Cyclists Ride for a Cause

PROMOTING HEALTH ACROSS THE SOUTHWEST
Tour de Youth cyclists from the Southwest Region Conference arrived at the Alamodome in San Antonio, Texas, on July 2 for the opening of the 60th General Conference Session, after a 325-mile trek from Dallas. The team’s goal was to raise awareness for childhood obesity and raise funds for Christian education. Turn the pages of this issue to learn how church members are making a healthy difference—in their own lives and in the lives of others. [Photo by Geordi Thomas]
Let’s Be Active Adventists!

Can you imagine the sight? 2,500 individuals, most of them Adventists from across the globe, rising before dawn to take part in an Adventist-sponsored 5K Fun Run in downtown San Antonio? It was amazing to see participants of all ages take part in a health activity together. Many ran, some walked, and a few youngsters were pushed in strollers. One man even ran barefoot! Many of our members from the Southwestern Union also joined in the run, which promoted and supported health education.

Marathons, half-marathons, 10Ks, 5Ks, mud runs, color runs, obstacle courses—running for fun and fitness is becoming quite the popular pastime. It was exciting to see the North American Division and General Conference sponsor a fun run, as well as four health expos across San Antonio, during the General Conference Session there last month. Combined with the ASI-sponsored Your Best Pathway to Health free mega clinic that occurred in San Antonio in April, and the additional care that followed, San Antonio residents have truly been able to see what Adventists are all about.

I pray that these types of health outreach programs will become a mainstay of Adventist evangelism. We can mimic Christ’s healing ministry with the creation of “health centers” in each of our churches.

I encourage you to start a health ministry of some type in your church. Health expos, fun runs, biking, walking, or running clubs, weight loss programs, or healthful cooking classes are all easy and fun ways to get to know our neighbors and share good health practices with them.

Gather knowledge and resources at www.southwesternadventist.org/health.

I also encourage you to share with us what you are doing, so that we can learn from your testimonies and emulate your successes in reaching people for Christ through His healing touch.

Connect and share with the Southwestern Union Record on Facebook at www.facebook.com/SouthwesternUnion.
To Your Health

BY MELODY ARGUETA

Finding Relief for “One of the Least of These”

It was evident by the length of the lines that the majority of the people present at the Alamodome for the Your Best Pathway to Health free mega clinic were seeking to receive primary medical, dental, or vision care. Individuals stood in line for hours, some repeatedly, for three days, hoping to be seen. Due to the overwhelming attendance, however, patients were informed that not all would be seen. They were encouraged to partake in the other allied health services being offered. One of these alternatives was the mental health department. Psychiatrists, psychologists, physicians, licensed professional counselors, social workers, and other volunteers welcomed patients who shared their brokenness as they sought to receive mental health services.

The mental health team listened to the various stories. There was a Salvadorian immigrant who was stressed and anxious about possible deportation and feared for the safety of her life if she returned to her homeland. A battered woman with four children cried, because her husband had been physically abusive to the point of threatening her life, and she came seeking for the courage and strength to step away from the abuse. A young man admitted to his struggle with anger and alcohol, with tears streaming down his face as he confessed that he wanted to be a better person for his family. A young woman unloaded the burden she carried of being a victim of sexual abuse by her step-father, and she continued to be estranged from her mother who is still married to him. We sat with a wife and mother of three children, bravely disclosing that sometimes everyday life is simply a struggle and it’s hard to keep performing when she felt depression and societal pressures caving in. An older gentleman shared that his marriage was struggling, which he attributed to his own indifference and lack of emotional intimacy, and he was afraid to share this with his wife. We were even able to witness an intervention when a young man admitted to homicidal ideations toward another and was willing to surrender the weapon to a therapist on the spot.

The team was able to listen, encourage, pray, and refer the patients to local agencies that would be able to provide the counseling treatment and support that they needed. Local therapists and social workers in the San Antonio area had compiled a large database of resources that were provided to each patient to ensure continuity of care in regards to counseling, medical insurance resources, and community resources. The patients were also provided a list of local Seventh-day Adventist churches that were offering depression seminars in the weeks to follow.

According to the World Health Organization (WHO), one in four people in the world will be affected by mental or neurological disorders at some point in their lives. Treatments are available, but nearly two-thirds of people with a known mental disorder never seek help from a health professional. We saw the stigma of mental health disorders play out at Your Best Pathway to Health, when the mental health team was asked to change its name to “Counseling and Community Resources,” as patients were hesitant to request services.

It was affirmed that “so in Christ we, though many, form one body, and each member belongs to all the others, we have different gifts, according to the grace given to each of us... if it is to encourage, then give encouragement” (Romans 12:6, 8). These words resonated when one patient said, “I stood in line for three days and I prayed to get into the Alamodome and I finally did. But I didn’t get to see the dentist or the eye doctor because now I know that God wanted me to see you.”

Often, the need for mental health goes unnoticed, or neglected, due to the discomfort that it stirs within us. Even in our churches, issues with mental health are attributed to an “unhealthy” spiritual heart, and individuals go untreated. It may be that you personally are in need of some type of mental health service, please don’t shy away from seeking help. If you have heart disease, you seek a cardiologist. If you have cancer, you seek an oncologist. If you have pneumonia, you seek out a pulmonologist. Therefore, if you have depression or stress, seek out a mental health professional who can help you.

As we seek to relieve the physical pain of the people of this world may we also find ourselves aiding those who are experiencing mental and emotional pain. As followers of Christ, it is imperative that we not run from this discomfort, but that we are intentional about reaching, advocating, encouraging, and connecting with “one of the least of these” (Matthew 25:40).
When we were told about the opportunity to be a part of Your Best Pathway to Health in San Antonio, I grew very excited. In our nursing classes at Southwestern, we were shown videos from the previous event in California and told about the procedures that were going to be offered. As I watched the testimonies of patients that were touched by the services, tears came to my eyes. I was so ready to give back.

