"When I got here and seen [sic] the Porta-Potties, that was another tear shed, because the compassion to think about people like that is nothing but the love of God," says Devon Darson. "It was just like Jesus came down Himself and said, 'I'm taking care of you!' she said through sobs of joy.

"I know God sent me here," said Terri Young, who had endured extreme pain and swelling from a broken tooth for more than a month prior to attending Jumpstart. "I am just so grateful, especially for the people who have shown so much compassion toward me" Terri added. "I just don't know what I would do without this program!" she exclaimed.

Joel Evans was one of the first people to arrive in the early evening hours on the day prior to the clinic's opening. He learned of the event through Facebook and came seeking minor surgery

Jumpstart

Free Health Clinic

for a painful lipoma (benign tumor) on his back that had been causing him discomfort for the past six years. “I’m so blessed,” he said. “I’ve been waiting six years to have this lipoma removed and I didn’t have the \$4,000 to \$6,000 it would have cost for the surgery. We [he and his fiancé] couldn’t believe this was free!”

While Jumpstart was impactful for those who received medical care, it was even more so for the nearly 700 people who served as volunteers. “I truly appreciate the opportunity to be of service for God. This was my first time with Jumpstart (my heart is still racing!), and I look forward to the next one,” said Rosie Taylor, who volunteered in the lifestyle department.

Andrea Becca, who served in the area of massage and hydrotherapy, was thankful to have had a part to play in the clinic, as well. “When I got the information about this volunteer opportunity,” she said, “just knowing there’s a need, I thought, what a wonderful way to serve! That’s the way Christ served, and I want to follow His example.”

“Words cannot express the profound gratitude that we have for the support that was given by the many volunteers, sponsors, and partners,” said Dawn Lewis, assistant director for Jumpstart Killeen and ASI Southwest Chapter president. “Much prayer, planning, and effort went into this medical outreach to the community, and we give God the glory for making it a success. Indeed, many lives were impacted in a positive way.” Floyd Courtney, director of Jumpstart Killeen, concurs. “What a privilege to be able to serve

the community with the love and compassion of Jesus,” he said. “As we serve and bless others, we too, are blessed.”

We are told in *The Ministry of Healing*, on page 17, that “It was His [Christ’s] mission to bring to men complete restoration; He came to give them health and peace and perfection of character.” Nearly 700 people had the privilege of taking an active part in fulfilling Christ’s mission during Jumpstart Free Health Clinic in Killeen, Texas, on July 14 and 15. To learn more about what took place (and how you can become involved in future events), please visit JumpstartFreeHealthClinic.com, or visit the Jumpstart Killeen Facebook page, where you can view a video of the event. *They came to serve. Will you also come to serve?*

Volunteers were able to serve in all capacities. Of the nearly 700 volunteers who served, approximately 200 of them were medical professionals. Others served in auxiliary capacities, such as hospitality and chaplaincy services.



NAD HEALTH SUMMIT FOCUSES ON EMOTIONAL WELLNESS

By Katia Reinert, Ph.D., CRNP, associate G.C. Health Ministries director

The North American Division (NAD) Health Summit has been, for more than a decade, a place where people come to be equipped for health and wellness ministry outreach within North America and beyond. Attendees are usually involved in various ministries in the local church or conference (health, children's, youth, community services, etc.), health professionals, pastors, and lay members interested in health. They come from the U.S., Canada, Bermuda, Inter-America, and other countries around the world.

This year, the NAD partnered in a special way with the South American Division (SAD) and the General Conference (GC) to put together an unprecedented event. The summit was uniquely designed to equip attendees in the areas of mental and emotional wellness. In addition to the regular attendees, the Emotional Wellness Summit brought together, for the first time, a number of psychiatrists, psychologists, counselors, mental health researchers, along with others who listened to lectures on trauma and resilience, brain health and disorders, addiction prevention and recovery, and also mental health and comprehensive health ministry outreach from the church's perspective.

The Need

Why this focus? Public health organizations and institutions such as the World Health Organization (WHO), the Department of Health and Human Services (DHHS), along with health researchers at major universities and the National Institutes of Health (NIH), all recognize that mental health disorders continue to rise. Depression and anxiety are among the most prevalent mental health conditions, and suicide rates have become a major concern.

Along with the rising prevalence comes the stigma and shame that still accompanies mental illness. Those affected often endure unnecessary hardship added to the diagnosis, unlike those suffering from cardiovascular disease or diabetes. In addition, recognition of symptoms and access to care is also a major problem,

not only in North America but around the world.

De-stigmatization, access to care, and better understanding of mental health is a necessity, and faith communities can play an important role. Studies show that anyone can be at risk for mental illness, regardless of gender, age, nationality, ethnic background, or faith. Unfortunately, many myths and misconceptions are noted among faith groups, who may see symptoms and mistake them for demonic possession or a spiritual problem. In addition, based on a study in North America, pastors, administrators, and their families involved in ministry seem to be at a particular risk for depression, addictions, and a heavy burden due to stresses imposed by ministry.

In order to help reduce the stigma and clarify the nature of mental health, pastors and other church leaders need to be trained and equipped to address not only their personal mental health and wellness, but also to help educate the members and make a differ-



◀ Admiral Vivec Murphy, U.S. Surgeon General, gave the keynote address on opening night of the summit.

▼ Katia Reinert, Ph.D., R.N., CRNP, FNP-BC, PHCNS-BC, leads a discussion on mental health issues and the church with a panel of experts.



ence in the community they live in.

The Seventh-day Adventist Church, since its founding, has had a holistic approach to health and wellness. This is reinforced by our current world church leader, Ted Wilson, who asserts that, “Under the leading of the Holy Spirit, we are to assist people physically, mentally, socially, and spiritually. The integrated and whole person concept is vital to our outreach to others and our own personal well-being.”

However, we continue to grow in understanding as we try to live this belief in a practical way. Often the main focus in health ministry has been strongly on physical health, with gaps in addressing mental/emotional issues like trauma, addiction recovery, and access to mental health treatment. While several Adventist hospitals have made a marked difference in behavioral health, our churches have not done all they can do to make a difference for prevention and treatment.

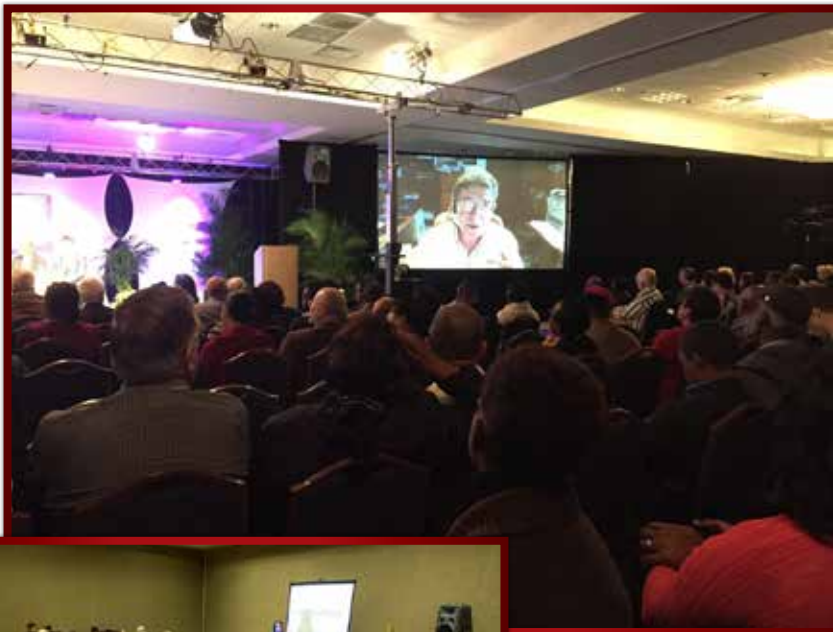
Dr. Angeline David, recently appointed NAD Health Ministries director, agrees: “The health of our mind and emotions is of vital importance, and we as a church body need to be better equipped for caring for this aspect of health. We need to do this for the sake of our own members as well as our communities.”

The Impact

In order to fill in the gaps, the GC, NAD, and SAD worked together to bring focus to this important aspect of health and the result was extraordinary. Leaders like the 19th U.S. Surgeon General Admiral Vivek Murthy, SAMHS CMS Director of Prevention and Traumatic Stress, and Pan American Health Organization (PAHO) Dr. Claudina Caetano, reinforced to attendees the key role and value that the Adventist Church has by sharing specific practical ideas on where to start. In addition, researchers like Doctors Harold Koenig, David Williams, and Kenneth Pargament, along with many others, presented evidence related to mental health, spirituality, and health. Through video presentations, research lectures, group discussion, and networking, as well as mission-focused topics, the nearly 300 people in attendance left ready to put into practice what they learned. Specific recommendations were summarized on a white paper, based on all presentations from the seminars and the plenary sessions, and presented to the attendees.

So, What?: Plans for the Future

This Emotional Wellness Summit was the first step in helping raise awareness of this important issue, but we must not stop.



There is much more we can do to help educate and facilitate prevention and access to care among families and individuals who are facing challenging mental and emotional health conditions in our pews. Furthermore, there is much more we can do to reach outside our

church doors to bless communities around us. But to be successful we need to collaborate together across ministries, focusing on a more comprehensive relational approach. “In a world that is increasingly drawn to the topics of wellness and personal longevity, the Health Ministries of the Seventh-day Adventist Church throughout the North American Division has an unparalleled opportunity to participate in the life of our communities... we can collaborate in bringing the message of health and well-being to the people,” reminds Dan Jackson, NAD President. Peter Landless, GC Health Ministries director, agrees, “My prayer is that [each one] will be determined that in our work and relationships, no one will be stigmatized, and all will be included in our efforts to promote and strengthen emotional health and mental well-being,” said Landless.

As we continue to grow in this area we must look at Jesus, our ultimate role model. He came close to people, showed He loved and cared for them, talked with them understanding their limitations, and without judgment He offered to heal their mind, body, and soul. Only after that He asked them to follow Him if they were willing (*The Ministry of Healing*, p. 143). Let us not ignore His example, but rather, bring hope and love to all who are suffering by being His hands. The same Jesus who healed and broke stigma and barriers then, is still doing that today. Let’s join hands in His ministry of restoration.

THE PROCESS OF BEING WHOLE

Angeline B. David, DrPH, MHS, RDN, NAD Health Ministries director

I often look for textbook definitions of words to discover where a word originated, the original meaning, and how a word's power to portray meaning may be underestimated. In one of those moods, I recently searched for the definition of the word *wholeness*.

