Please join the world Adventist Church for the day of prayer and fasting on December 1, as requested by GC President Ted N. C. Wilson and top church executives. This effort is to pray for the release of two falsely accused Adventists currently imprisoned in the West African country of Togo, in prison since March. Get the complete story and church bulletin inserts. MORE

A discussion on gender-inclusiveness in gospel ministry will be engaged in by the North Pacific Union Conference members. A specific date for a proposed constituency session will be determined as the process for discussion and decision-making is further defined within the next month. Related documents are being posted to the Gleaner Online.

Adventist Home Health in Maryland has been named to the top 500 of the 2012 HomeCare Elite, a compilation of the top-performing home health agencies in the U.S. Adventist Home Health is the only agency in the Maryland Suburban area and one of only two agencies in the state of Maryland to achieve this level of recognition. MORE

Adventists in the News

Secrets to a Long Healthy Life

Adventist students honor war veterans

97 Percent of Working Graduates Experience High Job Meaning

Announcements

Remember to watch Turning Point on Hope Channel (DirectTV channel 368) this Friday, November 30, at 8:00 p.m. ET., when Connie Jeffery of Voice of Prophecy, interviews Angus Jones of “Two and a Half Men.” Currently, you can view an online version at The Adventist Channel. MORE

November 28, 2012

Special Days:
December Focus: Christian Hospitality
• Dec. 1, Bible Sabbath

Helpful Special Day Websites and Resources:
• Find a full list on the NAD website

Upcoming Events:
Cruise with a Mission, Dec. 9-16
Southeastern Conference Family Ministries Prepare-Enrich Training, Jan. 29-30
Garland, TX Spanish Church Marriage Celebration Weekend, February 1-3
Texas Spanish Family Ministries Curriculum Training, February 3
Adventist Campus Chaplains Annual Training Conference, Chicago, IL, February 7-13
Carolina Conference “Romance at the Ranch” Marriage Retreat, February 8-10
Southeastern California Couples’ Retreat, February 15-17
San Diego Hispanic Church Couples’ Retreat, February 22-24
Hawaii, Family Emphasis Weekend (English/Spanish), February 25-March 2
The special "Focus of the Month" for December will be "Christian Hospitality," and December 1 is slated as "Bible Study Sabbath." Resource suggestions for both of these emphases are listed on www.nadadventist.org/specialdays. In addition, a listing of Bible study sites, including Sabbath school lesson sites, and even links to special Bible study resources for the visually impaired can be found on the NAD website on the Calendar of Special Days and the Bible Study pages.

"God is Able"
Pastor Lola Moore

REACH: Community Outreach and Evangelism

Can You Come for Dinner?

"A Sabbath dinner ministry can mean the difference between a person finding fellowship in a church or dropping out because they perceive nobody cares." Madlyn Hamblin writes about the importance of hospitality and people she has known who have practiced Christian hospitality on a weekly basis, and making a big difference in helping to win as well as keep people in the church. MORE
11-21-2012 Adventist president calls for December 1 Day of Prayer, Fasting

Asking for support falsely accused members

Nov. 20, 2012 Silver Spring, Maryland, United States

Wilson and top church executives who voted the emphasis day at a November 20 morning business meeting said the event will raise awareness of the plight of Antonio dos Anjos Monteiro, Sabbath School and Personal Ministries director for the church’s Sahel Union Mission, headquartered in Lome; and Bruno Amah, an Adventist lay member and businessman in Lome.

Adventist lawyers and human rights activists have called for both men’s release since they were detained in March for conspiracy to commit murder. A Togolese man implicated Monteiro and Amah as conspirators in an alleged blood trafficking network, but a police search of Monteiro’s home and local church headquarters did not produce evidence. Since then, local authorities have recognized both men’s innocence.

Diplomatic efforts to secure both men’s release are expected to continue. Today church leaders established a working group to oversee efforts led by John Graz, director of Public Affairs and Religious Liberty for the Adventist world church. Church leaders are enlisting the support of members worldwide to raise further awareness through a social media campaign to promote the December 1 Day of Prayer. Bulletin inserts are available (below).

“We are asking the entire world Seventh-day Adventist Church to join in prayer and fasting on December 1,” Wilson said. The world church leader met with both men in prison earlier this month during a tour of West Africa.