At the start of the event, however, my focus started to drift. Everything was about what I was going to get from the experience and how I was going to benefit, and it only took one day to become frustrated with it all. I was assigned to primary care, where patients arrived with a broad spectrum of complaints ranging from acid reflux issues to patients on the brink of diabetic ketoacidosis. That night at the hotel, I spoke with my roommates about their experiences, and I started to realize that I wasn’t there to gain experience and skills, but to help those who were in need, not just physically, but spiritually.

The next day I decided not to worry about gaining anything, but focus on helping and serving others instead. That is when I started to notice God’s blessings. I helped in getting the patients seated in an orderly fashion for efficient service, and by doing so, I was able to speak to many patients. I later realized that this task, although seemingly insignificant, served to be a monumental part in sharing God’s glory.

One patient really stuck out to me. This woman had extremely high blood sugar, and the doctor said that it was due to an infected tooth. She had initially come for dental care but had come too late and was offered other services instead. The doctor called me over to see if there was any way that dental could see her since this was a potentially life-threatening situation, if not taken care of soon. I walked over to dental expecting to hear, “Sorry, we are full and really can’t take anyone else” but was told to speak to the dentist in charge of triage. This in itself was a huge feat. After speaking to the dentist and check-in staff, I was told to bring the woman right over. She was put next in line and was served right away! I felt beyond excited for her and will never forget her smile of gratitude.

A while later as I was leaving, I saw the woman again and asked her if she was able to get the service she needed. With tears in her eyes and a gauze-filled smile, she said, “Yes, thank you so much.” If that had been the only person touched by Pathway, I would still feel that it was a success. But what’s amazing is that there were 6,000 more lives touched by all the services given.

What still amazes me is how much serving others really blesses a person. God had to humble me and show me that it is only when I die to self that He will work through me. Being able to give to others is the best gift there is, because it always keeps giving.

AS A CHILD, I USED TO LOVE RECEIVING GIFTS. Birthdays and holidays were the best! But by the time I reached the age of ten or so, I started to feel that receiving gifts just wasn’t as fun anymore. After speaking with my parents about it, they told me that it wasn’t about receiving but about giving. That was when I first learned about the joy that comes from giving to others.

Tiffany Falcon is a senior nursing major at Southwestern Adventist University. She served in the primary care department at Your Best Pathway to Health in San Antonio this past April.
Sundays were always a day of fellowship and fun for my family when I was growing up. But in 2008, I found myself at home alone, with our children grown and my husband working out of state. The women I knew were all busy with their own families and commitments. It was a difficult time for me.

One Sunday, a young, widowed, military mother of three invited me to accompany her to run with a group of runners from our church. For years I’d been exercising regularly doing aerobics, walking, yoga, weights, and swimming, but never any running. However, being with the runners that morning challenged me. It was something I felt I could do and feel good about.

So under the leadership of our Arlington church youth leader, the Arlington Runners was formed for anyone interested in running on Sunday mornings. I found that my perspective was revived as I ran on the trail next to the river with the birds singing in the trees, the sunshine and the wind in my face. I appreciated the camaraderie and friendship.

During the next seven years, a small group from the Arlington church has continued to prepare and train, either together or independently, for the annual Cowtown or Dallas full and half-marathons. Although the members have changed from time to time, we have enjoyed sharing our love of running with each other.

The Cowtown 2015 was my 13th half marathon and, to my amazement, I came in second in my category.

Reflecting on God’s goodness and presence through the years, I am reminded of a plaque which reads, “My precious, precious child, I love you and I would never leave you. During your times of trial and suffering, when you see only one set of footprints, it is was then that I carried you.” God carries me one step at a time, every day and every run.
Correr Revivió mi Alma

Los domingos eran siempre un día de compañerismo y diversión para mi familia cuando yo era pequeña. Pero en 2008, me encontré solo en casa, con nuestros hijos ya adultos y mi marido trabajando fuera del estado. Las mujeres que conocía estaban ocupadas con sus propias familias y compromisos. Fue un momento difícil para mí.

Un domingo, una joven viuda, madre, militar de tres chicos me invitó a acompañarla a correr con un grupo de corredores de nuestra iglesia. Durante años me había estado haciendo ejercicio regularmente caminando, haciendo aeróbicos, yoga, pesas y nadando, pero nunca corría. Sin embargo, estar con los corredores en la mañana me desafió. Era algo que yo sentía que podía hacer y sentirse bien. Así que bajo el liderazgo de nuestro líder juvenil de la iglesia de Arlington, los Arlington Runners se formó para cualquier persona interesada en corriendo los domingos en la mañana.

Me encontré que mi punto de vista fue revivido mientras corría por el sendero junto al río con los pájaros cantando en los árboles, el sol y el viento en mi cara. Me gustó la camaradería y la amistad.

Durante los próximos siete años, un pequeño grupo de la iglesia de Arlington ha seguido para preparar y entrenar juntos o de forma independiente para el Cowtown anual o Dallas completa y medias maratones.

Aunque los miembros han cambiado de vez en cuando, hemos disfrutado de compartir nuestro amor de correr con los demás. El Cowtown 2015 fue mi décimotercero medio maratón y, para mi sorpresa, quede en segundo lugar en mi categoría.

Al reflexionar sobre la bondad y la presencia de Dios a través de los años, me acuerdo de una placa que dice, “Mi precioso, precioso hijo, te amo y nunca te dejaría. Durante sus momentos de prueba y sufrimiento, cuando usted ve solo un par de huellas, se fue entonces cuando te llevé.” Dios me lleva un paso a la vez, cada día y cada carrera.

