Adventists InStep for Life, Let’s Move!

We can help mobilize our families and fellow citizens to prevent or overcome serious and prevalent diseases and to take seriously the need to develop a healthier lifestyle. “Our culture is coming to grips with its health crises and we have a message for the times,” says NAD President Dan Jackson. Childhood obesity reached an all-time high in 2008 according to the Federal Centers for Disease Control and Prevention, and as a result, children as young as six are developing serious diseases such as diabetes, hypertension, kidney disease, and heart disease! It’s time to organize, inspire, and start moving.

Health ministry leaders across the division have worked together to develop ideas and resources for Adventists InStep for Life, being launched April 1.

Save the Date: Sunday, September 25 has been set aside as Let’s Move Day. Churches, schools, and healthcare institutions are encouraged to host 5K run/walks or other active events on that day to provide opportunities for physical activity and promoting a healthier lifestyle. Resources and information will be available at www.NADhealthministries.org. Get the Health Unlimited newsletter in English, Spanish, French and Portuguese.

A $1.3 Million Grant was Awarded to Loma Linda University (LLU)

from the National Institutes of Health for Multiple Sclerosis (MS) Research. Using cutting-edge technology, the LLU researchers plan to develop new techniques to more accurately diagnose MS earlier, before patients experience severe symptoms which potentially lead to permanent neurological impairment. Read more in the News Section at the NAD web site.
The following are positive stories that appeared this week in the news about Seventh-day Adventists in the North American Division territory.

**Diabetes not a death sentence**
*Moose Jaw Times-Herald, March 26*

**Religion flourishing in Durham**
*Newsdurhamregion.com, March 25*

**EDITORIAL: Hero without a gun**
*Washington Times, March 24*

**Warming center, other aid set for Oakhurst**
*Fresno Bee, March 24*

**Raising money for Haiti**
*Royal Gazette, March 24*

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**Announcements**

**View Adventist World online**

NAD stories in March 2011 Adventist World

"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

**More Announcements:**

Free Crisis Care Webinar for pastors, professionals and paraprofessionals to help identify and assist with the emotional and spiritual needs of those affected by disasters and critical incidents. Friday, April 1, 1:00 pm - 2:00 pm EDST. See PowerPoint while calling 866-822-1298, code 3016608 for audio.

2011 SONscreen Film Festival IX Official Selections have been voted and scheduled and are posted at http://www.sonscreen.com/article.php?id=39. All are invited to attend the SONscreen Film Festival which will be held April 7-9 at the Adventist
Two special series will be rebroadcast on Esperanza TV:
José V. Rojas, especially for youth - Transformación - La Verdad te Liberará, April 8-12, 7:00-8:00 p.m. ET and 8:00-9:00 p.m. PT.
Adly Campos, on the family - Construyendo un hogar feliz, April 16-24, 8:00-9:30 p.m. ET, and 8:00-9:30 p.m. PT. Campos was NAD’s first female NET evangelist.


Join Us on the North American Division Facebook page! It has had 2286 monthly active users. 7025 people have “liked” it. From your Facebook page “Like” the North American Division of Seventh-day Adventists.

Remember New NAD Office Hours: Most departments of the North American Division have joined the General Conference in closing their offices on Fridays. The division is in full operation Monday through Thursday, from 8 a.m. to 6:30 p.m.

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 Registration Deadline—April 1
Visit 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.
Year-end List of Resources, Breath of Life e-Newsletter, 29 Different Ministry ToolKits

2010 Year-end Meeting Resources: During the 2010 Year-end Meeting, November 4-8, the ministries and services of the North American Division shared valuable documents and resources available to every level of the Church. Get the list and links.

New Breath of Life Monthly e-Newsletter: The mission of Breath of Life Ministries, with Dr. Carlton Byrd as speaker/director, is to present the everlasting gospel of Jesus Christ to all people groups from a contemporary, urban perspective. Sign up to receive the e-newsletter.

A List of Ministry ToolKits for 29 Different Ministries to help church leaders to get started in and carry out their duties is posted at http://ministrykits.adventsource.org/. Get resources, articles, webinars and more, all relating to various ministries or church office.

ViewPoints by Children's Ministries and Ministerial

“Families are bombarded with issues that are affecting their children. Bullying, sexting, children viewing pornographic material, and literature that focuses on spiritualism are major concerns of the Children’s Ministries Department,” said Phyllis Washington, director of children’s ministries for the NAD. Washington spoke to approximately 80 people at a Track IV Certification Workshop, March 26-26, sponsored by the Atlantic Union Conference Children’s Ministries Department in South Lancaster, Mass.

