A Life of Worldwide Influence

After a 97-year life during which he influenced change worldwide, Dr. J. Wayne McFarland passed away on March 14. He was co-creator with Elman Folkenberg of the widely-used and highly-effective “Five-Day Plan to Stop Smoking,” which helped millions stop smoking. Read more.

A Service of Remembrance will be held on Saturday, March 26, at 7:00 p.m., in the sanctuary of the Loma Linda University Church. A Service of Celebration, will follow at 7:45 p.m. in the church’s Fellowship Hall. Flowers may be sent to the church. Donations in lieu of flowers can be sent to the Emerald Health and Education Foundation, P.O. Box 8877, Redlands, CA 92373.

Click here for a video about Dr. McFarland’s life and work.

The Breath-Free Plan to Stop Smoking is an outgrowth of the Five-Day Plan, applying scientific information and additional behavior modification strategies discovered after the Five-Day Plan was created, including 3 weeks of follow-up. It is available by contacting sales@healthconnection.org or calling 1-800-548-8700.

(We regret the misspelling of Elman Folkenberg’s name in the earlier issue.)

ACS Hosts Crisis Care Webinar Series

All pastors and lay ministers are invited to
participate in a series of free webinars hosted by the Crisis Care Ministry of Adventist Community Services. The information and tools that will be provided can help you identify and assist with the emotional and spiritual needs of those affected by the recent events in Japan or other critical incidence.

The first webinar will be held:
Date: Friday, March 25, 2011
Time: 1:00-2:00 pm EDT

To join the webinar:
Go to: https://connect.hsin.gov/acsteleconference
Call: 866-822-1298
Code: 3016608

Japan Disaster Relief Continues; NAD Collects Funds

“As the church in Japan copes with the impact of the recent earthquake and tsunami, the support of church members around the world through prayer and financial donations is greatly appreciated,” said Pastor Dan Jackson, president of the North American Division. The North American Division is accepting donations on behalf of the Northern Asia-Pacific Division for disaster relief in Japan. “As a part of our worldwide church family, we feel compelled to help out our brothers and sisters as they attempt to rebuild their lives and communities.”

Click here to donate electronically or through your church’s offering plate by designating it for “Japan Earthquake SDA.”

If sending directly to the North American Division, please make payable to:

North American Division
Attn: Japan Earthquake and Tsunami Disaster Relief
12501 Old Columbia Pike
Silver Spring, MD 20904

Note: You may also send donations to ADRA’s Emergency Response Fund, by contacting ADRA at 1.800.424.ADRA (2372) or give online. Canada residents may send their contributions to ADRA Canada’s “Japan quake/Pacific tsunami” fund or to the Emergency Response Fund, contact ADRA Canada at 1-888-274-2372 or give online.

Youth to Bring Positive Messages and Uplift Neighborhoods

In its 35th year of operation, the Black Adventist Youth Directors Association (BAYDA) is holding its ninth United Youth Congress, April 6-10, at the Orange County Convention Center in Orlando, Fla. Themed “iServe,” the Congress will provide a unique learning experience through leadership development and education that many will cherish. “The purpose for the Congress is to increase awareness of the needs of youth in our community and to equip them with the tools to break the shackles that stifle their potential,” said Pastor Vandeon Griffin, BAYDA chairperson.
Workshop topics will include employment, family and spiritual decline, gangs, homelessness, community and financial empowerment, and sexual promiscuity, just to name a few. Attendees will also participate in community service projects for the greater Orlando community. “Service teaches kids life skills,” said Wayne Hewlett, community service coordinator for the Congress. Service project areas include Three Points Elementary School, Clean the World, Harvest Tie International, Community Food and Outreach Center, Living Hope International Ministry, Salvation Army, and Second Harvest Food Bank.

Adventists in the News

The following are positive stories that appeared this week in the news about Seventh-day Adventists in the North American Division territory.