“These are falsely accused, innocent church members and we are pleading with the Lord for his intervention so that they can be reunited with their families and continue their work,” he said.

Links to church bulletin inserts:

Black and white

Color:

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11-21-2012 Adventist president calls for December 1 Day of Prayer, Fasting  http://www.nadadventist.org/article/1073742352/news/archived-news-sto...
11-28-2012 Adventist Home Health Named to the Top 500 of the 2012 HomeCare Elite in the United States

Silver Spring, Md. - Adventist Home Health has been named to the top 500 of the 2012 HomeCare Elite, a compilation of the top-performing home health agencies in the United States. The HomeCare Elite identifies the top 25 percent of agencies and further highlights the top 100 and top 500 agencies overall.

Adventist Home Health is the only agency in the Maryland Suburban area and one of only two agencies in the state of Maryland to achieve this level of recognition. HomeCare Elite winners are ranked by an analysis of publicly available performance measures in quality outcomes, process measure implementation, patient experience, quality improvement, and financial performance.

"We are honored to receive this recognition, which is a testament to the quality of care that our dedicated clinicians provide to our patients every day," said Keith Ballenger, Vice President of Adventist Home Care Services, which oversees Adventist Home Health.

The 2012 HomeCare Elite is co-sponsored by National Research Corporation (also known as OCS HomeCare), the leading provider of cross-continuum healthcare metrics and analytics, and DecisionHealth, the publisher of the industry’s most respected independent newsletter Home Health Line.

"The 2012 HomeCare Elite winners demonstrate a commitment to providing patient-centered care and serving as leaders in the home health community," said Susan L. Henricks, President and COO of National Research Corporation. "We congratulate Adventist Home Health on being one of the top 500 home care agencies in the country."

Adventist Home Health serves the Maryland suburban area including Montgomery, Prince George’s, Charles, Calvert, St. Mary’s, Howard and Anne Arundel counties. This is the third year the agency has been awarded the HomeCare Elite distinction. It is part of the Rockville, Md.-based Adventist HealthCare and has served the community for almost 40 years.

"Home health agencies that have earned recognition among the HomeCare Elite demonstrated that they not only can adapt to an evolving marketplace but continue to excel in clinical, patient experience, quality improvement, and financial outcomes," said Marc Heydt, Product Manager for the post-acute care business group of DecisionHealth.

The entire list of 2012 HomeCare Elite agencies can be downloaded by visiting the National Research Corporation website at www.nationalresearch.com.
Medical science and technology may be just two reasons behind a substantial increase in the population living to be older than ever before. An ongoing project conducted by the Boston University School of Medicine called the New England Centenarian Study includes a number of studies that try to identify unique characteristics and commonalities that bring longevity, slow aging and limit disease.

Among the myths the studies shatter is that genetics alone account for advanced old age and that centenarians are the lucky few who have escaped major illness. – Macleans.ca

Boston University has created 3 groups for centenarians, individuals that live to be 100 years or older:

- Escapers, who have no clinical evidence of disease when the reach 100 years (15%)
- Delayers, who acquire age-related diseases after 80 years (43%)
- Survivors, who have long lifespan despite earlier fights with cancer, heart disease or other age-related conditions (42%)

Their research revealed some common characteristics among centenarians, including the following:

Few centenarians are obese. In the case of men, they are nearly always lean.

Substantial smoking history is rare.

A preliminary study suggests that centenarians are better able to handle stress than the majority of people.

Our finding that some centenarians (~15%) had no significant changes in their thinking abilities disproved the expectation by many that all centenarians would be demented.

At least 50% of centenarians have first-degree relatives and/or grandparents who also achieve very old age, and many have exceptionally old siblings.

Many of the children of centenarians (age range of 65 to 82 years) appear to be following in their parents’ footsteps with marked delays in
cardiovascular disease, diabetes and overall mortality. (Boston University School of Medicine)

It’s not that centenarians have had particularly healthy lifestyles, other than not smoking, but that they have positive outlooks, are generally optimistic and don’t sweat the small stuff. – Dr. Mark Nowaczynski, clinical director of House Calls (Macleans.ca)

Loma Linda University, a Seventh-day Adventist educational health-sciences institution in Southern California, is another organization that has been conducting studies since 1958 into life longevity and understanding how to avert age-related disease such as cancer. A group of researchers at Loma Linda suggests that a vegetarian diet is one of the keys to a longer lifespan.

