Next Level Living

Spiritual Fitness with Jeremy Anderson

Back2Basics with Jeremy Anderson, taking your spiritual life to the next level

Global Youth Day

8 million young people engaging in a day of active service

They Overcame By

Featuring Rhyanne Carrington
36th Annual
UNCF NORTH ALABAMA CAMPAIGN
Gala

Thursday April 17, 2014
VIP Reception: 5:30 pm
Von Braun Center, North Hall
700 Monroe St., Huntsville, AL 35801
Gala: 6:30 pm

Entertainment provided by:
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Master of Ceremonies
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UNCF
A mind is a terrible thing to waste

For more information on UNCF and to purchase tickets online, visit www.uncfnorthalabama.com
About Oakwood

Oakwood University, a historically black, Seventh-day Adventist institution in Huntsville, Alabama, has as its mission to transform students through biblically-based education for service to God and humanity.

Ambassador’s Daily Word

But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.

Isaiah 40:31 (KJV)
B2B Tip:

The spirit of humility and self-denial precedes a deeper and closer walk with God.

If anyone wishes to follow Jesus, you must deny self, and take up your cross daily and follow Him.

Luke 9:23

God is able to do just what he said he would do! Back2Basics Magazine is thrilled to be celebrating our two year anniversary this month! Not only that, but we have some very exciting stories to share from alumni of Oakwood University. You’ll read Rhyanne’s testimony of overcoming rape and low self esteem. Get to know Thessicar who was faithful to follow God’s plan that led her to complete her Ph.D. at age 26. Discover how 8 million young people participated in a day of active service and get to Next Level Living with Jeremy Anderson. We hope you are blessed with this special edition of B2B Mag!
GET WHAT YOU LOVE MOST ABOUT B2B

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Back2Basics is now available on your mobile devices and tablets. www.back22basicsmag.com
I was given up at birth and adopted by a Christian family at 5 months old. I was a happy kid for the most part until I reached my teenage years. That’s when I feel like my life went crazy. I started to be the family’s punching bag and trying to defend myself in my house at the time did not matter. I was getting into fist fights with my brother and my older sister. Most days it was just little things I did that seemed to get everyone mad at me.

I wasn’t much of a fighter as a kid. I used my words for the most part. Sometimes I was in the wrong, but most times I did not throw the first punch. I was still a kid being hit by my brother and sister. No one could understand the pain I was in. After all, it’s not like I could leave my house and air the dirty laundry. Things got worse. At age 16, two cousins molested me for days, then weeks, which led to months. My cousins told me I shouldn’t feel bad because I was adopted after all and we weren’t really family. Because I was adopted, I felt like no one would believe me, however, I couldn’t keep silent. It was common in my house that as a family we have family worship. My cousins were wolves in sheep’s clothing and I lost my cool. I locked myself in my room refusing to come out to worship. My mother and my uncle tried to find out what was wrong with me and I eventually told them. When they learned about what was going on, my uncle did not believe me until one of his sons said it was true. Their father made them apologize and a week later one of them tried to rape me in the garage of my home.

I was told not to talk about what happened to me. Everyone went on as if nothing happened. I began to feel angry and filled with hate. I had to hide my feelings from my friends and other family. What happened to me made me hate myself and think that this was my fault. I wore a mask to school, church and even in my home. No one wanted to talk to me about my feelings and what I was going through, so I shut everyone out and started to say a saying that would stay with me for a long time “I Don’t Care!” I gained this “I don’t care” demeanor and thought “well if everyone else is not going to care then why should I care about others.” I still had to go to church, however, inside I questioned and hated the God I was raised to know loved me. The only thing that really kept me in church was the Pathfinder program set up at my church. I lost within myself, I felt like no one could love me, after all I was unclean now.
How could any one love me? I became very dark and lost self worth. Depression started to take over. Mind you, this whole time I’m still the punching bag.

I left for college and went to Oakwood University looking for a new start. No one told me the depression I had would follow me. At Oakwood I went looking for a family and found one in the Ladies of Excellence; they helped me feel like I had a family. At Oakwood I started dating and after a bad break up I took some time off from dating and was just out making friends. A person who I went out with as a friend ended up raping me and once again I was left with the feeling of hate and depression, and sadness. I felt like a piece of me kept dying.