CHIP food demonstrator enjoys challenge of changing recipes to make vegan meals
Lodi News-Sentinel, March 23

Apple Creek Seventh-day Adventist Church Dedicates their New Defibrillator
PR Web, March 23

Recipients moved to tears
Langley AdvanceNews, March 22

Pastor returns home to CP flock for Prayer Day
Your Ottawa Region, March 19

Announcements

View Adventist World online

Check out the March 2011 online edition of Adventist World. NAD stories include:

"The Loma Linda Report" - page 11
"NET 2011 Emphasizes Local Church Evangelism" - pages 12-13
"Are NET Events Successful?" - pages 14-15
"Women in the Wings" -page 17
"North American Division Responds to Enditnow" - pages 32-37

Adventist Ministries
Note: Reaching Out in Love describes the important evangelism aspect of NAD's strategic plan to REACH North America. The most effective way to REACH OUT is to do it with LOVE as was Jesus' example. His compassion for lost souls is now our mission. The challenge is our privilege.

NET 2011—Prophecies Decoded Early Bird Deadline—April 1
Have you registered?

Visit [http://Host.PropheciesDecoded.com](http://Host.PropheciesDecoded.com) to register and find resources to support outreach and evangelism.

Early bird registrants will:
2. Receive a host site evangelism rally DVD. A weekend series in Nashville that includes training, biblical messages and prayer warrior training.
3. Become part of a wholistic 360 approach to outreach that lasts all year and beyond.

March is National Nutrition Month
It’s time to fight the surgeon’s knife and raise your fist in the air and say you’re not going to take it anymore. You want something better for your life, for your family, and your future. This special issue of *Vibrant Life* will help you share health.

The Review and Herald has created a [video](http://Host.PropheciesDecoded.com) to introduce this special issue of *Vibrant Life* entitled “Forks Over Knives.”

Order for health events/Learn more

*Counsels on Diet and Foods* -- Ellen White's writings in the field of health have stood well the test of time and the advances of science. Generations of readers have found them to be a powerful aid in obtaining that self-control that promotes clearness of mind and purity of heart.

Other suggested resources are [Naturally Gourmet](http://Host.PropheciesDecoded.com) and [Global Café](http://Host.PropheciesDecoded.com)

"Shaking Time" Devotional

Visit our website
Share This Newsletter

Convention:
January 15–18, 2012, at the Innisbrook Resort and Golf Club in Innisbrook, FL
[More](http://Host.PropheciesDecoded.com)

The One Project:
Lincoln Steed, Associate Director, Public Affairs and Religious Liberty

Dan Jackson at Local ASI Convention, New Jersey

Click here to listen to a sermon by Pastor Dan Jackson, president of the North American Division, presented at the Columbia Union Conference’s chapter of Adventist-laymen’s Services and Industries annual convention at Trinity Temple church in Newark, NJ, on March 12.

Note: Audio courtesy of the Columbia Union Conference.

Stay Socially Connected with NAD

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12501 Old Columbia Pike, Silver Spring, MD 20904 | Visit: nadadventist.org

George Johnson Jr., communication director | Bernadine Delafield, NET evangelism coordinator
Lynetta Murdoch, editorial assistant. Email: newspoints@nad.adventist.org

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Remembrance: McFarland helped millions quit smoking with five-day plan

Dr. J. Wayne McFarland, a Seventh-day Adventist health advocate who co-authored the Five Day Plan to Stop Smoking, which drew millions to seminars in the 1960s, died March 14 at a retirement facility in Loma Linda, California. He was 97.

McFarland and co-author Elman J. Folkenberg released the smoking cessation program at a time when smoking was prescribed for breathing problems.

The duo offered their first smoking cessation seminar in Taunton, Massachusetts in 1960, later releasing the 1962 book Five Day Plan to Stop Smoking for pastors and health experts to offer the program in communities across the United States.

McFarland, a physician, and Folkenberg, a pastor, would encourage seminar participants to repeat the phrase in unison and throughout the day, “I choose not to smoke,” Time magazine reported in 1963.

The Time article also noted the seminar included a strong spiritual component, similar to support methods of Alcoholics Anonymous. Participants were also given specific dietary instructions to accompany the plan and matched with a buddy to monitor each other’s progress.

“The five-day plan was enormously successful, it met a real felt need,” said Dr. Allan Handysides, Health Ministries director for the Adventist Church.

J. Wayne McFarland was born in Brawley, California on August 11, 1913 and graduated from Madison College, in Nashville, Tennessee. He earned a medical degree from Loma Linda University in 1939 before serving a fellowship in physical medicine and rehabilitation at the Mayo Clinic, in Rochester, Minnesota.

