ADRA Aids Info Center for European Migrants

As Europe grapples with tens of thousands of migrants, the Adventist Development and Relief Agency (ADRA) is working overtime to care for vulnerable families in Serbia, a main entry point for refugees fleeing to the continent. ADRA has teamed with the United Nations (UN) and three other entities to open an asylum information center that provides reliable information about refugee rights and other resources in Serbia’s capital, Belgrade. The UN estimates that about 1,000 refugees cross daily into Serbia. That government estimates that 120,000 refugees, mostly in transit to other European nations will be in the country on any given day by late 2015.

Read more from the Adventist Review online.
Rittenbach's a Marathon Major

During the past decade, Gary Rittenbach has logged more than 10,000 miles on the run, but that's not all. Rittenbach, Walla Walla University (WWU) director of academic computing, recently joined the ranks of marathon runners who have completed the world’s top six marathons: New York, Chicago, Berlin, Boston, Tokyo and London. His quest began in 2010 when he ran the Boston Marathon in April and the New York Marathon in November. It finished five years later in April 2015 in London, when he became one of just 428 Six Star Finishers of the Abbott World Marathon Majors. In 2013, Rittenbach completed the Boston Marathon just minutes before two bombs exploded near the finish line. Read more about Rittenbach’s marathon journey at WWU online.

The Man with the Bushy Beard

“He looked like some guy from ‘Duck Dynasty!’” That’s how Joseph Talavera, Upper Columbia Conference Youth Rush worker, described the man at the door in Richland, Wash. The man with the bushy beard wasn’t interested in healthy cooking, but a copy of The Great Controversy piqued his attention. Turned out the man had been keeping the seventh-day Sabbath for 10 years, had seen the book on TV and wanted to read it for himself. Talavera, a second-year student at Pacific Union College, was happy to provide him the opportunity. Read the full story from Adventist Review online.

Beyond the Kerfuffle in Kentucky

Many have been intrigued with the case of Kim Davis, a county clerk in Kentucky who has refused to sign marriage licenses for same sex couples. How should Adventists relate to the issues in this case? Should we applaud the efforts of a relatively new Christian seeking to live out her faith? Or has Davis stepped over a line that thoughtful Christians should never cross? What religious liberty principles should apply? Read a thoughtful opinion article from ReligiousLiberty.tv and see if you agree with its
Agatha Thrash, Health Pioneer, Dead at 84

Agatha Thrash, an Adventist expert on natural health remedies and vegetarian cuisine, died last week at her home in Seale, Ala., after a prolonged illness. She was 84. Thrash and her late husband, Calvin Thrash, co-founded the Uchee Pines Natural Health and Lifestyle Center. The couple left conventional medicine in the 1970s after converting to the Seventh-day Adventist faith, dedicating their lives to preventive practices. They wrote 15 books on natural healing and alternative medicine, and treated patients with hydrotherapy and other natural remedies. Read more from a local media report online.

LivingWell PDX Podcasts

The Adventist Medical Center in Portland, Ore., is producing LivingWell PDX blogs and podcasts to connect its mission of health and healing with the greater community. These online resources draw upon health experts within the Adventist Health community to discuss common concerns and health issues such as arthritis and inflammation, diabetes, exercise, sleep irregularities and more. Check out the list of blog topics and sign up to receive the regular podcasts.

Don't be a Desk Sloth: Four Steps to a Healthy Work Day

More than 80 percent of Americans sit all day at their jobs. Since research indicates that prolonged sitting and poor posture increases the risk of cancer, diabetes, obesity, cardiovascular disease and even death, it is important for sedentary workers take a literal stand for health. Don’t be a “desk sloth.” Here are four easy ways to break up your
workday and make it healthier. **Read them now online from Adventist Risk Management.**

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**Looking Ahead**

**September**

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- Sept. 18: [Wenatchee Camp Meeting, Wenatchee, WA](#)
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The diversity of the Seventh-day Adventist world church was on dramatic display at this summer’s General Conference Session in San Antonio, Texas. Read a Northwest report on the session and link to an extensive gallery of images via the September *Gleaner* at GleanerNow.com.
ADRA Cares for Refugees in Europe’s Migrant Crisis

The Adventist agency opens an asylum information center and feeds scores of refugees in Serbia.

Posted September 4, 2015

By Andrew McChesney, news editor, Adventist Review

As Europe grapples with a migrant crisis, the Adventist Development and Relief Agency said it is working overtime to care for vulnerable families in Serbia, a main entry point for refugees fleeing to the continent.

ADRA has teamed up with the United Nations and three other entities to open an asylum information center that provides reliable information about refugee rights and other resources in Serbia’s capital, Belgrade.

“This kind of center is critical,” Igor Mitrović, director of ADRA’s Serbia office, said in an e-mailed statement. “A large number of refugees do not want to apply for asylum status in Serbia, putting them in a difficult situation.”

The issue is that many refugees are unaware that they cannot claim rights and services and are deprived of medical assistance if they do not register with the authorities, Mitrović said.

The UN estimates that about 1,000 refugees cross daily into Serbia, a sizeable percentage of the scores of migrants and asylum seekers who have flooded into Europe this summer in hope of establishing a better life.

•
A 1-year-old Syrian boy being held in his father’s arms.

- Refugees using computers at the new asylum information center.

Refugees using computers at the new asylum information center.
A medical doctor from the Ped Medica private clinic checking a Syrian boy.

- ADRA child worker Dragana Mitrovic, left, and a volunteer talking to a Syrian refugee family (not pictured).
A 1-year-old Syrian boy being held in his father’s arms.

Refugees using computers at the new asylum information center.

The rush of people from the Middle East, Africa, and South Asia has left Europe divided on how to deal with them. Tensions escalated this week when hundreds of desperate migrants staged protests in France and Hungary and the bodies of other migrants, including a toddler, washed up on a Turkish shore.

The Seventh-day Adventist Church in Europe has called for compassion for the migrants and prayers for the authorities as they seek to tackle the crisis.

“We are all children of the same Father,” said Mario Brito, president of the church’s Inter-European Division, said this week. “This is the time to stick together and share God’s abundant love for each of us.”
ADRA, the humanitarian arm of the Seventh-day Adventist Church, has worked with international agencies to meet the physical needs of migrants. It has distributed 2,000 meal kits and drinking water to refugees entering Zajecar in eastern Serbia. It also has provided them with hygiene items, diapers, baby formula, shoes, and sanitary towels.

