Greetings! Spring flowers are bursting out everywhere. Tis the season for change. This is true for ministry as well. As new generations come of age and older ones decrease their leadership responsibilities, local church ministry is changing. What changes have occurred in your church? What are the positives and negatives? How can the negatives be diminished?

Recapturing Sabbath

CNN recently published an article about a group who call themselves, “Reboot.” They are on a mission to recapture the true meaning of soul rest by turning off all of their electronic devices during the Sabbath hours.

“New York (CNN) -- As the story goes, God spent six days creating the world and then rested on the seventh day. He told the Jewish people to always rest on the seventh day of each week, which was to become known as the Sabbath for them for eternity.”

“This was before Facebook, Twitter, BlackBerries and iPhones, of course. Adam and Eve didn't have friends who would get upset if texts weren't returned promptly, parents who wanted to know where their children were all the time or bosses who had complete access to their employees via work-issued devices.” --by Nicole Bliman, CNN

Read CNN article

59th General Conference Session

More than 2,400 voting members are expected to gather in Atlanta,
GA, June 23 to July 3, 2010, for the 59th General Conference Session.

Click here for more details

**Someone Was There**
by Kenny Margart, as told to Nancy Canwell

You could have heard a pin drop in the auditorium. All eyes were on the stage where Ken was standing. All ears were listening to his every word. All hearts were aching for what he’d gone through....

"Good morning everybody," Ken spoke into the microphone. "Today I would like to talk to you about something that has been an uphill battle for me all throughout my life: putting things in God's hands. I find myself in situations where I could use God's help, but I am fairly independent and sometimes that gets in the way of things. The biggest struggle for me was when my Dad died last summer."

Read full story

**SpiritFlash Moves to YouTube**

SpiritFlash.org has recently moved to YouTube.

Quick Links
Answers For Me
Better Sermons
ChurchSupport
LifeSavers
SpiritFlash
Story Harvest
Online Recorder
PUConline.org

Featured Links
Santa Rosa Veg. Cafe
The Knight Shift

New Satellite, New Opportunities
By Hannah Luttrell

Loma Linda Broadcasting Network has moved to a new satellite, and has also moved on to some great new outreach opportunities!

After the previous satellite LLBN was on, AMC-4, suffered damage due to solar flares, God opened up a way for LLBN to be part of a new satellite, Galaxy 19. A new and popular satellite with a potential audience of over 5 million, G-19 is home to many other Christian channels and foreign language channels, including about 30 Arabic channels and 5 Chinese channels.

Read full article
A channel has been set up that features the same videos that were displayed on the old site. The technical performance of YouTube's server is an improvement over the previous site. Visit SpiritFlash.

**Resources You Can Use**

**Blissful Ministries** is a dream of Nicki Carleton, an Adventist soujourner, a disciple of Christ who's mission is to change the culture of prayer in churches, schools and communities and bring the experience of the Holy Spirit wherever she goes. She loves to disciple others in knowing the incredible power of having an intimate relationship with Jesus and hearing his voice.

**The Home Run (Video)** - In 2006, Liberty Mutual created a TV commercial about people doing things for strangers. The response was overwhelming. They received thousands of positive emails and letters from people all over the country commenting on the ads. They thought, if one TV spot can get people thinking and talking about responsibility, imagine what could happen if we went a step further? So they created a series of short films, and this website, as an exploration of what it means to do the right thing.

**The Vegetarian Advantage** - Selling the advantages of a vegetarian diet have never been so easy. Not only does scientific research continue to support the health benefits of reducing the intake of animal products, but the dangers associated with meat-eating continue to mount.

**Hollywood Stained Glass (Video)** - A trailer of the video short, "Stained Glass: Hollywood Blvd.", is about a group of Adventists in Hollywood, CA who are committed to providing authentic ministry in the heart of urban glitter.

ChurchApplied is published by the Pacific Union Conference.

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Facebook Group
ChurchApplied Blog
New York (CNN) -- As the story goes, God spent six days creating the world and then rested on the seventh day. He told the Jewish people to always rest on the seventh day of each week, which was to become known as the Sabbath for them for eternity.

This was before Facebook, Twitter, BlackBerries and iPhones, of course. Adam and Eve didn’t have friends who would get upset if texts weren’t returned promptly, parents who wanted to know where their children were all the time or bosses who had complete access to their employees via work-issued devices. There is no excuse good enough to ignore the boss, even on a weekend.

But one group is trying to take back the Sabbath: Reboot — a nonprofit organization aimed at reinventing the traditions and rituals of Judaism for today’s secular Jews.