He practiced and taught in Philadelphia, first at Temple University Hospital and later at Jefferson University Hospital. He worked for the Adventist Church’s headquarters in the 1940s and 50s, editing Life and Health magazine, and helped to establish what is now Adventist-Laymen’s Services and Industries, a lay supporting organization of the denomination.

Later, while serving as an associate director for the Adventist Church Health Ministries department from 1970 to 1980, McFarland would team up with Adventist evangelists to offer a practical health message to accompany a series’ spiritual outreach, something he did in six continents over his career.

After retirement he continued traveling the world, offering smoking cessation support in Russia and serving as a special consultant on health education to the Shenyang Municipality of China.

McFarland received numerous awards from municipalities and universities, including a medallion of merit from the World Health Organization in 1988.

McFarland’s seminar partner Folkenberg died in 1986. His nephew, Robert Folkenberg would later serve as the denomination’s president, from 1990 to 1999.

McFarland’s wife Dolly preceded him in death in 2008. He is survived by two daughters, three grandchildren and eight great-grandchildren.

--additional reporting by Don A. Roth

ANN World News Bulletin is a review of news issued by the Communication department of the Seventh-day Adventist Church World Headquarters and released as part of the service of Adventist News Network. For reproduction requirements, click here. The opinions expressed by Commentary authors and sources in ANN news stories do not necessarily reflect those of Adventist News Network© and/or the Seventh-day Adventist© Church.
CHIP food demonstrator Marc Gabrys enjoys challenge of changing recipes to make vegan meals

Marc Gabrys has been a vegetarian most of his life. When the Coronary Health Improvement Project began in Lodi 16 years ago, he was asked if he wanted to do cooking demos for the classes. That was when he was introduced to vegan cooking. He has enjoyed the challenges of vegan cooking ever since.

Q: What is rewarding about doing the cooking demos?
A: Definitely the people. Talking to people and finding out what they are taking away from it. Hearing stories of how the lifestyle has made a difference in their lives. That is definitely most rewarding.

Q: What ingredient is a must-have in your kitchen?
A: Fresh vegetables. For vegan cooking, the fresher, the better. That's really where the


By Pam Bauserman
News-Sentinel Staff Writer | 0 comments

Dan Evans/News-Sentinel
Mark Gabrys, of English Oaks Seventh-day Adventist Church, cooks for the Coronary Health Improvement Project, a month-long program that encourages healthier living through a strict vegan diet.

http://www.lodinews.com/features/article_9919626f-868b-5594-9e81-ee...
Black Bean Soup

3 tablespoons water
1 cup onion, chopped
2 cloves garlic, minced
2 15-ounce cans black beans, drained and rinsed well
1 1/2 teaspoons ground cumin
1 14 1/2-ounce can tomatoes, chopped
2 teaspoons McKay’s Chicken-Style Seasoning
1 3/4 cup water
1 4-ounce can diced green chilies, drained
1 tablespoon lemon juice

Place three tablespoons water into a large frying pan. Add onion and garlic; saute’ until tender. Add one cup beans to the sauteed mixture and mash with a potato masher. Add remaining beans, water, and next four ingredients. Stir well. Bring to a boil; cover, reduce heat and simmer for 15 minutes. Remove from heat; stir in lemon juice.

Note: McKay’s Chicken-Style Seasoning is a meat-free seasoning that is available in most health food stores.
— Source: Marc Gabrys

Quinoa Salad

1 1/2 cups Quinoa
2 1/2 cups water
1/2 cup black olives, sliced
1 1/2 cups English cucumber, diced small
1 1/2 cups yellow and red bell peppers (combined)
3 tablespoons olive oil
2 tablespoons lemon juice
1 clove fresh garlic, minced
1 teaspoon salt
2 teaspoons fresh dill, finely chopped

Wash quinoa well using a fine-mesh colander. Bring water to a boil in a medium-sized pot. Add quinoa. Cover and simmer approximately 25 minutes until water is absorbed. Remove from heat. Allow to cool. While quinoa is cooking, mix in a small bowl the olive oil, lemon juice, minced garlic, salt and fresh dill. Let sit until quinoa is cooled. Add the onions, olives, cucumber and bell peppers to the quinoa. Pour the dressing over the quinoa.

