

VISITOR

CONNECTING COLUMBIA UNION MEMBERS

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Planning to build a new church? Raising money for your school? It isn’t enough to approach someone and say, “Please give.” It also wouldn’t be very sensible to say, “I just built a church, now, how do I pay for it?” Get the basics in our five-page feature, and discover how to build a foundation for fundraising.



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About the Cover:
Nikki Donovan was photographed by Hayne Photographers in Norfolk, Va.

What’s in Your Hand?

Have you ever wondered about wealth? Have you ever questioned why you have it and where it comes from? Some of us find it very difficult to discuss wealth and claim we do not have any because we are not what the world considers “wealthy.” I have news for you, my friend. That which God has put in your hand is wealth—anything with economic value or eternal utility. Our realization should be that those things placed in our hands did not originate with us—they came from God. The question we *should* ask the Giver is, “What do you want me to do with what you have placed in my hand?”



With countless resources at our fingertips, we may be tempted to seek answers from scholars around the world. Fortunately for us, God, in His mercies, not only gives us wealth but also gives us instructions on how we should use it.

FULFILL THE LORD’S WORK

In Malachi 3:8-10, God shares how He expects us to take our tithe and offerings to Him. He even suggests that by not doing so we are robbing Him. When we do take it to Him, He says He will bless us in such a manner that we will not have enough room to receive all of His blessings. In 1 Chronicles 16:29, God tells us not only to bring a portion of what He has given to us, but to do so in an attitude of worship: “Bring an offering, and come before Him: worship the Lord in the beauty of holiness.”

TAKE CARE OF FAMILY

In Paul’s letter to young pastor Timothy, he had a lot to say on many subjects and issues that faced the church in Ephesus and guided him in his pastoral responsibilities. In 1 Timothy 4:8, Paul reminds his son in the faith that if a man does not provide for his own relatives, especially for those of his own household, that person has denied the faith and is worse than an infidel. It is a great ministry to feed the hungry and to minister to others, but we cannot do so at the expense of our own families.

SUPPORT OTHERS

The Bible is very clear about using our wealth for the cause of God and to support our families. It also leaves no doubt that we are to take care of the needs of others. I believe 1 John 3:17 suggests that we cannot have the love of God in us if we do not take care of those in need. Matthew 25 talks about the Son of Man separating sheep from goats. He will have the sheep to inherit His kingdom, not because of how well versed they were in the 28 fundamental doctrinal beliefs of the church, but because they fed the hungry, clothed the naked, provided a safe place for strangers and visited those in prison.

In doing as God has asked us to do, we become more like Him and rid ourselves of selfishness. We become partners with God in finishing His work here on this Earth. In *Counsels on Stewardship*, Ellen White states, “We should never forget that we are placed on trial in this world, to determine our fitness for the future life. None can enter heaven whose characters are defiled by the foul blot of selfishness. Therefore, God tests us here, by committing to us temporal possessions, that our use of these may show whether we can be entrusted with eternal riches” (p. 22).

Let us thank the Lord for what He has placed in our hands. May He help us to always follow His directives on how we should use them.

Seth Bardu is treasurer of the Columbia Union Conference of Seventh-day Adventists.



Investment Offering to Help Local Ministries

This year members from across the North American Division (NAD) will chip in to help fund two mission projects in the Columbia Union. A portion of offerings collected through the Sabbath School Mission Investment offering will help fund Chaplaincy Outreach Ministries at WGTS-FM 91.9 based in Takoma Park, Md., and Life Skills Academy at First church of Montclair, N.J. WGTS hired Terry



Johnsonson (left) to coordinate the chaplaincy program, geared to reach the

40 percent of station listeners who do not attend church. Pastor Paula Olivier (right) designed Life Skills Academy to help people in the Montclair community master skills that will enable them to be more successful in life.



“The offering helps projects that are not funded by any other means in our church,” says G. Edward Reid, NAD Stewardship director. “These special projects typically involve work in new areas, or with unique mission outreach or evangelistic potential.”

Frank Bondurant, vice president for Ministries Development for the Columbia Union Conference, says the union chose these projects because, “they embody our dual values of transforming and evangelizing our local communities.”

The offerings generally average

around \$100,000 and are split between two unions. The second recipient will be the Southern Union. Although the mission offering is officially collected every 13th Sabbath, Reid notes that members can give on any Sabbath.

Hackettstown Hospital President to Retire

After serving 28 years at Hackettstown Regional Medical Center (HRMC) in Hackettstown, N.J.—



25 of those years as president and CEO—Gene C. Milton, FACHE,

announced plans to retire at the end of this year. He will continue to work part-time as a special assistant to William G. Robertson, Adventist HealthCare president and CEO. As one of Adventist HealthCare’s three hospitals, HRMC is a 111-bed, full service, acute care hospital that has won top awards for quality and service from the state of New Jersey and nationally. Opened in 1973, it currently employs more than 900.

“Gene has been an incredible force for good related to the ministry of Hackettstown Regional Medical Center, and he’s going to be incredibly missed,” commented Robertson.

Grady to Lead Youth Ministries Unionwide

Denny Grady, who serves as Youth Ministries director for the Potomac Conference, will add Columbia Union Conference coordinator for youth to his responsibilities. He replaces Mike Steven-son, who is relocating to Canada.



Grady, along with his wife, Cyndee, and two daughters, joined the Potomac

Conference in 1999 after leading youth in Hawaii for five years. He will also continue directing the conference’s Camp Blue Ridge based in Montebello, Va.

Baltimore School Hosts Traveling Bible

Students at Allegheny East Conference’s Baltimore Junior Academy (BJA) in Maryland were excited to examine an international Bible on its way to the General Conference Session in Atlanta. They were amazed to learn that the Bible was written in 66 languages and had been taken to 150 cities in more than 100 countries.



BJA students Mya Jackson, Makiyal Hendricks and Hemel Hamilton read the traveling Bible.

Leaders of the worldwide Seventh-day Adventist Church initiated the tour partly to renew excitement about reading the Bible among the church’s 16 million members and partly to spark conversation. The Bible began its world tour in Manila, Philippines, in October 2008.

Mountain View Re-Elects Officers, Sets Sights on Reaching Lost

Last month delegates to the Mountain View Conference’s Fourth Quadrennial Session voted to re-elect Larry Boggess as their president and Victor Zill as their secretary-treasurer for a second full term. Delegates greeted the newly re-elected Boggess and his wife, Jo’an, and Zill and his wife, Monica (below), with thunderous applause.



“Thank you again for giving me the opportunity for service,” Boggess told the 165 delegates gathered at the conference’s Valley Vista Adventist Center in Huttonsville, W.Va. He also thanked his predecessors, Randall Murphy and Kingsley Whitsett, for their experienced counsel.

The meeting, Mountain View’s 68th business session, not only reviewed what happened in the last four years but also had an eye toward ramping up lay evangelism. Devotional speaker Russell C. Burrill (right)—a former Mountain View pastor and retired director of the North American Division’s Evangelism Institute—set the tone for the meeting. “It is not about us. It is about them,” he underscored. “They are lost without Christ. Finding lost people must be the top priority of the church!”

Boggess continued that emphasis in his video report by sharing that, “336 people joined the church over the past four years, 71 people were trained to do lay evangelism, nearly 100 different meetings were held to help people know Christ and 25 people are partnering with the conference to plant new churches.” Still, with deaths, transfers and apostasy, net gains remain small.

Pointing to increased lay involvement, Boggess remained optimistic that the conference of some 2,400 members, in 36 churches spread throughout



West Virginia and Maryland, was poised for growth.

In the treasurer’s report, Zill announced that a 16.2 percent increase in tithe over the past four years and no long-term debt have placed the conference on better financial footing than in the previous four years. “We are not the most financially affluent area, so this tells me that God’s people are faithful,” he said. He explained that staff expenses have gone down by moving some of those expenses into the field, which included increasing pastoral districts, but he cautioned those expenses will have to come back up at some point as the conference’s needs continue to grow.

By the end of the meetings, Boggess came back to evangelism. “We have baptized nearly 7,000 people in Mountain View since 1950, but here is the grim reality—we are only 2,400 strong,” he said. “We’ve got to be serious about sharing Jesus with others. I’m going to give it everything I’ve got. How about you?” To which delegates responded with a resounding “Amen!”



News From the Office of Education

Foundation Affirms Olney Teacher

Second-grade teacher **Carol Oster** from Olney Adventist Preparatory School in Olney, Md., was one of 10 teachers across



North America to be chosen for the Alumni Awards Foundation (AAF) Excellence in Teaching Award. Finalists were selected on a basis of classroom innovation, passion for teaching, professional growth and commitment to Adventist education. “We look for teachers who are leaders at their schools, teachers who inspire both their peers and their students,” explains Melanie Eddlemon, AAF director.

Oster was selected, in part, for her practice of differentiation—allowing advanced students to excel to the next level and working with those who need additional help, including afterschool assistance. Read more about the award at alumniawards.com. —*Melissa Cechota*

Union Awards Educators

The Columbia Union Conference has a host of talented

educators and dedicated, Spirit-driven teachers and administrators wholly committed to prepare young people for service to the Lord and their fellow man. Each year the Office of Education is tasked with selecting outstanding educators nominated to receive the Columbia Union Outstanding Educator Award. Here are this year’s winners:

The Outstanding Elementary Educator is **Beth Banks**, principal/teacher at the Rocky Knoll Seventh-day Adventist School in Martinsburg, W.Va. A creative, dedicated multi-grade teacher, Banks has 25 years of teaching



experience, 21 of which have been in the Chesapeake Conference. Effectively using multiple teaching methodologies, Banks is wholly committed to teaching the whole student—touching lives educationally, socially and, above all, spiritually. Banks is a “lead-teacher” for the conference and union, equipping other teachers with effective teaching strategies in implementing the new *Pathways* reading series.

Kate Baldwin receives the Outstanding Secondary Educator



Award. Baldwin has taught algebra, chemistry and physics for five years at Spring Valley Academy in Centerville, Ohio. Utilizing her talents to effectively reach students of varied learning styles, Baldwin’s teaching methodologies and technological applications to instruction make her respected by colleagues and students alike. She has 16 years of education experience, 10 of which have been in Adventist schools. Baldwin believes that Adventist institutions must hold students to the highest standards in every facet of life and learning. She believes learning is best experienced when instruction is tied to practical applications.

Marilynn Peeke is the first winner of the Columbia Union Outstanding Administrator Award. A highly energetic, innovative and



skilled administrator, Peeke has 26 years of professional experience; graduate degrees from Loma Linda (Calif.) and Andrews (Mich.) universities; and an unswerving commitment to “grow” Adventist schools. During Peeke’s 10 years at Atholton Adventist Academy in Columbia, Md., she has nearly doubled the enrollment; added English as a Second Language (ESL) program and junior academy grades to the school; and actively served on conference and union committees in the areas of curriculum and administration.

Academy Students Honored

Juniors or seniors from the Columbia Union’s nine senior academies are selected each year for the Office of Education’s Caring Heart Award. These

students are nominated for their demonstration of personal commitment to service and witnessing activities. Congratulations to this year’s winners:

- 1. Lloydston Burton** from Spring Valley Academy in Centerville, Ohio.
- 2. Edwyn Cain** from Pine Forge Academy in Pine Forge, Pa.
- 3. Jordan Correces** from Highland View Academy in Hagerstown, Md.
- 4. Diana Cordero** from Blue Mountain Academy in Hamburg, Pa.
- 5. Janice Priscilla Cosme** from Shenandoah Valley Academy in New Market, Va.
- 6. Will Davidson** from Spencerville Adventist Academy in Silver Spring, Md.



7. Tatianna Dunn from Mount Vernon Academy in Mount Vernon, Ohio.

8. Kristen Hare from Richmond Academy in Richmond, Va.

9. Elisa Nyasom from Takoma Academy in Takoma Park, Md.

From the Pulpit

The ability to think critically combined with a Christian moral vision and sound integrity is a fierce weapon in the fight for what is good and right!
—*Debbie Brown, associate professor of English at Washington Adventist University (WAU) in Takoma Park, Md., speaking at WAU’s Commencement*



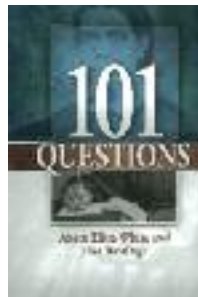
If you are going to make the right decisions, you must be prepared ... training must take place. That is what the home, church and classroom are all about. That is what “good” Bible study and a “good” prayer life are all about. These give you the ability to learn the truth ... so you will be ready to stand for the truth.—*Jim Zeisler, pastor of the Catoctin and Charlestown churches and former Bible teacher at Spencerville Adventist Academy (SAA) in Silver Spring, Md., speaking at SAA’s Consecration*



What's New?

Books >
101 Questions About Ellen White and Her Writings
William Fagal

Did Ellen White make mistakes? Is everything she wrote inspired? The Ellen G. White Estate, housed inside the church world headquarters in Silver Spring, Md., answers these and many other questions about our church founder. William Fagal, the estate's associate director and a member of Chesapeake Conference's Triadelphia church in Clarksville, Md., gathered 101 of the most frequent inquiries and his thought provoking answers to each, exposing many myths that have developed over the years. Get your copy at adventistbookcenter.com.



Thank You God for My Food
Edwina Grice Neely

Edwina Grice Neely felt led to start a book series that reminds kids to be thankful. Following her first book about the body, she hopes this one will help children (up to age 7) better appreciate



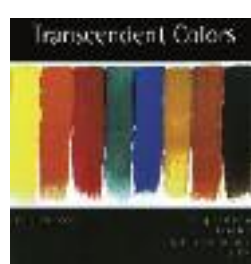
what they eat. "It also strives to improve reading skills while teaching them about the Bible," explains Neely, a kindergarten teacher at

Potomac Conference's John Nevins Andrews School in Takoma Park, Md., and a member of the Rockville (Md.) church. She even included some healthy, kid-friendly recipes. Order your copy at adventistbookcenter.com.