Composed of Internet entrepreneurs, creators of award-winning television shows, community organizers and nonprofit leaders, these “Rebooters” are people who typically have their cell phones glued to their palms. Several of them go so far as to say they have an addiction to their devices.

They pledged to observe 24 hours of freedom from their devices this past weekend: a National Day of Unplugging, lasting from sundown Friday to sundown Saturday, the Jewish Sabbath.

"There’s clearly a social problem when we’re interacting more with digital interfaces than our fellow human beings," Rollman said in an e-mail to CNN. "Rich, engaging conversations are harder to come by than they were a few years ago. Our attention spans are silently evaporating."

The Sabbath Manifesto consists of 10 principles. However, people are encouraged to discuss online which principles work and which should be tweaked. As they stand now, the guiding principles are:

STORY HIGHLIGHTS

Reboot aims to reinvent traditions of Judaism for today’s secular Jews

Group says cell phones, computers should be put away for weekly day of rest

Sabbath Manifesto founder says he felt technology was taking over too much of his life

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Today’s five most popular stories

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Natalee Holloway’s mother meets with van der Sloot

John Rhode wins “The Biggest Loser”

Can heavy weight exercise cause hair loss?
1. Avoid technology.
2. Connect with loved ones.
3. Nurture your health.
4. Get outside.
5. Avoid commerce.
7. Drink wine.
8. Eat bread.
10. Give back.

The National Day of Unplugging specifically promotes the first principle.

Even though Reboot is technically focused on reaching out to hyper-connected Jews, the values behind the Sabbath Manifesto are meant for all denominations, Rollman said.

"We believe that everyone can benefit from a respite from the relentless technology. Unplugging on a weekly basis won't provide a magical solution to these issues, but it's a start ... a chance to catch our breaths, replenish our souls and reconnect with the living, breathing people we love."

It may sound like a nice idea, but how realistic is the concept? Can people live without their beloved technology for 24 hours?

"No," said Chris Maroudis, 22, without missing a beat. "The problem is, I live in Jersey and work here [Manhattan]. I have to contact my friends in Jersey to make plans. I'm not just going to go all the way there and then they're not home."

Some people are able to remember a simpler time before cell phones.

"This is new for me," said 26-year-old Amanda Norman, laughing and waving her BlackBerry. "I remember even before cell phones, when you had to make plans with someone beforehand and meet them there. If you were late, you were late."

Walking around Manhattan, though, it is hard to find people without a phone of any kind in their grasp.

As Nano Paulino, 27, pointed out, everyone in the city is working. The bosses need to stay in touch with you. Asked if he would answer a call from his boss at 10 at night, he said no. Why not? "I'm sleeping!"

His friend, Arnold Diaz, 30, would also have a hard time without his phone, but for a slightly different reason.

"Definitely not on a Friday night. We have to make plans. Maybe on a Monday or Tuesday," he paused. "Not Monday, because if you meet a girl over the weekend, you want to call her on Monday. So maybe Tuesday or Wednesday."

There is one piece of irony to the whole thing.

Lisa Keller, 42, said she can easily go a day without using her phone. Asked if her friends and family would get frustrated by not being able
to call or e-mail her, she laughed. "I would first put up a Facebook status to say I'll be off my phone and computer for 24 hours."

Reboot also recognizes the irony that it has been promoting the National Day of Unplugging largely using social-networking sites. However, the group was asking people not to log on to their sites in the 24-hour window starting Friday evening at sundown.

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Put e-gifts in virtual stockings this holiday
Gadget gifts for the fitness forward

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Together, let's tackle our biggest financial challenges. Learn more. Prudential.com/bigmoneychallenges

Learn Hebrew in 10 Days
World-famous Pimsleur Method. As seen on PBS - $9.95 w/ Free S&H. PimsleurApproach.com/Learn-Hebrew

soundoff (234 Comments)

ShalomLove07
Remember, keep it simple.