Q: Why should a person consider going vegan?

A: No. 1, for health reasons. There’s a lot of products out there now that have been processed, where items have been added to extend the life but there are no nutrients left. Veganism is getting the most nutrients naturally out of food and avoid as much processed foods as possible.

Q: What is your favorite recipe to cook?

A: I don’t know if I have a favorite, because I’m always looking for new recipes that I can change or alter to make it work for us. It’s always a challenge for me and I enjoy that a lot. Probably one of my favorites is a basic stir fry.

Q: Which food item do most people rave about?

A: There are 13 night classes and 11 nights for the cooking school. They probably taste a minimum of 35 different recipes, including two breakfasts. What’s important is they get a chance to taste them. If you make it and they don’t taste it, there’s less probability they will try it at home. This year, they loved the tofu spinach lasagna.
and mix well. Allow salad to marinate at least 30 minutes before serving.

— Source: Marc Gabrys

A: I’m always looking for new recipes. I think one of the things I haven’t done a lot with are probably desserts. I just got a new cooking magazine in vegan. It’s just desserts. I’d like to take some time with that. A friend of mine made a German chocolate cake. I couldn’t taste the difference.

Q: What is your biggest tip for vegan cooking?

A: I think the first thing I’d say is, don’t be afraid. Find information where you can, whether it’s a magazine or wherever, try it. We all fail, but never give up. Use fresh ingredients and use whole grains.

Contact Features Editor Pam Bauserman at pamelab@lodinews.com. Find the best bargains in Lodi on Pam’s blog, Saving

with Pam.
### Rules of Conduct

1. **Use your real name.**
   You must register with your full first and last name before you can comment. (And don't pretend you're someone else.)

2. **Keep it clean.**
   Please avoid obscene, vulgar, lewd, racist or sexually oriented language.

3. **Don't threaten.**
   Threats of harming another person will not be tolerated.

4. **Be truthful.**
   Don't lie about anyone or anything.

5. **Be nice.**
   No racism, sexism or any sort of -ism that is degrading to another person.

6. **Stay on topic.**
   Make sure your comments are about the story. Don't flame each other.

7. **Tell us if the discussion is getting out of hand.**
   Use the 'Report' link on each comment to let us know of abusive posts.

8. **Share what you know, and ask about what you don't.**

#### Welcome to the discussion.

**Log In**
Current users sign in here.

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CHIP food demonstrator Marc Gabrys enjoys challenge of changing recipe... http://www.lodinews.com/features/article_9919626f-868b-5594-9e81-ee...
Apple Creek Seventh Day Adventist Church Dedicates their New Defibrillator from F.A.S.T. Rescue Inc.

The Apple Creek Seventh-Day Adventist Church dedicated their new Automated External Defibrillator to God on March 12, 2011. Dean Turner and Shyamala Nathan-Turner of F.A.S.T. Rescue Inc. were proud to be a part of the celebrations where Dean explained the benefits of this device and its ease of operation to the Apple Creek congregation of approximately 1000 people.

(PRWEB) March 23, 2011

The Apple Creek Seventh-Day Adventist Church dedicated their new Automated External Defibrillator to God on March 12, 2011. Dean Turner and Shyamala Nathan-Turner of F.A.S.T. Rescue Inc. were proud to be a part of the celebrations where Dean explained the benefits of this device and its ease of operation to the Apple Creek congregation of approximately 1000 people.

"We have been very lucky to have worked with the Apple Creek Seventh-Day Adventist Church for many years" says Dean Turner, President of F.A.S.T. Rescue. "They have an amazing group of people leading their Health Ministry team who are forward looking and work hard to ensure the health and safety of this congregation."

"I am deeply appreciative for the vision and foresight of the Health Ministry Department of the Apple Creek Seventh-day Adventist church under the capable leadership of Ms. Walda Clarke." states Pastor Martin. "This life-saving device will increase our response capability and effectiveness in the event of a life threatening cardiac emergency. Many thanks to Dean Turner for taking the time to explain the pertinent features of this device to our congregation."

