Why Not Try This? - Ten Bits of Practical Advice for Pastors

by Ty Gibson, Co-director of Light Bearers and pastor of Storyline Seventh-day Adventist Church

Ten bits of practical advice to amplify the effectiveness of your ministry:

1. Select a set of mentors, whether you have personal contact with them or not, whether they know it or not. Find two or three preachers whose content and style you like, and listen to all their sermons. Their ideas and articulations will shape you into a better communicator. Find one person whose personality you find attractive, and learn by observing them. Find one person who relates to their family in a manner you respect, and implement what you see. Pay attention to the habits and attitudes of successful people.

2. Find a research assistant or two-family or church members who are intelligent and voracious readers. Ask them to funnel any stories, facts, news pieces, bizarre items, scientific insights and whatever else that might be a creative means of communicating truth effectively.
Please pray for the 43 meetings taking place in October in these churches throughout the North Pacific Union:

- Wasilla
- Eagle River
- Fairbanks
- Pleasant Valley
- Bend
- Spanish Grp
- Canby
- Spanish
- Forest Grove
- Spanish
- Keizer
- Spanish
- McMinnville
- Spanish
- Medford
- Spanish
- Milwaukie
- Spanish
- Newberg
- Spanish
- Portland
- Spanish
- Remix
- Salem
- Spanish
- Tualatin
- Spanish
- Vancouver
- Spanish
- Woodburn
- Spanish
- Chewelah
- Dayton
- Deary
- Endicott
- LAY
- Omak
- St. Maries
- Richland
- Spokane
- Spanish
- Spokane
- North View
- Central
- Valley
- Grandview
- Mattawa
- Wenatchee
- Yakima
- Shoreline
- Everett
- Chehalis
- Greater
- Seattle
- FilAm
- Lacey
- South
- Tacoma
- Adv.
- Fellowship
- Southcenter
- Poulsbo
- North
- Cascade
- Grays
- Harbor
- Yelm

3. Preach to eyes, not to foreheads or to the wall behind them. See your people, and let them see interest, focus and compassion in your eyes.

4. Have a Joseph-running-from-Potiphar's-wife attitude regarding sexual sin. RUN!

5. Be best friends with your spouse and learn how to have great sex, which is mutually satisfying sex.

6. Write your way to an ever-increasing clarity of thought and expression. Become a habitual writer, not for publication, but as a discipline to sharpen your thinking.

7. Become and remain an exercise animal. Breathe hard and sweat at least three days a week. Use the time for audio and video education. And don't whine about it!

8. In extreme stress, stop eating and don't resume until you have read Steps To Christ cover to cover. All will be well.

9. Get lost regularly in good music. Let the lyrics and melodies invoke ideas for messages. Let music calibrate and beautify your emotions. A steady inflow of music will increase your EQ.

10. Communicate love and respect for every parishioner and they will follow your lead. Do not seek to manipulate, pressure or control anyone. You are not always right. Be quick to apologize. Grow up!

Momentum - Blessed Efforts

by Danny Velez, Pastor of the Trout Creek, Libby, and Eureka Seventh-day Adventist Churches

The Trout Creek Seventh-day Adventist church held an evangelistic meeting in Thomson Falls last spring. The meetings began at the Rex Theater and ended at the Trout Creek Seventh-day Adventist Church. On opening night we had 24 visitors and 25 members in attendance. On the second night we had 21 visitors, 3 of which were new to the meetings, with 30 members in attendance. We had a small group that only came on the weekends due to work issues, but
we had a total of 42 registered visitors that come to at least one meeting. Without counting our weekend group we had 14 of our guests all the way through, many of them only missing one meeting and only one of them missing more than two meetings. We had a great time meeting and interacting with these folks throughout the series.

Five of our visitors accepted the Sabbath truth and three made a decision for baptism. Since the meetings ended, we have had eight of our meeting interests regularly attending church and our follow up Bible studies on Wednesdays. As a church we are engaged in six Bible studies with the interests that came from the meetings.

We praise the Lord for His goodness and faithfulness in blessing our efforts. I have had several members tell me what a blessing it was for them to go through these meetings and be reminded of the previous truths that we have as a church. The church members are so excited with the results of the meetings that they are planning on holding another series next year!