CDs >
Transcendent Colors, Danial Lau

In his solo debut, Washington Adventist University assistant music professor Daniel Lau dedicates passionate piano renditions of Beethoven, Granados, Liszt and Dun works to "two dear friends" he lost. "The



Granados and Liszt pieces speak to the emotions I associate with their

losses and also provide a dignified tribute to their memories," explains the Sligo church



attendee. Of the short, modern Dun pieces, Lau believes he's only the second pianist to record them. Discover more about this notable chamber pianist at cdbaby.com/artist/DanielLau.

Simply Donnell
Donnell Josiah

On his first solo project, musical jack-of-all-trades Donnell Josiah, a member of Allegheny East Conference's Miracle Temple in Baltimore, applies his piano mastery to a collection of classical, jazz and island-themed numbers.



With titles like "Take Jesus" and "Piano Love," he hopes for listeners to "'see' what heaven will be like, with a variety of instruments," he says. Read more at simply-donnell.com.



PHOTO: ©2009 DR. DONNELL S. JOSIAH FOR JODAH PRODUCTIONS

Did You Know?



The new *Adventist Gospel Music Directory* relays information about Adventist artists around the world, including more than 30 from the Columbia Union? Read more and order at adventsource.org.

On the Web

Retweets >

AWConf



Robert Moore, secretary, reports 710 baptisms for 2009. Zenobia

Seward, treasurer, reports \$430,000 was raised for evangelism.

Facebooked >

Akeem James



In the midst of life's most complex situations, the question that we need to ask

[ourselves] is this, 'What would the Lord do if He were in my place?'—*Member, Burnt Mills Church, Silver Spring, Md.*

Bettina German Deynes



Le agradezco a Dios por haberme permitido ser parte del milagro mas maravilloso en esta vida—3 veces! Tambien le agradezo a Dios por mi propia mami—la mas fuerte, la mas bella mujer en mi mundo.—*Member, Washington Spanish Church, Silver Spring, Md.*

5 Minutes With ...
Adventist Contact Creator

Adventist Contact is the original, international, strictly Seventh-day Adventist dating service. It was launched in 1974 after the Columbia Union-based founder spent two years of intensive research. Adventist Contact continues to match Adventist singles around the world.

To uncover how it all got started, we spoke to the founder, a man who chooses to remain anonymous because of the Lord's instruction given in Matthew 6: "Take care! Don't do your good deeds publicly, to be admired ... But when you do a kindness to someone, do it secretly" (*Living New Translation*, verses 1 and 3):



Q: What inspired you to start this ministry?

A: Simply, it was needed. I watched too many family and friends date and marry out of the faith and then leave the church. I figured there had to be a better way.

Q: How far does your network of contacts go?

A: We cover the entire English-speaking world.

Q: How many couples have you matched?

A: It is hard to say, but we have received as many as five wedding or engagement announcements in one week. And, we have members who have been happily married since 1975.

Q: How do you stay relevant after so many years and increasing "competition"?

A: There is no substitute for experience. We know of no other dating service, Adventist or secular, which has benefited so greatly from such capable professional assistance. We're told that we have the only system to ever be scientifically validated for compatibility.

Q: For singles afraid to try online dating, what encouragement can you give?

A: Your chances of meeting the right person are far better when you're matched with Adventists only through the English-speaking world, based on your mutual requirements and similar life practices.

Q: How does the future of Adventist Contact look?

A: The future looks great! The current profile is the culmination of 37 years of research and development and the contributions of numerous qualified people who believe in helping single Adventists date potentially compatible fellow church members. Go to adventistcontact.com and fill out your profile.

Acting on Faith

7 Young Adults
Lead by Example

Sylvia Garcia



Nikki Donovan

Mentoring “Gurlz” in Norfolk

If you happen upon a group of giggling and talking tween and teenage girls sitting in a back room at the Suffolk (Va.) church on a Sabbath afternoon, you’ve probably encountered a Just Us Gurlz meeting. Seventeen-year-old Nikki Donovan (left) started the group last year after realizing other teen girls in her grandfather’s Suffolk community needed a mentor. She started meeting regularly with 20-30 local girls at Allegheny East Conference’s (AEC) Suffolk church, teaching them how to set life goals, handle peer pressure and address other issues they confront every day. Donovan will continue her meetings with the Suffolk girls during summers.

“At the very first meeting, I overheard them talking about how they would fight this girl or that, and I immediately decided that conflict resolution was one topic I had to deal with,” Donovan recalls. “Since the start of the program, these girls that seemed so rough and violent at first have started to mellow down and ... to come together as a group.”

Early this year, Donovan started the same program for the teen girls at her home church, AEC’s Campostella Heights in Norfolk, Va. They meet twice a month, and if Donovan doesn’t have a guest speaker lined up, she heads the meetings herself. She presents icebreaker questions and leads Bible-based lessons and activities that deal with real issues.

Donovan hopes that Just Us Gurlz will continue to have a positive influence on the young ladies as they learn to strengthen their personalities, become more responsible and embrace their inner and outer beauty by seeing themselves as God does.

PHOTO BY HAYNE PHOTOGRAPHERS/HAYNEPHOTOGRAPHERS.COM



William & Felicia Bonilla

Growing Leaders in Cherry Hill

After nearly 10 years of service as youth leader at New Jersey Conference’s Cherry Hill church, 29-year-old William “J.R.” Bonilla has come to a conclusion: “Service is the strongest tool for getting young people involved because they are able to act out their faith.”

Bonilla, along with his wife, Felicia, puts that knowledge into practice each Sabbath. He puts the young people up front to lead inspiring song services. And, during the quarterly Youth Sabbath, he gets them even more involved in planning and participating in the divine service. Bonilla is excited about the benefits of their involvement. “It’s been wonderful seeing even the preteens get excited!” he explains. “They see the young adults and older teens participate and preach in church, and they also want to participate!”

Bonilla and the Cherry Hill young people also started an annual community fun day, when preteens through young adults enjoy waterslides, games and barbecuing with neighbors. As the community unites, the youth are able to share God’s love through a fun and inviting atmosphere. By getting them involved, Bonilla is helping grow the youngest of the church into the leaders of tomorrow.

Heather & Andre Hastick

Wiring Faith in White Marsh

Principal Heather Hastick often spoke with a young couple whose child was a student at her Baltimore White Marsh Adventist School in White Marsh, Md. The couple believed in the Sabbath but was not Seventh-day Adventist. Sensing they were not ready to attend a traditional church service, she invited them to the less formal Wired4Faith worship service on a Sabbath afternoon at Chesapeake Conference's Baltimore White Marsh church. That evening the couple was so touched by the simple, contemporary service, they asked for more information about the church and baptism.

Their reaction is a perfect example of what Heather and her husband, Andre, had in mind when starting the Wired4Faith ministry (Wired4Faith.org) early this year. After starting his new role as young adult Sabbath School teacher, Andre felt that the Sabbath morning meetings were not fulfilling enough for the young adults looking to thrive and spread God's Word. Utilizing his pastoral experience and training, he gathered a team of 15 young adults and designed a program that would minister to their needs, as well as the young adults in the community.

The group has grown to about 70 worshipers. At their services held once a month, the young people are involved in every aspect, from the music to the sermon; however, Wired4Faith doesn't only cater to the young adults' spiritual and leadership needs. "Wired4Faith has an emphasis on getting involved in the community through service, volunteering and evangelistic outreach," Andre shares about the group's monthly outings. As this fledgling ministry grows, he hopes it will bridge young adults to the realization that we're all "wired to be a part of something larger than ourselves."



Cindy Alvarez & Alberto Espailat

Leading "myChurch" in Woodbridge

On Sabbath mornings, Potomac Conference's Woodbridge Spanish church basement is filled with as many as 40 happy teenagers. They sit in couches that line the walls and carry on excited conversations in "Spanglish." Soon they'll take their seats as a few get up to lead them in song. After sharing the week's blessings, they break into small groups to quietly pray for each other. Then, as the guest speaker begins to share a message geared toward them, the young people listen quietly and intently. This is myChurch.

Cindy Alvarez and Alberto Espailat, a young couple from Woodbridge, Va., started myChurch after noticing that youth just sat in church and refused to participate. Their bilingual church service encourages the young people to grow in Christ and become active members through participation in church services and outreach ministries, such as puppetry and miming.

"We thought maybe if they had their own service, it would be different," Alvarez explains. "There has been a big difference. Youth actually want to participate now and every week bring friends to church," she adds. "Even parents have become completely supportive because they see changes in their own youth."

Sylvia Garcia writes from Mt. Airy, Md.

Don't have a young adult ministry at your church?

Get connected through these five national organizations:

1 | **General Youth Conference** (<http://gycweb.org>) is a grassroots Adventist movement organized and led by young adults. Through networking, communication and an annual conference, young people are encouraged to experience revival and reformation and to work hand in hand with the church in taking the three angels' messages to the world.

2 | **GODencounters** (godencounters.org) is a movement of young adults who are wholeheartedly seeking a 24/7 experience with God, recklessly living for His renown through seven discipleship themes: worship, gospel, grace, prayer, Sabbath, morphing and jubilee. Their book, *GODencounters*, which discusses these themes, is available at Adventist Book Centers.

3 | **IGNITION** (<http://ignitionblog.wordpress.com>) focuses on young adult leadership development with experiences, training, worship and intensives intended to equip and empower.

4 | **Cruise With a Mission** (cruisewithamission.org), a seven-day cruise organized by the Center for Youth Evangelism (Mich.), sets sail December 12. It's designed to connect Adventist young adults and help them experience spiritual growth, community, fun and the joy of missionary service.

5 | **ANEW** (anew-web.org) is a student-run movement that seeks to equip and enable young adults to be missionaries on secular campuses on the East Coast. Through its biannual retreat—coming September 24-26 in Hagerstown, Md.—ANEW provides encouragement, support and accountability in ministry.



So, you've been put in charge of fundraising for your church or school? Having been a professional fundraiser for many years, I understand it's no easy or simple task. Sometimes donors won't trust us if the process or plans aren't clear. Sometimes people focus on the money rather than what it accomplishes—putting the cart before the horse. And sometimes they're reluctant to give because they've seen donors' funds misused in the past. Although fundraising hasn't always had a good reputation, we can accomplish much by asking for and receiving money. It enables us to involve people in worthwhile ventures, help those in need and enrich life locally and globally. While fundraising can't be condensed into a single article, perhaps you would like to know the basics and how to do it right.

give & get

A Beginner's Guide to Fundraising for Ministry

Lilya Wagner

Getting the Basics

Fundraising is the accumulation of funds for a specific cause that benefits a person or population. The emphasis should be on the *results*, with the money serving as a price tag to accomplish something worthwhile.

Fundraising can be a one-time event, a short-term project, or an ongoing program that is part of an organization's overall management and structure, providing sustainability. It is a significant tool used by organizations ranging from major universities to one-room schoolhouses, from nursing homes to major hospitals, from special interest groups to church groups.

The Bible is full of good advice on the value, importance and need to give and receive, including the well-known text, "It is more blessed to give than to receive" (Acts 20:35). Ellen White also gave sage advice on generosity and asking for donations. In a May 1893 article in *The Review and Herald*, she wrote, "The Spirit of Christian liberality will strengthen as it is exercised, and will not need to be unhealthfully stimulated. All who possess this Spirit, the Spirit of Christ, will with cheerful alacrity press their gifts into the Lord's treasury."

As you can see, fundraising is not a simple, to-do list that once you're done, that's it. It is a complex profession involving steps and strategies. There is no simple formula for accomplishing it, and experience and/or training are necessary.

In addition, it takes a team to carry out a good fundraising campaign or program. Although it takes



PHOTO BY HOUSHYAR KARIMABADI

fundraising done right Southern Asian Church

Franklin David (above), senior pastor of Potomac Conference's Southern Asian church in Silver Spring, Md., attributes the success of his church's fundraising efforts to prayer and hard work. Through trial and error, he grew to understand that wealth and geographic proximity to the church do not necessarily translate into giving. He refocused his efforts on those who cared most deeply about the church—the members. He helped his congregation and leaders understand the ministry of philanthropy and its biblical foundation. Through thoughtful cultivation and solicitation to the church—as an entire congregation and in one-on-one meetings—he secured approximately half of the nearly \$10 million needed.

Pastor David strongly encourages pastors considering fundraising to start with prayer, seek professional advice and training, and finally, ask.

"God has placed a desire to give in the hearts and minds of people, but there must be someone to ask," he says.