Walda Clarke, Leader of the Health Ministry Department adds: "The decision to acquire an AED was an easy one to make, as the Health Ministry Team has the well-being of our large congregation and community served, at heart. The church and community members supported a fundraising Walkathon last year and the funds were specifically earmarked for the purchase of this device. Health Ministry Team is well aware of the benefits of the AED and the importance of having up to date equipment and training. Consequently the team has worked with F.A.S.T. Rescue over the years, to offer First Aid training to church and community members. Additionally, we rely on F.A.S.T. Rescue, to review our First Aid supplies, to ensure that all is in order. The partnership with F.A.S.T. Rescue is a valued one, so when the time came to purchase the AED, there was no question about where to turn. We are also secure in knowing that they stand behind their products and will provide any necessary support."

Each year, more than 45,000 Canadians suffer from a sudden cardiac arrest, which is when an individual's heart stops beating. The casualty usually loses consciousness and blood flow to the brain and vital organs is cut off. If the heart is not restarted within a few minutes, brain damage and death occur. Of those who have suffered from a sudden cardiac arrest outside of a hospital setting, less than 5% survive to hospital due to delays in recognizing the cardiac emergency and access to appropriate care.

Research has demonstrated that early defibrillation using Automated External Defibrillators is a vital step in reducing premature death from sudden cardiac arrest in Canada. The survival rate from sudden cardiac arrest without CPR is zero and for every one minute delay in defibrillation, the survival rate of a cardiac arrest victim decreases by 7-10%.

Early intervention is vital. Early CPR and defibrillation within the first 3-5 minutes after collapse, plus early advanced care, can result in high long-term survival rates. These rates can range from 50-80%, which in Canada, means saving the lives of 2,000-4,500 adult and pediatric victims each year. Accessibility to AEDs in public areas is key to ensuring the survival of people suffering from sudden cardiac arrest.

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Contact Information

Shyamala Nathan-Turner
F.A.S.T. Rescue Inc.
http://www.fast-rescue.com
(866) 706-7283 ext. 223
Recipients moved to tears
A family grappling with a loss was picked to receive the 2011 Extreme Home Repair.

BY ROXANNE HOOPER, LANGLEY ADVANCE  MARCH 22, 2011

Pastor Mike Dauncey (bottom left) shared the news Thursday that the Grochowski family will receive an Extreme Home Repair in May.

Photograph by: submitted, for Langley Advance

The death of David Grochowski three years ago sent his parents and siblings into a tail spin they've still not fully recovered from.

But the Acts of Kindness (AOK) team from the Aldergrove Seventh-Day Adventist Church hope last week's announcement will turn that all around for the family.

During a visit to the Grochowski's Aldergrove home late Thursday, Pastor Mike Dauncey and some of the AOK team told the teary-eyed family members they'd been selected as recipients of the 2011 Extreme Home Repair.
"They've had a huge loss, and maybe this is something that can give them a shot in the arm and lift them up," Dauncey told the Langley Advance, extending a plea to anyone interested in helping.

They were told that on May 13, hundreds of volunteers will converge on their 267A Street home, and spend the next 10 days repairing and upgrading the dilapidated 1970s two-storey structure.

"They're a wonderful family whose lives were torn apart with the death of their son David," said long-time project member Lorne Brownmiller, who explained that 18-year-old David was killed in a car accident in October 2007.

The loss devastated his father Walt, mother Terry, and his five siblings - four of whom still live at home. And even though they were in the midst of home renovations at the time of David's death, little has been done on that project or many others since.

"Honestly, they're home is in disrepair... It needs some help," Brownmiller said, elaborating that the kitchen, bath, floors, deck, windows, insulation, roofing, heating system, landscape, and other aspects of the home are all under consideration in what will be one of the most intense projects in the AOK home repair's seven-year history.

The Grochowski family was one of seven nominated, six from Aldergrove and one from Idaho (out of the AOK area).

The project runs May 13-23. The family is vacated from the home for the duration, and volunteers conclude with a ceremonial reveal the last day.

"We really feel we can help them get a leg up," said Dauncey.

The AOK is holding a volunteer job fair for the makeover on Saturday, April 16, 1 p.m. at the Adventist church (26245 28th Ave.)