1 year ago | Like (4) | Report abuse

sheishey
I LOVE THE SABBATH!! it's a Blessing to my life to be able to stop my normal activities (work, study, tv, meetings...etc...) and go to church, worship God! help people! visit the sick... it's an awesome day to relax and be in total communion with my awesome God that's always there with me during th... more

1 year ago | Like (9) | Report abuse

possom
I have been unplugging from 4 pm Sat to 10 am Monday for the past several years. I take the weekend to read. I don't use the phone or drive or listen to the news or play with the computer. What a relief! I had to train people to not call me unless it was an emergency. I always feel SO rested and rea... more

1 year ago | Like (2) | Report abuse

Guest
If you really want to know what our rest is now in the time of Jesus Christ Read Hebrews 4 and make up your mind. Is either the law or the one the law pointed to?God bless all with the knowledge of Jesus Christ.1 Let us therefore fear, lest, a promise being left us of entering into his rest, any of... more

1 year ago | Like (2) | Report abuse

HLFNLSN
Never does the bible ask one to chose between the 10 commandments and Christ. The 10 commandments never pointed to any moment in time. They are as eternal as God himself, for they are the foundation of His throne and government. Go through each commandment and ask yourself the question will I follo... more

1 year ago | Like (3) | Report abuse

guaytiao
It isn't a case of "as the story goes...". Either you give credence to the Bible or you don't; there's no middle ground, no gray areas. It's strange that so many of us sit in the pews Sunday mornings listening to sermon after sermon based on the "Ten" Commandments, and yet say that, since we are... more

1 year ago | Like (5) | Report abuse
It is not only a good idea, it is optimal for our lives to keep the sabbath! Our health deteriorates when we go full speed as we're used to going... And let us not forget that keeping the sabbath is for our benefit... Don't let other people tell you why you should do it, but research it yourself. Go ...

The Sabbath Day is not only a day of rest but it is also a day to re-connect to our Creator the old-fashioned way : via knee-mail. I am a Seventh-Day Adventist, which means I keep the Sabbath (Seventh Day) holy and thus refrain from any worldly, every day activity. It is an opportunity to worship God...

I too am a Sabbath-keeper and am grateful to be an SDA Christian. If it weren't for the blessing of honoring the Sabbath, I would be all wound up with life throws at me. One thing that many fail to realize is this: the Sabbath was given to man, not to the Jews. There were no Jews when creation week o...

First off, Sabbath is not on Sunday. Sunday was the day chosen by Emperor Constantine to coincide with his pagan mother's sun worshipping. The traditional Sabbath, which is not only kept by Jews but also by some Christian groups, is on Saturday. This observance is from sundown on Friday to sundown o...

Are you SDA? If you are, which church do you go to?

i don't partake in cult activities. sorry.

If they have websites for this thing, isn't that "connection"

Here's my manifesto: Avoid religion.

Work on computers and blackberry all day long. I do my best to avoid all evening long and on the weekends. On vacation, you won't catch me near e-mail or the web and preferably even T.V. I live for the day i can retire and never see one again... like that will ever happen... the retiring, that is. I...

Hyper connected jews? hahahaha

I believe that a true day of rest, like the Jewish Sabbath, is needed now - with all the technological demands on our family time - more than ever. The world will not come to an end if one observes a 24 hour period as described in this article. As a matter of fact, our quality of life, not to mentio...

Group urges unplugging to take back Sabbath - CNN.com http://edition.cnn.com/2010/LIVING/03/19/national.unplugging.day/index...
I host a monthly Sabbath @ the beach where we unplug from the world for a day. We set up a tent, eat our favorite food, and just hang out on the beach. Oh yeah, no technology allowed...

1 year ago | Like (1) | Report abuse

aussiedave
The Hebrew word for Sabbath actually means to "rest from labour" anyway. It seems to me that sometimes social networking and/or staying "connected" 24/7 can become a tedious chore at times. A recent week away at a place where I didn't have cell coverage was a welcomed time out from the world for me,... more

1 year ago | Like (6) | Report abuse

RickMcDaniel
You don't need a sabbath to do that. That is called treating your fellow man like you would like to be treated. It is called human decency, and has nothing to do, with the sabbath.

1 year ago | Like (1) | Report abuse

LilErpDerp
but of course religious people want us to believe that if it wasn't for the fear of god we would be running around naked raping people and murdering and stealing

1 year ago | Like (1) | Report abuse

rgreenb000
You're right. I am an orthodox Jew, but I agree with you that it doesn't have to be dogmatic. By the way, do you know who said that quote originally? It was said by Rabbi Hillel, a rabbi that lived in Iraq about 200 bce. That's neither here or there, just an interesting point.