The new Belgrade asylum information center, which opened last week, is being run by ADRA together with the United Nations High Commissioner for Refugees, the authorities of Belgrade’s district of Savski Venac, the Belgrade Center for Human Rights, and the Klikaktiv nongovernmental organization.

At the center, refugees can receive printed information in Arabic, Urdu, Farsi, Pashtu, English, and French. Translators are on hand to answer questions about asylum procedures and everyday life, and to offer medical or psychosocial assistance. Computers and Wi-Fi are also available for use free of charge so refugees can look for information or stay in touch with loved ones.

The center could face an onslaught of work. Serbia’s government estimates that 120,000 refugees, mostly in transit en route to Hungary and beyond, will be in the East European country on any given day by late 2015.

We reserve the right to approve and disapprove comments accordingly and will not be able to respond to inquiries regarding that. Please keep all comments respectful and courteous to authors and fellow readers.

Gary Rittenbach, director of academic computing, recently joined the narrow ranks of marathon runners to complete the world’s top six marathons: New York, Chicago, Berlin, Boston, Tokyo, and London.

His quest began in 2010 when he ran the Boston Marathon in April and the New York Marathon in November. It finished five years later in April 2015 in London. Upon crossing the finish line at the London Marathon, Rittenbach became one of just 428 Six Star Finishers of the Abbott World Marathon Majors.

At the Berlin Marathon in 2012, he finished his fastest marathon with a time of 3:43:19. In 2013 he ran the Boston Marathon for the second time. “Providentially, I had a good run and finished 19 minutes before the bombs went off,” said Rittenbach, who was just a few blocks away when he heard the explosions that rocked the finish line.

“I will never forget my comment after the first explosion, ‘No sound like that should ever come from the finish line. I hope it’s just an accident and not malicious.’ But when the second one went off my heart just sank,” he said.

“It’s hard to get into some of these major marathons. The Boston Marathon is a time-qualification entry, but the rest are based on a lottery system,” said Rittenbach. “I tried for four years to get into the London Marathon, but never was accepted in the lottery.”

In 2014, after running Boston for the third time, he signed up with a marathon tour operator to gain a spot in Tokyo. Not long after he got the long-awaited news that he had a place in the London Marathon.

In February 2015, Rittenbach completed the Tokyo Marathon, and in April he crossed the finish line in London. “Running two marathons in one year is a big deal, especially when they’re nine weeks apart,” said Rittenbach.

London was his last planned marathon, but he says he will always be a runner.

“If I could say just one thing to people, I would encourage them to go out and do something,” said Rittenbach. “No matter what it is—biking, swimming, running. Rediscover the joy of movement. It will change your life.”

Rittenbach has run more than 10,000 miles during the last 10 years. Read his tips for a successful running program and for race preparation.

Posted August 24, 2015
Teen literature evangelists tell how they learned to trust in God and not in themselves.

Posted September 2, 2015

By Robert Koorenny, UCC

Joseph Talavera, a second-year student at Pacific Union College, gave up quickly on a man named Dan with a long, bushy beard. Talavera stopped by Dan’s house in Richland, Washington, and showed him a healthy cookbook as he went door-to-door offering Bible-based literature in exchange for donations this summer. Next he handed over a copy of *The Great Controversy*.

Dan didn't look impressed.

“He looked like some guy from 'Duck Dynasty,'” Talavera said, referring to a popular U.S. reality show whose main characters wear big, fuzzy beards. “He said he really wasn't interested.”

So Talavera turned around and headed to the next house. But before he could cross the street, Dan emerged from his house and called the young man back, asking again what *The Great Controversy* was about.

After listening to a short explanation, Dan expressed disappointment.

“I thought it was by Ellen G. White,” he said.

To his delight, Talavera told him that it was written by White, a cofounder of the Seventh-day Adventist Church.

“He told me that his family has been a Sabbath-keeping family for 10 years now but are not Seventh-day Adventist,” Talavera said. "He had seen *The Great Controversy* on TV and had been wanting to read it."

Dan’s opportunity came that day as he took the book as well as *Messiah*, a modern retelling of Ellen White’s *Desire of Ages*. 


“Youth Rush has changed my life completely,” says Emilie Carr, a high school senior from Yakima, Washington.

- Joseph Talavera heading to the next door after re-stocking books from a van.
Maverick Khongphan and Kiley Johnson visiting homes in the Walla Walla valley this summer.

• “Youth Rush has changed my life completely,” says Emilie Carr, a high school senior from Yakima, Washington,
Joseph Talavera heading to the next door after re-stocking books from a van.

Talavera is among 18 young people who participated this summer in Youth Rush, an annual student literature evangelist program, in the Adventist Church’s Upper Columbia Conference, which covers eastern Washington, the northern half of Idaho, and a portion of northeastern Oregon. Scores of other Adventist teens sold books elsewhere in the United States as they raised money for school tuition.

In the Upper Columbia Conference, the 18 young people shared nearly 1.3 million pages of White-penned literature, including about 650 copies of *The Great Controversy*, 700 copies of *Christ’s Object Lessons*, and 3,000 copies of *Steps to Christ*. In all, more than 13,000 books were left in 90,000 homes, raising more than $105,000, including at least $70,000 for school bills.

**Read: “How The Great Controversy Changed My Life”**

“Youth Rush has changed my life completely,” said Emilie Carr, a high school senior from Yakima, Washington, who participated for the first time. “I now understand how important our lives are to God, and as His followers we need to bring others to Him as well.”

In addition to offering books, the young people generated interest in Bible studies, Vacation Bible School programs, health courses, and Revelation seminars.

“I found that you really need a strong connection with God doing this work,” said Theron King, a student from near Walla Walla, Washington.

Kiley Johnson, from Lenore, Idaho, echoed that idea. “This summer I learned to really put my trust in God,” she said. “Whenever I felt like I couldn’t do it on my own anymore, I would start praying. I found that God would give me strength.”
While canvassing in Kennewick, Washington, Betty Crawford met an elderly lady also with the name Betty. In the course of their conversation, the older Betty mentioned that she and a friend had been studying the Bible together and couldn’t make any sense of the book of Revelation.

“These DVDs and books will help you unlock the mysteries of prophecy,” responded the younger Betty, as she shared two DVDs, “Theodicy” and “Daniel Chronicles,” and *The Great Controversy*. The older woman gave a donation for the materials and said she would like to attend a prophecy seminar.