—Kristin Priest



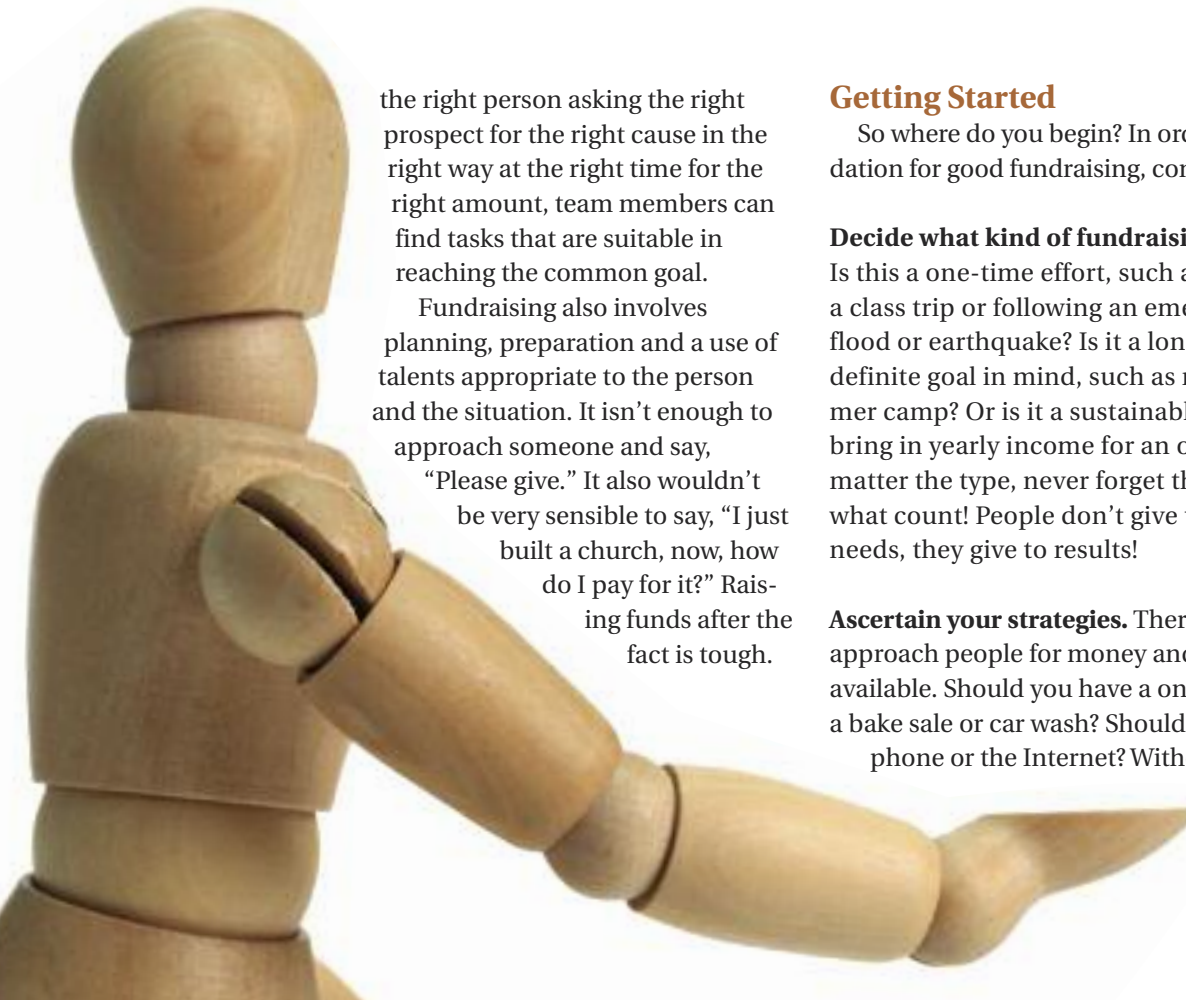
fundraising done right Shenandoah Valley Academy

Located in New Market, Va., Shenandoah Valley Academy (SVA) provides a wonderful example of what can happen when the principles and best practices of fundraising are followed. In 2007 and 2008, SVA reported \$1,053,369 and \$2,680,353, respectively, in charitable giving. In terms of fundraising, this makes them one of the best performing academies in the North American Division. Jan Osborne (below), director of Alumni and Development, attributes their success to three key elements:

- 1. Continuity.** This is Osborne's 22nd year at SVA, which makes it easy to develop relationships and trust with key potential donors.
- 2. A well-rounded program.** SVA does not focus only on special events or selling something. Their program includes direct mail, events, personal solicitation and an emphasis on connecting and cultivating alumni and other key constituent groups.
- 3. Strong enrollment and a happy constituency.** SVA's constituency feels good about their school, making for a much easier fundraising environment.
—Kristin Priest



PHOTO BY BERT WILLIAMS



the right person asking the right prospect for the right cause in the right way at the right time for the right amount, team members can find tasks that are suitable in reaching the common goal.

Fundraising also involves planning, preparation and a use of talents appropriate to the person and the situation. It isn't enough to approach someone and say, "Please give." It also wouldn't be very sensible to say, "I just built a church, now, how do I pay for it?" Raising funds after the fact is tough.

Getting Started

So where do you begin? In order to provide a foundation for good fundraising, consider these points:

Decide what kind of fundraising you need to do.

Is this a one-time effort, such as raising money for a class trip or following an emergency, such as a flood or earthquake? Is it a long-range effort with a definite goal in mind, such as renovating a summer camp? Or is it a sustainable program that will bring in yearly income for an organization? No matter the type, never forget that the results are what count! People don't give to problems or needs, they give to results!

Ascertain your strategies. There are many ways to approach people for money and make opportunities available. Should you have a one-time event, such as a bake sale or car wash? Should you use mail, the phone or the Internet? Without a doubt it's most

powerful to ask people one-on-one, but you can't do that with everyone. What about a group invitation? Using the right tool is as important in fundraising as it is in constructing a building.

Determine what kind of case to present to potential donors. Why should someone support the cause? What reasons will you give? Your case basically answers the question, "So what?" What difference will it make to give to the cause? It also pays to understand motivations for giving. (See the Giving Trends sidebar on page 18.)

Figure out who might give to your cause or organization—and why. You might think of answering the question, "Who cares?" Those who have a link to your organization and an interest in what you're doing will most likely want to help. We often forget that people want to be involved; they want to see good causes happen and will be generous if invited to give.

Know what you can do on your own and when you need help. There are many resources available, beginning with Philanthropic Service for Institutions (PSI), the North America Division (NAD) consulting office. (See Resource Guide on page 15.) You might even set up a one-time consultation.

Practice the essential "extras" that keep fundraising at the high level of respectability it deserves: ethical practice, accountability and transparency, good donor relations and good communication.

Getting it Right

Fundraising is a ministry. Through helping people give—and learning to do it correctly—we can accomplish much and serve our fellow human beings and God. As Albert Schweitzer, the famed and respected missionary to Africa, said many years ago, "One thing I know: The only ones among you who will be really happy are those who will have sought and found how to serve."

Lilya Wagner, CFRE, is director for the North American Division's Philanthropic Service for Institutions, headquartered in Silver Spring, Md.



fundraising gone wrong

A small congregation had outgrown their facility and wanted to purchase a new building. Church leaders felt it would be an unnecessary delay to study the philanthropic capacity and interest of the members and community for this project and purchased the new facility with less than 15 percent of the needed gifts secured.

Over the next several weeks, they collected special offerings at church but leaders did not make specific and personal requests. With very few exceptions, church members only gave small gifts.

The church then turned to the community, assuming that being in the same town would make people care. They failed to realize that they had not been an active part of the community.

Finally, the church reached out to well-known, wealthy Adventists, individuals who had never worshiped with them or even lived in the same state. Unsurprisingly, the church's requests for funding were denied.

Sadly, this church continues to struggle and has had to cut its ministry budgets in half to pay the mortgage.—Kristin Priest

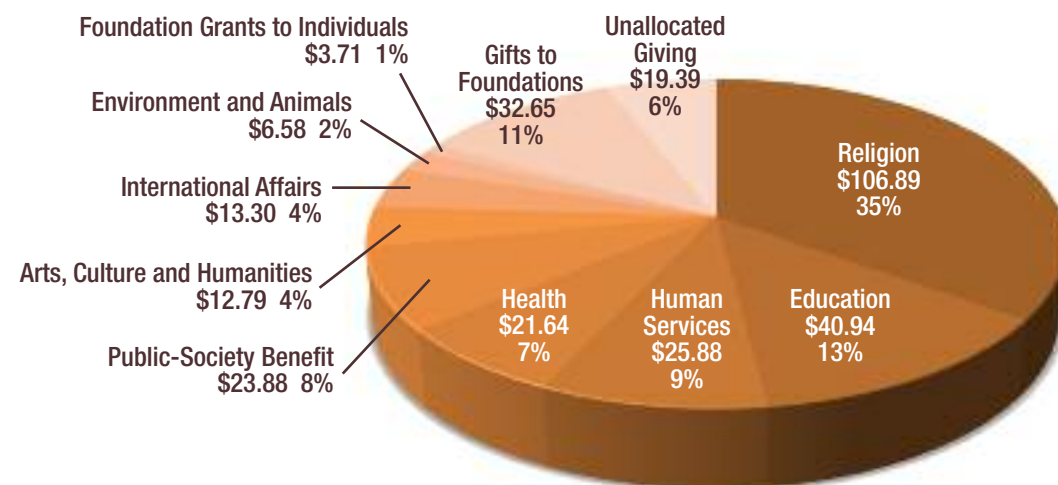
giving trends What You Should Know

Americans are a generous people. Even during times of economic distress, Americans continue giving. Donors may focus their giving more, which means organizations—including churches—that have taken good care of them will continue to receive philanthropic dollars. Donors may ask harder questions about how their money is used; they may give less; they may volunteer more if they can't give, but they do not stop giving.

In 2008, despite the fact that charitable giving dropped 5.7 percent, Americans still donated more than \$307 billion, including one-third to religious organizations (see chart below).

We also know that more Americans provided financial assistance than received it. Statistics show that households earning less than \$100,000 a year account for nearly half of the nation's charitable giving. Thirty percent of households gave \$500 or more. Even 29 percent of those struggling financially came to the aid of others. In addition, Americans continue to volunteer close to home. Twenty million reported working to solve a community problem, up from 15 million a year ago.

2008 RECIPIENTS OF CONTRIBUTIONS (IN BILLIONS) • TOTAL GIVING = \$307.65 BILLION



SOURCE: GIVING USA 2010, GIVING USA FOUNDATION

The Bottom Line

Professionals base their projections for future giving on changes in demographics, technology, the institution of charity, lingering effects of the financial crisis and continuing economic woes. But, as the statistics prove, people want to help, and their economic situation won't stop them from giving to a good cause.—Lilya Wagner

Fundraising for Ministry

Whether you work with a small elementary school or community service organization, a large medical center or university, a well-known church or fledgling ministry, here are some resources to help you be a better fundraiser:



PHILANTHROPIC SERVICE FOR INSTITUTIONS (PSI)



Serving as the North American Division's (NAD) internal consulting department, PSI is a one-stop shop and gateway to service. Here are just some of the supplies they have to offer:

Philanthropicservice.com—Get access to an extensive annotated bibliography, podcasts, articles, commentaries, how-to advice and announcements.

eDollar—Read news, commentary, research, member profiles and more through PSI's quarterly, online newsletter. Monthly e-blasts and special announcements supplement the material.



Training—PSI hosts the Conference on Philanthropy for networking and learning opportunities. The next conference will be held June 21-24, 2011, in Indianapolis. Yearly courses are also offered in collaboration with The Fund Raising School and the Executive Leadership Institute for senior professionals.

Grants and Programs—Funds are available for board training, internships, and professional development and training. Small-capacity building funds also fill in the gaps in services to institutions.

Lending Library—Visit PSI's offices and peruse a modern collection of books, or visit the website to access files of information ranging from how to write an appeal letter to how to manage a capital campaign.

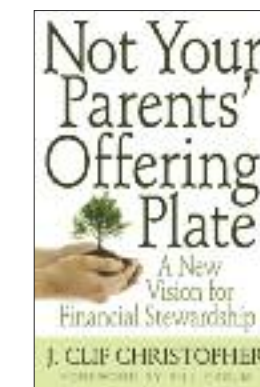
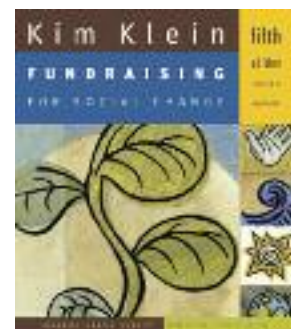
Articles—Basic fundraising information can be requested, with some material available in Spanish, covering topics such as "making a case" and "cultural differences in fundraising."

BOOKS



The Complete Guide to Fundraising Management—Get guidance on planning, self-assessment, continual improvement, cost-effective fundraising strategies and much more.

Fundraising for Social Change—Written specifically for low-budget organizations (less than \$500,000), this book offers practical information on successful strategies used by small organizations and discusses mail and phone fundraising, campaigns, special events and overall management. The fifth edition also incorporates new technology.



Not Your Parents' Offering Plate: A New Vision for Financial Stewardship—This book provides valuable insights to pastors and other church leaders on how to maximize giving by church members in a changing environment.

All books available at Amazon.com.

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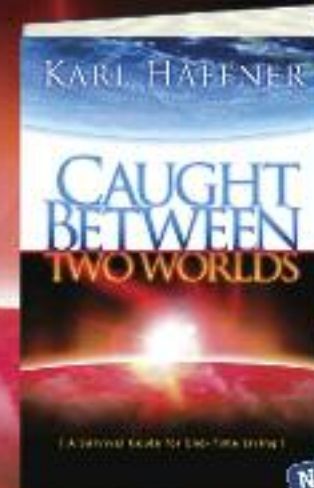


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YOUR HEALING MINISTRY

JULY 2010

A Time for Healing

Deanette Sisson

Luke 14 tells the story about Jesus having Sabbath lunch at a prominent Pharisee's home and later being scrutinized by the Jewish elites. The text says He came upon a man who was suffering from dropsy. Suffering. Jesus addresses the Pharisees, "Is it lawful to heal on the Sabbath?" According to Luke, the only reply came from the crickets; the nation's elite didn't attempt to answer. Jesus turns and heals the man, ushering him on his way.

I wish I could have seen the look on Jesus' face when He turned back to the Pharisees, asking them if they would help their own sons or their oxen out of a ditch on the Sabbath. Stumped, they remained silent. The rest of Luke 14 is mostly Jesus telling stories, drawing analogies, giving warnings and finally saying, "Let him who has ears hear."

HELPING THOSE WHO TRULY SUFFER

As an RN, I have seen and heard stories of those who suffer from something, anything. Some get better with care and treatment—and some don't. We do everything we can to alleviate suffering, to promote healing of the body, mind and spirit.

My new role as a healthcare administrator at Kettering Adventist HealthCare has put me in touch with a population that truly suffers, and whose needs for treatment and compassion can be overwhelming. I am referring to the children and adult patients in our behavioral and mental health services facility. At Kettering Behavioral Medical Center, we see beautiful people suffer from depression, phobia, neurosis and other afflictions; people who are shunned by society and even dismissed by good, loving, church-going people. Mental health is a stigma because it is so frightening. We don't fully understand it, and we struggle with the line between what is healthy and what is not.