Reaquainting Ourselves -- Ivan Williams, Ministerial Association director for the North American Division, greets Ramon Canals, vice president for Hispanic Ministries and Ministerial director for the North Pacific Union Conference, at the NAD Union and Conference Ministerial Directors Meeting at Andrews University on Thursday, March 10. Williams directs pastoral and ministerial work for more than 55 ministerial directors and approximately...
5,000 pastors across the Division territory. During the meeting Williams shared with the team a strategic focus for pastoral ministry which includes faith, family, finances, fellowship, and fitness.
The congregation of the Seventh-Day Adventist Church was treated to a special diabetes workshop Saturday morning.

University of Saskatchewan Nutritionist Dr. Carol Henry spoke to the congregation during the regular service time to give the church some insight on preventative measures and health tips regarding Type 2 diabetes.

“My goal is to tell you of how you might manage it,” Henry told the congregation of about 30 people.

As someone who has Type 2 diabetes herself, Henry said that stress, weight, diet and exercise are some of the major factors that can control diabetes.

If one doesn’t take measures to stay healthy, complications can form from diabetes such as heart disease, non-traumatic amputation and adult-onset blindness.

According to Henry, 10,573 lower limb amputations were performed in 2006 in Canada as a result of complications from diabetes.

“It’s one of those diseases that’s taking over,” said Henry.

By 2016, Henry estimates that 2.5 million people in Canada will have diabetes.

Diabetes occurs when the body stops producing or has lost sensitivity to insulin, which helps break down sugars and starches into energy. It can be caused by a failure of the pancreas, where insulin in produced in the body.

Henry said that eating whole, unprocessed foods and regular exercise are two of the best things people can do to help prevent diabetes and prevent complications for those who have diabetes.

“Exercise for a diabetic is very important,” said Henry.

“Every time you exercise, it helps the body to use the insulin wisely.”

Adequate rest, stress management, exercise, wholesome foods and healthy relationships were Henry’s key points to living a healthy life with diabetes.

Henry encouraged the congregation that having diabetes isn’t a death sentence.

“You can say that you’re living with diabetes.”
Religion flourishing in Durham

March 25, 2011
Reka Szekely

DURHAM -- Every year in Durham Region it seems, historic churches that have stood for 100 years or more are shuttering their windows and closing their doors.

Among them, recently, are Harmony United Church in Oshawa, which closed its doors on Feb. 28, and Zion United Church in Mitchell's Corners in Clarington, which closed its doors on Dec. 29.

In both cases, the main reason for the closure was declining membership.

There's no arguing that Canadians as a whole are attending religious services less than they used to.

According to Statistics Canada, in 1985, 30 per cent of Canadians aged 15 and older reported attending a religious service once a week. That figure dropped to 21 per cent in 2005.

In that 20-year time frame, the number of people reporting they have no religious affiliation doubled from 11 per cent to 22 per cent in 2005.

Still, even with those numbers, many religious groups in Durham are reporting growth.

Among them is Forest Brook Community Church, which started out with just 24 people in Pickering 30 years ago. Since then the group has grown to about 600 and moved to its current Ajax location in 2005.

"Most of the growth in Christianity comes from people who have Christian roots, maybe their parents went to church years ago, or they've lapsed in their church attendance," said Pastor Kevin Armstrong.

He sees the shift to a more individualistic and consumer society as the reason church attendance has declined in recent years.

"It was a cultural thing that happened, and over time as society changed, I think what happened is a lot of churches shrank inside themselves. Because they retreated, they lost their position of influence in society."

That's why, he said, Forest Brook was founded with the mindset of reaching out to society and the community. He says as a more informal group, it's easier to bridge the gap to people and points out that while faith doesn't change, the way it's packaged does.

"Churches like ours that include less formality, appeal to this generation because it's not your mom and dad's church," said Pastor Armstrong.
And even old churches can have a new lease on life.

After the Whitevale United Church went up for sale in 2008, it was eventually bought by the St. Joseph of Arimathea Orthodox Church.

Real estate agent and congregation member Michael Plomaritis found the site and he said the group is happy at its new location after moving in in 2010.

"Obviously we're thrilled it's there for us and we can worship there and we can make it our own," he said, pointing out that St. Joseph of Arimathea is unique in that it's the only all-English Orthodox church in the GTA.

