Dear Lexie,

A Bird in Hand

I'm sure that you are familiar with the proverb that says, "A bird in the hand is worth two in the bush." In essence, the meaning is that it is better to focus your attention on what you already possess rather than worrying about what you do not have and, quite frankly, may never have in your grasp. But how many times have we spent our days worrying about those things that for the moment may be totally out of our reach, instead of paying careful attention to what is currently within our grasp?

Read more>>

The Wonder of Worship: Let's Get Physical
I do not like to go to the gym. I go because I know that exercise keeps my body fit and healthy. My exercise of choice is walking. I rather walk early in the morning and ponder...

Read more>>

EQUIP 2014
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Join us at Sligo Seventh-Day Adventist Church on February 1, 2014 for the Potomac Conference EQUIP training. More than 20 seminars will be presented to equip us in ministry. Don't miss out!!

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“A Bird in the Hand”

I’m sure that you are familiar with the proverb that says, “A bird in the hand is worth two in the bush.” In essence, the meaning is that it is better to focus your attention on what you already possess rather than worrying about what you do not have and, quite frankly, may never have in your grasp. But how many times have we spent our days worrying about those things that for the moment may be totally out of our reach, instead of paying careful attention to what is currently within our grasp?

When I think about this saying, I can’t help but being reminded of the encounter that Moses had with God as He called out to him, from of all places, a burning bush. He tells this former Prince of Egypt to go back to Pharaoh and demand that the Israelites be set free. From the time I was a child, I’ve loved to hear this story in church or, even better, see it depicted on television in Cecil B. DeMille’s classic, the Ten Commandments every Easter.

One of my favorite parts to this story is when in response to God’s command for Moses to return to Egypt to deliver His people from bondage, Moses proceeds to give God a host of reasons, or should I say excuses, as to why he is fearful of carrying out God’s calling upon his life. Moses brings up everything from his speech problem to the fact that no one will take him seriously. But what I find even more interesting than Moses’ excuses is God’s response. In Exodus 4:2 God asks of Moses, “What is that in your hand?” And what Moses had in his hand was nothing more than a staff, or a shepherd’s rod. But if you read the story of the Exodus carefully, you will discover that this rod would later be used to produce water from a rock as well as to invoke plagues upon the Egyptians.

As have many of us from time to time, Moses was more concerned about what he didn’t have to carry out his mission than what he did have. Too many times we are of the opinion that the reason that we have been unsuccessful in our God-given tasks is due to what we need rather than in trusting to God to use what we already have. Because when God calls you to do something, “a bird in the hand is always more than the two in the bush.”
Cheryl Bridges

I do not like to go to the gym. I go because I know that exercise keeps my body fit and healthy. My exercise of choice is walking. I rather walk early in the morning and ponder the beauty of nature than hustle through a crowded gym of perspiring people and pretend I’m not in pain. The gym is just not for me. Frankly, if we’re honest, few people really enjoy exercising. But we know that exercise is the best prescription for good health. When you are fit you communicate something about yourself. Physical fitness says I care, I am disciplined and I devote my time to a healthy lifestyle.

It was back in the 1980’s that aerobic exercise first became widely popular. You may remember the 1981 hit song “Physical” by Olivia Newton John. John sang this song as she starred alongside John Travolta in the iconic movie “Grease.” There is a line in the chorus that became the nation’s mantra to promote exercise, “Let me hear your body talk.” This song became all the craze as we donned spandex body suits and dreamed of becoming physically fit. Despite our efforts in 2013 the United States ranked as the second most obese nation in the world. Sadly, it seems our fitness craze amounted to mostly talk.

Yet researchers in Kinesics (the study of body movements) agree that our bodies talk through nonverbal communication. Body movements share messages about our thoughts and feelings.

“Body movements include gestures, posture, head and hand movements or whole body movements. Body movements can be used to reinforce or emphasize what a person is saying and also offer information about the emotions and attitudes of a person.”

We could not speak to each other effectively without some sort of gestures or body movements. Can you imagine how stiff and boring that conversation would be?

So it is not surprising that God designed body movements as a form of praise. Physical movements help to express our love and devotion to God. However if we are not careful these prescribed praise movements (standing, kneeling, bowing, clapping, hands lifted, and dancing, Neh. 9:3; Ps. 47:1; 63:4; 95:6; 141:2; 149:3) can become all the craze and our primary focus on worshiping God is lost. We become spiritually unfit when our main motive is to move and not to genuinely praise God with our whole heart. We become fanatics when our choice of movements is the only ones we accept or tolerate. These negative attitudes reveal we have become bloated with pride and our praise is unfit to give God glory.

Praise gives God glory (Ps. 50:23). It is not the physical movements that are most important. God desires our love and devotion. This is what keeps us spiritually fit. Let’s devote ourselves to a lifestyle of worship and get physical today.
EQUIP 2014 - Northern Area

Please reference the attached PDF or full class descriptions.