Michael Ghillarducci, who participated in Youth Rush for the third time this year, said his most memorable moment came when a Muslim woman asked for a copy of *The Great Controversy* and the *Daniel Chronicles* DVD.

Melina Maniscalco, from Hayden, Idaho, joined Youth Rush for her fourth summer and her third as a team leader.

“I have seen God working through the students in the way they respond to spiritual conversation and speak up in spiritual situations,” she said.

Upper Columbia Conference leaders said God worked powerfully through the young people who dedicated their summer to reaching the world through the printed page. They said the teens saw for themselves why Ellen White wrote in *Colporteur Ministry*: “If there is one work more important than another, it is that of getting our publications before the public, thus leading them to search the scriptures” (p. 7).

Robert Koorenny is literature ministries coordinator for the Upper Columbia Conference. A version of this article appeared in GleanerNow, newsmagazine of the North Pacific Union Conference, whose territory includes the Upper Columbia Conference.

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A Church Scorned: Church, State, Marriage, and the Quest for Power

Michael Peabody

"And so, by the power vested in me by the State of ___ and Almighty God, I now pronounce you husband and wife. What God has joined together, let no man put asunder."

This pronouncement is the point in a religious wedding ceremony where the power of the state and the power of the Almighty God come together to fuse a couple in holy matrimony. To date, the vast majority of debates on same-sex marriage have focused on whether it is morally or spiritually correct. However, the foundational issue is whether the church should seek the right to control marriages performed outside of its walls. At its core, this is a battle that challenges the tenuous yet mutually protective balance between church and state, and the results matter regardless of what you believe about same-sex marriage.

Weddings are typically joyful experiences and even the most avowed atheists have not tried to prevent ministers from claiming the power of the State in performing the ceremony. However, even though the church and the state may happily hold hands at the wedding, they cannot dance together gracefully into a long-lasting marriage unless each has great respect for the non-overlapping rights and obligations of the other.

Unlike the newlyweds, the state is not obligated to "forsake all others," when it comes to religious viewpoints. The state has little discretion when it comes to solemnizing marriages, and absent an amendment to the constitution itself, is limited only by statutes having to do with the consent of the parties, age of the parties, and whether there are more than two parties involved. On the other hand, churches have very broad discretion to solemnize marriages and can refuse to do so for virtually any reason. This broad discretion has not been challenged.

However, when the state begins to recognize marriages that churches find inappropriate, many churches are offended -- churches feel almost as if the state has decided to "cheat" on the church. And hell hath no fury like a church scorned.

Regardless of the fact that same-sex couples have sought ceremonies in churches that will perform them or have sought civil ceremonies, conservative churches have begun to step in and intervene and have relied upon the power of the majority to force changes in otherwise permissive state constitutions. This is not only a battle between secularism and religion. It is a battle between competing religious ideologies, and ultimately a battle for spiritual control.
Alonzo T. Jones, writing in his 1891 classic, *The Two Republics: or, Rome and the United States of America*, makes an astonishing observation about the way that the Medieval church accumulated political power over the state.

"Another most prolific source of general corruption was the church's assumption of authority to regulate, and by law, the whole question of the marriage relation, both in the Church and in the state. "The first aggression . . . which the Church made on the state, was assuming the cognizance over all questions and causes relating to marriage. " – Milmaii.21 (Click here to read the entire passage.)

While we are not at a point in history where the church is asserting direct political control, we can see that the church may be headed down this pathway yet again. After describing the circumstances and the Church's methods, Jones continues:

"[l]n accordance with the rest of the theocratical legislation of Constantine and the bishops, the precepts of the Scripture in relation to marriage and divorce were adopted with heavy penalties, as the laws of the empire. As the church had assumed 'cognizance over all questions relating to marriage,' it followed that marriage not celebrated by the church was held to be but little better than an illicit connection."

The church continued to assert control over legal marriage for centuries thereafter. In March of 1880, the Canadian Parliament considered a bill that would allow a man to marry his deceased wife's sister. The debate quickly turned to an argument over whether the church or the state had the power to regulate marriage. There were Protestant and Jewish participants in the debate, the entirety of which can be read above, however the Catholic representative quickly asserted that the Church had "supreme power over marriage" and that the state must stand down.

"Pius IX, in his letter to the King of Sardinia, dated 19th September, 1852, says : " It is a dogma of faith that marriage was raised by Our Lord Jesus Christ to the dignity of a sacrament." Would you know the doctrine? The Council of Trent speaks: 'Whosoever says that marriage is not really and truly one of the seven sacraments of the Evangelical Law, let him be anathema.' If marriage is a sacrament, and such is our unalterable belief, the Church only, by divine right, has supreme power over Christian marriage. In fact the Church alone is the dispenser of the sacraments. St. Paul teaches us this in his first epistle to the Corinthians, chapter 4, in which he says : 'Let a man so account of us as of the ministers of Jesus Christ and stewards of the mysteries of God.' The Pope Gelasius, writing to the Emperor Austasins told him plainly: 'Although your dignity raises you above the human race, you are nevertheless subject to the Bishops in matters relating to the faith, and to the delivering of the sacraments.'

And what is a sacrament, if it be not a means subordinate in its nature to the object of religious society? The Church has, therefore, supreme power over marriage. . . . We now arrive at the true question as it presents itself to us. We shall easily solve it. The hon. member for Jacques Cartier brings in a Bill which may meet with our approval, but he has just delivered a speech which I cannot accept as an expression of the ideas and principles of Catholics upon this question of marriage. What does the hon. member maintain?That this Parliament has the undoubted right to establish absolute impediments to marriage, and the not less undoubted power of dispensing with them. I protest against such a declaration, and I emphatically deny that this Parliament has a right to legislate as to the validity of marriage. Marriage is a sacrament; the state has nothing to say as to the administration of the sacrament, and, by consequence, as to the validity of marriage. That is an ecclesiastical contract over which religious society alone has a power, which cannot be vested in the state." (Emphasis added. Click here to read the debate.)

In the eyes of the Catholic church at the time, only sacramental marriage was legitimate. Again, the current debate relates to this history. Does the church or the state have the power to define marriage? If the church has the power, which church?