Wholeness has become part of the common health vernacular. We use it freely and feelingly to proclaim that, within the health work of the Seventh-day Adventist Church, we will find an approach that encompasses all areas of health—physical, mental, spiritual, and social. But, in my web search, I found something I did not expect. I found a new understanding of what it means to be whole.

According to one dictionary website, to be whole is defined in mathematical terms as “integral, or not fractional.”¹ The same site defines “fractional” by the terminology of the field of chemistry as “of or noting a process...by which the component substances of a mixture are separated according to differences in certain of their properties.”² If to be whole is the opposite of being fractional, then to truly be whole must include a process by which pieces that have separated are brought back into one complete unit.

The Apostle John shares the story of a man who seems to be particularly hopeless. We read in John 5:5 that this man “had an infirmity thirty and eight years.” Ellen White states in *The Desire of Ages*, page 202, that in this man “the Savior saw one case of supreme wretchedness.” Not only was he suffering physically, he also carried the burden of being “alone and friendless, feeling that he was shut out from God’s mercy” (*ibid.*). Moreover, the only source of healing that this man knew of was far beyond his reach. He was incapable of reaching the place of healing on his own, there was no one to help at opportune moments, and after many years of failure, “his persistent efforts toward the one object, and his anxiety and continual disappointment, were fast wearing away the remnant of his strength” (*ibid.*).

Take a look at this man’s condition. He had an immobilizing physical illness, perhaps with unrelenting pain. He had been separated from friends and family. He was alone. He suffered from guilt and shame. Feelings of anxiety and likely depression were his daily companions. He could not participate in the religious activities that were an important part of the identity of a Jew. He felt cut off even from God. He had no hope for relief in his present condition, and no hope for a future life.

He suffered physically, mentally, spiritually, and socially, but little did he realize that God was very near. Upon seeing his need, Christ draws closer to him, and gently asks, “Wilt thou be made whole?” (John 5:6).

It seems like an odd question. Isn’t it clear what this man needs? But Christ here was making two very important statements. First, although God knows all our needs, thoughts, and desires, He wishes us to express them to Him. This conversation opens our heart to Him, helps to

make our thoughts concrete in our own minds, gives us a clearer sense of our need, and reminds us that our Heavenly Father is willing and waiting to fill us. Secondly, Christ teaches that if we wish to serve someone, we must learn how we can best serve.

He answers in John 5:7: “Sir, I have no man...to put me into the pool.” It’s interesting that the man does not answer Christ’s straightforward question with a “Yes” or “No.” Rather, he reveals the true burden of his heart. He has no one to help, he is alone, and there is no one to share compassion with him. His is a fractional life.

According to the U.S. Substance Abuse and Mental Health Services Administration, nearly one in five adults aged 18 years and older (18.5 percent) report that they experienced a mental illness in 2013, 4.2 percent had a serious mental illness, and 3.9 percent had serious thoughts of suicide³. This means that nearly 44 million adults had a mental illness. In comparison, about 35 million adults reported hav-



Angeline B. David began serving as the North American Division Health Ministries director on April 1, 2016.

ing received treatment or counseling for a mental illness¹.

Mental and emotional health problems can strike anyone. There are numerous types, including anxiety disorders, eating disorders, substance use disorders, and psychotic disorders. Each mental health disorder has unique characteristics, and individuals suffering from any of them need to be treated with care and compassion.

One important component of helping someone with a mental or emotional illness is to provide a safe and supportive environment. Friends, family, and churches are needed at such times. Simple acts of kindness, an earnest smile, a sincere handshake, and a listening ear are tools that everyone can use. When more is needed, we can encourage people to seek that help without fear of being marginalized.

In answer to the man languishing by the pool of Bethesda, the Savior simply states “Rise, take up thy bed, and walk” (John 5:8). Christ speaks firmly yet gently, instructing him to take hold of the power of God, and to step out by faith.

Later that day, this same man is in the temple. It was the Sabbath, and at last, he was able to rejoin the worship service. How much more earnest and jubilant was his praise that day. *Did he ever have a testimony to share!* But Christ was not yet done with the healing work. Finding him in the temple, Jesus says to him, “Behold, thou art made whole, sin no more, lest a worse thing come unto thee” (John 5:14).

The man had been healed of his physical disease. He was rejuvenated emotionally. He was back in fellowship with the body of believers and Christ says to him, “sin no more.” Why? “But your iniquities have separated you from your God; And your sins have hidden his face from you...” (Isaiah 59:2, NKJV).

To truly be whole, we cannot neglect the healing that must come in every

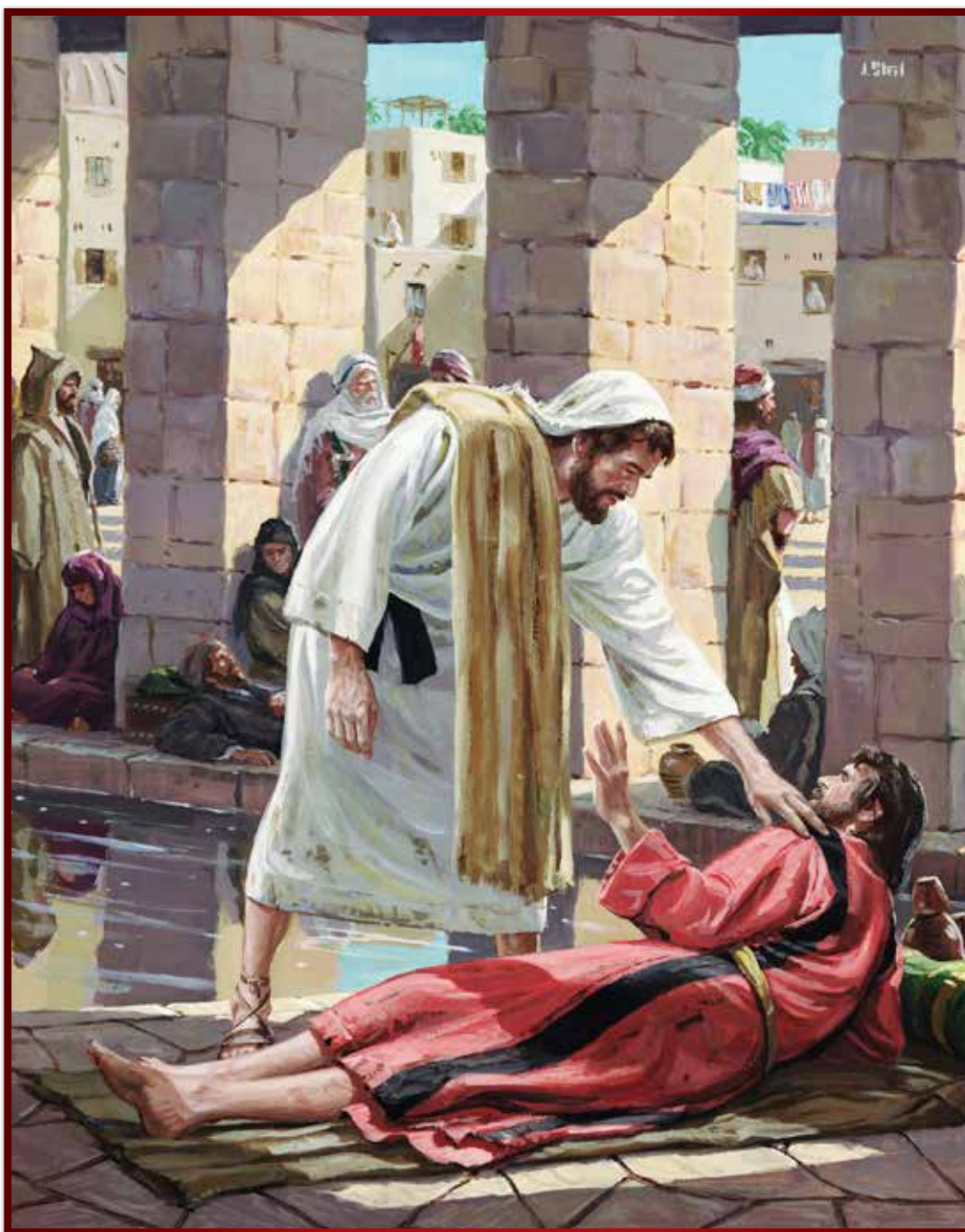
aspect of our lives. The process of bringing together each piece—the body, the soul, and the spirit—is the work of God. It is the high calling given to every member of His church.

¹ <http://www.dictionary.com/browse/wholeness>

² <http://www.dictionary.com/browse/fractional>

³ Substance Abuse and Mental Health Services Administration, Center for Behavioral Health Statistics and Quality. September 4, 2014. The NSDUH Report: Substance Use and Mental Health Estimates from the 2013 National Survey on Drug Use and Health: Overview of Findings. Rockville, MD

⁴ *Ibid.*



HOPE FOR THE WOUNDED:

Advocating for Addiction Recovery Among Adventists

Juliet Van Heerden

“Hello, my name is Juliet.” I begin as I introduce myself in my 12-step Sabbath School class. “I’m a grateful believer in the Lord, Jesus Christ. I struggle with work-a-holism and codependence that manifests itself in perfectionism and control. Food is far too often my drug of choice.”

If you were in my group, you would say, “Hi Juliet!” and I’d feel a tad less vulnerable and a little more courageous for having shared a raw truth about myself with a circle of people on a Sabbath morning.

It took years to reach this place, years of allowing God to gently peel away onionskin-thin layers of shame. As a third generation Seventh-day Adventist, I am no stranger to church. I am, however, a stranger to “airing your dirty laundry” at church. I grew up in a church culture where people sat like well-dressed ducks in a row. We smiled, nodded, and said “Happy Sabbath!” with gusto. Even if on that particular Sabbath we were not happy, we’d never let anyone know.

For much of my twelve-year marriage to a chemically dependent spouse, Sabbaths held a concoction of relief, hope, and dread: relief if he was sitting on the pew next to me, hope that he was really “clean and sober,” and dread that someone might discover our family’s dirty little drug secret. Church often felt lonely, even though we were active participants. I naively believed we were the only couple dealing with the corrosive effects of drug addiction. Hindsight proves me wrong. We were simply one more unaddressed statistic in our church. Many more filled the pews. There was no safe, healthy place to address our reality, and there were no relevant resources specific to our needs.