CHALLENGING THE STATUS QUO

What I love most about Luke 14 is Jesus' attitude. He challenges the elite—the status quo. He exposes social grudges during His own time, but His words are timeless and have the same important message today. With His stories, His analogies and mostly His attitude, He makes it perfectly clear that all people matter. *Every person is precious and his or her suffering is not trivial.* Jesus also revealed that this radical belief system delivers a visible and meaningful impact on the community. He implies that the members of a community should lift the burdens of their vulnerable citizens every day, no matter what the affliction.



Do you know someone struggling with depression, anxiety or other socially unacceptable form of suffering? Are you suffering? There is no shame in needing, asking for and receiving healing. You matter. We all matter to our Great Healer. It is my desire to participate in lifting, out of the pit, those who suffer. Please keep our medical teams and chaplains in your prayers, as they offer healing and peace each day to those who truly suffer.

Deanette Sisson serves as vice president of Sycamore Medical Center and Kettering Behavioral Medicine Center in Kettering, Ohio, and is a member of the Kettering church.



Sharing the Blessings Through Basketball

Kathryn Stiles

More than a year ago, James Lewis made the jump from a career in finance to a new vocation at Kettering Adventist HealthCare (KAHC) as the manager of the Individual Health Record (IHR) program. The IHR program helps employees manage their personal healthcare needs by tracking doctor visits, prescriptions, preventative advice and care plans. The program also provides personal health records, a system that helps KAHC employees utilize their healthcare benefits in proactive ways, leading to earlier diagnosis and intervention. The program also helps Kettering to control costs, while improving employee access to early diagnosis and treatment and recovery plans for health issues, ranging from back pain, to headaches, to more serious health challenges.

“My new role at Kettering is a perfect fit because I enjoy facilitating the positive results of this program—for our employees and their healthcare needs, and to help Kettering use its resources efficiently,” Lewis explains.

SETTING A GOOD EXAMPLE

Lewis’ can-do attitude at work gave him the momentum he needed to start a new basketball team at the Shiloh church in Cincinnati, where he is a member. Lewis felt the Holy Spirit convict him to share his blessings and to set a good example for the young men of his church. He noticed the 15-19 year olds needed a healthy and safe outlet for their boundless energy, and stepped up to fill the void. He organized a team for the church to participate in Alleghany West Conference’s basketball league.



PHOTO BY LEE ANN YAHLE

While working on plans for the team, Lewis looked across the street to a Baptist church. It occurred to him to ask if their young men would be interested in participating. While it wasn’t typical, the conference approved his request, and a new team was formed, consisting of half Seventh-day Adventist youth and half Baptist.

Most of the boys come from challenged backgrounds and live in neighborhoods that draw them toward harmful activities and friendships. Lewis believes that basketball is such an engaging sport, and is so demanding and popular, that it can successfully counteract the negative influences. “In our league, we take the best aspects of basketball, delete the negative aspects of the game, such as foul language, and replace them with Christ-centered language and viewpoints, and lots of prayer,” Lewis explains.

Today the team travels for games, and all members participate in Adventist church services when they stay in another city. “Our Baptist teammates know they are playing with and for an Adventist group, but they don’t seem to mind,” comments Lewis. “In fact, they are just happy to be involved in a basketball team where they are safe and with other Christians.”

FOR THE LOVE OF THE CHURCH

Lewis has personally funded the team because of his love for the church and as a way to give back for all the blessings he has received. “At one point, I needed a significant amount of money for the team and was feeling stressed about it, and, wouldn’t you know—my tax return came back much higher than I had calculated—and just a bit more than I needed for the team! God is good!” he exclaims.

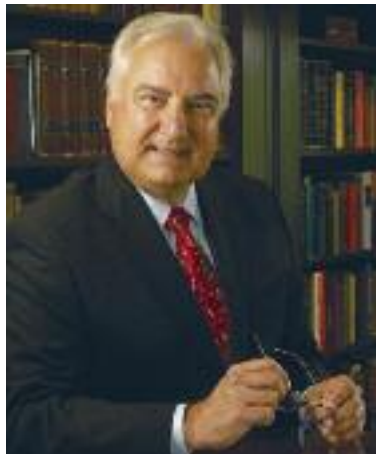
KAHC values the entrepreneurial spirit that Lewis brings to his career, his church family and the young men he coaches.

Kathryn Stiles serves as marketing specialist for Kettering Adventist HealthCare based in Kettering, Ohio.



Kettering CEO Announces Plans to Retire

After 35 years in healthcare administration, Francisco "Frank" J. Perez (below), CEO of Ohio-based Kettering Adventist HealthCare (KAHC), announced plans to retire. Perez came to Kettering, Ohio, in April 1994 as president and CEO of KAHC and its flagship hospital, Kettering Medical Center. Under his leadership, KAHC—one of two Seventh-day Adventist health-care systems in the Columbia Union Conference territory—grew into an award-winning network that comprises some



60 facilities, including six acute care hospitals, a behavioral medicine hospital, and Kettering College of Medical Arts.

Reflecting on his 16-year tenure at Kettering, Perez says, "I have been very blessed in meeting and working with amazing, talented people—accomplishing dreams that we dared to dream. I feel that we have significantly improved the environment for our healthcare teams and physicians—especially for the patients we all dedicate our lives to caring for. Our record of shared accomplishments stands for all to see."

KAHC Board chair Dave Weigley, who has worked with Perez since 2006, expressed appreciation for his innovative leadership: "Frank isn't afraid to try anything if he thinks our patients will be better served by the outcome," he said recently. "He continuously pushes himself and the entire organization to excel, no matter what we achieve, because we can always improve."

Weigley, Columbia Union Conference president, says Perez plans to retire in May 2011, which leaves the board ample time to select a successor and facilitate a smooth transition.—*Celeste Ryan Blyden*

Kettering Medical Center to Build New Proton Therapy Center

Kettering Medical Center (KMC) plans to bring advanced proton therapy to Ohio, to offer the same cancer treatment benefits with a project that costs



Douglas Einstein, MD, PhD, medical director of Radiation Oncology for Kettering Medical Center, explains the benefits of proton therapy at a recent press conference.

about half the price of conventional proton centers. Only eight proton-treatment centers currently exist in the United States.

KMC has been working on this project for nearly three years, as part of its 2016 strategic plan. Technology is available now that makes proton therapy practical for the Dayton area and its patient base. Cancers treated by proton therapy include prostate, head and neck, eye, liver, lung, spine and breast.

"We are truly blessed to be able to offer this type of facility, because practically every life has been touched by cancer in one way or another," says Fred Manchur, KAHC president (pictured below, at podium). "Our proton therapy center will offer the latest treatment to help sustain and enrich lives in our communities for years to come."

A location is still being determined.



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ALLEGHENY EAST
JULY 2010
Exposé

Breath of Life Elder Named County Leader of the Year

Last month Hercules Pinkney, EdD, an elder at the Breath of Life church in Fort Washington, Md., was recently named Leader of the Year for Montgomery County, Maryland. Pinkney is interim president of Montgomery College.

Pinkney had recently retired as vice president and provost of the Germantown campus of Montgomery College and was busy planning the next chapter of his life. That's when the call came to return to the college as interim president, to lead the academic institution until a permanent successor could be found.

His leadership over just seven short months earned Pinkney the distinction of the Sandy Spring Bank Outstanding Leader Award. Leadership Montgomery, a local leadership training organization, presented the award during last month's 21st annual Celebration of Leadership program.

"I believe good leaders must have a solid foundation," Pinkney shared during the dinner. "My strength and support comes from my faith, family, education and service to the community. It has been one of the most rewarding experiences of my career to serve as interim president of Montgomery College, a wonderful educational institution that truly changes lives."



Hercules Pinkney, EdD (second from left), accepts his outstanding leader award with the support of community leaders Esther B. Newman, founder and executive director of Leadership Montgomery, Sol Graham and Tom Watkins.

PHOTO BY SANJAY SUCHAK COURTESY OF MONTGOMERY COLLEGE

Teaneck Church Orchestrates Mentor Training

As part of its ongoing outreach ministry, several members of the First Church of Teaneck, N.J., recently organized mentorship training for 22 individuals from the church and community.

Volunteers in Protective Services, the lead service provider for the Volunteer Center of Bergen County,

provided the training. The newly trained mentors will provide services to those between the ages of 5 and 17. Under the guidance and leadership of the Holy Spirit, these mentors will offer one-on-one support to youth with the hope of helping to break the cycle of abuse and neglect. Mentors will also work with children who are troubled and/or isolated and in need of special assistance.

Joseph Thurman, a First church member, said he participated in the training because "I believe young people need to have someone they can trust and who sympathizes with them, while at the same time provides lifelong guidance during critical times in their lives."

Associate Pastor Wayne Scott holds a Master of Social Work and helped spearhead the program under the auspices of the church's Social Services Committee.

"The steady influx of gangs that have infiltrated our community have led to violence perpetrated by youth," he said. "The mentoring program provides us with the opportunity to connect with the community. Knowing that the church cares for their children, opens the door for us to bring the message of salvation to these families."



As part of his mentorship training, First church member Jonathan Mays shares a collage with the group.

North Philadelphia Member Organizes Men's Conference

Larry Wilson (below), former Allegheny East Conference (AEC) Men's Ministries coordinator and a member of the North Philadelphia church, recently organized a conference designed to unite the men of the Columbia Union in



worship and praise. This was the first unionwide meeting organized specifically for men. Themed "The Great Awakening," the conference drew more than 400 men from around the union and beyond. Wilson organized the conference with a desire to awaken Seventh-day Adventist men and get them more engaged in the church.

The one-day conference involved church leaders, such as Alvin Kibble, a vice president for the North American Division; Dave Weigley, president of the Columbia Union Conference; and John Appel, Family Ministries director for the Chesapeake Conference. Each presented a message on characteristics and responsibilities of godly men.

"Men should be spiritual leaders," Weigley explained to conference attendees. "God expects us to



fulfill the role of the priesthood in our home. It doesn't end there. We should be spiritual leaders in our church, workplace and community."

Kibble, the keynote speaker, concluded, "We cannot save everyone, but we can start in our house, on our block, in our church and in the community. Our young men need positive, Christian role models to guide them and encourage them as they grow into godly men."—*Billy Errico*

Pine Forge Headmaster Joins Conference Team

She won't be moving very far, but this month Cynthia Poole-Gibson, former headmaster of Pine Forge Academy (PFA) in Pine Forge, Pa., will start a new role as assistant superintendent of



schools for the Allegheny East Conference. A PFA alumna, Poole-Gibson recently completed six years as PFA's headmaster.

"Cynthia will fill an important role here at the conference with the primary responsibility of overseeing and serving the needs of our church and school-affiliated early childhood/day care centers," says James P. Willis, II, conference superintendent of schools. "We look forward to benefiting from her professionalism and tireless dedication to advancing quality Adventist education."

For over 34 years, Poole-Gibson worked for the District of Columbia Public School system as a teacher, resource teacher, central office administrator, director of the Senate Page School, assistant principal and principal. After retiring from public school service, she joined

the Seventh-day Adventist school system and served as assistant principal for Sligo Adventist School in Takoma Park, Md. She joined the PFA staff as headmaster in 2004.

Poole-Gibson holds a Bachelor of Science in Elementary Education from the newly renamed Washington Adventist University in Takoma Park, Md.; earned a master's degree from Bowie State University in Bowie, Md.; and completed doctoral course work in educational administration at George Washington University in Washington, D.C.

Allegheny East Exposé is published in the *Visitor* by the Allegheny East Conference ■ PO Box 266, Pine Forge, PA 19548 ■ Phone: (610) 326-4610 myalleghenyeast.com ■ President, Charles L. Cheatham ■ Communication Director, Robert Booker ■ Editor, Taashi Rowe

Conference Welcomes New Superintendent

Veteran educator Yvette Cooper recently accepted a call to become superintendent of Education for the Allegheny West Conference (AWC). She starts this month.

"Our administrative team went in search of the best of the best, and we feel we found that person in Yvette Cooper," said Fredrick Russell, AWC president. "She is highly respected around the country as a top-notch Christian educator. She brings clear vision and passion in an effort to move [Seventh-day] Adventist education forward within the AWC."



Cooper has more than 25 years of experience as a teacher and administrator within the Adventist school system. She comes to AWC from Jacksonville Adventist Academy in Florida. She has also served Ramah Junior Academy in Cleveland; Griswold Christian Academy in Worthington, Ohio; Ephesus Child Development Center in Columbus, Ohio; Cincinnati Junior Academy in Cincinnati; Spring Valley Academy in Centerville, Ohio; and at Orlando Junior Academy in Florida. She holds a bachelor's in education from Oakwood University (Ala.) and has completed courses toward a master's degree.

"When I thought about my journey in the field of education, I realized, God has brought me full circle as I have walked with the Master Educator," Cooper shares. "I began my career in the Allegheny West Conference as a

teacher of His children, and now I return as superintendent to serve the teachers of His children."

She replaces Collin Parkinson who served as Education superintendent for six years. He continues to serve as pastor of the Present Truth church in Cleveland and as the conference's prayer coordinator.

Home Healthcare Brings Couple to Dale Wright Church

More than 50 members of the Dale Wright Memorial (DWM) church in Germantown, Ohio, were at a recent prayer meeting to support a couple—Warren and Jenifer Whiteman—who decided to get baptized that night. Jenifer first came in contact with the gospel during her home healthcare visits with DWM member Betty Nelson.



Nelson lovingly shared God's truth with Jenifer, who soon wanted Bible studies. Because Nelson is visually impaired, she enlisted Jackie Wright and Mark Wright as they taught the gospel from the Word of God.

Jenifer received the good news of God's Word with joy, and she shared all that she learned with her husband.

Jenifer soon responded to an appeal at the end of one of Pastor Stephen Brooks' sermons and came to the altar to accept Jesus Christ into her life.

