Sabbath, June 27:
Day of Special Prayer

Leaders, delegates, and members of the Seventh-day Adventist Church will soon gather in San Antonio, Texas, July 2-11, for the quinquennial General Conference session. And we must pray. Included in this every-five-years business meeting of the world church will be the election of leaders, the report of missions and growth, the voting of church teaching and church policy, as well as worship pageantry and preaching each morning and evening.

For what shall we pray? Here is a cluster of divine calls to prayer that
are appropriate for this upcoming General Conference convocation:

- 2 Chronicles 7:14—“If My people who are called by My name will humble themselves, and pray and seek My face, and turn from their wicked ways, then I will hear from heaven, and will forgive their sin and heal their land.”
- Luke 11:13—“If you then, being evil, know how to give good gifts to your children, how much more will your heavenly Father give the Holy Spirit to those who ask Him!”
- Psalm 50:15—“Call upon Me in the day of trouble; I will deliver you, and you shall glorify Me.”
- Matthew 6:9, 10—“In this manner, therefore, pray: Our Father in heaven, hallowed be Your name. Your kingdom come. Your will be done on earth as it is in heaven.”

Given the church decisions that must be made and given the times in which the church must press forward in her mission, we at Pioneer—along with our sister congregations on the campuses of the North American colleges and universities—are setting aside Sabbath, June 27, as a Day of Special Prayer. Some may choose to fast. Some may wish to join with others in small groups of prayer. But may all of us find the
opportunity for a season of earnest interceding on behalf of this church we love. During both Pioneer worship services next Sabbath, there will be time set aside for our collective praying. My message will be: “Think Local, Act Global: When the Church Runs Out of Time.”

While there is still time, let us all band together to call upon our God. For surely “He who has promised is faithful” (Hebrews 10:23).

by Dwight Nelson, Lead Pastor

Hydration Essentials

Summertime is here, and with all the hot, humid weather, we naturally think more about water. Water is essential to life as we know it. About two-thirds of the earth’s surface is covered by water. Our bodies are comprised of 55-60% water. More than half the water in our bodies is inside our
cells. Water performs many vital functions in our bodies including:
a) a medium in which the metabolic reactions occur, b) regulation of body temperature, c) transport of nutrients, hormones, waste products, d) aids in digestion (e.g. saliva, gastric juices), e) cushions brain, spinal cord, and fetus, and f) lubricates joints. The maintenance of the proper water balance in the body is closely regulated; many parts of the body monitor it, such as the kidneys, heart, liver, and brain.

Under comfortable, sedentary conditions, most adults should drink 8-10 cups of water a day for optimal health. Some of this water can come from juicy foods (e.g. watermelon, grapes) and non-caffeinated beverages. However, when in warmer temperatures and when exercising, the need to drink water greatly increases. Plain water is generally the best choice for hydration for most people, but if you are exercising heavily or your sweat has a high salt content (salt stains on your clothes), you would likely benefit from drinking a sports drink containing electrolytes. It is wise to hydrate even before you feel thirsty.

Here are some hydration guidelines from the American Council on Exercise:
Drink 17 to 20 ounces of water two hours before the start of exercise.

- Drink 7 to 10 ounces of fluid every 10 to 20 minutes during exercise.
- Drink 16 to 24 ounces of fluid for every pound of body weight lost after exercise.

Keep your body happy and hydrated this summer!

Sources: www.usgs.gov/water; www.acefitness.org/

by Katherine Koudele, a certified group exercise instructor, leads the community exercise class that meets in the PMC Commons during the school year

Praying for America

My heart is burdened for my homeland today. With the rest of the nation we await the Supreme Court decision on gay marriages—
do gays and lesbians have a constitutional right to marry and can state bans against same-sex marriage remain in place? Thus far 37 states in our nation have legal provision for same sex marriage, with the other 13 states banning gay marriage (although in 8 of these states [including Michigan] gay marriage bans have been overturned and appeals are in process). What will the Supreme Court decide? While most prognosticators are predicting that the Court will rule in favor of same sex marriage, past reality is that the nine justices have shown the capacity to surprise the nation...read more

by Dwight Nelson, Lead Pastor

Eau Claire VBS

JUNE 22-26 • 6:00 PM
EAU CLAIRE SDA CHURCH

Children ages 0 to 12 are invited to “Christ’s Chosen” Vacation Bible School Program. Enjoy snack time,
songs and worship, craft time, games, activities, watch live Bible dramas and have lots of fun getting to know Jesus better.

The church is located at 6562 Naomi Road, Eau Claire. For more information please call 269.409.1880 or check out www.eauclairsda.com.