**Changed Lives - Crying Out to God**

by Steve Rogers, Pastor of the Orofino Seventh-day Adventist Church

It seems that people today are more Biblically illiterate than at any previous time, many don’t have a clue about Bible, let-alone prophecy. Consequently, when we advertise our meetings from the platform of prophecy, we are drawing fewer and fewer people. My wife and I therefore felt impressed by God to package our series around our personal testimonies, largely using my wife's story of growing up in the home of a witch, as a platform from which to draw the messages. It seemed to be a fresh, new and relevant approach that had a positive impact on the people and drew a good crowd. There were 12 requests for baptism of which 5 were baptized, two of which share their stories below:

Bill Antrim:

"Born in Nampa Idaho, the first of three siblings, and raised on a farm. Helping my dad on the farm, I learned to irrigate, grind grain, drive the tractor and hay. I fed 100+ chickens and a half a dozen hogs.

In my freshman year of high school I took up wrestling and took second in the state. I have worked in the woods and then as a machinist & later as a computer systems database administrator. I have a very logical mind and the statics of me finding Christ, or even being alive, were zero to none. Several things threatened to end my existence and Continue Reading...

**Global Missions - URGENT need for volunteers in Micronesia and Marshall Islands!**
Guam-Micronesia Mission still urgently needs 43 more people to fill vacancies - down from the original 56. Many of the schools are stretched thin with temporary help to start the school year, and await volunteers to fill these positions. Volunteers should be between ages 18 and 70 with at least one year of college, baptized members of the Adventist church and committed followers of Jesus, and who are able to fund their own airline ticket. The mission school will provide volunteers with accommodations, a modest living allowance, and accident/illness travel insurance. Positions available include classes in both elementary and high school levels, and volunteers are expected to commit to a full school-year (approximately 10 months).

To apply: [http://hesaidgo.org/#/long-term-mission/apply](http://hesaidgo.org/#/long-term-mission/apply)
More information: andreakeele@nadadventist.org; (301-680-6493)
Video: [https://www.facebook.com/elden.ramirez.5/videos/10153471981578890/](https://www.facebook.com/elden.ramirez.5/videos/10153471981578890/)

**Resources - Successful Fundraising**

Popular fundraising handbook, *Successful Fundraising*, the PSI-produced fundraising handbook, has been updated, and additional chapters are now included in the 2015 edition. The new chapters are in response to many inquiries regarding topics such as grant proposal writing, the effect of fundraising on tithe and offerings, in-kind and non-philanthropic support, recognition, and several other topics. Learn more [here](http://hesaidgo.org/#/long-term-mission/urgent-needs).

**Health & Temperance - Don't Be a Desk Sloth**

*Don't Be a Desk Sloth: 4 Steps to a Healthier Work Day* is the topic of one of the more recent *Solutions Newsletters* from Adventist Risk Management. Recently, topics such as bullying, child safety seats, preventing child sexual abuse, crosswalk safety, how to choose and protect property, and other topics important to people who care about their church, school or business have been addressed in *Solutions*. See [and/or subscribe](http://hesaidgo.org/#/long-term-mission/apply).

**Parenting Corner - Praying With Your Kids**
Praying with your children is an important activity that families should prioritize but when many of us struggle to pray consistently on our own, teaching our children to pray may sometimes seem a bit of a daunting task.

But it doesn’t have to be!

Here some tips for praying with your kids and maybe even some tips to help you in your prayer life as well!

Read the article by Chrystal Hurst at "The Better Mom."
Why Not Try This? – Ten Bits of Practical Advice

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Bill Antrim:

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In my freshman year of high school I took up wrestling and took second in the state. I have worked in the woods and then as a machinist & later as a computer systems database administrator. I have a very logical mind and the statics of me finding Christ, or even being alive, were zero to none. Several things threatened to end my existence and consequently my journey to Christ.

I once received a lethal dose of radiation while working in a nuclear plant. – I rolled my convertible three times, during which it deposited me on the pavement sitting on the convertible top which tore off around me. I was then able to get back in and drive the remainder of the car home. – While working for White Salmon logging, I was hit in the head by the highline cable. It left a 1 3/8 groove in my hard hat, but I was able to walk off the job & to the hospital. – Then there’s the motorcycle and truck accidents, and the list goes on.