In California, church and state collided on marriage issues in 1948 when members of the Catholic Church sued claiming that the state had violated their religious liberty through a long-standing civil prohibition on interracial marriages. The Court issued its ruling in *Perez v. Sharp*, 198 P.2d 17, 32 Cal. 2d 711 (1948) (also known as *Perez v. Lippold*). Those opposed to interracial marriage raised three major arguments: First, they argued that the law was
really not discriminatory. Secondly, they discussed the effect on the children. Third they asserted that, in this case, the state had the power over the church's sacrament because of an interest in promoting the "health safety, and general welfare." Ironically, these three arguments once used against the church's request provide the backbone of the current arguments against same-sex marriage.

The Court's majority found that the church was right and that the "anti-miscegenation" law was unconstitutional. Justice Shenk, dissenting in favor of the prohibition, wrote that the law was not discriminatory because, "Each [party seeking to marry a member of a different race] has the right and the privilege of marrying within his or her own group."

In language that appears extremely offensive, Shenk turned his attention to the children resulting from interracial unions, "It is contended that interracial marriage has adverse effects not only upon the parties thereto but upon their progeny . . . and that the progeny of a marriage between a Negro and a Caucasian suffer not only the stigma of such inferiority but the fear of rejection by members of both races."

Justice Shenk then stated that prohibiting interracial marriage was consistent with the "peace and safety" provisions of the Constitution. Shenk's arguments should be familiar if you are following the current debate, and in fact several of the same cases are regularly cited including Cantwell v. Connecticut, and Reynolds v. United States.

"Other considerations are presented in connection with petitioners' contentions that their religious liberty is being infringed. The First Amendment to the United states Constitution declares that Congress shall make no law respecting an establishment of religion or prohibit the free exercise thereof. The due process of law clause of the Fourteenth Amendment embraces this fundamental concept of liberty as expressed in the First Amendment and renders the states likewise incompetent to transgress it. However, this religious liberty 'embraces two concepts, freedom to believe and freedom to act. The first is absolute but, in the nature of things, the second cannot be.' Cantwell v. Connecticut, 310 U.S. 296, 303, 60 S.Ct. 900, 903, 84 L.Ed. 1213, 128 A.L.R. 1352; Murdock v. Pennsylvania, 319 U.S. 105, 110, 63 S.Ct. 870, 87 L.Ed. 1292, 146 A.L.R. 81; Gospel Army v. City of Los Angeles, 27 Cal.2d 232, 163 P.2d 704. It has long been held that conduct, consisting of practices and acts, remains subject to regulation for the health, safety and general welfare. For example, a legislative determination that monogamy is the 'law of social life' has been held to prevail over the practice of polygamy and bigamy as a duty required, encouraged or suffered by religion. Reynolds v. United States, supra, 98 U.S. 145, 25 L.Ed. 244; Davis v. Beason, 133 U.S. 333, 10 S.Ct. 299, 33 L.Ed. 637; Cleveland v. United States, 329 U.S. 14, 67 S.Ct. 13, 91 L.Ed. 12.

"The reasoning behind this construction of the Constitution is obvious. The determination of proper standards of behaviour must be left to the Congress or to the state legislatures in order that the well being of society as a whole may be safeguarded or promoted. The protection of the individual's exercise of religious worship afforded by our state Constitution, Article I, section 4, corresponds with that furnished by the federal guaranty as interpreted by the United States Supreme Court. Our Constitution expressly provides that the free exercise of religion guaranteed 'shall not be so construed as to * * * justify practices inconsistent with the peace or safety of this state.'"

Justice Shenk then provides a sampling of "supportive" scientific and legal documents, which are nearly frightening, and draws the following conclusion:

"The foregoing excerpts from scientific articles and legal authorities make it clear that there is not only some but a great deal of evidence to support the legislative determination (last made by our Legislature in 1933) that intermarriage between Negroes and white persons is incompatible with the general welfare and therefore a proper subject for regulation under the police power. There may be some who maintain that there does not exist adequate data on a sufficiently large scale to enable a decision to be made as to the effects of the original admixture of white and Negro blood. However, legislators are not required to wait upon the completion of scientific research to determine whether the underlying facts carry sufficient weight to more fully sustain the regulation."

Incidentally, most churches stayed out of the interracial marriage debate, leaving the Catholic Church to carry the
Although it has not happened as of yet in California, a lawsuit brought by a church that wishes to perform same-sex marriages that are recognized by the state could easily follow the reasoning found in *Perez*. This could create a bitter inter-religious fight in the courts between fundamentalist churches and permissive churches, and the courts would be asked to make a ruling on a religious issue. My guess is that fundamentalists considered this troubling prospect and proposed the Constitutional Amendment to take the matter out of the court system altogether. However, in doing so, marriage was denied a full legal treatment, and the reliance on public sentiment to permanently curtail judicial examination of potential rights creates a very troubling precedent which will likely carry over into other contexts. To understand the gravity of this approach, consider that had a ballot initiative been campaigned to amend the California constitution in opposition to the California Supreme Court’s finding in favor of allowing interracial marriage, interracial marriage would likely be unconstitutional in California today.*

While there are certainly reasons why churches should have the right to solemnize only traditional marriage of a man and a woman within their walls, there is no legal foundation for churches to prevent marriage in other arenas. This could only be obtained via a structural change to the constitution itself.

Churches that are willing to argue that religious liberty does not extend to marriage are also asserting their power to limit the "rights" of other churches to perform same-sex marriages, and could soon see their own liberties limited in other areas through operation of their own logic if the political winds shift.

Legally, not religiously, the institution of marriage is at a crossroads, and there are several ways that the matter could be resolved. First, all marriages could be reduced to nothing more than a civil contract with a separate non-legally recognized spiritual component. Secondly, the state could recognize the legal status of marriages between two consenting adults regardless of gender, and preserve the civil / religious nature of marriage and continue to preserve the broad discretion to marry or not presently enjoyed by churches.

Considering the most recent votes on marriage, I would like to offer a third possibility. Instead of secularism, could it be that religion will prevail over the state, casting a "theocratic" shadow over the nation? In the late 1800s, the church's power to control marriage was used as the precedent to promote laws governing the other institution of creation, the Sabbath.* Could that happen again? Maybe this is slippery slope reasoning, but considering that religious fundamentalists have been arguing that the secular state will prevail over the church if left unchecked, it is not an unfair argument. Perhaps instead of a single slippery slope, we are at the peak of the roof, facing slopes in both directions.