That was nearly a decade ago. Although cocaine eventually destroyed my marriage, God continues to redeem every dream I thought was lost. In 2007, I was humbled

to the core when the happy Christian-family facade I’d carefully built utterly disintegrated. In the aftermath of divorce, I discovered my own need for recovery from the pain and the poor habits I had developed as coping mechanisms. When my spouse was no longer available to blame, I was forced to face the truth about

“We need more of Christ-like sympathy; not merely sympathy for those who appear to us to be faultless, but sympathy for poor, suffering, struggling souls, who are often overtaken in fault, sinning and repenting, tempted and discouraged. We are to go to our fellow men, touched, like our merciful High Priest, with the feeling of their infirmities” (The Ministry of Healing, p. 164).

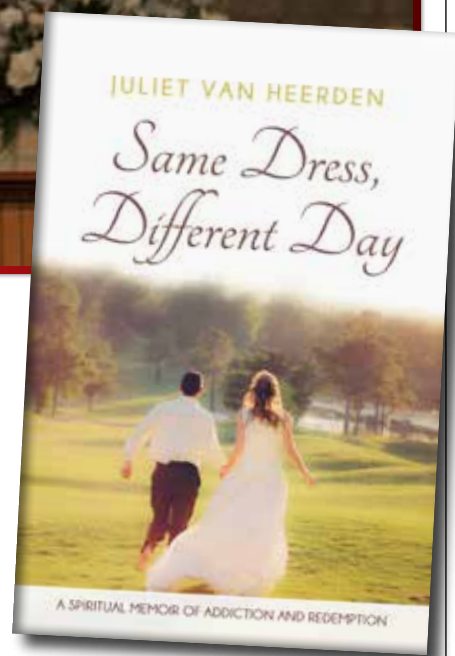
me. What part did I play in the sick cycle of addiction that ruled our union? Why did I respond to every uncomfortable situation with fear-based control? How could I prevent myself from repeating my unhealthy patterns in new relationships?

In my quest for answers, I discovered a nondenominational Christ-centered recovery program in a church across town. I learned the biblical principles of recovery and began applying them to my situation. I accepted the truth that I am not my sin, nor am I the sin that has been done to me. It was there that I embraced the idea that my identity is in my Savior, Jesus Christ. I began living by His promise in Philippians 1:6 (NKJV): “...being confident of this very thing, that He who has begun a good work in you [me] will complete it until the day of Jesus Christ.”

Fast-forward several years. I am now the wife of a kind, Adventist pastor. My life is completely different, but I have not forgotten the pain of sitting in church week after week with a broken marriage and a wounded spirit. Sadly, as a pastor’s wife, I see and hear too many stories similar to mine from long ago. Addiction is destroying families from the inside out, whether it is an addiction to food, alcohol, illegal substances, or pornography.

Kiti Freier Randall, Ph.D., is the director of Psychological Services, Department of Pediatrics, Loma Linda University Health, and a board member of the National Alliance for Drug Endangered Children. In a July 8, 2014 *Adventist Review* article entitled “Substance Abuse in the Family,”





Randall states, “We prefer to believe that substance abuse doesn’t happen in our church families; however, as a psychologist (Kiti Randall) who has had the privilege of providing various behavioral health training for the Adventist Church in more than 40 countries, I can assure you substance abuse is a struggle for many Adventist families.”

For me, it is not enough to simply be aware of, or compassionate toward, Christians wounded by addiction. I am compelled to make a difference in my local church and the Adventist church at large. My vision and passion is for every congregation to have Christ-centered, 12-Step recovery groups where men and women can find the hope, healing, and wholeness that comes from fulfilling the law of Christ by bearing one another’s burdens (Galatians 6:2), consistently speaking the truth in love (Ephesians 4:15), and humbly confessing faults and praying for one another (James 5:16).

Shame, secrecy, and fear breed in isolation. Healing takes place within the context of a safe, healthy, supportive community. People struggling with addiction, and those who love them need hope. In *The Ministry of Healing*, p. 165, Ellen White spoke of this hope:

“Christ honored man with His confidence and thus placed him on his honor. Even those who had fallen the lowest He treated with respect... As we partake of His Spirit, we shall regard all men as brethren, with similar temptations and trials, often falling and struggling to rise again, battling with discouragements and difficulties, craving sympathy and help. Then we shall meet them in such a way as not to discourage or repel them, but to awaken hope

in their hearts.”

In response to the alarming rate of addiction among Adventists, recovery resources have become increasingly available from denominational sources.

Many resources may be found at Adventist Recovery Ministries, an official resource of the North American Division. The Hope Channel and 3ABN offer recovery programs such as *Unhooked* and *Celebrating Life in Recovery* to provide insight and tools for dealing with addictions. Books, such as *The Journey to Wholeness* by Jackie Bishop and Shelley Curtis, and a recovery edition of *Steps to Christ*, are available through Adventist Book Centers.

I am excited about these resources. I am hopeful that our churches will embrace the opportunity to become relevant to those suffering the effects of addiction. Will you join me in following the footsteps of Christ and becoming a hope-giver in your congregation and community?

Feeling Good?



ARKANSAS-LOUISIANA CONFERENCE

A question often asked, especially to someone who has been ill or who is recovering from an accident is, “How do you feel?” Getting a response on how someone “feels” is usually an indicator to us of whether the person is improving or not. If they “feel” better, that is taken typically as a good sign, and we assume that the person is on the road to recovery. Our conclusion may not be based on a blood pressure reading, blood test, x-ray exam, or any other medical evaluation. If the person said they feel better, then we conclude they should be fine.

Feelings are not all bad. Feeling the heat coming from a hot burner will keep me from putting my hand on it and getting burned. Feeling a thorn under my bare foot will make me become extremely careful

of where my next step will be! I’m thankful for feelings! However, the truth of the matter is, I cannot always trust my feelings. Feelings can be deceptive.

More than likely there are people we know who felt just fine, but all the while abnormalities were going on in their body. There was no pain to indicate symptoms. There was no exterior appearance to suggest something was going wrong internally— because they *felt* fine. Because they were feeling good, nothing wrong was suspected.

This is why periodic physical exams and checkups are strongly recommended. Even though I may feel good, my body may be battling with some disease or disorder. And the reality is, my spiritual health should never be left to *how I feel* either. Remember, I cannot always trust my feelings, and

feelings can be deceptive. The devil can make me *feel good* about something bad, or *feel bad* about something good. I cannot allow *how I feel* about something determine whether it is good for me or whether it is right or wrong. That’s why I need to have checkups with the Master Physician.

Unless I submit to a periodic spiritual exam, I may well be headed for all kinds of spiritual diseases and maladies—without realizing so. Jesus, as our great Physician, invites us to come to Him regularly every day through prayer and Bible study to be certain that regardless of how we may feel, we are truly spiritually fit. “Beloved, I pray that you may prosper in all things and be in health, *just as your soul prospers*” (3 John 2, emphasis supplied).

Stephen Orian, president

OFFICIAL NOTICE

Arkansas-Louisiana Conference of Seventh-day Adventists

NOTICE IS HEREBY GIVEN that the 34th Regular Constituency Session of the Arkansas-Louisiana Conference of Seventh-day Adventists will convene Sunday, September 25, 2016, at Southwood High School, 9000 Walker Rd, Shreveport, LA 71118. The first meeting of the session will convene at 10:00 a.m. Registration will begin at 8:30 a.m.

This constituency session is being held for the purpose of receiving reports for the past quadrennium, the election of officers, departmental directors, and executive committee; and the transaction of such other business as may properly come before the delegates. Each church/company is entitled to one delegate for the organization. The remaining delegates shall be apportioned based on the percentage of church membership to the total conference membership as of June 30 of the year preceding the session.

Stephen Orian, President | Juan Borges, Secretary

OFFICIAL NOTICE

The Arkansas Conference Association of Seventh-day Adventists

NOTICE IS HEREBY GIVEN that a meeting of the The Arkansas Conference Association of Seventh-day Adventists will be held in connection with the 34th Regular Constituency Session of the Arkansas-Louisiana Conference of Seventh-day Adventists, September 25, 2016, at Southwood High School, 9000 Walker Rd, Shreveport, LA 71118.

The purpose of the meeting is to elect a board of trustees and to transact such other business as may properly come before the meeting. Delegates to the 34th session of the Arkansas-Louisiana Conference of Seventh-day Adventists are delegates of The Arkansas Conference Association of Seventh-day Adventists.

Stephen Orian, President | Alberto Valenzuela, Association Secretary

OFFICIAL NOTICE

The Louisiana Conference Association of Seventh-day Adventists

NOTICE IS HEREBY GIVEN that a meeting of The Louisiana Conference Association of Seventh-day Adventists will be held in connection with the 34th Regular Constituency Session of the Arkansas-Louisiana Conference of Seventh-day Adventists, September 25, 2016, at Southwood High School, 9000 Walker Rd, Shreveport, LA 71118.

The purpose of the meeting is to elect a board of trustees and to transact such other business as may properly come before the meeting. Delegates to the 34th session of the Arkansas-Louisiana Conference of Seventh-day Adventists are delegates of The Louisiana Conference Association of Seventh-day Adventists.

Stephen Orian, President | Alberto Valenzuela, Association Secretary

Young People Help Pack Flood Buckets for Flood Victims

SHREVEPORT, LA. » On Sabbath, March 19, the Shreveport First Church, Shreveport Spanish church, and the youth group from the Shreveport South church school came together in the afternoon to make up 60 flood buckets, five large food boxes for families of four or more, and 14 small food boxes for individuals or couples. Along with the churches and people involved in this endeavor, the Texarkana Spanish church sent a donation of supplies, and the Minden Seventh-day Adventist Church is still collecting more food.

The flooding disaster was over much of Louisiana, and many people are still struggling to get their homes back to normal. On April 25, a multi-agency warehouse was opened in Monroe, La., to serve a 12-parish region. This area has been flooded four times since the March flooding events began. There are more than 35,000

families affected by the flooding. More than 1,000 families were without a home, and many homes are damaged throughout the state. Volunteers from Arkansas and Louisiana have been arriving to help with the distribution of supplies.

The Arkansas-Louisiana Adventist Community

Services (ACS) Mobile Unit has been serving affected communities almost every weekend since the March 2016 flood began. Dedicated volunteers have distributed school kits, personal care kits, blankets, food boxes, and clean-up kits.