After the death of my best friend, Kyle, who I knew for 10 years and was the only guy who accepted me, died. Then after he passed my grandmother passed and I had reached my breaking point. There was nothing left of me. The nice sweet girl I once was started to hate myself, wishing I was dead. I started drinking to numb the pain. I couldn’t sleep at night so I would drink until I passed out. I would wake up, go to class and do it all over again. At the time I did not realize that it was a temporary fix. It was not until I went to seek help from a girl friend that I realized something was really wrong. By this time I lost all my self esteem and I didn’t love my self to the point I could even look in to a mirror. I use to think how on fire for God I was to now I haven’t prayed in years.

When I started to seek help my friend, Rachell, asked me to go to church with her. She doesn’t know it but she helped save my life and I will always be grateful to her for that. She held my hand through this whole process. By going back to church and gaining a deep search for Jesus in my life I found out that everything happens for a reason and God sent this Joseph experience for me to help others. I was tired of being a victim to depression and low self-esteem. I wanted to find a happy place and move forward with my life. So now I use my own experiences as a tool to help and educated others. The expression of freeness of my feelings with no judgment helps me show sympathy to others. Knowing that no two stories are the same and each person’s experience is different; I offer a listening ear and a solution to seek a happy life.

I address feelings and pain that others avoid talking about in order to help listeners confront and examine their own feelings that may be holding them back from living life and being happy. With the acknowledgement of true feelings and the effects those feelings play on one’s life, I was determined to mend the scars of my past that held me back so many years. Now I’m paying it forward by trying to help others pass their scars stating with the acknowledging, forgiving, healing, and moving forward to live life and be happy.

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Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.

John 14:27 (KJV)
If you knew Jeremy 10 years ago, you’d know that his mind was on women, money, popularity and a little bit of school. Jeremy graduated with a Bachelor of Social Work and Masters of Pastoral Studies degrees from Oakwood University. While he did graduate with ease, if he wasn’t in class, he was drinking or smoking or engaging in foolish activities. “I was living life for myself and I wouldn’t call myself a Christian at that time. I probably did call myself a Christian but I definitely wasn’t living like one. I was what you would say “taking God’s name in vain.” When you claim to be a Christian but live the exact opposite on purpose. “

It was after talking to his grandmother that Jeremy had a conversation with God, his then girlfriend and his father. He prayed with his dad. They talked for two and a half hours and a week later Jeremy was baptized by his father. Immediately started serving and started the young adult outreach team. “It’s one thing to be restored, but God will still use you and that’s what had me emotional.” As an answer to the prayers and support of his parents and grandparents, God kept him in His hands and brought this prodigal son back home. Today, Jeremy is on fire for the Lord answering the call that was evident in his formative years.

Service was critical to Jeremy’s spiritual growth and development. He explains that coming to church every Sabbath is not enough. Faith without works is dead. Service transforms you. You have to sacrifice your time, energy and talents. That is what God is demanding from you.

“I got back to my basics by doing everything I was doing in high school. I was serving in so many areas like religious vice president and chaplain and it was fun. When I got to college I stopped serving and it was all about me and money, clothes, cars, friends, fashion, alcohol and women. I would go to Madison Mission every week to see the people and not for the word.”

“I have mixed emotions about the next generation. I’m a little nervous because the reality is that they are not robots and they have the choice to be powerful and successful for God or they have the choice to be lame by themselves. They...
can give it all to God and do amazing things or fall victim to the devil and his tricks. Fortunately God didn’t make robots, but I am encouraged because I believe in the power of God and the prayers of the parents. I believe in this new generation because I know the power of God will prevail.”

The more young adults who sign up for ministries and more bold about their faith and on fire and passionate and they are not afraid to show it, the stronger of an influence they have on others as a whole. “When I see other young people starting ministries I am encouraged seeing them so passionate about God.”

“I know what my purpose is now and before I wasn’t living on purpose. The heart and the mind of God keeps me going in ministry. Since I’m intentional about life, I have no choice but to be successful. I’m living out my plan with God.”

“Prodigal to Prodigy was Jeremy’s testimony. “January 22, 2010 I was physically and mentally paralyzed. I was laying in my bed and could not move, talk or think. All I heard was God telling me to write this book. He gave me the 10 chapter that are in that book.” Power Apps is a daily devotion that Jeremy wrote for youth and young adults. “Everybody is downloading these apps in technology, but are we downloading the power of the Holy Spirit? At the end of each day you have a pose prayer, a power passage (scripture) and a power point (summary).” Then, there is a Modern Disciple Series Jeremy has written based on Luke 9:23. ”There is a difference of a believer and a follower of God.” Self Destruction is volume one on how to die to self and live in the Spirit of God. Strength and Conditioning is the second book in the series and outlines how the crosses we carry make us spiritually fit.