1 year ago | Like (4) | Report abuse

SoooooooMe
I would rather die. ;-)

1 year ago | Like (3) | Report abuse

NMKabak
I am intrigued by almost all of the comments made. If read analytically, you can see how shallow, self absorbed, fearful of bosses and lacking in confidence that are consuming many of the commentators. People who have followed the rules of the Shabbat over the millennia seemed to have survived very... more

1 year ago | Like (9) | Report abuse

RSH
Excellent idea. I'm not religious, but Sunday should be a day free from technology and the things that cause us stress and attention deficit disorders. Capitalism has too much of a grip on the daily lives of Americans. We need more free time like our Canadian and European counterparts. They all get ... more

1 year ago | Like (10) | Report abuse

| View all comments
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Seventh-day Adventist World Session 2010:
The 59th General Conference Session of the Seventh-day Adventist Church

59th General Conference Session

To delegates and attendees at the 2010 General Conference Session:

General Conference Session is a unique occasion. There is no moment in the life of the Church which demonstrates so vividly--so tangibly--the extraordinary way God’s Spirit is moving among us. And so I'm delighted to invite your presence and participation at the 59th Session of the General Conference of Seventh-day Adventists, in Atlanta, Georgia, June 23 --July 3, 2010.

Why do we do this? Why do we invest the time and the resources every five years to bring together representatives from every part of our worldwide Church? The answer, I believe, goes to the heart of our identity and mission. Through these gatherings we powerfully affirm that we are one people, united in faith, and bound by our shared desire to be instruments of God’s purpose in the world.

And so we will come together to:

- **Give thanks**--This will be a time to worship our Lord, to celebrate the "international flavors"of our family, and to taste just a little of the eternal fellowship to come. I’m especially pleased that we’ve chosen this occasion to explore the role of the local church pastor in the life and witness of the Adventist Church. This is fitting. The sacred, often difficult task of guiding the local congregation is one that undergirds all that we are and do as a spiritual community.

- **Plan**--We will use our time together to review and evaluate, to exchange ideas and make plans, and to ask: "How has the world around us changed in the past five years? How have we, as a church, changed? What challenges lie before us? What opportunities must we grasp?" For when all is said and done, we have...
• **Recommit**—As we pray together, plan together, share with each other, the Holy Spirit will surely be with us, too. Individually, and as a community, this will be a moment to rededicate ourselves to the Lord and to the task of proclaiming His grace to the world.

Please join me in praying that the Spirit will move powerfully and that we will look back at our time together as a pivotal moment of renewed purpose and vision within our Church. May this be our experience.

Yours in His Service,

Jan Paulsen

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**DATES:**  Wednesday, June 23, 2010 through Sabbath, July 3, 2010

**PLACE:**  Georgia World Congress Center and Georgia Dome

**THEME:**  Proclaiming God’s Grace...read

**HOTELS:**  Large numbers of hotel rooms have been blocked by the General Conference.  [Reservations](#)

**BROCHURE:**  The Session brochure is now available.

**EXHIBITS:**  [Guidelines](#) and applications, and shipping instructions for exhibitors are available, with additional information and forms available at the [George Fern Decorators site](#).

**MUSIC:**  The music deadline has passed. No additional applications are being accepted.

**FOOD SERVICE:**  A lacto-ovo vegetarian food service will be available in the Convention Center.  [Meal ticket Order Form](#).

**PARKING:**  You may now pre-purchase parking arrangements.  [Park](#).

**TENTATIVE SCHEDULE:**  All scheduling is subject to change, but present plans call for the following:

- June 23 - Day of Spiritual Emphasis
- June 24 - Opening Session

**SESSION MANAGEMENT:**  Sheri Clemmer, Associate Meeting Planner

George Egwakhe, Associate Treasurer

General Conference of Seventh-day Adventists

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**50 DAYS OF PRAYER:**  Join groups and individuals around the world in prayer for the purpose and vision of the Seventh-day Adventist Church.

**HOPE CHANNEL**  The Hope Channel [Schedule](#) during the General Conference Session.

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(2 of 2)
You could have heard a pin drop in the auditorium. All eyes were on the stage where Ken was standing. All ears were listening to his every word. All hearts were aching for what he'd gone through….

As a student you can sit by other kids in class, be their partner in gym, or maybe even hang out with them after school, and not really know what's going on in their lives. Such was the case with Ken. We didn't know that his childhood had been so rough. We didn't know that his dad had an anger problem and that Ken would go to sleep at night listening to his Dad yell at his Mom. We didn't know that he lived in constant fear, sleeping with a bat near his bed in order to feel safe. And we didn't know that he felt he was never good enough for his Dad—that he really never felt accepted. If he had tried to tell us about his pain, we didn't hear him. But we were sure listening then:

Ken's Story

"Good morning everybody," Ken spoke into the microphone. "Today I would like to talk to you about something that has been an uphill battle for me all throughout my life: putting things in God's hands. I find myself in situations where I could use God's help, but I am fairly independent and sometimes that gets in the way of things. The biggest struggle for me was when my Dad died last summer."