Statistically the odds were against me, but God has a way of beating the odds. Through a counselor, and later through my acquaintance with Andy and Jan Maes, John Ussher, family & others, God brought me to a spiritual awakening opening my eyes to Christ last March. Christ has given me miraculous deliverance and victory over the additions in my life. “I asked for help and He gave it.” I am forever thankful that God, Jesus, and the Holy Ghost never gave up on me.”

Loren Dowd:

“I was born in Clarkston WA, the oldest of two siblings. My dad died when I was four years old and from then on my Granddad was my father figure. I was raised in and around church, but was never really born again.

But in 2002 my infant daughter was in serious condition at the hospital. It was at this time when I cried out to God: “I can’t do this – I need help” that God manifested Himself to me in a very real and powerful way. An amazing and un-explainable peace came over me, and I was convinced that there truly was a loving God. This is where my spiritual journey began that has led to this day.
As I studied my Bible God showed me truths like the Sabbath and the trinity. And yet, my journey with Christ was interrupted having fallen to the devil’s ways. But God has given me victory over drug, alcohol and tobacco additions. [PRAISE THE LORD] and I really want to be baptized and be a member of this church.”

Each of these individuals love the church and the church loves them, and decisions were made for eternity – Praise the Lord!
Philanthropic Service for Institutions

Director's Message

One of the attractive and exciting aspects of fundraising as a profession is that it's based on principles proven over time and through experience, but in the application of those principles there is a great deal of opportunity and challenge in terms of change. Times change and we adapt our fundraising to meet the demands of those changes. Tools change, such as use of social media, and we adapt our appeals to those changes. Donors attitudes and motivations change, and we adapt to make our fundraising donor-centric for mutual benefit and satisfaction. This month Geovanny Ragsdale of Southern Adventist University gives us a personal view and suggestions on how to live within a life of change and make the most of the challenges and opportunities changes bring.

CHANGE

In today's philanthropic world managing CHANGE has become a part of our daily norm as leaders. We are each affected by numerous events outside of our control — economic, political, environmental, and human capital are all aspects impacting our ability to achieve our organization's goals and objectives.

It was 2009 when personal circumstances allowed me to look for a new opportunity in my career path. At that time God opened unexpected doors bringing me from an international non-religious and non-political organization to serve at Southern Adventist University. Little did I know that the day I was planning to resign from my then current job, I would be greeted with a decision the board had taken a few weeks before to terminate my role and restructure the division in which I served. CHANGE! I was already planning on leaving, but this change had a profound impact in my life, my leadership, and my trust in our God.

As leaders, how we cope with change speaks volumes to those around us. Read more >>

Featured project:

New Kitchen House Coming to Orlando Junior Academy

Construction will soon be under way on the new Emeril Lagasse Foundation Kitchen House & Culinary Garden at Orlando Junior Academy (OJA), thanks to generous contributions by the Emeril Lagasse Foundation and Florida Hospital for Children.

Designed in partnership with Midtown Architecture Studio and HuntonBrady Architects, the 3,000-square-foot, environmentally sustainable Kitchen House will be on East King Street, across from the OJA campus. With a large veranda opening onto a 2,000-square-foot garden, the new facility will include a state-of-the-art teaching kitchen with four cooking stations. The entryway will be a reception area and retail store that will sell products such as jams and pickles made by the students. Read more
Would you like to share news about your organization’s special project here? Send an email to Mark.Lindemann@nad.adventist.org.

The 2015 Milenial Impact Report

Click image below to read the full report.

Successful Fundraising – Second Edition

Are you planning a building project—a new church, school building, or Community Service Building?

Does it seem like your campaign for funds goes on forever? Are your members or constituents tired of talking about money? If you have these questions and probably many others, this book is for you…

Successful Fundraising, the PSI-produced fundraising handbook first published approximately two years ago, has been updated and revised, and additional chapters are now included in the 2015 edition. This handbook is available through Advent Source and is affordable at approximately a $19.95 price.

The new chapters are in response to many inquiries regarding topics such as grant proposal writing, the effect of fundraising on tithe and offerings, in-kind and non-philanthropic support, recognition, and several other topics. The handbook continues to be widely used and valued, according to feedback from PSI clients. This expanded version will contain the original chapters which have been updated and revised.

Although originally designed to be a resource for pastors, churches and their organizations, the handbook has proven to be a valuable resource for most other Adventist organizations. Along with it comes PSI advice and consulting (on-site, if possible), additional resource materials, and other programs described on PSI’s website, www.philanthropicservice.com.