On Friday, April 29, the mobile unit went to Amite, La., where they spent the night. Before the team got finished making Sunday's breakfast, the line began forming, and in less than two hours the trailer was empty, having served more than 100 families.

The Lord has blessed our small mobile unit. Many times we have distributed more items than we loaded on the trailer! Talk about

miracles happening! Come see for yourself, volunteer to help, either at the NELA multi-agency warehouse in Monroe, La., or by helping with our mobile distribution. For more information, call or e-mail us at 318.631.6240, or acs-help4u@yahoo.com.

Lavida Whitson, ACS director/DR coordinator

Flood buckets and food supplies for victims being prepared



Mena Church Holds Community Health Seminar

MENA, ARK. » What causes disease, how do thoughts, beliefs, and emotions affect the body? Horst Mueller, M.D., a Christian physician who studied medicine at Freiburg University in Germany, has found a connection between people's suffering and disease and their physical, social, emotional, spiritual, and mental health. "The Law of Life" seminar, featuring Horst Mueller, M.D., was held June 11-18, 2016 at the Mena church each evening from 7 to 9 p.m.

"This was not an Adventist denominational event, but we are proud to make it possible for our community to become better acquainted with the Laws of Health and with Dr. Mueller,"

said Florin Liga, pastor. In 2004 Mueller opened his practice in the town of Wenham, Germany, where he practices today.

In the past decade Mueller has on several occasions, seen health being restored just by using this approach to treating disease. His "Law of Life" seminar is about understanding the general structure and

function of the human body through discussing issues about disease. Is disease a mistake of the genes? What role does the subconscious play? Can alarming diseases, like hypertension, heart attack, cancer, diabetes, depression, allergies, and more be healed and prevented? How is love related to our health? Mueller discussed these issues and their effects on the human body. Free private consultations were available for the seminar participants.

Florin Liga



Horst Mueller, M.D., speaks about staying healthy.

Three Youth Baptized at New Orleans First

NEW ORLEANS, LA. » Three students at Greater New Orleans Christian Academy (GNOCA) were baptized at the New Orleans First Church.

When 13-year-old Meron was asked, "What does it mean to be baptized and to be a part of the Seventh-day Adventist Church?" she said that she has accepted Jesus and she is now a part of the church family. Her plans for the future are to continue to follow Jesus and to attend college. Every Friday evening, Meron and her family have Bible studies. She admires her teachers because they have so much faith in God and she says, "I want to be like that." Meron likes instrumental music and always looks forward to going to church.

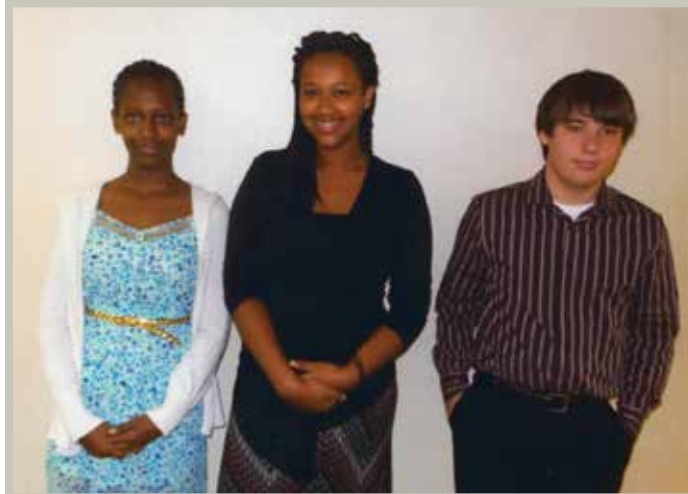
Melat is 14 and will be attending Ozark Adventist Academy next year. Melat was

baptized so that her sins could be forgiven and she could make it official that she is a Christian. Hopefully, within the next 10

hardships in his life. Melat likes to play basketball.

Seth is 14 and attending Griggs International Academy. He was baptized because he wants to follow Jesus, his Lord and Savior. Seth has plans to attend college and work toward a degree in law. He is preparing for the return of Jesus by walking with Jesus every day and studying the Bible. Seth is inspired most by his mother, because she is working so hard to help Seth and his sister to go to school. Seth wants others to know that he is a Bible-believing Christian.

These three young people are wonderful additions to our church family and we are extremely happy whenever anyone is baptized, especially so when we have watched them grow in



Meron and Melat Beyene were baptized with Seth Picou.

years, she will be in medical school. Meron and Melat are Ethiopian. Melat admires her dad because he has survived many

Christ.

Donna Sana

Pathfinder Leader Inducted Into the Hall of Fame

HOT SPRINGS, ARK. » The Arkansas-Louisiana Conference Pathfinder-Adventurer Council voted unanimously at a recent PAC meeting to induct Earl Lyman into the Pathfinder Hall of Fame. On Wednesday, March 23, the Hot Springs Pathfinders, with Mike Salzman and Lloyd Clapp, presented him with the Hall of Fame plaque. Lyman and his wife, Judith, have been long-time supporters and hard workers in the Pathfinder organization. Earl was very happy about the induction. Judith and all of Earl's family were there to help with the celebration.

Lloyd Clapp, Pathfinder director



Presentation of the Hall of Fame Plaque for Earl Lyman

Our Health Message Is the Answer



Looking for ways to improve your community? Let me share with you some startling information. Do you know the health ranking of your state? Here are the health rankings for the states in the Southwestern Union, according to American Health Rankings, 2015:

- Oklahoma: 45
- Arkansas: 48
- Louisiana: 50
- Texas: 34
- New Mexico: 37

These low numbers reflect challenges such as a high prevalence of obesity and a

high rate of cardiovascular deaths. Thankfully, we have a prescription for these challenges. Our health message is the answer to improving our overall state of health! Several successful mega clinics in large cities have been held recently, and many lives have been changed. Perhaps you volunteered at a mega clinic in San Antonio, Los Angeles, Killeen, or even Rwanda. But what can you do to make a difference in your own community? Start with simple activities that will introduce people to a healthier lifestyle, such as organizing physical activities to help move people toward good health, starting classes to teach them about good nutrition, and presenting

supportive programs to help them quit unhealthy habits. Direct interested neighbors to www.adventist.org/en/vitality/health, or visit the Web site to get more ideas on how to make a healthy impact.

Most importantly, teach them how to live forever! Show them how special they are to God! Your church can make a positive impact in your community, and even your state. I don't know that any of our Southwestern Union states will ever be number one in health rankings, but I do know we are number one to God. Share that!

Sherry Fisher

Oklahoma Welcomes New Pastors

OKLAHOMA CITY » Recently, the Oklahoma Conference welcomed two new pastors.

Pastor T. J. and Kirstan Sands both graduated from Southwestern Adventist University and T.J. was assigned as an associate pastor to the newly formed Edmond/Stillwater district. T.J. is excited to begin his

ministry in Oklahoma. Pastor Rich and Cathy Constantinescu are coming to Oklahoma from Weimar, California. They have accepted the call to pastor the Ardmore/Arbuckle



▲ T.J. and Kirstan Sands have been assigned to the Edmond/Stillwater district.

◀ The Constantinescu family has been assigned to the Ardmore/Arbuckle View district.



View district. They have four children, Rachel, Gloria, Crystal, and David.

We welcome these pastors to our conference and ask the Lord's blessings as they minister to their congregations.

Rick Dye, executive secretary

Young Adult Rally Inspires Closeness with God, Community Service

EDMOND » Young adults from across the Oklahoma City metro area gathered at the Edmond church for worship and spiritual conversation on May 13-14. The Oklahoma City Area Young Adult Rally, titled God & Me, was organized by the Oklahoma Conference and area young adult leaders with the goal of strengthening young adult and

public campus ministries. Monica Velasquez, an Adventist young adult and exchange student from Panama, said of the rally, "It made me feel like home," citing the prevalent influence of youth and young adults in the church in her home country.

The Friday-evening gathering included young adult-led praise and worship and a

panel discussion where participants asked tough questions about God, the Bible, and church life. On Sabbath morning, the new Edmond church associate pastor, T.J. Sands, shared his testimony of how God changed his life of addiction and searching for God in all the wrong places to one of living and proclaiming God's grace and truth.

The Sabbath afternoon session invited young adults to share their struggles as well as find opportunities to be engaged in the life of the church. Oklahoma Conference executive secretary Rick Dye and Edmond senior pastor Larry Priest urged young adults to get involved and make a difference.

To conclude the event, participants conducted a prayer walk on the campus of the University of Central Oklahoma, Oklahoma's third largest university, with more than 17,000 students. The Edmond church is planning more efforts on campus with the goal of starting an official campus ministry this year.

Kris Bryant



First Burmese Camp Meeting in Oklahoma

TULSA » July 1-3, 2016, was an exciting time for the Zomi Burmese Seventh-day Adventists in Oklahoma. For the first time, this group held a special camp meeting in the Marriot hotel in Tulsa.

More than 400 hundred people, from not only Oklahoma, but from all over the United States, came to be spiritually refreshed and renewed.

John Moyer, Oklahoma Conference president; Rick Dye, executive secretary; and Apple Park, Asian ministries coordinator, participated in the camp meeting.

Moyer delivered an encouraging and uplifting message to the believers on Sabbath. In addition, there were seminars, beautiful music, and outstanding food.

There was great joy among all of God's people.

Rick Dye, executive secretary



Bringing Young Souls to Christ through Adventist Education



The 2015-2016 school year saw many changes for the Southwest Region Conference education department. From changes to the administration and changes to how outdoor school is conducted, to the emphasis on recruitment and how we market Adventist Education. God has blessed us and He continues to bless us.

We are seeing an increase in enrollment for all of our schools. For example, the Emmanuel Adventist School, in Hammond, La., under the direction of the prin-

cipal, TiAngela Williams, will experience an increase from 15 to 33 students for the 2016-2017 school year. Through effective recruiting methods, the Pre-Kindergarten program at Emmanuel will also see an increase from 4 to 12 students.

Our early childhood programs across the conference are also progressing at a rapid pace. At the Southwest Adventist Jr. Academy in Dallas, Texas, under the direction of the principal, Dennis Ramsarran, the Pre-Kindergarten teacher, Carlene Kowlessar has the three- and four-year-old students

reading at a first- and second-grade level.

Here at the Southwest Region Conference, we believe that Adventist Christian Education is the church's longest, most impactful, and greatest evangelistic crusade. We are truly in the business of bringing young souls to Christ and doing our part to hasten His coming.