At the conclusion of this unique prayer meeting, those in attendance moved over to the church's gymnasium for refreshments and continued celebration of what God had done for them.—*Stephen Brooks*



Seniors Enjoy 12th Annual Cotillion/Beautillion

Girls in white dresses and gloves and guys in tuxedos recently enjoyed Allegheny West Conference's 12th annual Cotillion/Beautillion. This extravaganza for graduating high school seniors is a culmination of workshops on social etiquette and becoming college freshmen.

"The Cotillion/Beautillion is a time that we focus on our young people; showcase them, as well as

encourage them, as they begin to make important decisions in their lives regarding higher education and the direction they want their lives to take," explains Cheryl Ann Alli, Cotillion/Beautillion director.

The afternoon's event included music from the Ohio Central Korean church orchestra and the True Believers and 4Him mime groups of Temple Emmanuel, under the direction of Keyonna

Carter. Each year those raising the most money for ads in the souvenir book are crowned king and queen of the event. This year those titles went to Themba Makapela, II, of Ephesus church in Columbus, Ohio, and Rachelle Dulan of Ethan Temple in Dayton, Ohio. Dulan raised the most money of any debutante in the history of the event. All funds raised are given back to students as scholarships.

PHOTO BY BRYANT TAYLOR



University of Pittsburgh Students Live for Christ

They call themselves Adventist Students Living for Christ (ASLC), and they started out as a Friday night Bible study group. They soon outgrew Bessie Lynette Staplefoote's living room and decided to start an official student organization at the University of Pittsburgh. Staplefoote, a Hillcrest church member who recently graduated with a Master of Public Health, was very intent on providing a spiritual respite for university students.

"Many of us came from large Adventist communities in Michigan, California or Florida but didn't have the same fellowship opportunities here," Staplefoote says. "So we started doing Bible studies together. Now I feel like [forming this group] was my purpose for being in Pittsburgh."

While some of the students attend Hillcrest, Ethnan Temple and Rock of Faith churches, half of ASLC's members do not belong to the Adventist Church, so the group has turned into an outreach organization.

Matt Johnson, a junior English Writing major, is one of the group's leaders. He says, while taking the ministry to the campus has challenges and opportunities, "the most memorable experience for me was watching God transform our ministry."

They now hold Monday night Bible studies and Friday night vespers on campus as well as provide other programs for students, which has grown their group to more than 20 regular members.—*Taashi Rowe*



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More Room for Learning

Interacting with young people brings joy to our teachers' hearts. Sharing ideas and spending spiritual, educational and social time with students enables teachers at Blue Mountain Academy (BMA) to mentor those who are preparing for the challenges of life.

To facilitate this interaction, our under-utilized library was recently updated with two new offices—a remodeled learning center and library office—and the addition of 30 computer stations. Our guidance counselor, learning specialist and chaplain will now have offices in this area. The student-centered environment will allow students and mentors to mix naturally, while still providing a learning atmosphere.

Students are excited about the changes. "It feels more open and friendly," Amy Beisiegel ('13) commented. "I had a place to read a book for class, and it was comfortable."

This is another example of our adherence to the school's motto, "They shall be all taught of God," which guides us as we minister to students at BMA.



Craig Ziesmer
Principal



New Staff Joins Campus Family

Shawnessey Cargile will serve as chaplain and religion teacher. Cargile has a bachelor's degree in religious studies from Southern Adventist University (Tenn.). He has experience as a teacher, a Bible worker and as an assistant chaplain. He enjoys music and working with young people "ages 3-23."

A'Lisa Lashley will serve as assistant girls' dean and Spanish teacher. She holds a bachelor's degree in Spanish, a minor in English and a secondary teaching certificate from Andrews University (Mich.). She has experience as a student dean, resident advisor and lab instructor and tutor. Lashley is enthusiastic about music, sports and teenagers.

Renee Mathis holds a bachelor's degree in English and a minor in photography and religion from Southern Adventist University. As a student, Mathis worked in

the college dormitory office and was a resident assistant. She is fluent in Spanish and was a member and captain on the university's gymnastics team. She will be teaching English and photography.

Mel Wade is joining the staff as a computer technology instructor. He holds a bachelor's degree in elementary education from Southwestern Adventist University (Texas) and a master's in curriculum and instruction from Andrews University. Wade was on staff as computer teacher and IT director at Upper Columbia Academy in Spangle, Wash. He was previously IT director for the Michigan Conference. He has been the Adventist Robotics League coordinator for the North American Division since 2004. Wade's family includes his wife, Lois, and son, Keith, who is attending Walla Walla University in Washington state.

Students Happily Serve

Blue Mountain Academy's annual Service Explosion day was filled with opportunities for students to reach out to the community. Seniors Faisal Mohammad and Matthew Dekle volunteered at Blue Mountain Wildlife, filling in potholes on a road near the river.



Students Present "Elijah"

BMA's spring concert included student soloists, the Sylvan Singers and the orchestra. Together they presented "Elijah" by Felix Mendelssohn. Pictured is soloist Isaac Suh ('11).



Sophomore Recognized for Outstanding Service

Sierra Fox ('12) received one of only two Maryland Governor's Volunteer Service awards. Fox volunteered for Great and Small, a nonprofit organization that provides therapeutic horseback riding for students with disabilities.

Fox volunteered more than 974 hours—an average of 64 hours per month. Her activities include leading or walking beside horses during riding lessons, as well as helping with horse care and farm work, some of which is physically draining and demanding.

She also qualified for this year's President's Volunteer Service Award, a national honor program.



Anthony G. Brown, Maryland's Lieutenant Governor, presents sophomore Sierra Fox with the Maryland Governor's Volunteer Service Award.

Want to get BMA News Fast?

We can email the *Communique* to you as soon as it is printed. Send your name and email address to Kathleen Sutton at kathys@bma.us.

Communique is published in the *Visitor* by Blue Mountain Academy 2363 Mountain Road, Hamburg, PA 19526 ■ Phone: (610) 562-2291 Fax: (610) 562-8050 ■ bma.us ■ Editor, Kathleen Sutton E-mail: kathys@bma.us ■ Copy Editor, Louise Corbin

THE CHALLENGE

chesapeake conference newsletter

JULY 2010

The Secret of True Freedom

Freedom is a great word. It is the heart of the American way. But we are losing it because we have lost its secret. It has come to mean, "I can do as I please." That is not freedom; that is license, and ultimately it leads not to freedom, but to bondage.

Freedom's delicate balance is the responsibility of the free. Every freedom has its contingent obligation. Neglect the obligation and you forsake the freedom. Freedom of life carries with it the obligation to protect life. Freedom of speech does not give one the freedom to abuse speech. It does not mean that a person can say or write anything they please without regard for others. It does mean that speech is to be used to protect the right of speech. Freedom of worship, by the same token, does not mean freedom not to worship. But it does mean freedom to worship as we please and not as others would legislate.

People can be truly free in an atmosphere that takes God seriously. The delicate plant of freedom prospers only in the soil of devout and godly people. Secularism, like crabgrass, chokes the life out of freedom. You don't have to be a student of history to prove this to yourself. The very people, who in the name of freedom, are trying to secularize our public life, are poisoning the roots that give them their freedom.

So enjoy your Fourth of July. Celebrate your freedom, but also remember its obligation. That is a challenge for all of us.



Rob Vandeman
President

Spencerville Adventurers Visit Tomb of the Unknown Soldier

"Silence and Respect" state the signs positioned at the entrance to the Tomb of the Unknown Soldier. At this solemn stage, the Spencerville church's Polar Cubs Adventurer Club from Silver Spring, Md., recently participated in a wreath-laying ceremony at the Arlington National Cemetery in Virginia.

More than 50 Adventurers and family members gathered for the event, which club leader Sgt. Donald "Scott" Rackley says he planned in order "to instill a sense of patriotism and to demonstrate appreciation

for our country and the religious freedom it bestows."

Melvin Setzer, a World War II veteran, was also present at the ceremony. He traveled from Coudersport, Pa., to witness his great-granddaughter, Cameron Mayer, carry the wreath.—Darlene Rackley



Spencerville Adventurers place a wreath at the Tomb of the Unknown Soldier in a recent ceremony. The club's Helping Hands created the wreath under the guidance of Mary Thompson, a club parent and professional florist.

Adventurers (clockwise) Cameron Mayer, Kristen Stoia, Ryan Injety and Aaron Burrow were selected to carry the wreath for their excellence in attendance, uniform, honors and club spirit.

PHOTOS BY DARRYL THOMPSON



Senior Takes Flight

Left: Ricardo Antron was recently honored for completing his first solo flight. Earl Binder, his flight instructor, cut off Antron's shirt tail in honor of this achievement.

18 Join Honor Society

The National Honor Society (NHS) inducted 18 students at its seventh annual ceremony. Pictured below is Nam Yoon "Randy" Kim ('10), signing the official NHS membership book.

To date 153 BMA students have signed as members with the mission of using "the talents and abilities the Lord has blessed us with for the good of others."



Crossroads Students Host Multicultural Fair



About 200 students and community residents recently participated in the "Passport to the World" multicultural fair at Crossroads Adventist School (CAS) in Ellicott City, Md.

"It is important to encourage our students to become competent world citizens," said school principal Karohn Young.

It was this objective that sparked the idea for the fair. Visitors were issued a "passport" and encouraged to collect stamps from the booths they visited. Students wore traditional national costumes and presented information on the history and cultural heritage of more than 30 countries.

Guests enjoyed foods from other countries, performances by the CAS Children's Choir and the G.E. Peters School Steel Band and African drumming by the Zebra Kids.—*Jackie Farquharson*

Students Paris Hawk and Houston Hawk demonstrate a Chinese dragon dance at a recent multicultural fair held at Crossroads Adventist School.

PHOTO BY CLIFF HUNTER

MOUNTAIN VIEWPOINT

JULY 2010

Officers Re-Elected for Second Term

Last month an overwhelming majority of delegates to the Mountain View Conference's Fourth Quadrennial Session voted to re-elect Larry Boggess as their president and Victor Zill as their secretary-treasurer for a second full term. Delegates greeted the newly re-elected Zill and his wife, Monica, and Boggess and his wife Jo'an (below), with thunderous applause.

"Thank you again for giving me the opportunity for service," Boggess told the 165 delegates gathered at the conference's Valley Vista Adventist Center in



PHOTOS BY MONICA ZILL AND TAASHI ROWE

First Mizo Church Joins Chesapeake Conference

During a recent celebratory Sabbath service, Rob Vandeman, conference president, officially welcomed the First Mizo church to the Chesapeake Conference and presented them with a commemorative plaque. The congregation was a part of the Potomac Conference where they worshiped in a rented facility in Hyattsville, Md. When they purchased a building located within the territory of Chesapeake Conference, a transfer between conferences became necessary.

The Mizo people are native to Mizoram, a small state in northeastern India, nestled in the hills between Myanmar and Bangladesh.—*Runremliana Chhakchhuak*



PHOTO BY RUNREMLIANA CHHAKCHHUAK

Spencerville Member Awarded for Domestic Violence Education

Marie Schaub (below), a member of the Spencerville church in Silver Spring, Md., recently received an award for her work with the Interfaith Community Against Domestic Violence (IFCADV).

Schaub, who received the Board Leadership award, has served on the board of directors for 10 years. According to an IFCADV press release, "She has faithfully and energetically supported the mission of our organization in a myriad of ways—in her hard work, her regular attendance, her wise guidance, her gentle outreach, her financial support and her sense of humor."

Schaub says, domestic violence "is a very important topic, and we seldom talk about it in our faith communities. If we don't talk about it, people don't feel comfortable talking to their clergy about this."

The worldwide Seventh-day Adventist Church has designated every fourth Sabbath in August as

Abuse Prevention Emphasis Day. This year it is August 28. For more information, visit adventistwomensministries.org.—*Taashi Rowe*

Correction: Marilyn Peeke, principal of the Atholton Adventist School in Columbia, Md., was incorrectly named as a recipient of the Columbia Union's Outstanding Educator award. She actually received the Union's Outstanding Administrator award.

The Challenge is published in the *Visitor* by the Chesapeake Conference 6600 Martin Road, Columbia, MD 21044 Phone: (410) 995-1910 ■ ccosda.org President, Rob Vandeman ■ Editor, Samantha Young



PHOTO BY SAMANTHA YOUNG



Huttonsville, W.Va. He also thanked his predecessors, Randall Murphy and Kingsley Whitsett, for their experienced counsel.

In the treasurer's report, Zill announced that a 16.2 percent increase in tithe over the past four years and no long-term debt has placed the conference on better financial footing than in the previous four years. "We are not the most financially affluent area, so this tells me that God's people are faithful," he said. He explained



Fifteen-year-old David Thaxton, from the Williamson (W.Va.) church, was the youngest of the 165 delegates.

that staff expenses have gone down by moving some of those expenses into the field, which included increasing pastoral districts, but he cautioned those expenses will have to come back up at some point as the conference's needs continue to grow.

In his video report, Boggess shared that, "336

people joined the church over the past four years, 71 people were trained to do lay evangelism, nearly 100 different meetings were held to help people know Christ and 25 people are partnering with the conference to plant new churches." Still with deaths, transfers and apostasy, net gains remain small.

Pointing to increased lay involvement, Boggess remained optimistic that the conference of some 2,400 members, in 36 churches throughout West Virginia and Maryland, was poised for growth.—*Taashi Rowe*



The new Mountain View Conference Executive Committee includes (left to right) Scott Shafer, Edna Pepper, Randall Murphy, John Snyder, Larry Boggess, Howard Jeffers, Victor Zill, Wilton Williams, Jean Brownlee, Rodney Luttrell, Edward Lawaty and Susan Wilson. Not pictured: James Volpe, Harold Wightman and Vern Reynolds.

Mountain View Students Serve in Panama

Twenty-eight teachers and students left the mountains of the Mountain View Conference and spent 10 days ministering in the town of Las Tablas, Panama. The trip, sponsored by the conference's Education Department, allowed participants to work with the Quiet Hour ministry to do construction, Vacation Bible School, a medical clinic and evening evangelistic meetings.