Leona ha experimentado una mejor salud física y espiritual a través de la compañerismo y ejercicio.

Un domingo, una joven viuda, madre, militar de tres chicos me invitó a acompañarla a correr con un grupo de corredores de nuestra iglesia. Durante años me había estado haciendo ejercicio regularmente caminando, haciendo aeróbicos, yoga, pesas y nadando, pero nunca corría. Sin embargo, estar con los corredores un par de huellas, se fue entonces cuando te llevé.” Dios me lleva un paso a la vez, cada día y cada carrera.

Leona Kay Eaton
Every Church a Center
for Health, Healing,
and Wholeness

Katia Reinert, General Conference Health Ministries associate director

Would you say your church functions as a center for health and healing? Better yet, is your church seen by members of the community as a welcoming place where they can learn about health, find true healing, and also experience what wholeness is all about?

More and more are now answering “yes” to these questions. Partly because this is the vision embraced by Adventist Health Ministries in North America. That is, having each and every church—large or small—become a warm and welcoming place of health, healing, and wholeness for the local community. This vision is founded in biblical truth and grounded in our great commission to reach others with the love of God, encouraging them to experience a full and abundant life in Christ (John 10:10).

Many leaders and lay members of such churches are taking advantage of resources that have been developed and are available free or at low cost to assist churches in accomplishing their mission and making this vision a reality.

For one, 2015 has been set as the year of health in the Seventh-day Adventist Church around the globe. As a result, people are coming together as a family to refocus on mission and the role of health through “Comprehensive Health Ministry (CHM).” This global effort comes with an invitation for church leaders, pastors, administrators, ministry leaders, educators, health professionals, and lay members to join forces in extending Christ’s healing ministry of love and compassion in communities everywhere.

In North America CHM was launched in January 2014 at the NAD Health Summit. Some of the materials, initiatives, and efforts include:

Health Sabbath: Topics included for the annual special health Sabbaths are mental health, recovery of addictions, healthy connections, and more. Resources are freely downloadable and include sermons, Vibrant Life special issues, videos, PowerPoint presentations, and other helpful information.

Adventist Recovery Ministry (ArMin) Resources: Resources produced by ArMin are the Journey to Wholeness facilitator and participant guides, a Christ-centered 12-step weekly program to assist people in recovering from addictions and any harmful practices, and the award-winning Unhooked series, packaged in a 10-DVD set and featuring stories of people who chose to walk the path to recovery in Christ. The official NAD ArMin training to start this ministry in your church will be held in the Southwestern Union this fall on October 9-11, 2015. For more information go to www.AdventistRecovery.org.

Adventists InStep for Life: This initiative focuses on prevention and reversal of chronic diseases among families and communities—starting with childhood obesity—by encouraging kids and families to engage in physical activity and healthy eating. Let’s Move Day has become a well-known special event of Adventists InStep4Life, where churches, schools, and hospitals partner with other community organizations to promote healthy lifestyles. This year's Let's Move Day is on September 20, 2015 and the national flagship event is happening in El Paso, Texas. For more information go to: www.InStep4Life.org.
Faith Community Nursing Ministry: Also known as Parish Nursing, this ministry focuses on equipping nurses who have a passion for a wholistic ministry to provide intentional spiritual care as well as promote physical, mental, and social well-being to members by partnering with the church's ministerial team in caring for the members of the congregation.

Facts with Hope: This series is a media-ready resource that can be shared in social media, shown in church for a health minute, or embedded in a Web site. The one-minute videos use animation to share the health principles for physical, mental, emotional, social, and spiritual health and wellbeing. They are available in several languages, including English, French, Spanish, Portuguese, Arabic, Romanian, and Russian, to name a few. Videos are added on a regular basis and can be found at www.FactswithHope.org.

Mission Health Books: A set of mission health books is available for sharing with friends, family, neighbors, colleagues, church visitors, or others in an effort to help spread a message of health, hope, and wholeness with those around us. The 2014 book is Ten Choices for a Full Life and the 2015 book is Health and Wellness: Secrets that will Change your Life. Both are made available by Pacific Press in English and Spanish at the Adventist Book Center in Keene, Texas, or the online store at www.NADHealthMinistries.org.

Comprehensive Health Ministry Resources: Other CMH resources launched in NAD are the 2015 health devotional for teens entitled iChooseLife, discussing critical choices for teens that may impact their physical, mental/emotional, and spiritual health; The Health Summit Comprehensive Health Ministry DVD featuring presentations by leaders; a DVD with a six-day health evangelistic series by John Bradshaw; and the free Journey to Life and Health Unlimited newsletters.

We invite you to plan or join in a Health Impact Day in 2015 as you launch an ongoing transformational health evangelistic approach by reaching your community with hope and wholeness. This Health Impact Day can be an opportunity to jumpstart your outreach to meet the needs of the community if your church has been dormant in that area. Or if you are already actively extending the healing ministry of Christ, such a day can give further motivation for all members to be involved. Perhaps you can do a health expo on this day, or hold it on September 20, NAD Let’s Move Day, or on any other date that works for your church calendar. In whatever you do, don’t ignore the opportunity to show God’s love in your community and share the mission health book with those who come.

Finally, choose to experience a full and abundant life by making daily choices and, more importantly, “tell the world” about your experience having a God who is your faithful Counselor, Healer, and Friend. Share it with words, books, and actions of compassion. Then, become involved in making your church a center for health, healing, and wholeness. God will use each effort to bless the hearts of those who are searching for healing, a word of encouragement, or who are yearning to experience true joy, happiness, and a full life. May God bless each of us to be an instrument in His hands to touch our communities with God’s love and compassion in 2015 more than ever before.