Giving USA 2015: The Annual Report on Philanthropy for the year 2014 has just been released!

This 60th anniversary edition of Giving USA contains some very good news.

You’ll discover that philanthropy in America has experienced one of the most significant jumps in recent history—at an estimated 7.1 percent—and nearly every sector has expressed growth.

In addition, you will find an informative timeline on how philanthropy has shifted across America over the last 60 years.

Order your copy of Giving USA 2015 today!
Watch the presentation here: Discussing Giving USA 2015

Most of the contact information that PSI will get from you in the future will come through this site. By opting into our email (email icon just to the right), you will have access to important information that PSI sends out from time to time. We’ve also included areas for you to add additional information about yourself, your organization, and your interests, in order to help us target your specific needs.

HELP US, won't you?

Do you know an Adventist who is working in philanthropy outside of the Adventist system?

We would love to connect! Send an email to Mark Lindemann at Mark.Lindemann@nad.adventist.org with the person's name and contact information.

Thank you!
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:


Praying with your children is an important activity that families should prioritize but when many of us struggle to pray consistently on our own, teaching our children to pray may sometimes seem a bit of a daunting task.
But it doesn't have to be!

Praying with your children can be a very simple habit to begin, if you haven't already, and it can also be a time for you as a parent to show them a variety of ways that they can talk to God about.

The beauty of talking to God is that there isn’t one right way to do it! Prayer is simply open and honest communication with God. We should teach our children that God loves to hear from them and wants to be intimately included in every details of their lives. As we teach our children about prayer and pray with them we can show them a variety of ways in which they can approach the thrown of their heavenly Father about what concerns them.

Here some tips for praying with your kids and maybe even some tips to help you in your prayer life as well!

1. Pray at meals.

This one may seem obvious but take the meal time prayer a step further. Assign one kid ownership of the mealtime prayer for a specific time of day (breakfast, lunch, or dinner) and let them “own” that time for an entire month. It will give your child regular practice praying and give them a habit of praying daily. It will also cut down on figuring out who should pray at each meal.

2. Pray for your spiritual community.

Many times for children, they will struggle with who to pray for outside of their family or close circle of friends. Get creative with who you can pray for as a family outside of the normal “grandma, best friend, sibling prayers! Bring home your church bulletin and pray for those who are sick or who have lost loved ones. Find out who your church supports on the mission field and pray for them and for the mission they are working to accomplish. Make a list of the people who are on staff at your local church and pray for them and the work they do for the Lord.

3. Pray for your physical community.

Take things a step further and seek to identify leaders in your immediate community, local government, or even the nation. Take the opportunity to teach your children about their roles and then show them in God’s Word how important it is to pray for those in authority (1 Timothy 2:1-3). Prayer can become an opportunity not only to talk to God in generalities but also to learn more about that for which we pray so that we can pray specifically. As you seek to teach your children (and maybe even yourself) to pray more specifically, take the time to listen to the radio together, watch educational TV programs, read magazines articles etc. But then don’t just stop with gathering information. Pray together about that which concerns you and those areas in which you desire for God to move.

4. Pray the Scriptures.

The Psalms are rich with passages that you can read together as a prayer. Teach your children the beauty of praying God’s Word back to Him. If you are not sure where to start you can try these - Psalm 16, 23, 51, 121 or 139.

5. Build a family heritage of prayer.

While we certainly want to pray for meals, and for others, we shouldn’t neglect to pray for those closest to us in our nuclear or extended family. One of the best ways for kids to see God work is to pray for the people that they are close enough to see answers when God works. This happens best when we pray for our own family! Start a family prayer journal to record the needs of your nuclear family. There is nothing wrong with praying as a couple for your family but include your children on some of those requests and be sure and record God’s answers in the journal.
there as well. Take turns praying for each other. Try “round robin prayer” where you pray from oldest to youngest or vice versa. You might even try establishing a “family altar” a certain place where your family gathers together as a matter of habit to pray together (living room, in the children’s room, the dinner table). Developing the habit of praying together as a family is a beautiful tradition that can draw your family closer and give your children spiritual memories to last a lifetime.

Blessings,

Chrystal Hurst, ChrystalEvansHurst.com