Buford Griffith III, superintendent of education

World Harvest Outreach (WHO) Church Education Day

HOUSTON, TEXAS » All were blessed by a rich and full Education Day program on June 18, 2016, encompassing divine worship service, an afternoon program, and an evening social.

Oakwood University was emphasized throughout the program. Twelve high school graduates marched into the church with pomp and circumstance. Each graduate was introduced as a baby picture and a graduation picture were displayed and their biographies were read. They then crossed the stage to be greeted and congratulated by the education committee members; Buford Griffith III, Southwest Region Conference education superintendent; and Keith Goodman, pastor. As they shook hands with these individuals, they were given a graduation certificate sent by Congresswoman Sheila Jackson Lee, and a \$100 check from the education department.

In keeping with the Oakwood emphasis, an Oakwood graduate, Darell Lennear, MBA, gave an inspiring speech to the graduates regarding his Christian education experience from kindergarten through Oakwood College, and encouraged them to attend Oakwood. There was also an

Oakwood graduate Father's Day honoree, Everett Alexander, the eldest man in the church at 94, who graduated from Oakwood in 1951. To top it off, special music was by "Simply Acappella," led by Eric Kelly, a male chorus of former Oakwood graduates who are all members of the Fonden church.

Goodman preached an empowering sermon dedicated to the graduates, entitled "Be Strong...In." He admonished everyone that, though we are surrounded by influences of the devil and that we "wrestle not against flesh and blood, but against powers and principalities," we are to "be strong...in the Lord." It was a powerful send-off message for the graduates as they go off into the world in their separate walks of life.

The afternoon program featured various musical talents by some of our youth and the "Simply Acappella" male chorus. However, the highlights of the program were the Oakwood recruiters and educational seminars. One was presented by Leisha Campbell, M.Ed., LPC-S, BEI-II, a member of WHO, whose topic was, "What Do You Want to Be When You Grow Up?" Another was by Nkechi Ihejirika, M. Ed., an educational consultant who spoke about, "Know

Your Number and State Your Stats," which was regarding helping students who are academically low and having problems in school with their studies, etc. In addition, Hesketh Henry, principal of Excel Academy, a conference-sponsored Christian academy, made a presentation about the school. Representatives of Oakwood also made a presentation about scholarships available from Oakwood, particularly the new freshman scholarship they offer. They all had display tables in the lobby, as well. These seminars were well done and very informative and helpful to both parents and students, grades K-college.

It was truly a high day in Zion, not only for the graduates, parents, and children, but also for Addie Millican, for whose 100th birthday was also celebrated! The church's luncheon was in her honor to celebrate this historical and blessed occurrence in her life! We praise the Lord for her life. It was an outstanding Education Day, praising God for all the great things He has done!

Brenda La Fleur, educational secretary

Dinner with the Doctor: An Outstanding Health Initiative

NATCHITOCHES, LA. » Led by Ezinne Akamiro, M.D., members of Natchitoches church hosted Dinner with the Doctor, a community-wide health initiative held at the Martin Luther King, Jr. Community Center in Natchitoches. Akamiro serves as the health and temperance leader and treasurer for the Natchitoches First church.

Akamiro is a board certified medical doctor in Internal Medicine, currently practicing at Natchitoches Regional Medical Center in Natchitoches. Impressed by the Holy Spirit, she decided to sponsor Dinner with the Doctor for her co-workers, church family, friends, and residents of the community, to introduce them to the healing ministry of Christ. Nearly 100 people participated. Invitations took place by word-of-mouth, posters placed throughout the community, local radio, Facebook, and Eventbrite.

The program centered on how eight laws of health can be simply incorporated into daily activities to combat heart disease, America's number one killer. In addition to promoting biblical, healthy lifestyle choices, free health screenings were also provided.

After the official welcome, stations opened where each attendee could have their blood pressure tested, blood sugar checked, and body mass index measured. Health care professionals manned the stations, addressing attendees' concerns.

Following the health screenings, participants were seated and served a delicious and healthy vegan meal prepared by Norman Stiggers, D.Min., pastor of the Natchitoches First Church, and his wife. Door

prizes, such as spa treatments, workout classes, gym memberships, and spiritual and physical workout aids, were also available. Throughout the event, volunteers also spread Christian literature.

During the meal, Akamiro shared her personal health and temperance testimony. She then discussed how each health law is founded in the Bible and supported by leading medical science studies. While explaining how the body works, she also described the love of our Creator, who continually gives of His own life power so that we can be free from disease. She stated that His healing is twofold. God wants us to experience the earthly blessings of good physical health. He also desires our spiritual health. Akamiro stated that as bodies and minds are freed of illness, people are better able to hear God's ever-calling voice.

Dinner with the Doctor is founded on 3 John 2, "The Lord wishes above all things, that you may prosper and be in health, even as your soul prospers."

Several attendees requested more events to take place, and the church decided to host a community-wide health initiative event once a quarter.

"We would like to sincerely thank everyone who attended and whose selfless efforts made our first program a success," said Akamiro. "A special thank you is in order for our chefs, servers, and healthcare professionals—many of whom traveled hours to do God's work."

Ezinne Akamiro, M.D., and Lorraine James-Stiggers, Ph.D.



Top: Ezinne Akamiro, M.D., presents at Dinner with the Doctor, a community-wide health initiative in Natchitoches, Louisiana.

▲ Ezinne Akamiro, M.D., spoke on the eight health laws that work as part of a larger plan for physical and spiritual well-being.

Bottom left: Nearly one hundred members of the church and community attended Dinner with the Doctor.

▼ Norman Stiggers, D.Min., pastor of the Natchitoches First church, speaks at Dinner with the Doctor alongside Ezinne Akamiro, M.D., sponsor and organizer of the event.



Baton Rouge Berean Elder and Teacher Retires After 35 Years in Education

BARON ROUGE, LA. » Recently, the Baton Rouge Berean Church said “farewell” to Jerome R. Pondexter, one of Berean’s elders and teachers. He retired after 35 years of work in Seventh-day Adventist education.

It was seven years ago that Jerome R. Pondexter made his Louisiana debut. He

puter lab became operational, resulting in his teaching basic computer skills for ninth- and tenth-grade students. Under his leadership, the academy initiated an after-school tutoring program and received church and state accreditation as a junior academy.

ence schools. In 2012, the Southwest Region Conference and Southwestern Union Conference awarded Pondexter the “2012 Teacher of the Year Award.”

It was then only natural that MLKCA’s principal, Sibyl Jordan, would be afforded some time during the Sabbath worship



Church members honor Jerome R. Pondexter with a farewell ceremony as he retires.



left Jonesboro, Ga., to relocate to Baton Rouge, where he continued a teaching career that began many years earlier. His wife, Yvonne, joined him later. His tenure began at the Berean Seventh-day Adventist Academy where he served as principal and Bible and social studies instructor from 2009-2011. During his time there the com-

In the fall of 2011, when the academy merged with Martin Luther King Christian Academy (MLKCA), Pondexter was part of the team that made the transition. He began this program as the fifth-grade social studies teacher and French teacher for grades 5-8. He was instrumental in beginning the academy’s fifth-grade recognition program, which took place at the end of each school year. In addition to his teaching duties, he coordinated Bible Bowls,

service to recognize Pondexter on the occasion of his retirement after a total of 35 years in Adventist education.

First elder Robert Landry recognized Pondexter’s role as a Berean elder as well as an assistant Sabbath School teacher. “We should have been prepared for this day, for we surely knew it was coming; however, as much as we’re going to miss Elder Pondexter, we’re happy for him. He has ‘paid his dues,’ and we rejoice with him,” said Landry.

With each right hand extended onto Pondexter’s shoulder and the audience prayerfully on its feet, the remaining elders formed a circle around him as Jerry Proshee offered a prayer of gratitude for Pondexter’s years of service to our church and schools.

Evelyn M. Edwards

Cowboy & Biker Camp

Date: Sept 30 – Oct. 2, 2016

Location: Lone Star Camp, 6829 FM 317, Athens, TX 75752

Theme: FIT (Faithful, Integrity, Trustworthy)

Call in Information: Suzanna Facundo 817-295-0476 or Helvis Moody 832-876-1161

Come one, Come all and be blessed!!

Spelling Bee contests, and outdoor education trips to Lone Star Camp.

His involvement with the Southwest Region Conference Office of Education resulted in his taking on the role of evaluating other confer-

JaNewShare: A January Health Initiative



The Texas Conference Comprehensive Health Ministries Department would like to announce *JaNewShare*, a 40-day health and wellness initiative to promote church growth at the start of each year.

The world is in trouble. A health crisis is looming as the cost of healthcare increases exponentially. By 2020, 50 percent of all seniors reaching 65 are estimated to have mild cognitive impairment, Alzheimer's, dementia, or diabetes. Sixty-seven percent of people suffer from obesity or are overweight. Medicine is waking up to the fact that our poor lifestyles and life events are driving these epidemics. People are hurting, the world is falling apart, and we have the answer. *JaNewShare*, the January health initiative for Texas, is God's gift "for such a time as this."

Adverse childhood events, traumatic life events, and our brokenness impact eating

habits and lifestyle with resultant disease, violence, and addictions.

"Men's hearts (are) failing them for fear ... for looking after those things which are coming on the earth" as Jesus predicted (Luke 21:26). There is not enough food or vice to soothe the pain. We have Jesus who came to give "complete restoration... peace, health, and perfection of character."

Our friends and associates yearn to find peace from the inner turmoil. We have the answer. Starting January 1, 2017, we would like to invite every church in the Texas Conference to plan and execute a week-end-long program of health and wellness with a weekly follow-up for 40 days, culminating in a graduation.

For 40 days, let's pray like we have never prayed before. We will learn to prepare and serve only a plant-based, whole-food cuisine, exercise each day, and go to bed before 10 p.m. Let's share God's love and care. Let's invite our friends to change the equation of their lives forever, knowing that

trusting in God's love and care and abiding in Christ changes thought, emotion, purpose, and action.

During the process, small groups could be formed that will serve as an evangelistic tool for the rest of the year. Small groups would convene once per week, each person meeting with a buddy, a prayer partner, or an accountability partner for five minutes daily. In this way, we could bond and meet the emotional needs of our friends and associates. Congregations may choose any program that has a follow up component built in: Fabulous in 40, Creation Health, Eight Weeks to Wellness, or CHIP.