Katia Reinert was director of the NAD Health Ministries Department when she wrote this article. She was voted as an associate director of GC Health Ministries at the General Conference Session held in July.
A N I M M E A S U R A B L E I M P A C T:  

The Southwestern Union and Southwestern Adventist University Will Always Remember the Alamodome

By Kerrie Kimbrow, Southwestern Adventist University, with Jessica Lozano, associate director, communication, Southwestern Union

While we “remember the Alamo” for its historical significance, a team of more than 70 Southwestern Adventist University students and faculty, along with a number of volunteers from the Southwestern Union, were among the more than 1,700 volunteers who will “remember the Alamodome” as a place where health was restored and lives were changed as they took part in a free mega health clinic, the ASI-sponsored Your Best Pathway to Health event in April. Knowledge, faith, service— the university’s tagline—was brought into full focus as these volunteers were able to reach out to the people of San Antonio.

The jobs were varied. Shirt colors designated the different medical and auxiliary departments, creating a bright array of color within our group. Tasks included triaging patients, helping with dental procedures, drawing blood, guiding patients to various departments, teaching health principles, assisting physicians, and organizing supplies. Nursing students were ready to utilize their knowledge and skills to improve health. Some jobs were exciting and action-packed while others were routine. Everyone was happy to serve in their assigned role, but were also flexible in moving between departments to help meet needs and shorten patient wait times. Energy and enthusiasm ran high as they served patients and looked for additional ways to help.

By the end of the three-day event, 6,192 people had received medical services worth more than $20 million from the 1,700 volunteers, approximately 1,000 of them medical professionals. In addition, dozens of individuals and corporations had donated supplies and services for the event.

The free services provided were numerous, and included primary care visits, women’s health services, including pap smears, consultation by medical specialists including heart evaluation, as well as gastroenterology, neurology, pulmonology, rheumatology, infectious disease, general and orthopedic surgery, pediatrics, podiatry services, immunizations, root canals, crowns, fillings, extractions, dental cleaning, pharmacy, eyeglass fittings and examinations, STD screenings, medical massage, physical therapy, x-rays, laboratory services, haircuts, chaplaincy services, and a free meal. No insurance or identification were required.

Lisa Salazar, a resident of San Antonio, was one of the first in line on April 8. A literature evangelist had approached her at her home, and, after learning more about her, had told her about the free clinic coming to San Antonio. He also invited her to attend the Adventist church near her home. When he left, he reminded her to go to the free clinic. She was skeptical, but she decided to go, and was able to see a dentist and have her teeth checked and cleaned.

“I was looking for a church and I was needing to find a way to take care of my health. I found both here today!” she said.

Volunteer Juventino Beliz, a certified dental technician and a registered dental hygienist from Houston, Texas,
performed approximately 90 dental cleanings and assisted with restorative care.

“A lot of the patients had severe gum disease and needed comprehensive work. We’ve done the first step of getting rid of the buildup of tartar, and some have also been able to get restorative care here,” said Beliz.

Restorative care included bridges and crowns, which were made on the spot by five CERAC II machines, the use of which was donated by dental supply company Patterson Dental. Images of patients’ gums and teeth were created in seconds, which were used to create the crowns and bridges. Dozens of patients left with bridge and crown pieces worth thousands of dollars.

“This has been a great experience. We’ve helped these patients with their dental health needs now, provided them information about low-cost care available in the area for after they leave, and we were also able to tell them a little bit about the Lord so they will see this as His work,” said Beliz.

Gayle Daniels, an optometrist from Fort Worth, Texas, led the vision department and was able to see God’s work in many cases. In one instance, a woman was being cared for in another department when she dropped and broke her glasses. She was told she could visit the vision department for a new pair. The woman said she didn’t want to take another person’s place, but was persuaded to go ahead by the volunteers. While visiting the vision department, she had the opportunity to have retinal scans made, but again had to be persuaded. The scans revealed bleeding in her retina, which could lead to retina detachment and blindness. They were able to send her to a local clinic they had contracted with for immediate treatment.

Daniels said the vision department saw many patients with retina bleeding or retina detachment, most likely related to diabetes and lifestyle management issues. Patients were sent through the lifestyle department where they were able to learn about healthy lifestyles and could sign up for seminars on various health topics to be held in local Adventist churches beginning the week following the mega clinic.

Patients all received a free meal and were also able to take advantage of hydrotherapy, medical massage, chaplaincy, and hair-cutting services.

For the students, connecting with other health professionals and lay people who had the same passion for service and ministry was an added blessing. This event brought a group of volunteers together who were not just ordinary people. Anticipating their first nursing job after graduation, students talked about how amazing it would be to work at a hospital staffed by physicians, nurses, and others who were just like the Alamodome volunteers they inter-
acted with. These were very special people. They left demanding jobs, long to-do lists, and the comforts of home in order to serve.

Beyond the skills and far greater than nursing knowledge were the numerous opportunities to pray with patients and talk about God’s love. When asked about her experience at the Alamodome, one patient broke into tears. She shared how amazing this event was; how it had restored her faith in God. She left the Alamodome a changed person. Another patient excitedly announced that she had been promised Bible studies in her home. She was eager to begin. While helping one lady move bedding and belongings from her car to the Alamodome entrance one evening, she shared her story with us. Her brother had cancer and she was bringing him to receive help that he could not get anywhere else—a different kind of help. They planned to spend the night in a line at the front of the Alamodome. We joined hands and hearts in prayer before leaving them for the night. I couldn’t help but think of those who brought a loved one to Jesus for help more than two thousand years ago. It wasn’t any different.

Three days. 6,192 lives. Immeasurable impact. Only in eternity will we fully understand God’s ways—how He walked those curtained halls of the Alamodome and how He extended a healing touch to those who came for help. Volunteers became Christ’s hands to touch and heal, His mouth to speak of God’s love. As patients responded to that touch and voice, lives were changed. San Antonio will never be the same again. Each volunteer will never be the same again.