In the meantime, anyone interested in donating products, services, or time to the project can also email: pastordauncey@gmail.com, or call the church at 604-856-5830, ext. 104.

rhooper@langleyadvance.com

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Pastor returns home to CP flock for Prayer Day

Desmond Devoy

March 19, 2011

CARLETON PLACE – It’s always a homecoming of sorts no matter where Pastor Manuel Donoso has been.

The International Day of Prayer brought the Chilean-born pastor back to his old flock, the Seventh Day Adventist Church in Carleton Place, to regale the attendees at the ecumenical service about the trapped Chilean miners and his own story of survival in the Chilean earthquake.

“This place brings back happy memories for me,” said Donoso, who spent several years as the pastor at the Victoria Street church.

The theme of Donoso’s speech was centred on his homeland, which had a rollercoaster year in 2010.

On Aug. 5, 2010, at 2:15 p.m., 33 miners found themselves trapped in the St. Joseph mine, more than 600 metres below the surface of the earth, in the arid desert.

“The mine was crying. They knew there would be a cave-in,” said Donoso.

As the earth moved around them, a tiny white butterfly came into view and caused the miners to stop dead in their tracks. It was a miracle they did because, just in front of them, 27,000 tonnes of rock would have landed on top of them had they continued on down the tunnel.

The day of prayer was organized by church women from various faith communities in Carleton Place, and Donoso made sure to note the important role played by women in the rescue of the miners.

“Now, we are hearing what really went on down below,” said Donoso, as desperation and thoughts of suicide filled their heads. Up above, however, it was a different story.

“At the top of the mine, a camp, Camp Hope (Campo Esperanza in Donoso’s native Spanish) was set up, and the drilling continued to reach toward the miners day and night. When the drill finally made its way to their cave deep within the earth, the miners painted the drill tip red to signal that they were still alive.

Sadly, some of the women were manipulated by the very men whom they wanted to see alive again. One
lady, Martha, became well known, since her husband was cheating on her with another woman, a fact she only learned after the mine collapse.

“(She was) mistreated in life, and lied to by the man in her life from the beginning,” said Donoso. By this point, regular communication had been established with the miners, and Martha sent a message to her man that she, “hoped that they could start anew.”

He sent a reply back to the surface that he too wanted to start a new life with her. This filled her with hope – until she discovered that her husband’s lover was also getting similar letters.

“She was hoping for a change in the heart of her man. It was not to be,” said Donoso. But the end of her relationship also signaled a new life for her.

“She would never let any man push her around any more,” said Donoso. “The women were the real heroes in the mine disaster.”

That same year, Donoso’s own family was in a fight for survival of its own, when a major earthquake shook the country. Donoso was visiting his family for a month when the major quake struck in the middle of the night.

“It was extremely violent,” Donoso remembered. His sister normally locked her door from the inside, but the shaking, which lasted for close to two minutes, must have dislodged the key from the door, for when the family rushed to try to open it, they found they were locked inside.

“We endured the whole earthquake inside the house,” said Donoso. “We couldn’t get out. Everything came crashing down...I thought that the house was going to catch on fire.”

To make matters worse, escape through the windows was not an option because they were covered over by iron bars.

Nearby, all of the plates and cups from the kitchen cabinet spilled out onto the floor.

The earthquake happened early on Saturday morning and Donoso was slated to leave that Sunday. He would end up staying an extra week in Chile.

“The airport was a nightmare,” he said. “There were flights going out half empty.”

For a time, there was no electricity, no water, and no telephones.

“(But) God did many miracles,” Donoso said. On his way back from the airport after trying unsuccessfully to catch a flight back to Canada, Donoso happened in to a little hardware store in the middle of nowhere. By a coincidence, the shop owner had visited Canada three months earlier.

“She couldn’t say enough about Canada,” Donoso said. When he enquired if her phone was working, he was amazed to discover that there was a clear line and he was able to call his family to let them know he was alive.

Various churches of all denominations were in attendance at the ecumenical service, including Zion-Memorial United, St. Andrew’s Presbyterian, St. Mary’s Roman Catholic, St. James Anglican and the Eternal Life Anglican Fellowship.

A donation collected amongst the attendees at the service collected $410.

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