Ken went on to tell us that his Dad's death was made harder by the fact that their relationship hadn't been the best. In his grief, he stopped talking to God. He spent the summer moping around the house all day or keeping busy with his friends and going to parties—anything to push away the pain.

And then came that night. The night we almost lost him.

"One night I was so fed up with life, people, and the pain that I took off on my motorcycle at one o'clock in the morning. While I was riding on a country road, Satan started putting thoughts into my head: 'Your Dad was never proud of you, otherwise he would have told you...Nobody cares about you...No one would miss you...It's not like you have something to live for...Why don't you just kill yourself? You wouldn't feel any more pain...It would solve everything....'

"So I sped up. I don't know how fast I was going but I was hauling. I saw a car coming toward me and started moving closer and closer toward the centerline. Seconds before I was to turn into the oncoming car, I felt my cell phone vibrating in my pocket. In that moment, I looked down. When I looked up, the car had passed. I instantly realized that I was letting Satan fill my heart with bitterness toward God for taking my father away from me—and at myself because I thought I should have had a better relationship with my dad."

Ken immediately pulled off to the side of the road and jumped off his bike. Throwing off his helmet he collapsed on the gravel and started crying. "It was like Someone was finally there," he said. "I asked God to forgive me for abandoning Him. Especially when I really needed Him the most."

Ken ended his talk by telling us, "One thing I really admire about God is that you can be a wretch like me and push God away, but when you see how much you need Him, you realize He has been there for you all along."

You Have a Future

Ken's story teaches that you can't rely on feelings in the middle of your pain. When you're facing a heart-wrenching breakup, the divorce of...
your parents, having your best friend shun you, feeling unpopular or being bullied at school—that’s not the time to make the irreversible
decision to end your life. The pain may be so severe that at that moment that you don’t feel like living. But that’s only that particular moment.
Ken’s feelings changed just as soon as the car passed him.

I have a cousin who works the night shift in the ER at a large hospital. She’s seen many suicide attempts on her shift. I once asked her, “When
you have patients whose suicide attempt has failed, are they glad when they wake up the next morning?” She answered, “Almost always.”

When your pain is that intense, don’t make the permanent decision to end it all. Instead, RUN. Run from Satan and run to God. Run to a
parent, friend, pastor, school counselor, teacher, doctor, or call one of the numbers listed below.* Run to anyone who can help you realize that
your life can get better, and who can show you how. Don’t give up. Choose life. Don’t say an early goodbye.

You have a future.

Don’t!

It’s been a year since we heard Ken’s story. I had the chance to visit with him recently. He’s doing great now. He has a wonderful girlfriend and
exciting plans for his future. When I asked him what advice he’d give a teenager who’s contemplating suicide, he said, “I’d tell them DON’T--
because what doesn’t break you makes you stronger.”

If you feel that life’s not worth living, there is help for you. Jesus didn’t plan for you to live out your teen years in depression, wishing you were
dead. The Bible says in John 10:10 that He came so you could live life to its fullest! When you think no one understands, He’s there. When
you think no one cares, He’s there. When you feel all alone, know that Someone is there. In fact, He’s been there all along.

* 1-800-SUICIDE (1-800-784-2433) * 1-800-273-TALK (1-800-273-8255)

**25 Reasons to Live**

Recently I had a group of teenagers hanging out at our house. We got on the topic of suicide and I asked them, “What do you feel a teenager
would miss out on if they chose to not live anymore?” Here are 25 reasons to live:

1. Getting your diploma
2. Your next birthday
3. Hanging out with friends
4. Your first kiss
5. The smell of the ocean
6. Building a snowman
7. Talking to God
8. Knowing what your face looks like without acne
9. Going to college
10. Being proposed to
11. Having her say, “YES!”
12. Watching a sunset
13. Getting your drivers license
14. Being too old to be grounded
15. Becoming a parent
16. Getting your first full-time job
17. Having facial hair
18. Watching the autumn leaves turn color
19. Riding your long board
20. Getting your first car
21. Your wedding day
22. Hugs
23. Hearing “I love you” for the first time
24. Tomorrow
25. The day after tomorrow....

By Kenny Margart, as heard by Nancy Canwell. All rights reserved © 2010 StoryHarvest.org. Click here for content usage information.