Open this to view the full class list and descriptions.
EQUIP-Sligo Schedule.pdf

Registration

First *

Last *

Email *

Street Address *

City * State / Province * Zip / Postal Code *
Contact Phone

Gender *

Home Conference *

- Potomac
- Chesapeake
- Allegheny East
- Allegheny West
- Other

Home Church *

CLASS SELECTION
3:30 - 4:40

Please select from the following seminars:

- Thinking Outside the Church
- Biblical Servant Leadership in the 21st Century
- Defending Creation in a Culture of Skepticism
- Friendship Evangelism: Reaching Those closest to Us
- Reaching the 21st Century Church with an Ancient Message
- Growth Through Biblical Fellowship
- #gospelin140-Sharing the Message with the Twitter Generation
- Talking Good, Like You Should
- Fireproofing the Church by Extinguishing Member Conflict
- Fusion: Turning First Time Visitors Into Members
- Making the Bible Come alive for Children & Youth
- God’s Accountant, part 1
- Effective Soul Winning
- Revelation: Hope, Meaning and Purpose
- Plugging into Culture Relevance to Reach a Community
- Reaching the Hearts of Our Muslim Friends, Pt. 1
- The Church Clerk, Administrative Duties, part 1

4:50 - 6:00 pm

Please select from the following seminars:

- Raise the Roof
- Biblical Servant Leadership in the 21st Century
- Culture Evangelism: A perspective
- Friendship Evangelism: Reaching Those closest to Us
- Journey to Excellence
- Growth Through Biblical Fellowship
- Disciple Makers
- Talking Good, Like You Should
- Ten Things Every Worship Leader Needs to Know
- Fusion: Turning First Time Visitors Into Members
- How to Parent Kids in Today’s World
- Making the Bible Come alive for Children & Youth
- God’s Accountant, part 2
- Why are Bible Study Skills the 1st Step in Discipleship
- Revelation: Hope, Meaning and Purpose
- How to Lead Someone to Jesus
- Reaching the Hearts of Our Muslim Friends, Pt. 2
- The Church Clerk, Administrative Duties, part 2
6:40 - 7:50 pm

Please select from the following seminars:

- Raise the Roof
- Thinking Outside the Church
- Culture Evangelism: A perspective
- Defending Creation in a Culture of Skepticism
- Journey to Excellence
- Reaching the 21st Century Church with an Ancient Message
- Disciple Makers
- #gospelin140-Sharing the Message with the Twitter Generation
- Ten Things Every Worship Leader Needs to Know
- Fireproofing the Church by Extinguishing Member Conflict
- How to Parent Kids in Today’s World
- The Church That Prays Together...
- God’s Accountant, part 3
- Why are Bible Study Skills the 1st Step in Discipleship
- Effective Soul Winning
- How to Lead Someone to Jesus
- Plugging into Culture Relevance to Reach a Community

CHILD CARE

Child Care

Child care will be provided for all children under the age of 10. Please specify how many children, if any, you will need care for:
### Seminar Schedule

**Sligo Adventist Church | February 1, 2014**

#### Time | Sanctuary Main A | Sanctuary Main B | Sanctuary Balcony A | Sanctuary Balcony B | Fellowship Hall A | Fellowship Hall B | Memorial Chapel Front | Memorial Chapel Back | Choir Room
---|---|---|---|---|---|---|---|---|---

**3:00**
- Welcome & Introduction in Sanctuary

**3:30-4:40**
- Thinking Outside the Church
  - Rick Labate
  - Bob Banks
- Defending Creation in a Culture of Skepticism
  - Bill Miller
- Friendship Evangelism: Reaching Those closest to Us
  - Paolo Esposito
- Reaching the 21st Century Church with an Ancient Message
  - Paul Graham
- Growth Through Biblical Fellowship
  - Damon Johnson
- #gospelin140 (Sharing the Message with the Twitter Generation)
  - Dean Waterman
  - Kermit Netteburg

**4:50-6:00**
- Raise the Roof
  - Charles Tapp
- Culture Evangelism: A perspective
  - Paulasir Abraham
- Journey to Excellence
  - Chris Chen
- Growth Through Biblical Fellowship
  - Damon Johnson
- Disciple Makers
  - C.J. Cousins
- Talking Good, Like You Should
  - Kermit Netteburg

**6:10-6:40**
- Dinner – 30 minutes

**6:40-7:50**
- Raise the Roof
  - Charles Tapp
- Culture Evangelism: A perspective
  - Paulasir Abraham
- Defending Creation in a Culture of Skepticism
  - Bob Banks
- Journey to Excellence
  - Chris Chen
- Reaching the 21st Century Church with an Ancient Message
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- #gospelin140 (Sharing the Message with the Twitter Generation)
  - Dean Waterman
  - Kermit Netteburg
- Ten Things Every Worship Leader Needs to Know
  - Cheryl Wilson-Bridges

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#### Time | Youth Room | Junior Room | Primary 2 Room | Office Building Basement | HMS Richards Basement | HMS Richards Room 101 | HMS Richards Room 103 | Music Building Rehearsal Hall | Music Building Room 008
---|---|---|---|---|---|---|---|---|---