In a debriefing session after the event, many students told of their new passion for service and of their resolve to make service an important part of their lives. They saw the need; they caught the vision. They will never forget that their lives were changed in the Alamodome.
Adventists and non-Adventists alike recently took part in a 325-mile journey from Dallas to San Antonio, Texas, where the 60th General Conference Session of Seventh-day Adventists was held. The annual “Tour-de-Youth Ride for Life” was hosted this year by the Southwest Region Conference of Seventh-day Adventists and was done with the goal of bringing awareness to childhood obesity and other health problems that affect today’s youth.

Members of the expedition spent months training for this event, often having to sacrifice time with their families in order to prepare. Many did this as a way to stay healthy, while others took part in an attempt to ward off ailments through the use of physical exercise.

Kenn Dixon, communication director for the Southwest Region Conference, led the team of cyclists not only because he has a deep desire to bring help to the youth, but also for his own health. About a year ago, Pastor Dixon was diagnosed with pre-diabetes. Since he lost both his grandmother and grandfather to diabetes, he was determined to put up a fight.

Other members of the group had their own adversities that they rode for. Some have had heart attacks, others had diabetes, and one had even recently had a triple-bypass surgery. One member was dedicated enough to make the extremely physically challenging trip while at the age of 70.

Many people back home were not sure this was even possible, so recruiting proved to be difficult early on. According to Dixon, “It can be difficult in the beginning, some people were unsure it was actually going to happen, they weren’t sure about the organization of it, but once they saw things starting to come into place they said, ‘Wow, we should probably jump on board with this.’” Dixon said that through determination anything was possible for his team. Even while going through a county road with an unplanned gravel surface there was still a chance for the Lord to show His blessings. A lady happened to come upon the group and was so impressed by their devotion that she decided to donate on the spot.

The Tour de Youth team finished their 325-mile journey strong as they rode into the Alamodome parking lot around noon, Thursday, July 2, the starting day of the 2015 GC Session. They were welcomed by smiles, cheers, cameras, and applause and were given gift bags with water, protein bars, bananas, and other healthy treats.

This trip was done not only for health improvement, but also for the ultimate goal of creating greater awareness about youth ailments. Whether it is through programs to inform about debilitating illnesses or through educational scholarships, the Tour-de-Youth event strives to make the lives of those it witnesses to greater and greater.

Andrew Austin
Health Initiatives at GC
Promote Healthy Living:
A Look at the InStep for Life 5K Fun Run and Health Expos

On Sunday, July 5, in the midst of the 2015 General Conference Session, thousands of Adventists from across the globe met in downtown San Antonio for the InStep for Life 5K Fun Run.

Excited runners began flooding in around 5 a.m. Some were even seen jogging from their hotels to La Villita, the downtown area where the event kicked off with a group warm-up session, led by volunteers from the health ministries team and Loma Linda University. During the warm-up, the entire group of runners joined in unison in stretching their muscles, jogging in place, and performing a few warm-up moves.

The group of runners was very diverse, representing many different countries and spanning the generational spectrum. There were participants from Europe, Africa, Korea, and even local San Antonio church and community members. The race was definitely multi-generational, with children running alongside their parents and grand-parents, all pushing towards the finish line together. Young parents were even seen pushing their babies in strollers while they ran. Some participants were in active running gear, while others decided to take on the race in jeans. Some paced themselves, walking and jogging through the scenic River Walk path, while others ran full force towards the finish line. Whatever their nationality, age, or pace, all were united in one effort to bring health awareness to the community of San Antonio.

“We wanted to send a strong message to San Antonio,” said Katia Reinert, who was then serving as NAD Health Ministries director (during the 2015 General Conference Session Reinert was elected as a GC associate health ministries director). “Not only that we’re here for our session, but that we care for the city. We want to do the best we can to share our message of hope and wholeness. San Antonio has a problem with obesity and diabetes, so this is an effort, in collaboration with the city’s health department, to raise awareness and educate people about the importance of healthy living.”

Before the start of the race, Ted Wilson, General Conference president, welcomed and prayed for the runners’ protection and for the health expos to follow. Although he abstained from the run, his wife, Nancy, participated, running alongside the thousands of Adventists from all around the world.

“I’m surprised to see so many people,” Wilson said. “It shows that they’re interested in good health. I’m delighted that everyone is here, and it’s important to the GC Session that we are letting everyone know we are interested in good health physically, mentally, socially, and spiritually.”

Many participants said that they have been training for months for this particular event, making sure to get their morning jogs in along with eating nutritious meals.

After the start of the race, it didn’t take long for the winner Elpidio Sanchez from Mexico to finish first in just 18 minutes and 46 seconds. Yanory Hernandez from Illinois was the first female...
to finish in 20 minutes and 43 seconds. As the runners arrived, they were welcomed with cheers, smiles, applause, and many cameras.

“I appreciate what health ministries has done here,” said Mosimanegape Moesi of Zambia. He continued, “As Adventists, we need to stay strong in health to finish the work God has given us.” Moesi was third to finish the 5K with a time of 20 minutes.

Following the 5K Fun Run was the first of four health expos. Health professionals from across the nation, in collaboration with the City of San Antonio Metro Health District, joined forces to put on mobile health clinics in different locations around the city to provide free health screenings, counseling, and education. The health services offered included health counseling, glaucoma and vision screenings, dental screenings, heart and lung screenings, diabetes-risk screenings, anti-stress massages, blood pressure evaluations, weight and body fat screenings, fitness tests, nutritional guidance, and depression risk assessments, all free of charge.

Adventists attending the GC Session and community members lined up together at the registration booths to get started in the eight-station process. At each station a different health booth was set up, either for fitness testing, screenings, nutritional education, or massages.