In a future article I plan to explore the history of marriage further and its legal relationship to religious legislation, but for now, at the least we should recognize the need to discern the issues involved in this debate fully before placing liberty of conscience at risk.

###

*The historical link between regulation of marriage and the legal basis for proposed sabbath legislation will be explored in more detail in a future article. For more on the issue of majoritarian control of fundamental rights, please read the prior essay, Raw Majority Power: Why Checks and Balances Matter*

**Like this:**

**Related**
Dr. Agatha Thrash, a world renowned expert on natural health remedies and vegetarian cuisine, died Thursday at her home in Seale, Ala. She was 84.

Thrash and her late husband, Dr. Calvin Thrash, co-founded the Uchee Pines Natural Health and Lifestyle Center in Seale, along with Country Life Natural Food Store and Vegetarian Restaurant in Columbus. The restaurant, located at 1217 Eberhart Ave., will be closed Sunday because of Thrash’s death, according to a post on its Facebook page.

“She had been declining after several strokes, and finally succumbed to complications related to her condition," the post read. "The funeral service will be held at 11 a.m. on Sunday, at the Uchee Pines Seventh-day Adventist Church."

Prior to launching the ministries, Thrash was chief pathologist at St. Francis Hospital and her husband was an internist in private practice, according to family and friends. The couple left conventional medicine in the 1970s after converting to the Seventh-day Adventist faith, dedicating their lives to preventive practices. They wrote 15 books on natural healing and alternative medicine and treated patients with hydrotherapy and other natural remedies.

Dr. Tom Theus, a retired internist who worked in the Columbus community for 35 years, said he and his wife, Peggy, first met the Thrashes in 1968. Theus had met some Seventh-day Adventists serving in the army and became interested in the religion. When he returned to Columbus, Dr. Calvin Thrash asked him to take over his practice for a year while he went to study at Loma Linda University in California. Theus said he also served on the Uchee Pines board of directors, and referred patients to the center.

“She and her husband were quite a team," he said of Thrash. “They were pioneers in preventive medicine and did a great job in training medical missionaries and treating a lot of patients with simple remedies and had good results in most cases.”

Thrash, a native of Baxley, Ga., was a graduate of the Medical College of Georgia, and attended Berry College and the Georgia State College for Women. She was a member of “Who's Who” and obtained her private pilot license at King Aviation in Columbus.

Thrash was a member of the Uchee Pines Seventh-day Adventist Church and taught a weekly Bible class at the Columbus First Seventh-day Adventist Church until two years ago.

Ann Thrash-Trumbo, the couple's daughter, said her parents launched their ministries in 1969 with a natural food store called "Staff-O-Life." They began preparing healthy foods for their patients.

“It was even difficult to buy whole wheat flour in Columbus in the 1960s," she said. “And whole grain rice was hard to find.”

When her mother couldn’t find peanut butter without sugar in the grocery store, she made special arrangements with Tom’s Peanuts to have them delivered.
Eventually the health food store turned into a lunch club, where 10 to 12 people would eat with them every day, Thrash-Trumbo said. In the 1970s, they moved the restaurant to the Eberhart location and changed the name to Country Life. They also purchased land in Seale to establish the lifestyle center.

The first program they started was a day-camp for overweight girls.

“Mom just put a little classified ad in the Ledger-Enquirer and got several responses,” Thrash-Trumbo said. “I think we had about 15 to 18 girls that first summer and we ran it for about four years.”

Prior to starting Uchee Pines, Thrash had her own lab, called “Thrash Labs,” her daughter said.

“She had this ambition, before Christ, to establish this very big regional lab,” she said. “She wanted Thrash Labs to become the most prominent lab in the southeast and I think she would have done it, except Jesus got a hold of her and said ‘I have a different way I want you to go, not just making a lot of money. I want you to change lives.’

“And she did.”
Health news from Adventist Health

5 Secrets for a Balanced Busy Life – Podcast
LivingWell PDX Blog 0 September 14, 2015 Health Tips, Podcast, Staying Healthy

We live in a busy world, full of stresses and demands. Sometimes it can feel impossible to keep up with it all. The good news is you’re not alone. Dr. Sarah Winslow, a preventative medicine specialist with Adventist Health Medical Group is here to talk about her own busy life as a wife, mother and…

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Health trend goes beyond traditional care
LivingWell PDX Blog 1 September 8, 2015 Health Tips, Your Care

Now more than ever, Portlanders are in the driver’s seat to navigate the medical care market and discover what services best fit with their needs and lifestyle.

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Diabetes – Dennis’ Story – Podcast

A number of chronic health conditions can affect your circulation. Left unchecked this can lead to major complications, including the need to amputate limbs. Today we’re talking with a member of Adventist Health’s Limb Preservation Team and a patient who is enjoying a renewed quality of life thanks to the help of a robust team...

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Fighting Inflammation with Food

Arthritis is the leading cause for orthopedic surgery and disability in the U.S., and it's linked to chronic inflammation in the body, a condition affecting millions of Americans. Over one in five adults in Multnomah County are living with arthritis.

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Rebuilding Healthy Hearts – Podcast

LivingWell PDX Blog 0 August 31, 2015 Patient Stories, Podcast
Much like physical therapy helps your body recover from injury, cardiac rehabilitation helps your heart muscle recover from the trauma of a cardiac event. But treatment goes far beyond the physical symptoms. In this episode we hear firsthand how nurses, therapists and participants work together to create a supportive and healing community for everyone involved.

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Shopping for heart-healthy foods at Portland-area farmers markets

LivingWell PDX Blog 0 August 26, 2015 Staying Healthy

Portland has an abundance of local farmers markets, making it easy to get to the produce stand. This summer and even into fall, shop your neighborhood farmers market for heart-healthy foods for you and your family.

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Back to School Special – Podcast

LivingWell PDX Blog 0 August 24, 2015 Health Tips, Podcast

In this special Back to School episode we’re hitting the road to visit a pair of local providers who can help us prepare our kids, and ourselves, for success this school year.

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Innovative ER Process Helps Patients Receive Care More Quickly

LivingWell PDX Blog 0 August 19, 2015 News, Your Care

All over the country, emergency rooms are seeing more and more patients. Portland is no different and in fact the Adventist Medical Center ER has seen an 11 percent increase in patient visits just in the last 18 months.