**3:00**
- Welcome & Introduction in Sanctuary

**3:30-4:40**
- Fusion: Turning First Time Visitors Into Members
  - Vince Macisaac
  - Jennifer Deans
- Making the Bible Come alive for Children & Youth
  - God’s Accountant, part 1
    - Okemas Williams
  - Effective Soul Winning
    - Will Smith
- Revelation: Hope. Meaning and Purpose
  - Debbie Eisele
- Plugging into Culture Relevance to Reach a Community
  - Peter Casillas
- The Church Clerk, Administrative Duties, part 1
  - Jorge Ramirez

**4:50-6:00**
- Fusion: Turning First Time Visitors Into Members
  - Vince Macisaac
  - Jennifer Deans
- Making the Bible Come alive for Children & Youth
  - God’s Accountant, part 2
    - Okemas Williams
- Why are Bible Study Skills the 1st Step in Discipleship
  - Maria Ovando-Gibson
- Revelation: Hope. Meaning and Purpose
  - Debbie Eisele
- How to Lead Someone to Jesus
  - Rick Jordan
- Reaching the Hearts of Our Muslim Friends, Pt. 2
  - Junnie Pagunson
- The Church Clerk, Administrative Duties, part 2
  - Jorge Ramirez

**6:10-6:40**
- Dinner – 30 minutes

**6:40-7:50**
- Fireproofing the Church by Extinguishing Member Conflict
  - Kelvin Mitchell
- How to Parent Kids in Today’s World
  - Gerry & Eunice Lopez
- The Church That Prays Together...
  - Renee Stepp
- God’s Accountant, part 3
  - Okemas Williams
- Why are Bible Study Skills the 1st Step in Discipleship
  - Maria Ovando-Gibson
- Effective Soul Winning
  - Will Smith
- How to Lead Someone to Jesus
  - Rick Jordan
- Plugging into Culture Relevance to Reach a Community
  - Peter Casillas
Biblical Servant Leadership in the 21st Century
As an Elder, Deacon, Deaconess, or SS Leader—what is your leadership role? Authoritarian, hierarchical, transformation, servant? This seminar looks at the Servant Leadership of Jesus and its current practical application for local church leaders.

God's Accountant, part 1 – 3
These sessions define the duties and functions of a church treasurer and deal with having proper internal controls and procedures for a healthier operation. The final session will focus on Jewel.

Reaching the Hearts of Our Muslim Friends, part 1 & 2
Find a better understanding of how to respectfully relate to Muslims, build positive bridges, and share our unique truths in a way that is both affirming and life-changing.

Culture Evangelism: A Perspective
God reveals Himself through culture. “That which is known of God is manifested in them.” (Rom. 1:20) Culture and religion is interwoven. This seminar focuses on the need to study and understand culture in order to show Jesus to people in ways they can understand.

Growing Through Biblical Fellowship
Too many church members do not experience the fellowship enjoyed in the early church. Acts is full of exciting stories that describe believers’ miraculous growth and true fellowship. If we could find that same spirit-filled, transforming fellowship in our churches today, how would it look and feel?

Revelation: Hope, Meaning and Purpose
Can only experts or biblical scholars enjoy and teach the book of Revelation? You can present Revelation with Drs. Bradford and Paulien for backup! The small group setting gives confidence to share Revelation’s message of hope to people who are hungry to hear and enable attendees to teach others.

Defending Creation in a Culture of Skepticism
Adventists proclaim the final appeal to worship the Creator. Therefore, we should be educated to discuss the issues. This seminar will present ways to explain the limits of evolution and the reasonable scientific evidence that supports special creation.

Talking Good, Like You Should
Learn tips and techniques on how to be your best when you’re up front making announcements, welcoming people, praying, calling for the offering - or any of the other tasks that require a public presentation.

Disciple Makers
We will explore the process of becoming a committed disciple of Jesus Christ by looking at life and practical teachings within the local church’s annual cycle of outreach & discipleship.

How to Parent Kids in Today’s World
This is not our parents or grandparents world. Have parenting challenges changed? What about values? Are old ways of rearing out of style? We will look at how to effectively parent now and still keep Christian values relevant.

Ten Things Every Worship Leader Needs to Know
Exciting and informative! Learn 10 things Every Worship Leader Should Know - essential techniques that can change the way you prepare to lead worship.

Effective Soul Winning
Learn how to give effective individual Bible studies without fear and trembling. Bonus: How to respond to common Biblical questions.

The Church That Prays Together...
This experiential seminar helps you discover creative ways to deepen your church’s prayer ministry to engage people of all ages. Experience the power of individual and corporate prayer in ways that inspire sharing it!

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Everything about our church - verbal & non-verbal communication, actions, appearance, and attitudes send messages at lightning speed to our guests. These messages create an experience - if it was a positive one, your guests will keep coming back.

Journey to Excellence
Everything about our church - verbal & non-verbal communication, actions, appearance, and attitudes send messages at lightning speed to our guests. These messages create an experience - if it was a positive one, your guests will keep coming back.

The Church Clerk, Administrative Duties, part 1 & 2
Two part seminar which provides an essential overview for the church clerk. Q & A time will give opportunities for clarification of issues related to this ministry.

Knowing the Local Community
Learn to use simple demographic information that will develop ministries to creatively impact in our surrounding communities.

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