A local couple shared their experience of the expo after attending each booth.

“This was really nice,” the woman said. “There was a lot of helpful information about health that I really want to start taking into consideration, especially about nutrition and my weight.”

With obesity an evident problem in the city, many locals have shared their gratefulness for the work of the Seventh-day Adventist Church and their efforts to push health education in the community.

Indiana Melendez
Praying For Healing: Physical And Relational

John Knox, a powerful Reformation era reformer in England is perhaps most famous for his fervent prayer, “Give me Scotland, or I perish!” Contemporaries described him as “low in stature and of a weakly constitution,” yet when Knox would go to his knees in prayer, people trembled. History records that Queen Mary of Scots feared the prayers of John Knox more than all the armies of Europe!

In pastoral ministry, I have often been called to pray at the bedside of one who is ill. The short Epistle of James tells us that if any of us are sick we should, “call for the elders of the church, and let them pray over him…. And the prayer of faith will save the sick, and the Lord will raise him up.” (James 5:14-15 NKJV, emphasis mine).

Notice though the other elements in this text: In James 5:13 the question is asked, “Is anyone suffering?” If so, he or she needs to pray. In verse 14, “Is anyone sick?” Let them pray with others. In verse 16, pray for each other that you might be healed. Notice that James uses general verbs attached to indefinite pronouns to ensure that every one of us is included. For at some point, we all get hurt, sick, or find ourselves in conflict with others.

It should also be noted that these are the final verses of James’ epistle. He’s wrapping up his conclusion by referring back to everything he has been talking about in his letter. In essence, he’s writing to people who are not just physically ill, but who are struggling with interpersonal challenges. In Chapter 2 they were playing favorites. In Chapter 3 they are attacking each other verbally, and in Chapter 4 they are in flat out war with each other with full on slander and judgment. So this healing that James asks us to pray for in Chapter 5 isn’t just from some bacteria or virus, it is a healing that encompasses our entire being from the physical, to mental/emotional, to social. James understands that our habits, our conversations, and our interpersonal interactions can all have an effect on our physical health and our relationships with others.

What if those prayers for healing would be so fervent, such as in the case of John Knox, or as James illustrates, like Elijah (see James 5:17-18), that God could bring about powerful healing and ultimate salvation?

Steven Orian, president

Texarkana Church Hosts Dr. Hans Diehl, CHIP’s Founder

TEXARKANA, ARK. » Hans Diehl, founder of the Complete Health Improvement Program (CHIP) program, visited Texarkana and gave three public presentations before the Texarkana chapter began its fourth CHIP session in February 2015.

The Texarkana chapter began presenting CHIP to the local community in 2010 with 50 participants, and has served no less than 25 at the second and third presentations. The fourth class of 2015 served 34 participants for three nights each week through February. The participants attended the celebration ceremony March 16 and will continue meeting as a support group known as ClubChip. At a future date, the group will examine the biblical principles underlying the CHIP program.

The group of people participating experienced a total drop of 653 points in cholesterol, a drop of 345 points in LDL, a drop of 981 points in triglycerides, and a weight loss total of 123 pounds.

Loretta Johnson
Fort Smith Hosts “Make It and Take It”

FORT SMITH, ARK. ▶ CHIP (Complete Health Improvement Program) facilitator, Nancy Brenna, from the Fort Smith Seventh-day Adventist Church, is teaching a “Make It and Take It” Healthy Cooking Class each month. These informative classes are a really fun way to teach and promote a healthy plant-based diet. Nancy provides a shopping list of ingredients needed for the dish prior to the class. On the night of the class, the participants meet in the gymnasium kitchen with their ingredients and Nancy explains how to prepare the meal. Everyone has a fun time chopping, cooking and fellowship-

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A healthy dish prepared during the cooking classes.

During the March meeting, participants learned how to prepare Italian Risotto with vegetables, without oil, butter, or cheese. It was a fantastic dish! The really neat benefit of this class is that when it’s over, each person has a healthy delicious meal to take home for dinner that night or save for Sabbath dinner. Visit us on Facebook at Fort Smith SDA Church Health and Wellness.

Lea Treshnell
Safe TV® Celebrates 20-Year Anniversary

**Springsdale, Ark.** On May 8, Safe TV®, located in Springdale, celebrated its 20th year milestone anniversary with continuous broadcasting of family-friendly programming without violence, immorality, or profanity. This unique kind of programming is such that “anyone of any age can watch it at any time,” and “that will uplift the values that have made America great: God, family, and country,” says founder Carlos Pardeiro. Safe TV® began airing to a few thousand people locally in December 1995 and has since grown to airing to potentially over one billion viewers worldwide. Since its beginning, the concept of “Safe Television For All Ages®” has been supported by three Arkansas Governors—former Governor Mike Huckabee and former Governor Mike Beebe as evidenced by the proclamations given to Safe TV® each year. Now we feel privileged to have been invited by Governor Asa Hutchinson to receive the 2015 Safe TV Day proclamation, which was celebrated May 8th. In the proclamation, Governor Hutchinson states, “Positive television viewing can be a valuable tool for learning and for expanding one’s awareness of the world; it can reinforce positive attitudes in our homes and in our state... Unsupervised television viewing can have an adverse effect on some children, especially the very youngest, translating into fear, desensitization to real-life violence, and aggressive behavior... It is to the benefit of our society to promote responsible, family-friendly viewing habits.”

Many of our shows produced at Safe TV® have received national recognition, including four Emmy nominations and over 50 awards such as Telly Awards, Angel Awards, Aurora Awards, and the Videographer Awards.

