Is it possible to override your genetic risk for some diseases by adopting better lifestyle habits? Asked another way, could a person whose genes predispose them for a disease such as diabetes or breast cancer, actually turn those “bad” genes off or reduce their effect by healthy choices they make?

“Yes,” says Dr. Wes Youngberg, assistant clinical professor at the Loma Linda Schools of Public Health and Medicine and a practicing clinical nutritionist and lifestyle medicine specialist in Temecula, Calif.

Dr. Youngberg was the guest speaker for a day of health emphasis at the Thousand Oaks Seventh-day Adventist church on Nov. 2, 2013. He presented the morning sermon and then spoke about exciting new research about curing diabetes to an audience of guests and church members.

Read full article: www.churchsupportservices.org/genes

Stories of Faith

You have something no one else has — your story! From birth onward, we encounter a mix of people, circumstances and challenges that makes our stories unique. Discover how God is using Adventist members and pastors to build faith and affect positive change.

Visit: www.vimeo.com/channels/storiesoffaith
I Believe…

A series of web articles by David B. Smith about personal beliefs that track the teachings of Adventism, but present them in a fresh contemporary way. Second-hand faith and hand-me-down morals can only take us so far. At some point, we either abandon that which was passed down to us, or we re-examine it, study the evidence for ourselves, adjust our thinking and make it our own.

View articles at: www.biblebay.org/ibelieve

Share Your Faith with AnswersForMe.org

If you have a professional office or place of business (attorney, beautician, medical doctor or therapist, store, cafe, etc.) and would like a simple way to share your faith that is low key and relevant, yet spiritual, consider placing one of our attractive table-top card displays somewhere in your office. You will be given a supply of sharing cards that fit into the holder advertising www.AnswersForMe.org. When you run out of cards, we’ll send you a new supply, free of charge. The website features short articles and stories on family life, healthy living and spiritual growth. Check it out and see what you think. Within the last 12 months, AnswersForMe.org has had more than 1,000,000 page views.

To order a display: css@puconline.org, or call 805-413-7372.

Name Change

We’ve changed the name and design of our quarterly newsletter from “ChurchApplied” to “Renew.” The change was prompted by the idea that renewal better describes what can happen in our personal lives on a daily basis, and it certainly describes what we want our churches to experience.

“Renew” is designed to network you with people, ministry ideas and resources to enhance your spiritual health and the health of your church. Whether you are a member, local leader or pastor, we hope you find something in each issue that is helpful.

Using Technology in Your Church (Survey)

The Pacific Union Conference is hosting two webinars in 2014 to answer some of the technology questions that local churches are having as they continue to use more media tools and resources. Adventist member and technology entrepreneur Chip Dizárd, who teaches tech classes in Baltimore, Md., will team up with Rich DuBose, director, Church Support Services, to respond to your questions and issues. To make sure we are scratching where it itches, please take a few minutes to complete this short survey.

Take the survey: www.churchsupportservices.org/survey
Research shows that a significant number of Adventist youth and young adults are not staying connected with their local churches, especially during their high school and college years. And if they lose their connection then, it is very difficult to reconnect. What is your church doing? What is involved in building highly positive connections with young Adventist members?

The AdventSource Youth and Young Adult Ministry Collection features cutting-edge scholarship and critical insights on youth and young adult ministry from a Seventh-day Adventist perspective.

For details visit: www.churchsupportservices.org/youngadults

Resources You Can Use

Recently we came across a brochure about Adventists that was so nicely done we wanted to figure out a way to make it available to churches for wider distribution. Originally produced by Adventist Health, we secured their permission to tweak it so that it applies for more general use. Churches within the Pacific Union Conference may request a sample at: css@puconline.org, or call 805-413-7372. Larger quantities may be secured at cost.

A couple of years ago, we interviewed Milton Adams, director of SimpleChurchAtHome.com — an organization that facilitates new home-church start-ups throughout the North American Division. Undoubtedly, things have evolved with time, so we recently asked Milton for an update.

Read full interview at: www.churchsupportservices.org/homechurch

Ministering to Youth and Young Adults

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What is your church doing? What is involved in building highly positive connections with young Adventist members?

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For details visit: www.churchsupportservices.org/youngadults
“We Miss You”  
*An Updated Version*

Church Support Services has developed a special greeting card that can be personalized and sent to a non-attending or former member. The key word here is “personalized.” These are not designed for mass distribution. They require someone sitting down and writing a personal note on them that conveys a message to the recipient that an Adventist member still thinks and cares about them.

For details visit: www.churchsupportservices.org/cards

Adventist Artist Registry

Adventist artists, musicians, poets, photographers, songwriters, writers and videographers are invited to be listed in the inSpire registry. This is a great way for people to learn about your craft and for individuals, organizations and churches to be able to reach you.

Sign-up at: www.visitinspire.org/artist/inspire

Pacific Union Church Directory

We would like to feature every Adventist Church in our Pacific Union Conference Flickr directory. Please visit to see if your church is missing.

www.flickr.com/photos/puc_churches/collections

If it is, please send us your best shot of your church building. Don’t forget to include the name of the church. Send it to: css@puconline.org