Since the move to Whitevale, Mr. Plomaritis said he's shown homes to three or four families looking to locate in the area and with many young families, including about 50 children under age five, he sees a bright future for the church.

And while change has brought success to Forest Brook, it's tradition that keeps Mr. Plomaritis attending services at St. Joseph.

"I can just say for me in our worship it kind of goes back to the roots of Orthodoxy, not changing with the times, keeping with the tradition."

In Oshawa, the College Park Seventh-Day Adventist Church has been part of the community for more than 100 years, said Pastor Gary Hodder, and the church has added about 75 members in the last year, bringing the congregation to about 1,300.

The church reaches out to community through direct services.

"Right next door to us we have a building that houses a clothing bank and also a food bank, so we're open Wednesdays and Thursdays for patrons in the community, so we obviously serve quite a number of people who are in need," said Pastor Hodder.

The organization also runs a school, which has 160 to 200 students at any given time, and that means young families participating in the church.

As well, immigration has served to grow the church.

Shortly after the founding of the Adventist church in the 1800s, members engaged in missionary work around the world and these days the group can be found in many parts of the world, including the Caribbean, Africa and the Philippines.

"As result of all of that, with immigration, many of the people coming to Canada have an acquaintance with the denomination or are Adventists themselves," said Pastor Hodder.

Immigration has also benefited the growth of the Devi Mandir Hindu temple in Pickering, which is made up mostly of people hailing from Guyana and Trinidad.

Head priest Pandit Damodar Sharma said what is now a large community of more than 500 families started with just five.

"This originally started here maybe over 20 years ago and they didn't have any place at that time, they were going house to house."

The group grew and moved to renting weekly places to gather and then bought a piece of land on Brock Road in Pickering. There the members built a new temple about 12 years ago. Now it stands as a white beacon to the community.

Pandit Sharma said people come from across the GTA, including Durham, Markham and Toronto, to worship there. The
service includes Sanskrit and Hindi, but the discussion is conducted in English.

He said he knows of several families who have chosen to settle in Durham Region to be closer to Devi Mandir.

"Because of the temple, this area is growing now," said Pandit Sharma.

He said one of the major reasons for the temple's success is good bookkeeping so families know their donations are spent wisely and there are no false receipts issued.

"Secondly we try to keep ourselves away from politics … we should keep the religion and God first."

Pandit Sharma said it's important for Devi Mandir to pay attention to the basics such as being there for people who are sick or families who have lost a loved one.

One of the most frequent calls is for a blessing of new homes. He said the temple gets such calls about five to 10 times a month for homes in the nearby area.

Devi Mandir also reaches out to young people by welcoming school groups for visits. There's a Devi Mandir youth group and a special programming for children while their parents attend services.

Pandit Sharma explained why it's important to reach out to youth.

"I give this example, we're planting the seeds in the field and when the time comes, the seeds will grow. These little things will help them and guide them in the future."

He said Devi Mandir is involved in the community, occasionally visiting City Hall to give the city updates, participating in multi-faith events with people from other religious groups. Pandit Sharma himself is an honorary chaplain for Durham police.

Forest Brook also participates in multi-faith and community events, explained Pastor Armstrong, and he sees a trend where government officials are starting to embrace faith partnerships.

"When faith groups can participate in the public sphere it allows people to say, 'hey wait a minute, faith is an option to me'."
A Medal of Honor Day tribute to Desmond T. Doss

By THE WASHINGTON TIMES

7:18 p.m., Thursday, March 24, 2011

Desmond T. Doss was 23 years old when he was drafted into the U.S. Army in 1942. The lanky Lynchburg, Va., native was much like other young men of the Greatest Generation, but one thing set Desmond apart from the other new troops. He was a devout Seventh Day Adventist and refused to touch a weapon. Some of the men in his training unit made jokes about him, others threatened him, but Desmond held firm to his beliefs.

The Army considered discharging him, but Desmond objected. "I'd be a very poor Christian if I accepted a discharge implying that I was mentally off because of my religion," he told the review board. "I'm sorry, gentlemen, but I can't accept that kind of a discharge." He was granted conscientious objector status and the former cabinetmaker trained as a medic. Desmond was assigned to the 307th Infantry Regiment of the 77th Infantry Division and sent to the Pacific theater. In 1944, he participated in the amphibious assault on Guam and tended to wounded soldiers though two weeks of hard jungle fighting. After the island was secured, Desmond was awarded the bronze star.