Safe TV® can now be seen live 24/7 through several national and international media outlets, such as our Web site www.safetv.org; ROKU television system; Filmon TV; Simul TV; Wherever TV; iP-point Global Entertainment TV; and at the APP stores for Apple and Android smart phones, pads and tablets just to name a few. We invite you to take a moment to find us on one of these outlets to see what Safe TV® is all about and to watch our variety of entertaining, informative, educational, and inspiring programming. We also would like to invite you to call your local cable company and request they carry Safe TV® in their system.

Share with your friends how they can get Safe TV® on their smart phones through their App store.

Darlene Doublehead

Lake Charles Church Women’s Retreat

**Lake Charles, La.** The Lake Charles church’s women’s ministries department held a women’s retreat on Sunday, March 29, at the Lake Charles church. The theme for the weekend was “Women of the Bible and Me,” where Joann Benoit was the guest speaker and shared stories of the many women God used in Bible times. About 40 women attended the retreat, and the attire was black and white. Music was led by Corina Munteanu. Refreshments and fellowship were enjoyed by everyone in attendance. Committee members were Cheryl Janise, Amanda Van Metre, and Joann Benoit.

Margaret M. Jackson
There is an exciting opportunity for churches to reach the community through health day camps. This camp is designed for children ages 11-14. Activities can be adapted depending on the age of the children involved and the needs of the community. The camp can be a one-day event, or it can be held over several days. It can involve various activities that focus on health and wellness, as well as safety instruction for the children in their communities. Here are some ideas to pursue in your own church:

- **Health Assessment Test**: Give kids the opportunity to take their health into their own hands and learn what they can do to improve their choices. Provide simple tests to measure fitness in a fun way.

- **CPR training**: Demonstrate and teach proper methods of CPR. You can also invite a trained member of the community to give a presentation on safety and CPR.

- **Hospital Tour**: Introduce kids to the way hospitals are run and the positions needed to make everything happen.

- **Forensics Activity**: Kids love to explore and combine the study of forensics and adventure through games and informative activities.

- **Kitchen Fun**: Most kids love cooking/baking! You should have no problem having several cooking demos each day, as long as samples are provided!

- **Learn the Secret Clues to Health**: Let your guests learn all about reading labels on food, giving live examples of what too much of any of the ingredients might do for or to you. Have someone with a white lab coat with test tubes and mist arising out of bottles—it’s a great attention grabber. Keep the presentations moving, exciting, and informative. Teach them to adjust lifestyles to look better, feel better, get better grades, and have a better life—all in a fun atmosphere!

Don’t make the mistake of thinking that only adults have the knowledge and skills to teach a session! Encourage the young adults and teens to participate by participating in leadership! Bind your young people to God’s church. Make them part of the solution! Don’t think you are creative enough? Invite a group of your young people to sit down for a “Bounce off the Wall Session.” They will amaze you! Be ready to say, “Yes, we can do that!” Let the young people lead the way!

**Kristine Kendall**

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**Stargazing to Discover God’s Wonders**

**Broken Arrow** After one disappointing cancellation due to overcast skies, the Pathfinder Club of the Broken Arrow church excitedly climbed into various cars to make a journey into the night. It was a beautiful starry night perfect for stargazing. The destination was the observatory in Mounds, Oklahoma and the badge they were working towards was Stars Two honor. This adventure was led by Greg Marquette who had enlisted the help of Teresa Davis, a member of the Tulsa Astronomy Club. She was a great teacher and our youth learned a lot about the mysterious night sky. Praise God for the wonders of our world!

**Judy Marquette**

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The Broken Arrow Pathfinder Club enjoyed a night of stargazing at the observatory in Mounds, Oklahoma.
Alva Church Dedication Service

ALVA 】 On April 4, we had the amazing blessing of being able to dedicate our new church to the Lord. With full pews and thankful hearts, our service began with special music by Malayna Mckitrick on the piano. Guests were welcomed and ushered into the sanctuary by the Sabbath Keepers Motorcycle Ministry. Pastor Rex Shores gave the announcement of the dedication service and the congregation all lifted our voices together to God with our opening hymn of “Come Christians Join To Sing.” R.L. Simpson shared a slideshow presentation of the construction process, and all the hard work that was put into the building by the congregation, volunteers, and the contractors. We had the privilege to have City of Alva Mayor Arden Chaffee address our congregation. Since Mayor Chaffee grew up only a few blocks from our new church, he had inspirational words to share about the past, the ongoing work in our community, and future blessings that are sure to come. Chantae Simpson and the Joyful Hands American Sign Language Choir, led by Gabriel Simpson, blessed us with their special music and touched our hearts with the song “How Great Thou Art.” Roger Simpson spoke of the history of the local church and the many amazing people who directed our church through the years. The Sabbath Keepers were called to collect the offering, which was followed by an inspirational message from Rick Dye that truly blessed everyone. Conference treasurer Karen Senecal spoke to us about how amazing it was for the Alva Seventh-day Adventist Church to dedicate our building debt free. We truly serve an amazing God. Pastor Shores and Karen Senecal shredded our mortgage document and declared our building paid in full. Hannah McCullough stirred the hearts of the congregation by signing, using American Sign Language, the song “The Lord’s Prayer.” Pastor Shores gave a beautiful dedicatory prayer with the congregation asking God to let this building be a place that He can use for His glory. The dedication service ended with a very appropriate hymn, “All Hail the Power of Jesus Name.”

Fredena H. Moore

The King’s Heralds Come to Lawton!

LAWTON 】 The Lawton-Duncan-Waurika district churches, along with members of the local communities, enjoyed a special blessing on Sabbath May 2. The King’s Heralds Quartet worshipped with the Lawton SDA church during their tour in the Southwest Region.

A memorable hour was spent listening to sounds of thanksgiving, praise, and testimony, as the group sang familiar tunes and introduced new songs with music and their trademark a capella style. With smiles, hand clapping, toe-tapping, lifted hands, and shouts of joy to God in worship, everyone sang along with the group.