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Prediabetes – Now What? – Podcast

LivingWell PDX Blog 0 August 17, 2015 Podcast

Diabetes is one of the major health risks facing Americans and is linked to many other conditions, such as heart disease, stroke and kidney disease. Perhaps you’ve heard the term “prediabetes” and think of that as a heightened risk or warning sign on the way to diabetes. But our experts believe it's much more and…

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Family that Trains Together – Podcast

LivingWell PDX Blog 5 August 10, 2015 Podcast

Emillie Niblack and her mother, Vicki Classen, have made LivingWell a part of their daily lives and their relationship. This marathoning duo stops by to put up their sneakers and chat with us about their relationship with running and each other.

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Older posts
Don't Be a Desk Sloth: 4 Steps to a Healthier Work Day

The sloth is a medium-sized mammal that moves very rarely—spending the majority of its life in one place feeding off of one tree. It only comes down to use the bathroom about once a week. When the sloth does move, it moves very slowly.

Working in an office can turn humans into similar creatures, tethered to a workstation, only coming out for lunch or bathroom breaks. Regardless which perch you call home, a sedentary life is not a healthy life. Here are four easy ways to break up your workday and make it healthier.

Perform an Ergonomic CheckUp

Improper desk ergonomics can result in neck, back and wrist pain, and over time cause irreparable damage to the body. Prevent pain now and damage later by performing an ergonomic checkup on your desk and work area.

Ergonomic Checkup:

1. Head is level or bent slightly forward, forward facing and balanced.
2. Shoulders are relaxed, and upper arms hang normally at the side of the body
3. Hands, wrists, and forearms are straight, in-line and roughly parallel to the floor.
4. Back is fully supported with appropriate lumbar support when sitting vertical or leaning back slightly
5. Elbows stay in close to the body and are bent between 90 and 120 degrees.
6. Knees are about the same height as the hips with the feet slightly forward.
7. Thighs and hips are supported by a well-padded seat and parallel to the floor.
8. Feet are fully supported by the floor. A footrest may be used if the desk height is not adjustable.

Ergonomic Guidelines by the Occupational Safety and Health Administration (OSHA)

For a more in-depth ergonomic evaluation of your work environment, check out OSHA's Computer Workstation eTool.

Take Many Mini-Breaks

Taking short breaks throughout the day could be better at preventing damage from desk sloth syndrome than conventional break schedules. A study by the National Institute for Occupational Safety and Health (NIOSH) found discomfort and eyestrain decreased when computer workers took four five-minute "mini-breaks" throughout their workday. Other studies show that workers who take short breaks increase productivity.
Take a mini-break on the hour to rest your eyes and roll your wrists. Turn away from your screen and focus on the farthest thing you can see for 20 seconds. Then focus on something close to you for 20 seconds, and then back at something farther away. Repeat 10 times. To stretch your wrists and prevent carpal tunnel, try these three wrist exercises from WebMD.

### Take Your Breaks Outside

Use your longer breaks as an opportunity to go outside and walk. Walking improves concentration, focus and attention span, reduces stress and improves your overall cardiovascular health. Bundled with the additional health benefits of fresh air and sunshine, walking outside makes your workday extra healthy.

While aiming for 10,000 steps a day can feel daunting, challenge yourself to see how many steps you can get in during your allotted break time. Remember, just 10 steps is more than you were doing before and can go a long way to preventing desk sloth syndrome. Can’t go outside during your break? Walk around inside your building, or check out these exercises you can do at your desk.

### Abdominal Exercise You Can Do at Your Desk

Keep a Water Bottle On Your Desk

Proper hydration increases energy, alertness, concentration, and productivity, fights fatigue and improves mood among many other benefits. And, not any old liquid will do. Harness the power of water, nature’s best hydrator, and make your workday healthier by keeping a water bottle on your desk.

A customized guide of reference for water intake by the Institute of Medicine recommends women drink about nine cups a day and men drink 13 cups. Make it a priority to drink your water bottle dry 3-4 times during the day. Have trouble remembering to drink? Put a sticky note on your monitor or program your phone to remind you to drink up!

by: Anna Bartlett

**WRITER AND EDUCATION SPECIALIST**

Adventist Risk Management, Inc.

References:


GSAA Welcomes New Principal and Staff

< Previous

Marvin Thorman, principal

Cecilia Simmons

Glen Wahlman
Gem State Adventist Academy (GSAA) has welcomed a new principal and other staff.

Marvin E. Thorman accepted the invitation from the GSAA operating board and the Idaho Conference to serve as the academy's next principal. He brings a rich experience of 33 years of teaching and has been supervised several student teachers for the past nine years through the education program at Southern Adventist University (SAU). With 20 years as a leader in the academy Senior Survival experience and a strong desire to nurture teachers and students, Thorman is uniquely suited to lead GSAA into deeper spiritual and academic ministry to God's teens. He says ministry gives him purpose and fulfillment.

Thorman's wife, Lisa, is a musician with a master's in piano performance and enjoys teaching piano.

Glen Wahlman comes to GSAA from Bakersfield Adventist Academy in California to lead the science program. He has a Master of Science in education from SAU and graduated from Pacific Union College with a Bachelor of
Science in biology. He is certified to teach biology and chemistry. Wahlman brings 17 years of teaching experience in sciences and has also taught anatomy and physiology for six years. He enjoys using animals and plants to bring life to his classes.

Wahlman also uses art and new technology in the classroom to help his students succeed. He is mission-minded, having spent more than five years in Russia and the Marshall Islands. He truly enjoys teaching in the natural sciences and exploring the wonders of God’s creation.

Born and raised in the sunniest state on the map, Florida native Cecilia Simmons comes to GSAA by way of Tennessee. Simmons firmly believes in God’s leading in her life even when that leading means traveling out west and living far away from her twin sister. She believes Idaho is right where God wants her to be.

A recent graduate of SAU, Simmons comes to GSAA with teaching certifications in music and German. In addition to completing her necessary studies at SAU, Simmons also spent a year abroad studying German in Austria. An accomplished flutist, Simmon has a love of music surpassed only by her love for God. Her greatest desire is to use music as a medium to reach the hearts of her students for Christ. Simmons seeks to be a mentor wherever she goes and has worked with the First Year Experience staff at SAU as a freshman mentor for three years. She brings her love of the outdoors and her own unique brand of enthusiasm to the GSAA music department.