The Adventists’ beliefs forbid smoking and drinking, and encourage exercise, a vegetarian diet and a day of rest and reflection. Loma Linda started its Adventist Health Study 2 in 2002, with funding from the National Institutes of Health.

The study is tracking 96,000 people in the US and Canada, half of whom are vegetarian. With the 20-year study half-way completed, the research reveals a considerably longer life-span for vegetarian Adventists than for other Californians.

Vegetarian Adventist men live to an average of 83.3 years and vegetarian women 85.7 years – 9.5 and 6.1 years, respectively, longer than other Californians. – Principal investigator Gary E. Fraser, MD, PhD (Yahoo.com)

The Adventist Health Study 2 also found that:

Vegans are, on average, 30 pounds lighter than meat eaters.

Vegans are also five units lighter on the BMI scale than meat-eaters.

Vegetarians and vegans are also less insulin resistant than meat-eaters. (Yahoo.com)

For most of us, there’s always room to improve daily activities in our pursuit of a healthy, long life. It’s easy to get overwhelmed about what to focus on in order to build a strong foundation for good health. Think about starting with the basics. Eat your greens. Exercise. And don’t sweat the small stuff.

Sources

1. Living to 100 is not all in your genes, MacLeans
2. Want to live longer? Eat vegan!, One Green Planet
3. Vegetarians live longer than meat eaters, Yahoo India
4. Adventist Health Study: Findings for Cancer, Loma Linda University
Anna Hunt is a writer and entrepreneur with over a decade of experience in research and editorial writing. She and her husband run a preparedness e-store outlet at www.offgridoutpost.com, offering GMO-free storable food and emergency kits. Anna is also a certified Hatha yoga instructor. She enjoys raising her children and being a voice for optimal human health and wellness. Read more of her excellent articles here.

Source: Waking Times via Activist Post
Adventist students honor war veterans

Spokane Valley Adventist School, 1603 S. Sullivan Road, combined celebrations for Veterans Day and Thanksgiving with a luncheon Tuesday.

During the event, students expressed thanks for veterans’ service. There were veterans from all of the major conflicts from the past 70 years at the event, as well as members of the Lilac Chapter of the Pearl Harbor Survivors Association.

Brendan Coon, an eighth-grader, presented a video he made and the lower grade students presented a short program as well.

Board of Distinction

The West Valley School Board has been named a 2012 Board of Distinction by the Washington State School Directors Association.

The award honors school boards that demonstrate effective use of the Washington School Board Standards.

The board is made up of Jim Williams, Pam McLeod, Robert Dompier, Bob Wentworth, Sam Andrews and student representatives Ashlynn Sellers and Shannen Tai Mei Wan.

Marcos Ahumada, a math teacher at West Valley High School, has earned National Board Certification.

Get more news and information at Spokesman.com
The vast majority of Adventist University graduates answered “very much so” or “yes” to the question “does your work make the world a better place?”

As soon as the patient tripped, a hard fall was inevitable. Her walker was of no help, and for someone already injured, such a hard fall could be very damaging.

That’s where Alisha Clements, graduate from the Occupational Therapy Assistant program, came in. It was in the middle of a therapy session and Clements caught the patient before she fell and hit her head on the wall or floor.

“She said you saved me, you’re my angel,” Clements recalled of the patient’s reaction. “It was a really fulfilling experience.”

Clements isn’t the only graduate of Adventist University of Health Sciences that has experienced this kind of fulfillment in the workplace.

According to PayScale’s 2012-13 College Salary Report, 97 percent of Adventist University graduates experience “high job meaning.” In other words, 97 percent of Adventist University graduates answered “very much so” or “yes” to the question “does your work make the world a better place?”
This is the highest percentage of any of the 1,058 schools in the study, which represents 77 percent of all schools in the U.S. with more than 2,000 students.

Once students become healthcare professionals, they have a daily opportunity to interact with and help patients. In every class at Adventist University, students learn the responsibility attached to this opportunity, which for many is the difference between just doing a job and truly making an impact.

"In my program the teachers instilled a passion in us," Clements said. "We're there as God's servants to the patients and we're there to make a difference."