As the world faces a violent storm, let's move with all hands on deck. We have so much to offer. Let's invite our friends to share in our blessings for 40 days, this and every January.

Errol B. Bryce, M.D., FACP, director, Comprehensive Health Ministries

TEXAS CONFERENCE

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A Lesson in Prayer

DALLAS » Recent storms caused devastating flooding at The Oaks Adventist Christian School in Houston, Texas. In response to the elementary school losing supplies and books, the students and staff of North Dallas Adventist Academy (NDAA) collected school supplies to send to Houston, so the children there could finish their school year.

One of the collection boxes was placed

outside the office of Rosy Arizaga, NDAA's lower school principal.

At the end of one day, as Arizaga worked in her office preparing several e-mails to be sent, her thoughts were interrupted by the noise of a child walking in the hall, banging a heavy grocery bag against his



▲ North Dallas Adventist Academy students pack bags of school supplies for students of The Oaks Adventist Christian School. Storms and flooding destroyed much of The Oaks supplies and books.

◀ As students prepare boxes of school supplies, they also unknowingly serve as a lesson in love and prayer.

legs. The office door was closed, so the student had no idea Arizaga was sitting at her desk. She heard him stop in front of The Oaks collection box and pray.

"Dear God," he whispered, "bless these things I'm about to give. Help this to make a difference. Bless our friends at The Oaks. Amen."

He quietly dropped the bag and disappeared down the hall.

"This had to be the most sincere prayer I had heard from a child," said Arizaga. "I even shed a few tears. This child had reminded me that everything I do is for the glory of God, and that I should pray over the things that I say and do for others."

That eight-year-old student served as a new lesson in prayer. Arizaga stopped to say a prayer over the e-mails she was about to send. She prayed they would make a difference and be received with a blessing.

Rosy Arizaga

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MESSAGE FOR CHILDREN

Weslaco Recognizes National Day of Prayer

WESLACO » The Weslaco church held its first annual National Day of Prayer breakfast, an observance held on the first Thursday of May. The National Day of Prayer invites people of all faiths to pray for the nation. The first annual National Day of Prayer breakfast represents a Christian expression of the national observance, based on an understanding that this country came into existence through prayer and reverence for God.

Our pastor, Raja Masilamony, conducted the service. After the Pledge of Al-



▲ The Weslaco church recognized National Day of Prayer with its first annual National Day of Prayer breakfast.

▶ Pastor Raja Masilamony and church members pray for the nation, state, city, education, youth, and family.



legiance and singing of the National Anthem, there was a prayer for the nation, city, and state, as well as prayers for education, youth, and family by different members of the church and community. A poem was read, followed by special music and song service. A breakfast buffet was served afterward in the fellowship hall to all guests.

Almost 100 individuals from the church and community attended the event.

The National Day of Prayer is a vital part of our U.S. national heritage. In 1988, President Reagan permanently set the day as the first Thursday of every May. Each year, the president signs a proclamation, encouraging all Americans to pray for the country on this day.

Christy Chavez

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TEXAS CONFERENCE

Hope for a Dying World



TEXICO CONFERENCE

The average life expectancy of Americans is decreasing. The prevalence of chronic diseases has increased tremendously, and in 2012, the diabetic population reached 25 million. Hypertension, coronary artery disease, stroke, and cancer follow the same pattern.

In 2014, the annual U.S. healthcare spending was \$3.8 trillion. However, the number of patients with chronic diseases continues to grow.

The investment in treatment of these diseases has been massive, but it is failing to bring the results the medical field expects. More education is needed instead of more medication.

People are putting the wrong fuel in their bodies. Medical literature indicates food as the cause of diabetes, hypertension, and other chronic diseases. If food is the cause, there must also be a food solution.

The original diet given by God to Adam and Eve is the diet that facilitates optimum physical health, spiritual growth, and well-being. Scientifically, a plant-based diet has proven to reduce many symptoms and melt away several diseases, even diseases that have been present for many years.

“It is the Lord’s design that the restoring influence of the health reform shall be a part of the last great effort to proclaim the gospel message” (*Medical Ministry*, p. 239).

Medical research has shown that without serious lifestyle changes, treatable diseases will reoccur. It is incredible that 95 percent of Americans have no idea how to eat healthfully. These statistics indicate why health reform is important.

People need to be connected to the natural remedies that God provides. “Pure air, sunlight, temperance, rest, exercise, proper diet, the use of water, trust in divine power—these are the true remedies (*The Ministry of Healing*, p. 127).

God has given us the opportunity to help a dying world physically and spiritually. More than ever, the world is crying for help. Let us give the help and healing that is

needed at this time. Will you be part of this movement to put the gospel and health together?

Beatriz Brunken, R.N., health ministries director

Texico Conference Women's Retreat
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Prayer Ministries Flourish in Los Lunas, Socorro, and Belen

SOCORRO, N. MEX. » The Los Lunas, Socorro, and Belen church district hosted a prayer “drive-thru” event during March and April. Five people requested Bible studies as a result. Prayer ministries continued at a prayer walk in May, hosted by the Socorro church.

The prayer “drive-thru” took place next to two small canopies. Under one canopy, church members offered people literature

Church members gather for rest and fellowship after completing the Socorro church’s prayer walk.



and water bottles. The bottles had customized labels with an invitation to the church. The other canopy was a children's play area. It had coloring activities for children to enjoy while parents prayed.

"We had very positive responses and

plenty of eager volunteers who couldn't wait to reach out in prayer to this community drowning in addiction and despair," said Erwin de Graaff, pastor. "Several vehicles stopped by with passengers requesting prayer. It felt so good to watch the stressed

looks on their faces turn to looks of relief and peace as we prayed."

Two volunteers prayed with each vehicle. One volunteer prayed with the driver and passengers. The other volunteer distributed literature. People could also enter to win a drawing for a food basket. In the end, five cards were marked with a "Yes" for Bible studies.

On May 21, the Socorro church held a prayer walk. Thirty participants, from four different churches in Socorro joined the walk through town. They prayed with firefighters and other first responders at a fire station, and continued to walk while praying for the community. In the end, they held prayer in a gazebo and enjoyed fellowship, music, and watermelon.

Elaine Torres and Erwin de Graaff



Revelation Seminar a Success in Albuquerque

ALBUQUERQUE, N. MEX. » Thirteen people joined the Albuquerque Heights church through baptism or profession of faith on April 1, 2016. Evangelist Richard Halverson, together with his wife, Mary, had conducted a Revelation Seminar in March.

Attendees came out each night to hear

thrilling truths revealed from God's Word. Participants called the messages "timely" and felt compelled to take a stand for Jesus and His cause. Many were astounded to see how closely world events were in alignment with the plain teachings of prophetic Scripture.

David Merling, pastor, arranged a fol-

low-up banquet, as well as, a new member orientation for each of the new members, which were well attended. The pastor continues to follow up twice weekly with a prophecy seminar.

Jep Choate



▲ Thirteen people professed their faith and joined the Albuquerque Heights church on April 1, 2016, following a month-long Revelation seminar.

► Richard and Mary Halverson, center, enjoyed working with the church leaders (Pastor David and Stephanie Merling, right, and Bob and Teri Montoya, left).



Advice for College Freshmen—From a Recent Grad

Starting this new chapter in your life can be a little daunting, but it can also be fun, exhilarating, and fulfilling. I've learned a few things along the way, so I'm excited to share a few pointers to help you make the best of your time at Southwestern Adventist University.

Pace Yourself—don't stretch yourself!

Is college life busy? You bet! At one point, I was working two jobs, completing an internship, serving on Student Association as *Status* editor, participating in the English Department play, and, of course, taking classes and finishing homework assignments on time. While I was very much invested in student life, I hardly had time to hang out with friends or get to know new faces. Take advantage of the opportunities you come across on our campus, but don't take *every* opportunity you come across. It's better to take on a few extra responsibilities and do them well than to do many things poorly.

Participate in class—even if you have no idea what to say.

Notice that I didn't mention the usual "don't procrastinate" mantra because, hey, we all do it once or twice. The real difference-maker for me was getting involved in classroom discussions. This interactive component of class time is what gives meat to the bones of whatever you're trying to

learn from your professor. There have been many times when I didn't understand the professor's explanation of an objective, but soon picked it up from a classmate through their expressed thoughts. The more I participated, the more I understood the concepts. It also makes time go by faster, so there's that.

Read your textbooks—they actually have indelible information!

After graduating, I began the cathartic process of sorting through old textbooks. As I came across one here, two there, I found myself scanning some chapters, and was soon engrossed in what I was reading! I don't know what it is about the word "assigned" in assigned reading that makes material feel like needles in our soul, but there's actually great stuff in textbooks! Try it with the mentality that you're reading to learn something you didn't know before instead of "this is homework."

Create and maintain a fitness routine—or you WILL gain weight

I look back at pictures of myself when I first came to campus, and found that I have changed: spiritually, academically, emotionally, and, yep, physically! Perhaps it was the overwhelming access to the delicious all-you-can-eat cafeteria or the stressful schedule I was juggling, but consequently, the weight crept on. If you've

been warned of the Freshman Fifteen, take heed—it's a very real danger! Set aside at least 30 minutes daily to get your heart rate pumping. Clearing your head with exercise will help with the homework too!

Don't let dating steal your collegiate joy—there's plenty of time for dating later in life!

If you do decide to date, this is not to say that your academic and social life is doomed; it is certainly possible to find a healthy balance. The tendency of relationships in college, however, is to neglect other friendships and important aspects of student life. Make yourself a priority. If dating fits into that, then by all means, jump on in there. But make sure to invest time in cultivating the person you want to become.

Welcome to college life! I hope you enjoy every moment you make at Southwestern Adventist University. Go Knights!

Clarissa Cintron, Class of 2016

Clarissa shares that exercise, like biking on her vintage bicycle, is a part of the balance necessary to be successful in college.



Introducing Vonda Seals, Director of Alumni Relations

Vonda Seals, newly appointed director of Alumni Relations, shares her vision and excitement for her new position: "I am so excited to be back home at my alma mater. I grew up in Oklahoma and followed my sisters' footsteps by attending Southwestern Adventist College (1985-1987), before it was SWAU. Two years later, I married another SAC graduate, and he whisked me away to spend the past 29 years working at boarding schools, the latest being Mount Pisgah Academy in Asheville, N.C.