"We had a taste of Jesus' joy when He ministered here," shared Rosalie Stockil, principal of the Valley View Adventist School in Bluefield, W.Va. "We gave people new smiles at the dental clinic, opened the eyes of the 'blind' at the eye clinic, gave children a new way to talk at the English classes at the school, shared the good news at the meetings and showed them that we loved them."

They found the experience such a blessing that "some of us are diligently working on our Spanish so we can communicate more effectively with our new family," Stockil said.

Jeremy Jacko (right), a Highland Adventist School teacher, carries his luggage to the island.



Some members of the Mountain View Conference group travel to Isle de Canas, a small island about 30 miles south of Las Tablas.



Top: Angela Volpe, a Highland Adventist School student, helps in the clinic.



Don Jacko, pastor of the Elkins (W.Va.) church, works with a form.



Donna Nicholas, Cheryl Jacko and Rosalie Stockil are eager to return to Panama and continue working in the mission field.



PHOTOS BY JEREMY JACKO, VICTOR ZILL, LARRY BOGGESS, ROSALIE STOCKIL AND CHERYL JACKO

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The Power Source

"For this reason I kneel before the Father, from whom His whole family in heaven and on the earth derives its name. I pray that out of His glorious riches He may strengthen you with power through His Spirit in your inner being" (Eph. 3:14-16, NIV).

This text reminds me of the morning I was trying to send a text message from my smart phone, but couldn't. I tried again and again, but it simply would not work. What was the problem? After looking carefully at the wires and the power supply, I found that although my phone appeared to be plugged into the outlet, it really was not connected! My excellent telephone was dead. The battery was exhausted. I had not connected it well the night before. My phone was out of energy!

Sometimes we find ourselves trying to succeed in our daily lives, but we have no energy to fight the good battle of faith. We make mistakes in simple things, our decisions are not razor-sharp and we have no power to resist temptations. Maybe we have arrived at this situation because we have not recharged our spiritual batteries. To combat spiritual death, we need to spend time in prayer and Bible study. Remember this equation: Time with God=Spiritual Power.

Today I call on you, dear brothers and sisters, to have an active life of personal prayer and Bible study—attend prayer meetings, join phone prayer conferences and spend time with Him! This will keep you connected to the Lord!



José H. Cortés
President

Union City Spanish Church Cooks Up Healthy Tips

With the title "Tasty and Healthy: Cooking with Ana Maria," the Union City Spanish church drew 40 people to a recent cooking class. Placing an ad in the local paper drew 27 attendees who were not members of the Seventh-day Adventist Church, including a professional chef, who expressed an interest in helping with future classes. Several Pathfinders



Future cooks Aileen del Puerto and Kellyn Lopez enjoy the class.



Claudia Garcia del Puerto, MD, and Ana Maria Fernandez share healthy cooking tips.

also completed their cooking specialty honor during the class.

Claudia Garcia del Puerto, MD, MPH, CHES, the church's Health Ministries director, organized and coordinated the class and accompanying health literature. She also assisted Fernandez, who taught the class.

300-Plus Women “Transformed” at Retreat

This year’s Spanish and English Women’s Ministries retreats drew 336 women to historic Cape



May. Amalia Aguero (right), Women’s Ministries coordinator for the conference, organized the two weekends, themed “Transformed by His Power.”

Marta Duffis, former Family and Women’s Ministries director for the Netherlands Antilles Conference, was the guest speaker for the Spanish weekend, while Hyveth Williams, professor of Christian Ministry at Andrews University

Hyveth Williams shares the Word during the English women’s retreat.



(Mich.), was the speaker for the English weekend. The women experienced the joy of praying, singing, fellowshiping, learning and sharing.



Left: Attendees included these women from the Hoboken Spanish church.

Grant Helps Fund Disaster Response Equipment

The Adventist Community Services Disaster Response program recently received a grant of \$500 from Pennoni Associates Inc., a consulting engineering firm, headquartered in Philadelphia. Joe Luste, PhD, an engineer at the firm, who also serves as area coordinator for Southern New Jersey

and is a member of Cherry Hill church, presented the grant.

The grant will go toward equipping the conference’s newly purchased disaster response trailer. The trailer will be used for early response operations following a declared emergency by the state of New Jersey.

“We were thrilled to get the grant because it costs a lot to equip one of these trailers, and every bit we get helps,” said Claudia Ramirez, New Jersey Conference statewide Disaster Response coordinator.

Claudia Ramirez; Pastor Mike Gill, conference Adventist Community Services director; and Joe Luste display a check for disaster response.



dates

- July**
7-10 Stewardship Emphasis Weekend, Local Churches
22-25 Family Retreat Weekend, Tranquil Valley Retreat Center (TVRC)

- August**
11-14 Stewardship Emphasis Weekend, Local Churches
14 Singles Spiritual Day Local Churches
20-23 ShareHim Boot Camp Local Churches

- September**
8-11 Stewardship Emphasis Weekend, Local Churches
11 Annual Choir Concert
24-26 Conference-wide Pathfinder Camporee, TVRC

New Jersey News is published in the Visitor by the New Jersey Conference 2160 Brunswick Ave., Trenton NJ 08648 Phone: (609) 392-7131 njcsda.org President, José H. Cortés Editor, Jim Greene

President Re-elected, Secretary/Treasurer Positions Merged

A 23-minute video report kicked off the 40th Regular Constituency Session of the Ohio Conference, held at the Worthington church. Within the three hours that the quadrennial meeting was in session, delegates participated in an interactive litany of worship, heard Psalm 145:3 recited by pastors from 15 nations, received financial reports, voted on four major actions to facilitate the consolidation of the Ohio Conference and the Ohio Conference Association, acted on changes to the articles of incorporation, regulations,



The newly elected Ohio Conference officers are presented to constituents. Pictured are Doug Falle, secretary-treasurer, and his wife, Ursula, and Raj Attiken, president, and his wife, Chandra.

of achievement for His glory and for the advancement of His kingdom,” Attiken said.

One of the highlights of the day was the unveiling of a plan to begin placing taskforce missionaries on the campuses of Ohio’s 140 university and college campuses, which serve more than 550,000 students. The delegates were informed that more than \$101,000 has been received to fund the launching of this missionary endeavor.



Pastors participate in a litany during the devotional.

and Mount Vernon Academy bylaws, and elected the executive leadership for the next four years.

Raj Attiken, DMin, who has been conference president since 1998, was re-elected to serve a fourth full term. Doug Falle, who recently moved to Ohio from the New York Conference, was elected secretary-treasurer. Members of the conference executive committee and Mount Vernon Academy Board of Trustees were also elected (see sidebar).

“We look to the future with the confidence that God will lead the church in Ohio to unprecedented heights

Executive Committee Members for 2010-14 Term:

Mike Barnett
Jeff Bovee
Jerry Chase
Marcellus de Oliveira
Kennedy Dulo
Mike Fortune
Donna Goodell
Chester Hitchcock

Tom Hughes
Tim Ko
Denny Leckron
Christiane Marshall
Migdalia Mason
Bob McGhee
Don Myers
Billy Newton
Elizabeth Panda
Gary Reimer
Emanuel Rodriguez
Melissa Sahlin

Mark Sitch
Dave Small
Julie Staats
Dan Stevens
Lori Whitted

Mount Vernon Academy Board of Trustees:

Willis Adams
Victor Brown
Terry Carson
Brenda Chase

Brian Christenson
Samuel Coleman
Virgil Fryling
Carole Haper
Melvin Hatch
Cecil Lynn Lee
Bev Morris
Fred Shoemaker
Betty Tate
Dixie Waite
Vince Waln

Conference Welcomes, Says Goodbye to Staff

Mike Stevenson, DMin, who has served the Ohio Conference for 10 years as director of Youth and Young Adult Ministries, has moved to British Columbia to be pastor for Youth Ministries at the Aldergrove church. During his service in Ohio, Stevenson provided leadership for the summer youth camp programs, Pathfinder and Adventurer ministries and a variety of youth and young adult initiatives. He was also



PHOTO BY LEE BENNETT

instrumental in launching the Camp SonPower day camp programs in Ohio churches. He also served as director of the Office of Urban Ministries for the conference. In 2007 he received the North American Division's (NAD) Distinguished Service for Lifetime Achievement award for excellence in Youth and Young Adult Ministries.

Torres' wife, Chari, develops curriculum material for NAD's Hispanic Youth and Young Adult Ministries. She is also a professional musician. They have two adult daughters, Alejandra and Andrea.

Tonya Anderson, associate treasurer for the Ohio Conference, has accepted the position of conference treasurer of the Central States Conference, based in Kansas. She came to the Ohio Conference in 2007 from Michigan, where she was business manager at Peterson-Warren Academy.



“Being elected to be conference treasurer is an advancement for which we are happy for Tonya,” Attiken shared. “We are grateful to her for the service that she has provided to our conference and for the friendship we have enjoyed with her.”

Nancy Barnett, who served as administrative assistant to both the Ohio Conference president and executive secretary, as well as editor of the *Mission Ohio* newsletter for the past three years, has been appointed associate treasurer for the conference. Barnett's professional background includes working in financial operations in several businesses. She is completing a degree in business administration at



Mount Vernon Nazarene University. “Nancy's commitment to excellence, attention to detail and skills in customer service and care, will make her contribution to the Treasury office of value to our constituents,” Attiken said.

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ohioadventist.org ■ President, Raj Attiken ■ Editor, Nancy Barnett

Connecting to the “Branch Manager”

Jesus' teaching in John 15:1 illustrates our dependence on Him. He says, “I am the true vine.” How often have we tried to be the vine, but produced sour grapes—the ugly works of the flesh? We will never find holiness and love for others in ourselves. Paul says, “I know that nothing good lives in me, that is, in my sinful nature” (Rom. 7:18, NIV). Jesus, the true vine, will produce the fruit of the Spirit as we allow Him to live in us. Again Paul says, “I am crucified with Christ; nevertheless I live” (Gal. 2:20). Paul, who was crucified with Christ, was vainly trying to do his best as *the vine*. Paul, who nevertheless lived, was the branch whose self-confidence was broken and dependent on the Lord Jesus.

A Pennsylvania Conference Core Value

Dependence: Knowing that we can do nothing in and of ourselves, we will be surrendered and dependent on God. It is because of Jesus' sacrifice that we have salvation. His indwelling Spirit enables us to lead lives of service (See John 15:1-9).

The responsibility of trying to be the vine makes us tense, which always predisposes us to further sin. Attempting to depend more on Him, without repenting of the sin of trying to be the vine, is vain. Dependence on the true vine, a willingness to be the branch and not the vine, allows His salvation and blessings to be worked through us to others. Stop trying. Start depending.



Bill Peterson
Assistant to the
President for Mission

70 Graduate From Hispanic School of Theology

The Hispanic churches of Pennsylvania Conference held their annual Festival of Evangelism in Carlisle. More than 250 delegates gathered for the inspiring preaching and seminars presented by Roger Hernandez, Hispanic coordinator of the Oregon Conference. There were inspiring testimonies from five recently planted churches and several members committed themselves to plant five more churches in 2010.

On Sabbath afternoon, 70 students from the School of Theology for Disciples graduated as Bible instructors. Pastor Ron Christman, Pennsylvania Conference treasurer, and Rubén Ramos, assistant to the Columbia Union Conference president for Multilingual Ministries, presented each of the students with a certificate. At the end of the ceremony, students gave powerful testimonies of souls saved and baptized as the result of their Bible studies.

Elias Bohorquez, from the Philadelphia Spanish I church, told how the Lord gave him the joy of seeing 10 souls baptized after receiving Bible studies. Another student, Altagracia Zapete from the Lehigh Valley Spanish church, began to share her faith with a group of drunken men who normally gather under a tree. Soon they agreed to study the Bible. After a long year of prayer and loving efforts, one gave his life to Jesus and was baptized with his wife.

“We thank God for what He has done among us!” shares Juan Lopez (left), Pennsylvania Conference Hispanic coordinator. “By the work of the Holy Spirit, 242 souls were baptized in 2009! I would like to thank the Hispanic pastors and the beloved believers for their faithful and dedicated work!”



70 Adventurers Attend Conference Retreat

On a recent weekend, Laurel Lake Camp in Rossiter was the destination for Adventurer clubs from the Allentown, Chambersburg, Easton English, Easton Spanish, Gettysburg, Hillcrest, Lehigh Valley Spanish, Pittsburgh, Stroudsburg, Valley View and Waynesboro churches. More than 55 families, with a total of 70 Adventurer-aged children (below), attended the annual conference-wide Adventurer Family Retreat, themed “Who

Wants to be a Disciple.”

Over the weekend, the Adventurers earned three awards: Disciples, Honey and Honeybee. Beekeeper Dwight Ashbaugh educated the young people on where honey comes from, how the bee makes honey and the role of a beekeeper. The Adventurers also tasted three flavors of honey.

Jennifer Miller (above), former director of the Allentown Adventurer Club, presented the message. At the close of worship on Saturday evening, Miller challenged the Adventurers to become disciples for Jesus. All of the Adventurer children accepted the challenge.

For more information on joining an Adventurer or Pathfinder group, contact Pam Scheib at papathfinders@verizon.net.—*Pamela Scheib*



Scheib Named Conference Adventurer, Pathfinder Director

Pamela Scheib recently began serving as the Adventurer and Pathfinder director for the Pennsylvania Conference. She also serves as a member of the 2014 “Forever Faithful” International Pathfinder Camporee Executive Advisory Committee, and is the director for the 2012 Columbia Union Pathfinder Camporee.

Scheib began her Pennsylvania Conference youth ministry in 1999 while serving as a Pathfinder club staff member and later club director, as well as area coordinator for Pathfinders and Adventurers. She later became a Master Guide, achieving both the Pathfinder Leadership Award and the Pathfinder Instructor Award and is currently working on the Adventurer Leadership Growth track. She has been summer camp secretary at Laurel Lake Retreat and Conference Center, conference Adventurer and Pathfinder coordinator, co-director of the 2007 “Friends in Christ” Columbia Union Pathfinder Camporee and a committee member of the 2009 “Courage to Stand” International Pathfinder Camporee.