Tom Sherwood, the GSAA gardens manager, was born and raised in west-central Minnesota. Sherwood met his wife, Doreen, a farmer’s daughter, in the farming community of Wheaton, Minn., and together they decided to move west to Coeur d’ Alene, Idaho. On June 2, 1979, Tom and Doreen were baptized and became Seventh-day Adventists.

Tom Sherwood began his teaching career in the Nevada-Utah Conference and has taught in Upper Columbia and Idaho conferences. While in Pasco, Wash., his love for gardening took root and blossomed. Sherwood says, “Educating young adults for service to God and country and growing delicious organic vegetables are two primary goals here at the GSAA gardens. Together with your prayers and support, we can accomplish much to advance the kingdom of God.”
As Auburn faculty and staff arrive on campus for a new academic year, they are working together in their plans for instructing students in how to apply their God-given gifts and abilities in the community and with local churches.

AAA administrators are outlining to parents, students and alumni what to expect with a new school year.
There is a new excitement on campus with several reasons why!

**Milestone Class:** Auburn Adventist Academy is enrolling a freshmen class this year who will become, in four years, the 100th graduating class.

**New Leadership Team:** Auburn Adventist Academy has a new leadership team including John Soulé, principal, who brings 25 years of education leadership; Marko Oksanen, business manager; and Roxanne Wickward, registrar.

**Revived Dorm Program:** Auburn’s community of friends and alumni have rallied together to revive and strengthen its dormitory program. Teresa Soulé, girls’ dean, and Nathan Klingstrand, boys’ dean, are joining the administrative team. They both have a strong spiritual dorm program planned, utilizing their combined 27 years of residential experience. Their goal is to mentor young men and young women to follow God in spiritual, social, physical and academic activities, creating an atmosphere of growth for both students and parents.

Students have two options with the dorm: a **five-day dorm program** allows students to participate in all campus activities throughout the week and then return home to their local community every weekend. The **seven-day dorm program** allows students to participate in all campus activities throughout the week and the weekend with scheduled home leaves.

**Focus on Servant Leadership Training:** Through its curriculum and programs, Auburn will be showing its students how to practice their God-given gifts and abilities in the community and with local churches. This service training will be backed up with a solid academic and a strong Christ-centered campus ministries program.

**Academic Program:** Auburn’s teaching staff is a blend of both familiar and new names who are working together in a cooperative approach to create an academic program of excellence. Complementing the cooperative curriculum is a new academic tracking program to monitor students’ learning progression.

New teaching staff members include Karyle Barnes, chaplain and Bible teacher; Stacy Tejel, English and Spanish teacher; Logan Adams, athletics director; Keith Rodman, math teacher; and Joe Underhill, history teacher. Auburn has the same buildings you love, but it is a new school.

**Digital Connections:** The academy launched a mobile-friendly website at auburnacademy.org and continues to connect with students, parents, alumni and the church community via Facebook and Instagram.

**Community Involvement:** God is working on this campus through all the volunteers, parents, staff and students. Miracles are happening on this campus because this community and this conference are pulling together to make this school the top choice in Adventist Christian education in this area and to cooperate with our education partners.

Auburn has a vision that God is revealing to us. Our job is to follow His lead. Our prayer is that you will feel the presence of God here and join us in God’s work.

*John Soulé, AAA principal, and Roxanne Wickward, AAA registrar*
Tillamook Adventist Community Services volunteers scramble to distribute a surprise donation of 680 dozen eggs.

Tillamook-area families benefit from a donation of thousands of fresh eggs.

Donna Parks, Tillamook Adventist Community Services (TACS) leader, and her crew of volunteers are busy people,
serving with love those in need in Tillamook County. But they were recently surprised when they received a special telephone call from a local farmer with a major gift.

When Parks was asked if she could use some eggs, she responded, "Of course, and thank you. How many are we talking about?"

Imagine her shock when the farmer asked, "Can you use a thousand dozen?" Within 36 hours, she and her many helpers scrambled to distribute 680 dozen eggs.

Open Tuesday and Thursday from 10 a.m. to 2 p.m., TACS, in partnership with the Salvation Army, distributes food, clothing and household items to the needy without charge. TACS served 2,955 people last year, distributing 68,078 items of clothing, 1,124 pieces of bedding and 11,833 household items. Volunteers contributed 4,371 hours of personal time.

The agency, located at the east end of town, just across from the local Adventist church, is one of the first agencies visitors note as they enter or leave town. Much volunteer labor has gone into remodeling and refurbishing the building, now named the Herald Center.

These volunteers pray they may represent the love of the Creator to those who do not know Him and to witness to them about a soon-returning Savior.

September 09, 2015 / Oregon Conference
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**Shirley Thomas**

Tillamook Church communication leader
I arrived a day later than I was scheduled for a book signing at the ABC booth during the NAD Pastoral Convention in Austin, Texas, this summer. For the uninitiated, the ABC is the Adventist Book Center — seller of my literary works. NAD stands for North American Division, as in the more than 5,000 pastoral families working in North America I hoped would buy multiple copies of my new book, *Life of Ellen White for Teens*.

When I walked into the ABC, I was escorted to the cashier area where a lone, used copy of my book *The Day the School Blew Up* sat waiting for me. The ABC worker informed me that a little girl had really hoped to meet me at the previous day’s book signing, but since I didn’t make it she left her book, hoping I would arrive at some point to place my signature on the inside cover.

I opened the cover and wrote a note to “Melanie,” apologizing for my lateness and hoping she enjoyed the book. I handed the signed copy back to the cashiers and continued about the massive conference. I enjoyed seeing colleagues, professors and a variety of exceptional booths promoting materials, while sincerely hoping I wasn’t the only person to disappoint customers.

I also enjoyed a riveting tale of how P.F. Chang’s ran out of eggplant during the feeding of the 5,000 pastors and how area waitresses suffered anxiety attacks every day at noon when meetings let out for lunch.

Following the NAD meetings, I boarded a bus — part of a caravan containing hundreds of the faithful headed to the GC Session in San Antonio, Texas. Also for the uninitiated, GC Session is where 60,000-plus Adventists take over a city and force all restaurants in the area to create vegetarian menus, offer prepaid options for Sabbath enjoyment of those menus and perform church manual labor.