I have a passion for our school, my fellow alumni, and our youth. I look for-



Vonda Seals, new director for alumni relations

ward to connecting with our alumni, including finding new ways to reach our young alumni and making sure that all of our alumni feel welcome and at home on our campus. I am excited to be part of the Southwestern Adventist University family and look forward to working with all of the extended members that call this University home."

Many alumni had the opportunity to meet another newcomer, Tami Condon, at homecoming. As the new vice president for advance-

ment, Tami looks forward to leading the Office of Advancement in marketing the university, continuing the great strides made by Ken Shaw, Ph.D., and the development team in the campaign, and supporting the alumni relations efforts. Tami joins the team with a strong background, having worked with alumni for many years at Andrews University.

"I am thrilled to have Vonda join our Advancement team," says Tami Condon, vice president for Advancement. "Her passion for Southwestern Adventist University, along with her spirit of warm hospitality, will be a welcome addition to the SWAU family."

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more information or to apply, call 707.965.6231, or visit <http://www.puc.edu/faculty-staff/current-job-postings>.

Walla Walla University has two faculty openings in Music and one in Psychology for Fall 2016. To view the respective job descriptions and to apply, please visit: <http://jobs.wallawalla.edu>. We invite you to share this announcement as you deem appropriate. To learn more about Walla Walla University, please visit: <https://wallawalla.edu/>.

Union College seeks Seventh-day Adventist experienced in K-12 education and eligible for NAD teaching certification. Primary responsibilities include: teaching curriculum and instruction courses and supervising elementary student teachers. Ten years elementary teaching experience, including lower grades and multi-grade teaching experience are

essential. Doctorate strongly preferred. Effective summer 2017. Email letter of interest and C.V. to Dr. Denise White, Chair of Human Development, dewhite@ucollege.edu.

Pacific Press Seeks: Full-time manufacturing employee. Experience in operation of printing and/or finishing machines preferred. Must be able to work in standing position for full shift and be able to lift loads up to 40lbs. Candidates should possess a mechanical aptitude, a desire to follow safety procedures, and be dependable. Contact Michelle Sinigaglio, Director of Human Resources, at michelle.sinigaglio@pacificpress.com, or 208.465.2568.

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Southwestern Adventist University seeks Director of Development. Responsibilities include developing strategies to advance stewardship and donor relations, including data maintenance and recognition events. Exceptional communication skills are essential. Bachelor's degree in relevant field and demonstrated fundraising success required. Submit cover letter and CV/resume to tcondon@swau.edu.

Union College in Lincoln, Nebraska, seeks an experienced and highly qualified financial and operational leader to assume the role of Vice President for Financial Administration beginning January 2017. The VP reports directly to the president, manages a multi-faceted division, and serves as a key member of the college's executive team. Preference will be given to candidates with experience in higher education. Applications, inquiries, and nominations should be sent to [Vinita Sauder, visauder@ucollege.edu](mailto:Vinita.Sauder@ucollege.edu).

MISCELLANEOUS

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Eastern Oklahoma / NW Arkansas Route ORDER DEADLINE AUGUST 4

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Monday, August 8		Arrive	Depart
Gainesville	3411 N Weaver St, Gainesville TX 76240	10:00 AM	10:30 AM
Ardmore	828 Locust St, Ardmore OK 73401	11:20 AM	11:50 AM
Davis (Arbuckle View)	5500 Highway 7 W, Davis OK 73030	12:30 PM	1:00 PM
Moore (Hope Adventist Fellowship)	9309 S I 35 Service Rd, Moore OK 73160	2:45 PM	3:15 PM
OK Conference Office	4735 NW 63rd St, Oklahoma City, OK 73132	3:55 PM	4:25 PM
Enid	1501 W Purdue Ave, Enid OK 73703	6:10 PM	6:40 PM
Tuesday, August 9		Arrive	Depart
Bristow	401 E 6th Ave, Bristow OK 74010	10:15 AM	10:45 AM
Sapulpa	201 S Linden St, Sapulpa OK 74066	11:25 AM	11:55 AM
Tulsa (Adventist Fellowship)	15303 E 21st St S, Tulsa, OK 74134	1:05 PM	1:35 PM
Bartlesville	4811 Nowata Rd, Bartlesville OK 74006	2:35 PM	3:05 PM
Ketchum	35369 S Highway 82, Vinita OK 74301	4:20 PM	4:50 PM
Claremore	20555 S 4170 Rd Unit B, Claremore OK 74017	5:40 PM	6:10 PM
Wednesday, August 10		Arrive	Depart
Gentry	21090 Dawn Hill East Rd, Gentry, AR 72734	9:30 AM	10:00 AM
Springdale	4001 W Don Tyson Pkwy, Springdale AR 72762	10:45 AM	11:15 AM
Harrison	4877 Highway 592 W, Harrison AR 72601	1:30 PM	2:00 PM
Clinton	125 Skyhill Drive, Clinton AR 72031	3:45 PM	4:15 PM
Russellville	511 E Aspen Ln, Russellville, AR 72802	5:45 PM	6:15 PM
Clarksville	2514 W Main St, Clarksville AR 72830	7:00 PM	7:30 PM
Thursday, August 11		Arrive	Depart
Sallisaw	2080 W Lenington Rd, Sallisaw OK 74955	8:50 AM	9:20 AM
Muskogee	170 N Country Club Rd, Muskogee OK 74403	10:15 AM	10:45 AM
McAlester	620 E Delaware Ave, McAlester OK 74501	12:45 PM	1:15 PM
Denison Sherman	3409 S Eisenhower Pkwy, Denison TX 75020	1:55 PM	2:25 PM

NEXT DELIVERY WEEK OCTOBER 17-20

Austin/San Antonio/Valley Route ORDER DEADLINE AUGUST 18

We will remain at each stop for 30 minutes

Monday, August 22		Arrive	Depart
Georgetown, TX	5105 S I-35, Georgetown, TX 78626	10:30 AM	11:00 AM
Austin South	132 Eberhart Ln, Austin, TX 78745	12:15 PM	12:45 PM
San Marcos	1523 Old Ranch Rd 12, San Marcos, TX 78666	2:00 PM	2:30 PM
San Antonio Valley View	6630 FM 1536 Converse, TX 78109	3:45 PM	4:15 PM
San Antonio Highland Hills	2526 Goliad Rd, San Antonio, TX 78223	4:55 PM	5:25 PM
Floresville	724 US Hwy 181 S, Floresville, TX 78114	6:10 PM	6:40 PM
Tuesday, August 23		Arrive	Depart
Beeville	902 N Polk St, Beeville, TX 78102	9:30 AM	10:00 AM
Corpus Christi	6645 Downing St, Corpus Christi, TX 78414	11:30 AM	12:00 PM
Alice	924 N Johnson St, Alice TX 78332	1:45 PM	2:15 PM
Brownsville Spanish	3515 Old Hwy 77, Brownsville, TX 78520	4:45 PM	5:15 PM
Harlingen	20811 Montezuma Rd, Harlingen, TX 78550	6:00 PM	6:30 PM
Weslaco	1200 S Bridge Ave, Weslaco, TX 78596	7:15 PM	7:45 PM
Wednesday, August 24		Arrive	Depart
McAllen Spanish Valley Central	6901 N Ware Rd, McAllen, TX 78504	8:45 AM	9:15 AM
Publicaciones Cristianas	6500 N 10th St, Suite L, McAllen, TX 78504	9:45 AM	10:15 AM
Edinburg	602 W Wisconsin Rd, Edinburg, TX 78539	10:30 AM	11:00 AM
Laredo Spanish North	3919 McPherson Ave, Laredo, TX 78041	2:30 PM	3:00 PM
San Antonio Laurel Heights	703 W Ashby Pl, San Antonio, TX 78212	6:00 PM	6:30 PM
Thursday, August 25		Arrive	Depart
San Antonio Scenic Hills	11223 Bandera Rd, San Antonio, TX 78250	8:20 AM	8:50 AM
Kerrville	611 Harper Rd, Kerrville, TX 78028	10:05 AM	10:35 AM
Killeen	4700 E Rancier Ave, Killeen, TX 76543	1:50 PM	2:20 PM
Temple	1911 W Avenue H, Temple, TX 76704	3:00 PM	3:30 PM
Waco Mt. Lebanon	4298 Meyers Lane, Waco, TX 76705	4:20 PM	4:50 PM

NEXT DELIVERY WEEK November 28-December 1

UPCOMING ROUTES

Houston	September 5-7
Louisiana	September 19-22
Dallas	September 26

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Announcements

Greater New York Academy 95th Anniversary Reunion:

Honoring classes ending in 0 and 5. Friday, October 7 to Sunday, October 9, 2016. Beginning with a Welcome Table supper at 6:00 p.m. Friday. For details and hotel information, contact us on Facebook at "Greater NYA," e-mail alumni@gnyacademy.org, or call 718.639.1752.

North America Filipino Churches Association of SDA:

Convocation to be held August 19-21, 2016, at Lone Star Camp. Featured speaker: R. Ernest Castillo. For information, contact Rolando Baysa. E-mail: rhomher@gmail.com.

Obituaries

CURTIS, Orlie, L., born February 27, 1934 in Hutchinson, Kansas, and died May 24, 2016, in Napa, Calif. Orlie had a full life including two careers, first as a physicist at the National Laboratory in Oak Ridge, Tenn., and second as an attorney in Stockton, Calif. Survivors: wife, Idella; daughters, Elizabeth Rabbitt and Victoria Morgese, M.D.; sister, Judy Dedman; and two grandchildren.

DOVER, Sandra Ellen, born March 12, 1955, in Knoxville, Tenn., and died April 25, 2016. She was adopted by Clarence and Alice Jones, and was raised in Knoxville. She was a nurse. She married Darrell Dover in 1976, and they raised their children Gary and Heather in Gainesville, Ga; Mesa, Ariz.; Biloxi, Miss.; and finally in the Oklahoma City area. She found a blood sister, named Ruth Beeler, and they became

lifelong friends over the years. Sandra was a member of Southern Hills SDA Church. Survivors: husband, Darrel Dover; sister, Ruth Beeler; son, Gary Holt, and wife, Erin; daughter, Heather Harris; and four grandchildren.