Scheib lives to show young people how awesome God truly is and to lead young people to Christ. Her motto is: “Training future leaders to walk with Christ wherever He is going.”



What's happening

July

4-11 Tween Camp
Laurel Lake Camp, Rossiter

6-26 Youth ShareHim Overseas
Evangelism Trip

11-18 Teen Camp, *Laurel Lake Camp*

18-23 Adventure Camp
Laurel Lake Camp

August

6-21 Indonesia Overseas
Evangelism Trip

September

17-18 Fall Camp Meeting
Laurel Lake Camp

October

2 Real Love Teen
Conference, *Holiday Inn
New Cumberland*

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President, Ray Hartwell Editor, Tamyra Horst

Potomac People

JULY 2010

I Love Telling Others About Him

I'll never forget the conversation I had with Bill Miller, conference president, in October 2008, as we discussed the possibility of my joining the Potomac Conference team. After speaking for nearly 30 minutes about the different aspects of the job, Miller asked me if I had any other questions. I said, “Bill, just give me the bottom line—what is the single most important aspect of this position?” His answer was very succinct: “I need someone to help tell the story of what Jesus is doing in the Potomac Conference.”

On the surface that sounded like an easy request. I love telling stories, and I especially enjoy sharing the ways in which Jesus is moving in the lives of those who love Him. I've considered it an honor and privilege to join this wonderful team and help tell your story.

As I look back on my first year here, I'm humbled by this task. One thing is certain: change is the name of the game. Technology is changing so rapidly, it's nearly impossible to keep up. And the variety of ways in which we communicate is changing just as quickly. Texting and the Internet are replacing newspapers and magazines, and I can only imagine what the next 20 years will bring!

All this change makes me grateful for one fact—our Father's love for us will never change! For all eternity we'll have the honor and privilege of sharing the story of what Jesus did for each one of us. I look forward to sharing with the universe all the wonderful stories of what Jesus did in the Potomac Conference.



Dan Jensen

*Assistant to the President
for Communication*

Wytheville Church Takes Care of Business

As part of being about their Father's business, several members of the Wytheville (Va.) church recently attended the Community Business Expo in their town. Organized by the Wytheville Chamber of Commerce, the expo drew dozens of community businesses, including the Wytheville church (one of only two churches at the expo).

David Tripp, pastor; Jim Cox, first elder; Bob Mitchell, Potomac Conference Disaster Response and Adventist Community Services coordinator; and Joya Cleveland, cooking school instructor, met the crowds and shared Christ's love and healing remedies with them. They offered healthful cooking samples and invited attendees to the church's many programs, which include grief and depression recovery and prophecy seminars.

More than one person spoke of their appreciation for the church's weekly radio program featuring Pastor Tripp. “Reaching out to people and seeking to meet their needs are two important ways in which we can share the good news with those within our community,” Tripp concluded. “The expo was a wonderful opportunity for our church, and we look forward to doing it again next year.”



Pastor David Tripp was one of several Wytheville (Va.) church members ministering at a local business expo. They were only one of two churches to do so.

Winchester Church “Lifts” Disabled Into Fellowship

It was a special Sabbath at the Winchester (Va.) church when Jeff Puffinbarger (right), a member for 27 years, took his first, long-anticipated ride on the church’s newly installed lift. Because he uses a wheelchair, it had been years since he visited non-wheelchair accessible areas of the church, like the fellowship hall downstairs.

For years the church discussed various ways to make the church accessible for those with special needs. When Puffinbarger, his mother, Dorothy, and his stepfather, Greg Miller, as well as Pathfinders and other church members, began to visit Rose Memorial Home in Winchester, they made many friends who would not be able to make it up and down the stairs.

Last summer members decided that a lift would be the best choice and words became action. Deacons Scott Miller and Dean Rodgers and Greg Miller spent many hours on the project. Other church members assisted as they could.

It became a major undertaking as the best place to install the lift, to go up to the sanctuary and down to the fellowship room, was where the ladies rest room was located. After re-purposing several rooms so the



lift could be installed in a convenient area, the church ended up needing a new furnace and air conditioning unit and new wiring. Greg even brightened the children’s classrooms and the fellowship room with a fresh coat of paint.

Now that the lift is operable, members hope they have made it easier for their disabled members and friends to join them for worship and other occasions.—Doris Brown



Greg Miller and Doris Spangenberg demonstrate the ease of using the church’s newly installed lift.

Screening of Film Featuring Adventists Draws 400

Nine Seventh-day Adventist churches in the Richmond, Va., metropolitan area recently worked together to screen a film about the church’s commitment to health. *The Adventists* documentary drew nearly 400 people—including Adventists and those from various religious backgrounds seeking to learn more about Adventism.

Filmmaker Martin Doblmeier told the audience that for many years he wanted to make a film about the intersection of faith and health and found that the Adventist Church and its long history of promoting health was a great match. After a joke about being on the “haystack circuit,” he commended Adventists for their commitment to wholistic living, including Sabbath rest.

“The churches in Richmond have been seeking ways to work together in ministering to this community,” said Trevan Osborn (left), pastor of the Far West End church. “This was an important first step, and we’ve already started planning future opportunities.”—Shari Osborn



Potomac People is published in the *Visitor* by the Potomac Conference 606 Greenville Ave., Staunton, VA 24401 ■ Phone: (540) 886-0771 ■ pcsda.org President, Bill Miller ■ Communication Director, Dan Jensen

Spotlight on Spencerville

JULY 2010

I Am Inadequate ...

I was elected class president during my senior year in boarding academy. Once the election was final and I realized the responsibility that was in front of me, I remember questioning if I was up to the task. During the commencement services of that same school year, a lady approached me and said she had been studying my signature and believed that I would be a “great church leader” in the future. We had experienced a successful senior year, but it was because of a team effort between the officers and sponsors of our class, not because of my “great leadership.” However, her words have echoed inside my head since that day. Many times I have felt completely unprepared for the leadership task the Lord has placed before me. However, I now realize this is the mindset the Lord desires from us. When a task looks too big, we must depend completely on Him, and then He can work through us to bring about His plans.

The new Spencerville Adventist Academy (SAA) building is rising out of the ground as you read this article. I am scared. The responsibility is too big for me; yet I will surrender on a daily basis and allow the Lord to work through my inadequacies. When Christ leads, amazing things will continue to take place. If there is anything in your life that looks “too big” for you to handle, give it to Him and see the results that only God can bring about.



Brian Kittleson
Principal

NEWS

Students Present 11th Broadway Musical

Recently SAA’s high school drama team presented eight performances of *Meet Me in St. Louis*. This is the 11th year that the drama department presented a major Broadway musical. There were 28 cast members representing grades 9-12. Rod Kerbs, SAA’s director of bands, led an additional 16 students and alumni in the orchestra. Five students were also part of the behind-the-scenes crew of 20 people, helping to make the play a success.



Sophomore Takes History Personally

SAA’s sophomore American History class recently traveled to Gettysburg, Pa., to culminate a unit of instruction on America’s Civil War. After tracing the 147-year-old battle between the North and South, Nicholas Perkins (right), was able to stand on the same spot where one of his great-great-grandfathers stood on the day of the famous Picket’s Charge.

Private Jeff Sexton—Perkin’s ancestor—was a 21-year-old volunteer member of the 2nd Battalion of the North Carolina Infantry of Northern Virginia. At the end of the day, Sexton was wounded in action.

“This is so cool!” Perkins exclaimed, while standing in front of the memorial statue commemorating the young men from North Carolina. “I never thought I’d find the spot where my ancestor stood on a day that would be remembered by so many generations.”



Spotlight

Mission Trip Blesses Participants

For the sixth year, SAA students partnered with the Spencerville church to participate in a mission trip. This year 28 students and nine adult missionaries continued building a school they started last year in the Dominican Republic. They held Vacation Bible Schools, preached at churches and distributed some 300 Bibles.

Distributing the Bibles “was one of the most spiritual experiences during the trip. Everyone we met was so appreciative,” said junior Meredith Starr. “By the end of the day, it felt good knowing we made a difference in at least one person’s life.”



Juniors Wendell Phipps and Michelle Froom mix mortar for the more than 1,500 cement blocks laid by students and staff.



Senior Cassie Marroquin preached a sermon at the Sendero church, while Richie Sillé—Spanish and Physical Education teacher, as well as a native of the Dominican Republic—translated.



Junior Meredith Starr holds a little girl at one of the seven Vacation Bible Schools held in two different villages.

Honor Society Students Tutor Others

Each day as most students are heading home, another group of students remain in the classroom. But they are not working on their own studies—they are helping others with their homework. These are members of the SAA chapter of the National Honor Society (NHS), and they spend nearly an hour each day after school helping students from

all grades with homework questions. They help first-graders with spelling words, third-graders with math problems, sixth-graders with history and juniors with SAT study. “It provides a fantastic service opportunity for our members,” said Nathan Hess, NHS chapter advisor. “It also gives the high school students a chance to interact and

mentor the younger students, which is a unique opportunity made possible by our Pre-K to 12 setting.”

A dedicated group of parents and church members, led by parent volunteer Kelly Howell, also join NHS members in their tutoring. The adults come once or twice a week to supervise the NHS members as well as tutor those who need help. “The parents are an invaluable resource—this program would not work without their help” Hess added.

Ryan Comeau, a junior NHS member, helps a fourth-grade student with her homework.



Spotlight is published in the Visitor by the Spencerville Adventist Academy 15930 Good Hope Rd., Silver Spring, MD 20905 • Phone: (301) 421-9101 spencervilleacademy.org • Principal, Brian Kittleson • Editor, Heidi Wetmore

SHENANDOAH VALLEY ACADEMY HAPPENINGS

JULY 2010

www.shenandoahvalleyacademy.org

Support Programs Eliminate Learning Barriers

Learning the Language

Students come to Shenandoah Valley Academy (SVA) from Angola, Brazil, Guatemala, Korea, Peru and Portugal, which can make studying a challenge since English is often not their native language. SVA provides an intensive English as a Second Language (ESL) program to meet the needs of international students.

There are 11 ESL students taking Fundamentals of English I and II, Basic Christianity and Writing Lab. In Fundamentals of English class, students learn grammar,

goodness of God and understanding the gospel through various Bible stories and the life of Christ.

Maintaining, Improving Grades

Because everyone learns in different ways and at different speeds, there are times when the standard approach to learning does not work for all of SVA’s students. This is where Jen Song, academic support instructor, comes in. Song holds a Bachelor of Science in Brain and Cognitive Sciences and a minor in psychology from the University of Rochester (N.Y.), and a Master of Arts in Teaching and a Master of Science in Special Education from Andrews University (Mich.).

She uses a variety of tools to help students succeed at learning. For students who have documented disabilities, she makes sure that they receive accommodations to help them be successful. These accommodations range from extra time to complete a test to taking tests and quizzes orally. She also works individually with students to help them keep up their grades, maintain high grades or raise a failing grade by arranging tutoring in groups, one-on-one or peer-to-peer.

“Teaching is something I believe God has called me to,” Song shares. “I am a special educator because I feel that struggling learners cannot be ignored. I have a burden for Adventist education, and, as students with special needs increase, we cannot ignore them. I believe that these students need advocates and a voice on their side to teach them and teach others to help them.”

Song also teaches study, organization and test-taking skills and oversees remedial classes in Math and English.



Instructor Drew Rester (back row, center) smiles for a photo with his ESL class.

usage and mechanics of the English language. They learn written and spoken English, and read, edit and practice conversational skills.

In Writing Lab, instructor Drew Rester helps the students develop writing skills, ranging from basic sentence formation to essays. Because each student is at a different stage of learning English, Rester presents material in a way that challenges the advanced students and also gives one-on-one attention that the students need to succeed. “By having a smaller number of students to work with, I have been able to know how far along each one of them is in English acquisition and can assign and grade based on their ability” Rester says.

The Basic Christianity class is designed for students who are not from Christian backgrounds and have lower English skills. This year’s class included a pantheist, an atheist and a Confucianist. Students study the basic tenets of Christianity, focusing on the



Jen Song (center), academic support instructor, works with Callie Williams (‘11) and Emely Umana (‘11).

HAPPENINGS

Bible Study Groups Abound on Campus

By helping to form several Bible study and prayer groups, several SVA faculty and staff took to heart the school's most important objective: to provide opportunities for students to develop a saving relationship with Jesus Christ.

Chaplain Tim Harley developed one of the first groups following the fall Week of Prayer. Each week a group of 12-16 students meet with Pastor Harley in the Student Center to talk about cares and concerns. They first studied *Steps to Christ* and then participated in a doctrinal study.

In addition to the Bible study, Harley also led small groups from his Christian Leadership class to present Week of Prayer programs at various elementary schools within Potomac Conference. As a result of these presentations, at least one elementary school principal reported that five or six of the seventh- and eighth-grade students at his school wanted to begin Bible studies in preparation for baptism.

ESL teacher Drew Rester's group first started with a few young men. He offered his living room as



a meeting place. What began as a small weekly Bible study about understanding God better, soon grew to 30 or more guys and girls who meet on two different nights in Rester's living room. Rester says that the students have real questions and want genuine biblical answers. "I am convicted that the best way to reach young people in a way that changes their hearts is by looking at the goodness of God's character," he said.

Coach Josh Jetter and Nick Buchholz, assistant men's dean,

first started doing an early morning personal Bible study together in the men's dorm. Soon their personal study grew to include six or seven boys. They read from devotional books and choose Bible texts that go along with the lesson for the day, and then follow with a discussion of how to apply what they read to their lives.

Coach Josh Jetter studies the Bible with Nick Lapido ('12) and Josh Wyattte ('10).

Bible Studies Yield 18 Baptisms

As the 2009-10 school year ended, more than a dozen young men and women made their decision for Christ and chose to be baptized before their friends and family. The baptisms at SVA took place during the last two weeks of school. Seven students were baptized at an outdoor vesper and picnic supper at Lake Arrowhead in nearby Luray, Va. Four others were baptized the next day in the Shenandoah River and another seven baptized there the next Sabbath afternoon. This totaled 18 students who made the decision this year to follow Jesus. These baptisms were a result of the Bible study groups that formed throughout the school year.