After several more combat landings, the 77th faced its most deadly challenge in Operation Iceberg, the battle for Okinawa. The battle began on April 1, 1945, and the "Typhoon of Steel" quickly became one of the highest casualty engagements of the war. Japanese defenders resisted to the last man from a system of cave complexes and underground tunnels. By the end of April, Army and Marine forces had become bogged down before formidable enemy defenses along a 400-foot-high jagged ridgeline called the Maeda Escarpment. The 307th Infantry Regiment was assigned to storm the ridgeline and break the back of the Japanese position.

On the morning the assault was launched, Desmond suggested to his platoon leader, Lieutenant Goronto, that the men say a prayer. "I believe prayer is the best life saver there is," he said. "The men should really pray before going up."

"Fellows, come over here and gather around," the lieutenant said, "Doss wants to pray for us." Actually, Desmond had meant that each man should observe his own moment of prayer, but the men of the unit humored him and stood by while Desmond read a passage from his Bible. Then they set about their grim business.

According to one participant, the assault on Maeda Escarpment was "all hell rolled into one." It was seven days and nights of bitter struggle with rifles, bayonets, hand grenades, knives and fists. The men of Desmond's battalion advanced to the top eight times, and each time they were driven back by furious Japanese counterassaults. But the ninth assault held, and the ridge was taken, yet at a terrible cost. The battalion had arrived on April 29 with 800 men; a week later, there were 324 left standing.

Desmond was in the thick of things throughout, the only medic assigned to the attack. As the battle line shifted across the top of the escarpment, Desmond stayed behind, retrieving wounded men in the face of enemy fire.
He carried them to the edge of the escarpment and lowered them one by one on a litter suspended from a rope. Others who were too badly wounded to move he treated on the spot, sometimes within yards of enemy-held caves. Officers motioned for Desmond to come off the ridge but he refused. Throughout the brutal assault, when wounded soldiers cried "Medic," Desmond Doss came.

Pfc. Doss continued his heroic actions through the battle on Okinawa, suffering numerous wounds. On May 21, during a night attack, he was giving aid to wounded soldiers when a grenade landed nearby and seriously wounded his legs. Five hours later, litter bearers came to rescue him, but on the way to an aid station they were attacked by an enemy tank and Desmond gave his place in the litter to a more seriously wounded troop. While awaiting help, he was wounded in the arm by a sniper, and knowing he could not stay any longer on the battlefield, he fashioned a splint out of a rifle stock and crawled 300 yards to safety. The men of his unit, who had thought Desmond was dead, wept when they saw him return.

Desmond Doss left the Army as a corporal, missing one lung, six ribs and classified as 90 percent disabled. His heroism had not gone unnoticed. In October 1945, President Truman presented Doss with the Medal of Honor at a White House ceremony. He was credited with saving at least 75 lives on Okinawa. The citation read that his name "became a symbol throughout the 77th Infantry Division for outstanding gallantry far above and beyond the call of duty." He was the first conscientious objector to receive this high honor.

"I wasn't trying to be a hero," Desmond said in a 1987 interview. "I loved my men, and they loved me. I don't consider myself a hero. I just couldn't give them up." Desmond Doss died in March, 2006, and is buried in the National Cemetery in Chattanooga, Tenn. Today, Medal of Honor Day, is a time to remember, honor and be grateful for this nation's many brave heroes.
Warming center, other aid set for Oakhurst

Posted at 12:22 PM on Thursday, Mar. 24, 2011
By Jim Guy / The Fresno Bee

A warming center in Oakhurst is opening for residents still without power because of the current wave of storms.

The center will be at at the Oakhurst Senior Center, 49111 Cinder Lane.

Other is on the way, Madera County sheriff's spokeswoman Erica Stuart said. Community Food Bank is delivering about 40,000 pounds of water to families in need. The delivery is being arranged by the Oakhurst Seventh Day Adventist Church and will be available today at the Von's shopping center in Oakhurst, Stuart said.
Raising money for Haiti

By Shani Tucker, P4

The Seventh-Day Adventist Church in Southampton raised money for Haiti. One hundred people in the church family raised more than $2,000.

The preacher of the church, Dr Sydney Gibbons, could not wait until the Haitians received the supplies they truly need.

Pastor Gibbons announced to his congregation and fellow worshippers that he was, “impressed with the amount of money raised to support the people of Haiti”. The church raised money by having car washes, bake sales, walkathons and a wonderful gospel concert. Some of the members of the church helped pack clothing and school supplies.