Dear Lexie,

"THE SIMPLE TRUTH"

As many of you may know from the stories that I have shared with the congregation over the years, as a child I suffered with stuttering. Because it was not what might be considered to be a severe case, I was able to do a pretty good job of concealing it from my family and friends. I did everything from tapping my foot as an aid to help me get the words out to rehearsing what I was going to say in advance. And as you can probably imagine, because of this, it caused me to be very shy and introverted as a child. I can still remember the times when I would avoid speaking with people simply because I did not want to reveal to them that I stuttered. The simple truth is that I felt I wasn't good enough.

Read more>>
This Sabbath:
March 29, 2014

Speaker:
Don McFarlane, "Burnt But Not Consumed"

Special Musical Guests:
Anjali Christian, vocalist

View bulletin>>
View quarterly>>

Connect with Us:
Join mailing list>>

Homes of Hope
Training: April 5-6

Want to be part of the Homes of Hope and share hope in your community? Join us Saturday, April 5, 3:00 - 5:00 PM OR April 6, 11:00 AM - 1:00PM

More Info.>>

A Community of Compassion

Where conventional education deals with abstract and impersonal facts and theories, an education shaped by Christian spirituality draws us toward incarnate and personal truth."

- Parker Palmer, To Know As We Are Known, 14

I have always found the phrase, 'the real world,' both perplexing and damnable. It is perplexing because of all the worlds we may... Read More>>

Holistic Living
Eating Healthy is a Choice

Eating healthy is a choice that we ought to choose to consider each and every single meal. In Adventist culture, we have the gold standard to aspire to... Read More>>

Missed Last Week's Sermon?
As many of you may know from the stories that I have shared with the congregation over the years, as a child I suffered with stuttering. Because it was not what might be considered to be a severe case, I was able to do a pretty good job of concealing it from my family and friends. I did everything from tapping my foot as an aid to help me get the words out to rehearsing what I was going to say in advance. And as you can probably imagine, because of this, it caused me to be very shy and introverted as a child. I can still remember the times when I would avoid speaking with people simply because I did not want to reveal to them that I stuttered. The simple truth is that I felt I wasn't good enough.

Well, fast forward since that very awkward time in my life and you see that the young child that once had difficulty getting out certain words, has since been actively involved in radio broadcasting at many levels for the past 33 years. If someone had told me as a child that one day I would be in a position to work in the field of broadcasting where I would be able to speak to thousands of people, either behind a microphone or in front of a camera, I would have never believed it and would have considered it to be a cruel joke. But the simple truth is that when we place our lives in the hands of the Master, there is no limit as to what He can do with and through our lives. Trust me, I am a living witness.

And because of God’s hand that has been placed on my life, this Sabbath Sligo’s radio ministry, Simple Truths for Life, will be having its first off site Radio Day celebration at Takoma Academy as a way of meeting our faithful listeners that tune into our broadcast each week. We look forward to meeting our radio family and the opportunity of sharing the good news of the gospel with individuals who may never walk through the doors of our church. As disciples of Jesus we have been called to take the gospel to where the people are. “And this gospel of the kingdom shall be preached in all the world for a witness unto all nations; and then shall the end come” (Matthew 24:14). And that’s the “simple truth.”
Join us April 5/6, For a training session for our spring cycle of the Homes of Hope

(Attend one)

- Saturday April 5, 3-5pm in the Sligo Atrium Suite
- Sunday April 6, 10-noon in the Sligo Atrium Suite

We will be presenting new materials and resources as well as workshops for Home Coordinators, Discussion Leaders and Assistant, and Supporters.

This Year you will have three curriculums to choose from:

- Hope and Health
- John, a Gospel of Hope
- Hope for Today, A Firm Foundation (revised)

I want to share Hope!
A Community of Compassion

Barry Casey

Where conventional education deals with abstract and impersonal facts and theories, an education shaped by Christian spirituality draws us toward incarnate and personal truth.” — Parker Palmer, To Know As We Are Known, 14

I have always found the phrase, ‘the real world,’ both perplexing and damnable. It is perplexing because of all the worlds we may think we inhabit there is none more real than the one we all live and move and have our being in. And before the phone lines light up—yes, caller, I am aware of metaphors and analogies and similes. Still, the force with which those three words are usually hurled at someone—“Wait until you have to survive in the real world, then you’ll see!”—suggests the hurler believes the reality of this world transcends figures of speech.