During the first Sabbath worship experience, I marveled at a crowd of tens of thousands of people singing and
studying together. Afterward a human obstacle course presented itself as a host of Sabbath-keeping locusts made their way out to devour the goods offered at local restaurants or the session cafeteria. As I drew close to the door, a man gave me a funny look and said, “Do I know you? You look familiar.”

“Uh … Seth Pierce?” I offered noncommittally.

This is a dangerous move in these situations, since I had not determined if this person was hostile to my work. Normally I keep a wide selection of aliases in the files of my mind. They allow me to hate on my own work along with the stranger should they not recognize me. A safer reply might be, “Oh, yeah, that guy is a blight on the church … just terrible. My name is Alistair McCracken, so as you can see, I have no relation to that heretic whatsoever.”

I figured there were enough people moving forward that if he did turn out to be hostile, I could put enough people between us and make a run for it. But there was no need. He smiled and said, “My daughter is a big fan — you actually signed her book in Austin at the pastors' meetings!”

In a moment, his lovely family, including Melanie, was by his side, and we were shaking hands and enjoying a lovely meeting. What struck me about the exchange, outside of meeting a wonderfully normal family serving our church in the St. Louis area, were the odds of that meeting even taking place.

Who could have choreographed our connection in the midst of 5,500-plus people in Austin and tens of thousands in another city an hour or two away? Yet, in spite of the odds, here we were, talking together as scores of other people streamed past at one of the largest worship experiences available to Adventists on Earth.

In the second chapter of Acts we see narratives describing miraculous healings, prophetic words, speaking in tongues and mass conversions. However, the greatest miracle appears after all that. Luke writes, “And they devoted themselves to the apostles' teaching and the fellowship, to the breaking of bread and the prayers. And awe came upon every soul, and many wonders and signs were being done through the apostles. And all who believed were together and had all things in common. And they were selling their possessions and belongings and distributing the proceeds to all, as any had need” (Acts 2:42–45).

The gathering of different people into one loving community, which shares everything and makes sure each other’s needs are met, is nothing short of miraculous — especially if you have spent any time in a local church. It’s a God thing.

Whenever I experience a community experience like this, whether in a local church, at a coffee shop, at a family reunion or even during a brief moment while exiting San Antonio’s Alamodome, I am grateful. I pray that all of us have meetings like these and they remind us of God’s incredible work to help us answer Jesus’ prayer in John 17: “that they may be one even as we are one.”
Images of Creation 2015

February 6, 2015: Mountain Lion, Kalispell, Mont. More Information Credit: Adam Cornwell

February 13, 2015: Ice Age, More Information Credit: Christina G. Angquico
February 20, 2015: Red Foxes at Play, Kalispell, Mont. More Information Credit: Adam Cornwell

February 27, 2015: Dew Drops in Suspension, More Information Credit: Jeffry Seldomridge

March 6, 2015: Mt. Hood Orchard, More Information Credit: Christina G. Angquico
March 13, 2015: Fairy slippers had touch of snow, Credit: Jeff A. Whiteouse

March 27, 2015: Lavender's Sweet Descent, Hulda Klager Lilac Garden, Woodland WA More Information Credit: Renae E. Smith

April 3, 2015: Once Upon a Time, More Information Credit: Christina G. Angquico

April 10, 2015: Minel, Vancouver, Wash. Credit: Lynne McClure
April 17, 2015: Spring Rain, Vancouver, Wash.  Credit: Lynne McClure

April 24, 2015: Fox kits at play, Kalispell, Mont. More Information Credit: Adam Cornwell

May 8, 2015: Emerging Signs of Spring, More Information Credit: Jeffry Seldomridge

May 15, 2015: Hummingbird, Gresham, Ore. Credit: John L. Corban
May 22, 2015: Pretty in Pink, Vancouver, Wash.  Credit: Lynne McClure


June 5, 2015: Cape Kiwanda,  More Information  Credit: Christina G. Angquico

June 19, 2015: Natures Family Outing, More Information Credit: Jeffry Seldomridge
June 26, 2015: Eunice Lake, Eunice Lake, Wash. Credit: Ulrich Tutsch


July 17, 2015: St. Mary's Lake Sunrise, St. Mary's Lake, Mont.  Credit: Mary Lane Anderson


July 31, 2015: Hydrangea with Frog, Vancouver, Wash.  Credit: Lynne McClure
August 7, 2015: Ladybug With Morning Dew, Vancouver, Wash.  Credit: Lynne McClure

August 21, 2015: Heron With Fish, Baskett Slough National Wildlife Refuge, near Rickreall, Ore. More Information Credit: Ron Kuest

August 28, 2015: Charity, Swan Island Dahlia Farm, Canby, Ore. More Information Credit: Renae E. Smith

September 11, 2015: Bald Eagle, Alaska  Credit: Cherelyn Y. Strickland


September 25, 2015: Canola Road, Eastern Washington More Information Credit: Cindy A. Kassab
October 2, 2015: Two great horned owlets, Washington More Information Credit: Cindy A. Kassab

October 9, 2015: Egret in the Sun, Ridgefield, Wash. Credit: Lynne McClure
October 16, 2015: Harbor Seal, Alaska  Credit: Cherelyn Y. Strickland


October 30, 2015: Mt. Rainier Bench Lake, Mt. Rainier Bench Lake, Wash.  Credit: Gene Heinrich
November 6, 2015: , Boardman, Ore.  Credit: Mary Lane Anderson

November 13, 2015: Visitor from the North, Ocean Shores, Wash. More Information Credit: Cindy A. Kassab

November 27, 2015: Sunset Afterglow, Oregon  Credit: Mary Lane Anderson

December 4, 2015: His Eye is on the Sparrow,  Credit: Jeff A. Whiteouse
December 11, 2015: Glowing Maple, Japanese Gardens, Portland, Ore.  Credit: Scott Swetnam

December 18, 2015: Mt. Adams, More Information Credit: Christina G. Angquico

December 25, 2015: Bobcat, Kalispell, Mont. More Information Credit: Adam Cornwell
January 1, 2016: One Cone, Andies Prairie, Tollgate, Ore.  Credit: Curtis R. Lund

January 8, 2016: Mountain Lion, Kalispell, Mont.  More Information  Credit: Adam Cornwell


February 5, 2016: Red Fox , Kalispell, Mont. More Information Credit: Adam Cornwell

Each year, the Gleaner holds a photo contest. This year's 2015 winners for the online Photo of the Week are included in this gallery.

January 12, 2015