One thing that Jeremy wants you to know is that he is NOTHING without God and He owes everything he has to his Lord and Savior Jesus Christ!

“The basis of my ministry is "next level living." I show people how to take their spiritual lives to the next level. Everyone is at a different level in their spiritual walk.”

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Global Youth Day (GYD) is an inspiring, new initiative of the General Conference’s Youth Ministries Department, is dedicated to youth and young adults spending time as the hands and the feet of Jesus in serving others. The main objectives are: to help us recapture the reality of the Seventh-day Adventist Youth as a global movement, to lead our youth to rediscover the sense of belonging to a global army, and to reaffirm mission at the heart of Global Youth Ministry.

This year’s Global Youth Day was an event that sent hundreds of thousands of Seventh-day Adventist youth and young adults out of church for service projects in neighborhoods and communities worldwide.
Kale Nelson
@iMustBeDOPE
I love Outreach!
#GlobalYouthDay
#BeTheSermon

George Johnson
@gw_johnson
#GlobalYouthDay -
Oakwood selfie on the
GYD set in Huntsville, Ala.
going live at 7pm CDT
It’s been a weird experience for Thessicar Antoine since graduating Oakwood in 2009. "When I started at Oakwood, I planned to go to medical school." To her surprise, God widely opened the door that led to her obtaining her Ph.D. in Microbiology and Immunology with an emphasis in infectious disease at the age of 26. One might think that this is an educational journey, but the process that brought Thessicar to this point and the way that God directed each step of the degree was nothing short of amazing, making this a spiritual journey. Every step was perfectly ordered by God. Every stumbling block and hinderance was removed. Everything that was originally meant to deter her, God used it for His glory.
While she was still a sophomore at Oakwood, Thessicar met a woman from the University of Illinois at Chicago. At that time, they were only meeting with juniors and seniors, however, the two of them kept in touch until they met again during Thessicar’s senior year. "I prayed that morning and God led me to say that I wanted to study microbiology." Thessicar was invited to an interview and thought it was unique that, unlike other interviews that focused on research, the questions were centered around the things that she loves to do and her hobbies. "I always prayed for a rainbow, a sign from God that this is what I’m supposed to do. I was on my way back from a cruise and looked up and saw a double rainbow. When I returned home I saw a huge rainbow and that was reassuring to me that Chicago was the right decision."

Thessicar moved to Chicago with two suitcases. "In Chicago I felt that there were very few people who I could relate to. I was the youngest in my class to receive this degree with distinction." "I noticed that several of the fellowships and grants I was applying for were getting declined." After some research, Thessicar found out that it was a letter of recommendation resulting in the declinations because it said they believed she would flunk out. "I asked God to bless my studies." It was at this point that God opened the windows of heaven and poured out the blessings.

Thessicar and her mentor wrote out a proposal or a plan to obtain her Ph.D. As she applied to have her journal publications accepted, her computer crashed and the files were gone. An IT professional was able to recover everything. That was a blessing in itself because nothing had to be rewritten and not one, but two journal publications were accepted!

Another blessing came to Thessicar in the form of an unexpected friend. "I asked God for someone to pray with."
"He sent me a study partner who mentioned God in an answer. She asked me if I was offended by her response and I said not at all. When I said I was a Christian, she asked me a series of questions about the Sabbath and diet and state of the dead. With her being nondenominational, she expressed that she believed in the seventh day Sabbath and our conversation started an immediate friendship. She has been such a treasure to me."

"God took me from this person who wouldn't succeed to fulfill the plan he had for my life that was not my original plan A."

You always have a plan for your life and when God closes a door we resist and don’t always do what he wants us to do with our whole heart. There will be times when you want to give up, but you have all the promises of God’s Word. "I was a ball of emotion as I defended my dissertation and got acceptance in December of 2013. I never imagined my life being like this." "I'm the first person in my family to get a PhD. It's so overwhelming and humbling. I don't have words to describe. God is awesome. He's so good."

Now as she prepares to walk across the stage next month, Thessicar is in awe of her testimony. "I could have been a statistic, but I'm not. I am the exception to the rule because of God."

Thessicar graduates from the University of Illinois at Chicago on May 9, which happens to be the same day she graduated from Oakwood in 2009.
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