EARNHARDT, Sara Ruth Woodruff, born June 25, 1935, and died June 14, 2016, in Tulsa, Okla. She was a long-time member of the First Tulsa SDA Church. Both she and her husband, Bill Earnhardt, to whom she was married for 58 years, were active members and supporters of their home church and served in many capacities. She was preceded in death by her sister, Ellen Mustoe, of Brier, Wash., and brother, John Woodruff, of Kansas City, Mo. Survivors: husband, Bill Earnhardt, of Tulsa; son, William Earnhardt, of Tampa, Fla.; daughter, Kathy Chandler, and husband, Steve, of Apison, Tenn.; two grandchildren;

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sisters, Mary Gill, of Gentry, Ark., and Margaret Carver, and husband, Lloyd, of Hendersonville, Tenn.; step-brother, Tim Holzkamper, of Savanna, Ga.; sisters-in-law, Marian Woodruff, of Kansas City, and Joyce Baker, and husband, Joe, of Kimberling City, Mo.; and many nieces and nephews.

ELLIOTT, Newton Leroy, born January 1, 1942, in Bastrop, La., and died June 19, 2016 in Baton Rouge, La. He was a member of the Baton Rouge SDA Church. He was an Army veteran, a self-employed truck driver, and a lifetime member of the NRA. He was preceded in death by his brother Jerry Elliott. Survivors: wife of 44 years, Madeline Firmin Elliott; step-daughter, Kasey (Mark) Chesne, of Prairieville, La.; step-sons Kent (Ellen) Maddie, of Houston, Texas, Kevin (Cindy) Maddie, of Prairieville, and Keith (Yvette) Maddie, of St. Amant, La; sons, Newton Blaine Elliott and Leroy Steven Elliott; sisters, Dorothy Champan and Betty Gobert, of Baton Rouge; and three grandchildren.

HOLCOMB, Jerita Ruth, born October 25, 1941, in Inola, Okla., and died May 28, 2016, in Harrah, Okla. She was a member of the Summit Ridge SDA Church. Jerita graduated from Catoosa High School, and then moved to Washington, D.C., where she worked for the government in the agricultural branch. She lived the last nine years of her life at Summit Ridge Retirement Village. Survivors: sister, Nadine Jackson, of Harrah, and 13 nieces and nephews.

MILLER, Lola Evelyn, born September 4, 1946, in Baton Rouge, La., and died May 28, 2016, in Baton Rouge. At an early age she was baptized into the Baton Rouge Berean SDA Church. Lola was educated in the public schools of Baton

Rouge, beginning her education at Choctaw Elementary and later graduating from Southern University Laboratory School. She obtained an undergraduate degree from Southern University, and was awarded a Ford Foundation Fellowship to attend graduate school. She studied at Oberlin College in Ohio, the Pomona College Consortium in Claremont, Calif., and Cornell University, in Ithaca, N.Y., where she majored in linguistics. She spent the better part of her career teaching at her beloved Berean Seventh-day Adventist School and Martin Luther King Christian Academy where she retired as principal. Lola was preceded in death by her sisters, Lois Miller and Vivian Miller. Survivors: brother, George R. Miller III, and wife, Silvia; daughters, Kesi Miller and Kori Miller of Atlanta, Ga., Maya Miller, of Baton Rouge, and Shalettha Hall, of Charlotte, N.C.; aunt, Gertrude Steinback, of Ethel; and two great-nephews.

MILLER, Norma Irene, born November 24, 1935, in Tulsa, Okla., and died November 17, 2015, in Oklahoma City, Okla. She was a member of Summit Ridge SDA Church, and she was buried in Harrah, Okla. Norma worked as an administrative assistant at OU Medical Center for 27 years. She was preceded in death by her brothers, Donald & Robert Davidson, and her sister, Barbara Francisco. She is survived by her husband, Jim Miller of Harrah; sister, Dorothy Williamsom, and husband, Quinten, of Bowie, Texas.

MONICO, Carol Hoy, born January 24, 1949, in Lynwood, Calif., and died June 1, 2016, in Burseson, Texas. Carol served in the Army during the Vietnam War. She was a member at the Joshua SDA Church in Joshua, Texas. Survivors: daughter, Sarah (Rodney) Stowell, and four grandchildren.

PATTERSON, Della May, born December 20, 1927, in Garden Grove, Ind., and died May 17, 2016 in Keene, Texas. She was a member of the Alvarado SDA Church. Survivors: husband, Keith; sons, Richard, Stanley, Ronald, Gary, and David; and daughter, Sharon.

POENITZ, Annie Mae Brietzke, born September 21, 1922 in Guadalupe County, Texas, and died June 18, 2016 in San Antonio, Texas. Annie Mae and her husband, Helmut Poenitz, were charter/founding members of the Seguin SDA church in the late 1970s. Annie Mae held numerous positions in the church including treasurer, head deaconess, greeter, social activities director, and children's Sabbath School teacher. Prior to her instrumental role in founding the Seguin church, she was a long-time member of the Laurel Heights SDA Church in San Antonio. Helmut preceded her in death on December 1, 2002, after 61 years of marriage. Survivors: daughter, Caroline Ratliff and husband, John Ratliff; son, Floyd Poenitz, and husband, Jeffrey Williams.

ROPER, Rickey, born December 24, 1956 in Amarillo, Texas, and died June 6, 2016, in Amarillo. He was a member of the Amarillo SDA Church. Survivors: mother, Jackie Roper; sister, Cheryl Barnes; niece, Tiffany Barnes; and four great-nephews.

WILSON, Charles Edward II, born June 19, 1962, in Baton Rouge, La., and died July 2, 2016 in Baton Rouge. He became a member of the Baton Rouge Berean SDA Church at an early age, and he served there as an usher, deacon, and elder. Chuck, as he was known, loved reading, studying his Bible, writing poetry, and meeting people. He was known for his gentle spirit, kindness, and courteous nature. Survivors: parents, Charles E. and Marian Wilson, of Baton Rouge; former wife, Brenda Vessel; sisters, Earlette Wilson, of San Leandro, Calif., Debbie Johnson, and husband, Robert, of Dallas, Texas; and aunts, Linda Klyce, Marion Wilson, and Barbara Wilson, of San Leandro, Calif., and Patricia Jones, of Palmdale, Calif., and Leona Williams, of New York, N.Y.

SABBATH SUNSET CALENDAR

	Aug 5	Aug 12	Aug 19	Aug 26	Sep 2	Sep 9
Abilene, TX	8:34	8:27	8:20	8:11	8:03	7:54
Albuquerque, NM	8:06	7:59	7:51	7:42	7:33	7:23
Amarillo, TX	8:47	8:40	8:32	8:23	8:13	8:04
Brownsville, TX	8:14	8:09	8:03	7:56	7:49	7:41
Dallas, TX	8:22	8:16	8:08	8:00	7:51	7:42
El Paso, TX	7:59	7:53	7:46	7:38	7:29	7:20
Fort Worth/Keene, TX	8:25	8:18	8:10	8:02	7:53	7:44
Gallup, NM	8:15	8:08	8:00	7:51	7:41	7:31
Galveston/Houston, TX	8:12	8:06	7:59	7:51	7:43	7:35
Gentry, AR	8:20	8:12	8:04	7:55	7:45	7:35
Little Rock, AR	8:08	8:01	7:53	7:44	7:35	7:25
Muskogee, OK	8:22	8:15	8:07	7:58	7:48	7:38
New Orleans, LA	7:51	7:45	7:38	7:30	7:22	7:14
Oklahoma City, OK	8:30	8:23	8:15	8:06	7:56	7:46
Roswell, NM	7:55	7:48	7:40	7:32	7:23	7:13
San Antonio, TX	8:24	8:18	8:11	8:03	7:55	7:47
Shreveport, LA	8:10	8:03	7:56	7:48	7:39	7:30
Tulsa, OK	8:25	8:18	8:09	8:00	7:51	7:40

On the Record »

BY PAT HUMPHREY » COMMUNICATION DIRECTOR, SOUTHWESTERN UNION



A Season for Every Purpose

ECCLESIASTES 3:1-8 IS ONE OF MY FAVORITE PASSAGES IN THE BIBLE. The first verse is especially meaningful, particularly at this point in my life's journey: "To everything there is a season, and a time to every purpose under the heaven." Verse four of that passage, which talks about "a time to weep and a time to laugh," also has special meaning for me right now. Times of transition are always bittersweet, and this one is no exception as I contemplate my retirement. While I look forward to a slower pace, a change of scenery, and new opportunities to pursue more fully my passion for sharing hope and wholeness with others, the reality of moving on and leaving behind friends, coworkers, and associates—people I've grown to love and appreciate—brings deep sadness to my heart.

As I look back over the past nine years since I joined the Southwestern Union, I can clearly see God's providence and blessings in my life. My experience there has been rich, and I have grown in so many ways. I can still remember being terrified of conducting my first evangelistic series in Zambia back in 2009. Never in a million years did I dream of having an opportunity to travel overseas and preach, let alone four times. That's just one of many examples I could share with you of God's blessings in my life through my work at the Southwestern Union.

Now the time has come to not only say goodbye, but to say thanks for the encouraging words of affirmation that many of you have expressed as I've traveled around this union. Our mission here

at the *Record* is to inspire our readers with articles that not only engage but encourage them to do a greater work for God. The Southwestern Union's mission is to "equip and inspire the Southwestern Union territory with the distinctive Adventist message of hope and wholeness." And it is my prayer that through the pages of this magazine you have been and will continue to be inspired to do just that.

Passing the baton of leadership can sometimes be a bit uncertain. But when it comes to the *Record* and its ministry, I am totally confident that it's in good hands. Jessica Lozano, who will take the helm as communication director and *Record* editor on September 1, is a talented and competent communicator. You've already "met" her through her excellent articles that have

enriched this publication. And her behind-the-scenes editorial talent has graced and shaped the pages of this magazine since she joined our staff in 2012. The *Record's* design and great appeal are the work of Reggie Johnson, designer, webmaster, and assistant editor. I wish I could remember to tell him about the many instances in which people have told me, "We love the *Record*! It looks really great!" Our newest staff member, administrative secretary Tammy Prieto, has been an absolute jewel and a tremendous help for our department. Last but not least, Dianne Jones, who has meticulously handled our advertising for the past 10 years is retiring at the end of August. She will be greatly missed. Thank you, Jessica, Reggie, Tammy, and Dianne for being wonderful coworkers and friends. The *Record* could not be what it is without your hard work, creative talents, and dedication. I want to also express my appreciation to the Southwestern Union administrators and staff for your support and friendship over the years. You are like family, and it's been a privilege to work alongside you in ministry.

Pat Humphrey

Record

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