Happenings is published in the *Visitor* by Shenandoah Valley Academy 234 West Lee Highway, New Market, VA 22844 • Phone: (540) 740-3161 shenandoahvalleyacademy.org • Principal, Spencer Hannah Editor, Jan Osborne



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The effectiveness of any institution of higher education depends on a committed and talented faculty. By giving our students an excellent learning experience, faculty members provide a vital bridge on the pathway to a student's success. With a 12:1 student/faculty ratio, Washington Adventist University (WAU) offers students qualified and diverse faculty members who are readily available to offer career guidance and personal attention. Our faculty members are leaders in their fields and provide real-life experiences in and out of the classroom.

They have earned their degrees from prestigious institutions, and their extracurricular activities further benefit the university by enriching their knowledge base and sharing their expertise with their colleagues. Below is a summary of the activities our faculty have been involved in during the 2009-10 academic year.



Weymouth Spence
President

Faculty Share, Gain Knowledge



Desrene Vernon, Department of Communication and Journalism chair, attended the Course Redesign Conference in Florida. She was the only delegate of the Maryland Independent Colleges and Universities Association. She will be using knowledge gained at the conference to implement more online course modules at WAU.

Jeannette Rogers-Dulan, PhD, professor of education, participated in the South American Division's Education Convention/Higher Education meetings in Argentina. While there she presented on the topic "Adventist Education in Contemporary Contexts: Classroom Assessment Techniques for Developing Rather Than Controlling Minds."



Grant Leitma, PhD Psychology Department chair, and Gladstone Gurubatham, PhD, psychology professor, attended the Teaching of Psychology Conference sponsored by the State University of New York. They are already integrating teaching tips learned there in their classrooms.



Anton Dormer, MD, MS, associate professor of biology, co-published a paper titled "Challenges in the use of Silico Tools for Predicting Peptides Binding to HLA-Class II Molecules of HCV E1, E2, and P7" in the journal *In Silico Biology: An International Journal on Computational Molecular Biology*. Dormer is working on a number of initiatives to promote research within the department and collaboration with other universities.



Gina Brown, PhD, dean of the School of Health Professions, Science and Wellness, co-authored the article "Developing 21st Century Models of Care for Seniors in Challenged Urban Settings" in the *Nursing Administration Quarterly*, Vol. 34, No. 2, pp. 172-177.



Zdravko "Zack" Plantak, PhD, chair of the Department of Religion, wrote an essay that was included as a chapter in the book *Exploring the Frontiers of Faith: Festschrift in Honour of Dr. Jan Paulsen* (president of the worldwide Adventist church). Additionally, Plantak's presidential address at the Adventist Society for Religious Studies conference was published in two journals, *Andrews University Seminary Studies* and *Spectrum*.

Campus Family Celebrates First Year as University

To cap off its first year of operation as Washington Adventist University (WAU), the learning community held a celebratory event at the Strathmore Music Center in North Bethesda, Md. The event was a testament to the school's student excellence, successful alumni and visionary leadership. The Columbia Collegiate Chorale and New England Youth Ensemble's uplifting concert; WAU alumnus Leonard Bailey, MD's research presentation; and President Weymouth Spence's inauguration all marked the milestone of the school's transition to university status. The photos below highlight some of the evening's events:



Patrick Farley, vice president for Finance, welcomes guests on behalf of the university administration.



A. Jean Warden, vice president for Student Life and Retention, introduces the musical portion of the program, titled "Celebration of Student Excellence at Washington Adventist University."

Akeem James, Student Association religious vice president, welcomes guests on behalf of the student body.



Alumnus Leonard Bailey, MD, who gained worldwide notoriety for transplanting the heart of a baboon into a human infant, presented the history of his research and infant heart transplant success at Loma Linda University Medical Center (Calif.).



Dave Weigley, president of the Columbia Union Conference and chairman of the WAU Board of Trustees, places his hands on Weymouth Spence, EdD, during the prayer of dedication for he and his wife, Rebecca.



Virginia Gene Rittenhouse, DMA, conducts the New England Youth Ensemble in the opening musical selections.



Gaspar Colón, PhD, dean of the School of Arts and Social Sciences and grand marshal of the inauguration, carries the university mace.

Calendar

July
 5-16 Summer Teaching Institute II
 12-Aug. 20 Bridge Program
 19-30 Summer Teaching Institute III
 29 Summer 2010 Graduation

August
 4-20 Capital Summer Program
 30 Fall Classes Begin

The Gateway is published in the Visitor by Washington Adventist University 7600 Flower Ave., Takoma Park, MD 20912 Phone: (800) 835-4212 • wau.edu President, Weymouth Spence Editor, Angela Abraham

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Saturday Morning, August 7

8:45 & The Church at Worship with Dr. James Londis
 11:15 & the Sligo Sanctuary and Children's Choirs
 10:00 The Church at Study with Youth/Young Adults/Adults & Children's Sabbath Schools (Birth-8th grade)

Saturday Afternoon/Evening, August 7

1:30 International Lunch
 3:30 Service Project in Takoma/Langley Park
 7:30 Musical Concert

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SUNSET CALENDAR

	July 9	July 16	July 23	July 30	Aug 6
Baltimore	8:35	8:32	8:27	8:21	8:13
Cincinnati	9:06	9:03	8:58	8:52	8:44
Cleveland	9:02	8:58	8:53	8:46	8:38
Columbus	9:03	8:59	8:54	8:48	8:40
Jersey City	8:29	8:26	8:20	8:14	8:06
Norfolk	8:27	8:24	8:19	8:14	8:07
Parkersburg	8:55	8:51	8:46	8:40	8:33
Philadelphia	8:31	8:28	8:23	8:16	8:09
Pittsburgh	8:52	8:48	8:43	8:37	8:29
Reading	8:35	8:32	8:27	8:20	8:13
Richmond	8:33	8:30	8:26	8:20	8:13
Roanoke	8:43	8:40	8:35	8:29	8:22
Toledo	9:10	9:06	9:01	8:54	8:46
Trenton	8:30	8:27	8:22	8:15	8:08
Wash., D.C.	8:35	8:32	8:27	8:21	8:14

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LEGAL NOTICES

FIRST QUINQUENNIAL SESSION OF THE POTOMAC CONFERENCE OF SEVENTH-DAY ADVENTISTS

The First Quinquennial Session of the Potomac Conference of Seventh-day Adventists will convene at 10 a.m., Sunday, September 26, 2010, at Takoma Academy, 8120 Carroll Avenue, Takoma Park, MD 20912.

The purpose of this meeting is to receive the quinquennial reports, elect executive officers, vice presidents and members of the Executive Committee and other board and committee members; consider recommendations for amendments and revisions to the Constitution and Bylaws of Potomac Conference of Seventh-day Adventists and the Bylaws of Potomac Conference Corporation of Seventh-day Adventists; and to transact such other business as may come before the delegates, including the possible consolidation or merger of the Potomac Conference of Seventh-day Adventists, Potomac Conference Corporation of Seventh-day Adventists, District of Columbia Conference Corporation of Seventh-day Adventists and Virginia Conference Agency of Seventh-day Adventists.

William K. Miller, President
Jorge A. Ramirez, Secretary

FIRST QUINQUENNIAL SESSION OF THE POTOMAC CONFERENCE CORPORATION OF SEVENTH-DAY ADVENTISTS

Legal notice is hereby given that the First Quinquennial Session of the Potomac Conference Corporation of Seventh-day Adventists will be held at Takoma Academy, 8120 Carroll Avenue, Takoma

Park, Md., Sunday, September 26, 2010, between 2:30 p.m. and 3:30 p.m.

The purpose of this meeting is to elect executive officers and trustees, consider recommendations for amendments and revisions of the Bylaws of the Potomac Conference Corporation of Seventh-day Adventists and to transact such other business as may come before the delegates, including the possible consolidation or merger of the Potomac Conference of Seventh-day Adventists and the Potomac Conference Corporation of Seventh-day Adventists. The delegates of the First Quinquennial Session of the Potomac Conference of Seventh-day Adventists are the delegates of this session.

William K. Miller, President
Hugo Chinchay, Secretary

FIRST QUINQUENNIAL SESSION OF THE DISTRICT OF COLUMBIA CONFERENCE CORPORATION OF SEVENTH-DAY ADVENTISTS

Notice is hereby given that the First Quinquennial Session of the District of Columbia Corporation of Seventh-day Adventists will be held at Takoma Academy, 8120 Carroll Avenue, Takoma Park, Md., on Sunday, September 26, 2010, between 2:30 p.m. and 3:30 p.m.

The purpose of this meeting is to elect executive officers and trustees, consider recommendations for amendments and revisions of the Bylaws of the District of Columbia Conference Corporation of Seventh-day Adventists, and to transact such other business as may come before the delegates, including the possible consolidation or merger of the Potomac Conference of Seventh-day Adventists and the District of Columbia Conference Corporation of Seventh-day Adventists. The delegates of the First Quinquennial Session of the Potomac Conference of Seventh-day Adventists are the delegates of this session.

William K. Miller, President
Hugo Chinchay, Secretary

FIRST QUINQUENNIAL SESSION OF THE VIRGINIA CONFERENCE AGENCY OF SEVENTH-DAY ADVENTISTS

Notice is hereby given that the First Quinquennial Session of the Virginia Conference Agency of Seventh-day Adventists, Inc. will be held at Takoma Academy, 8120 Carroll Avenue, Takoma Park, Md., Sunday, September 26, 2010, between 2:30 p.m. and 3:30 p.m.

The purpose of this meeting is to elect executive officers and

trustees, consider recommendations for amendments and revisions of the Bylaws of the Virginia Conference Agency of Seventh-day Adventists, and to transact such other business as may come before the delegates, including the possible consolidation or merger of the Potomac Conference of Seventh-day Adventists and the Virginia Conference Agency of Seventh-day Adventists. The delegates of the First Quinquennial Session of the Potomac Conference of Seventh-day Adventists are the delegates of this session.

William K. Miller, President
Hugo Chinchay, Secretary

ANNOUNCEMENTS

BLACK HILLS HEALTH AND EDUCATION CENTER, Hermosa, S.D. (near Rapid City), will present two special health training seminars: one on natural remedies, September 20-23, followed by Wellness Coaching, September 24-30. Call (800) 658-5433; visit bhhec.org; or email wellness@bhhec.org.

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The *Visitor* provides news and information, resources for effective ministry, and insight on issues with a spiritual focus to help people celebrate God's transforming grace in preparation for His return.

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Volume 115 ■ Issue 7

It's Not Too Late for Spring Cleaning!

Spring is traditionally the time for cleaning up and cleaning out the dirt, dust and disorder in our lives. Whether or not you cleaned your house from top to bottom this past spring, there's another kind of spring cleaning that can be done any time and is a key to successful lifestyle change:

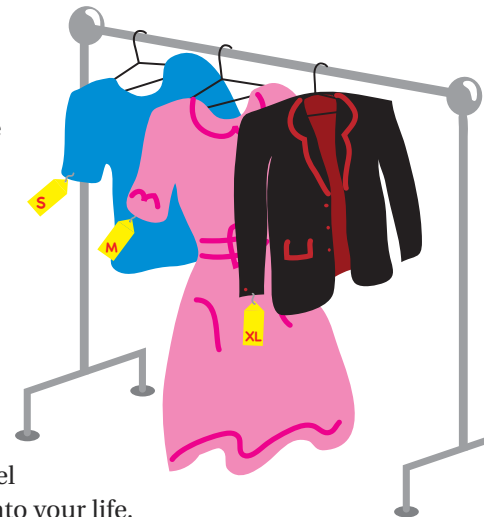


Throw out unhealthy foods. Go through your kitchen cabinets, refrigerator and freezer and discard the high fat, high sugar, processed foods. Replace them with healthier options, like an attractive fruit bowl, baby carrots or frozen grapes for a quick snack, etc. Treat yourself to a new cookbook featuring quick, healthy meals.

Get rid of clothes that are too big for you. Any yo-yo dieter has at least three sizes of clothes in her closet. Keeping them around and available gives you permission to slip into old habits.

Clear your plate. The one represented by your calendar and task list, that is. Is your busy schedule interfering with your goals for health? Clear your calendar to exercise a couple of times a week. Make room in your day for preparing and enjoying a healthy dinner. Schedule an appointment with yourself, if necessary. Decide to make your health a priority instead of something you fit in if you have time.

Talk to Yourself. It is a well-documented, human tendency to believe what we hear ourselves say. So if we are sounding like "I want to, but" or "Maybe I'll begin after" or "One of these days I'll," then our own words are working against us. Replace those words with "I will," and you'll begin to believe your own words, feel empowered and make those changes fit into your life.



ELIMINATE THE COMPETITION

Most of us don't consider what needs to be cleaned out in order to achieve our desire to live well. Interestingly, the Latin root for the word decision, "decidere," means "to cut off." Making a decision for a healthier lifestyle is not just about choosing an option; it's also about eliminating, or cutting off, all competing options. 2 Corinthians 5:17 reminds us that "If anyone is in Christ, he is a new creation; old things have passed away." Do some lifestyle spring cleaning today!

Lilly Tryon, MSN, RN, serves as wellness coaching coordinator at Adventist WholeHealth Network (awhn.org) in Wyomissing, Pa.

SLIGO BY THE SEA 2010

- | | |
|-----------------------------|----------------------------------|
| July 3
Terry Johnsson | July 10
Steve Chavez |
| July 17
Peter Bath | July 24
Larry Evans |
| July 31
William Johnsson | August 7
Charles Sandefur |
| August 14
Ben Carson | August 21
Ron Halversen |
| August 28
Fred Kinsey | September 4
William Loveless |
| September 11
Willie Huck | September 18
William Johnsson |

September 23
Nik Satelmajer

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(410) 524-7474

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