The phrase is damnable because it cordons off a group of people, usually students, and then condemns them for being isolated from the world. The students I teach are well acquainted with the real world. Many of them hold two jobs, take a full load of classes, and care for a child. Some of them play sports in and out of state, while maintaining their classes and work. All of them know the depths of disappointment in striving oneself to weariness and still falling short of goals and expectations. So it is not a phrase I use on students in particular nor most people in general.

There’s no question that we are in the world; the real question is how we are to be in the world. For Christian teachers and students this is the central question they must answer every day.

Recently, I’ve had reason to question what the advantages of an Adventist Christian college education might be for a young person over one in a ‘secular’ college or university. This is a recurring question for me, a kind of diagnostic to be run in those times when the church as the body of Christ seems pocked with disease, to say nothing of being blind and lame.

It’s not in the buildings, the landscaping, the amenities, or the sports fields. Most North American Adventist colleges were built near the turn of the 19th century and cannot keep pace with state or even private college campus facilities.

On the other hand, I’ve taught on a campus where some buildings pre-date the war—the First World War—and yet students and faculty cheerfully go about their days working around the charm of an infrastructure that was new not long after Oscar Wilde was released from the Reading Gaol.

It’s not in the endowments, the gifts outright, or the scholarships. Nor is it in the tuition rates, the sports teams, the residential halls, or the food service.

It’s not in the research facilities, the government and military contracts that bring in millions, nor in graduate assistantships and grants. Most Adventist college professors are too busy teaching four or five classes each semester, plus working on committees, and engaging in service to the college, the church, and the community, to do any research except that directly related to the teaching of their disciplines.

And it’s not even in the ‘star’ quality of the faculty, although many of the Adventist college professors I know could walk into any college classroom—from community college to Ivy League—and teach as well, if not better, than current professors.

Where it differs, sometimes dramatically, is in what Parker Palmer calls “a living and evolving community of creativity and compassion.” He goes on to say, “Education of this sort means more than teaching the facts and learning the
reasons so we can manipulate life toward our ends. It means being drawn into personal responsiveness and accountability to each other and the world of which we are a part (To Know as We Are Known)."

That kind of community, one that draws in students, faculty, staff, and administration, takes time and nurture and care. It develops when the community weathers financial crises together, when difficult decisions about people, programs, and purposes must be made. It can only develop when there is trust and trustworthiness. And if it is formed in the crucible of hard times, it survives because “truth is not a concept that ‘works’ but an incarnation that lives. The ‘Word’ our knowledge seeks is not a verbal construct but a reality in history and the flesh (Palmer, 14).”

A community like that will not lack talent and expertise in its teachers. They are guided every day by the overwhelming desire to see their students become ‘thinkers and not mere reflectors of other men’s thoughts.’

But a community like that is built up over time. It is not the result of data sets, market relevancy, or alignment with fleeting strategies. It comes about when people sacrifice for the purpose, gladly and well, because they know they are in this together.

If, as a leader, you should find yourself fortunate enough to belong to such a community, walk modestly and listen well. It can all be torn away in a day.

Barry L. Casey, a long-time Sligo member and a co-leader of the Believers and Doubters Sabbath School class, teaches philosophy and communications at Stevenson University and Trinity Washington University.
Holistic Living: Eating Healthy is a Choice

Scott Lawrence

Eating healthy is a choice that we ought to choose to consider each and every single meal. In Adventist culture, we have the gold standard to aspire to. Our Loma Linda brothers and sisters offered to us a practical example of the rewards to healthy eating. In the book, *The Blue Zones, Lessons For Living Longer From The People Who Have lived The Longest,* our fellow believers are highlighted with living long and happy lives. This is a direct result of healthy eating. Who among us would not choose a happy and healthy life?

Eating healthy is a choice that is not limited to physical food. We are also called to feed ourselves spiritually. In 1 Corinthians 3:16, we are reminded by Paul that we are God’s very own, so it’s important us for to take care of ourselves. “Do you not know that you are God’s temple and that God’s Spirit dwells in you?” Paul urges us again, in Romans 12:1 “I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship.” We have a responsibility. We have a duty. We have a mandate to live the best lives. The goal is overall holistic health and that is achieved by healthy physical food choices in tandem with a healthy heaping of good spiritual food.

During the month of March, over the course of the next few weeks, I will share several recipes, exercises and scripture. Try them and observe an improvement in your overall health. Happy Healthy Eating!

(by Iana Del Benjamin)