-by Sarah Crowder
Angus T. Jones, an actor of the CBS sitcom Two and a Half Men, became a member of a local Seventh-day Adventist congregation in the San Fernando Valley area in June of 2012. On October 8, Jones was interviewed on a show called Turning Point, produced by the Seventh-day Adventist Church, in which he discussed his faith journey. The interview will air on Hope Channel (DirecTV channel 368) this Friday, November 30, at 8:00 p.m. ET. Currently, you can view an online version at The Adventist Channel.

"We are happy that Angus has joined the Seventh-day Adventist family and has found a place in which he feels comfortable to worship and grow his faith," said George Johnson, communication director for the Seventh-day Adventist Church in North America. "Recently, Angus made some statements concerning his spiritual journey and expressed his views concerning the television program Two and a Half Men. These comments are of a personal nature, reflecting his views after having undergone changes during his spiritual journey. We welcome him with open arms to the worldwide Seventh-day Adventist Church family and are excited about his commitment to God through his recent baptism at his church."

Many inquiries have come to the Church regarding the Forerunner Chronicles interview. We are unable to offer information because Forerunner Chronicles is not a ministry operated by the Seventh-day Adventist Church and its host is not a pastor of the Seventh-day Adventist Church.

About the Seventh-day Adventist Church
The Seventh-day Adventist Church is a Protestant church with approximately 17 million members worldwide in 209 countries, which includes more than 1.1 million members in North America. The Seventh-day Adventist Church encourages people to develop their minds through education, their bodies through healthful living, and their spiritual connection to God through personal study of the Bible. The Church also tries to make a positive impact on the human condition through community service and worldwide development disaster relief initiatives.

11-27-2012 Official Statement Regarding Angus T. Jones and the Seventh-day Adventist Church
http://www.nadventist.org/article/1073742356/news/archived-news-sto...
Can You Come for Dinner?

BY MADLYN HAMBLIN

My mother impressed on my heart the importance of hospitality. I fondly recall all the meals prepared in our home for others. God has given us social gifts, and Bible stories recount the importance of entertaining strangers. The apostle Paul urges us to practice hospitality in Romans 12:13. The Bible also tells us “some have unwittingly entertained angels” (see Hebrews 13:2).

Social evangelism is vital to the church in our generation. Many families have little occasion to be with their own loved ones. Others travel, and are often lonely and bored on weekends. There are those in your own congregation who yearn for attention or a simple visit.

A Sabbath dinner ministry can mean the difference between a person finding fellowship in a church or dropping out because they perceive nobody cares. In my church in Jackson, Michigan, a lovely little lady, Arlene Bliesath, has organized a Sabbath dinner ministry for years. Every Sabbath, she ensures one family is scheduled to invite visitors home for dinner that day. And when Arlene can’t find enough host families, she often hosts people herself three or four weeks in a row.

Arlene scans the church for those who look like they’re not quite sure where to go and what to do. She makes certain they have a place to go for dinner. What a blessing this is to a church! A ministry such as this will give your church the reputation for being friendly. We know of at least a couple of baptisms that have occurred because Arlene cared enough to invite people home for dinner.

My family has been going on vacation to Port St. Lucie, Florida, for more than 40 years, and two lovely ladies have hosted Sabbath dinners for at least that long. They do not live in a mega-mansion or large home but, on any given Sabbath, you will find 10–40 people eating together with Bette Hudson and Bette Wall. They give of themselves in a most hospitable way by inviting us to Sabbath dinner when we are in the area. One year, it was eight Sabbaths in a row. The food is simple, yet delicious. After dinner, people sit around the card tables set up in the living and dining rooms and visit, sometimes until early evening.

People on the “fringes” are included, and most are put on the ladies’ prayer lists. I dare say, most people forget the sermon given by the pastor within a couple of days, but they never forget the meal and fellowship shared.

Perhaps you don’t feel you can give a Bible study, preach a sermon or lead out in a seminar. But you could probably invite someone home for Sabbath dinner! Those who are involved in this ministry express the great joy and spiritual satisfaction experienced as they contribute to God’s work in this way.

Won’t you consider reaching out and extending your friendship this way? We know you will certainly make someone happy, and perhaps you might even entertain an angel, unawares!

Madlyn Hamblin works in the family business, The Hamblin Company, and is the author of five books. She also directs communication and health ministries for the Jackson Church in Michigan.