For O. J. Jackson, host pastor of the event, it was a special treat, as he reminisced about the quartet’s impact on his life and decision to follow Jesus all the way.

“I remember as a child, on Sunday mornings, while eating family breakfast and before going to church, my dad would turn on a religious radio program that always turned on a religious radio program that always turned on a religious radio program that always began with a men’s chorus singing, ‘Lift up the trumpet and loud let it ring,’ Jackson shares. “This song was the prelude to a Bible radio message, which was also very uplifting. The seed was planted in my mind and now after 50 years of accepting this truth, I am still excited about those messages delivered by H.M.S. Richards, Sr.

To have the King’s Heralds Quartet render a special Sabbath program in my church district was a wonderful blessing for me personally.”

Fredena H. Moore

The Lawton church hosted the King’s Heralds Quartet for a special Sabbath morning of toe-tapping songs, testimonies, and joyful worship.
NDAA Choir Visits Waurika Lake for Tour

Waurika » On Sabbath afternoon, April 18, the Waurika Lake church hosted an inspirational musical service with special guests, the North Dallas Adventist Academy (NDAA) Choir from Richardson, Texas. Directed by Stephan Gray, the choir was on day five of their spring tour of Louisiana, Arkansas, and Oklahoma. The students represented numerous nations that included Vietnam, Honduras, Brazil, India, Colombia, St. Croix, and others. They performed beautiful anthems for a congregation that consisted of visitors and members of the Waurika Lake, Lawton, and Duncan churches. Local musicians from the Lawton church presented musical selections, U.S. servicemen and women, including those from nearby Ft. Sill and Sheppard Air Force bases were honored, and an abundant fellowship meal was provided. The Waurika church is 100 years old and its pastor, O.J. Jackson, and church members are endeavoring to keep it alive.

The NDAA choir concluded their tour the next day, singing for the worship service of the Temple First Baptist Church in Temple, Oklahoma. The students were delighted with the experience and expressed that it was an incredible feeling and privilege to be used by God. They felt being able to sing in Temple was a blessing and the church made them feel right at home.

Oklahoma City » On May 2, the Oklahoma International church hosted a health fair at the Midwest City Library. Stations were set up to do blood pressure and diabetes checks, share healthy snacks and distribute literature such as Health & Wellness; Secrets that Will Change Your Life by Mark Finley and Peter Landless. VegOK, a vegetarian organization in Oklahoma City, had a table to promote the vegetarian diet. Michael Smith, the church’s pastor, met with those willing to complete a questionnaire to determine their health age. He input the information from the questionnaire into a program on his laptop that generated their health age. He then counseled them regarding ways to improve their health.

Visitors seemed to appreciate the information they received, and participating church members had a wonderful time ministering to people in the community through sharing the health message. Our men’s ministries department has been offering health seminars for men every Monday evening for the past several weeks. Guest speakers have covered topics such as stress, arthritis, men’s heart issues, etc. As Seventh-day Adventists, we know that the health message will play an important role in reaching people in the last days. We’re excited to be about this work.

Peggy Devinish

The Oklahoma International church hosted a health clinic for the community, where they were able to not only assist others medically, but also reach out to them spiritually.

The North Dallas Adventist Academy Choir performed in Waurika and Temple, Oklahoma during their spring tour.
Practicing Good Health

Good health is the state in which every part of the body is working efficiently. Maintaining good health means avoiding all deficiencies and excesses that may cause an imbalance, lower resistance, and anything that could contribute to disease and decay.

There are several components you can implement to aid in practicing and maintaining a good, healthy lifestyle. They are:

**Water:** Pure and soft, used generously both internally and externally.

**Exercise:** It is a must, for “what you don't use, you lose.” It should be appropriate for one's age and need. Be sure to check with your physician before starting your exercise routine.

**Rest and sleep:** Keeps us feeling refreshed, revitalized, and renewed for each new day’s activities.

**Nutritious food:** Should be eaten at regular times, of maximum quality and minimum quantity.

**Fresh air:** Practice breathing deeply both day and night.

**Sunshine:** Expose yourself to the sun in moderation, yet enough to receive its rich benefits.

**Enough is enough:** Recognize balance and avoid extremes, no matter what they may be.

**Avoid hindrances:** Chemical crutches such as alcohol, tobacco, caffeine, and other drugs that provide an illusion of well-being are actually self-defeating.

**Mental serenity:** This is a calmness of mind; an evenness of temper; an undisturbed state; composure and control with a spirit of cheerfulness and joy (Philippians 4:8).

**Trust in divine power:** “Trust in Him at all times; ye people, pour out your heart before Him: God is a refuge for us” (Psalm 62:8).

Good health is a conscious choice. God wants us to choose a healthy lifestyle and be in good health (3 John 1:2).

Mildridge Dyer

Alexandria District Receives New Pastor

**Alexandria, LA.** All roads from north and south Louisiana met in Central Louisiana at the Smyrna church for dual purposes.

The Smyrna and Maranatha churches in the Alexandria district received their new pastor on March 21, in the midst of the annual Church Officer’s Meeting. Pastor Vanston Archbold, Jr., was installed during the divine worship service by officers of the Southwest Region Conference. Pastor Archbold was born in Colombia and has pastored churches in the Inter-American Division, where he was the former president of a conference. He is the husband of Ketsy and they have two sons, Kerwin and Kevin. Pastor Archbold is a singing pastor and has recorded a CD in Spanish. We welcome Pastor Archbold and his family to the Alexandria district.

Carey Walker
Shiloh Adventist School Year-End Blast!

LITTLE ROCK, ARK. — Shiloh Adventist School located in Little Rock, Arkansas ended the school’s last two months with a huge blast! On April 25, “Education Sabbath” the church and school was more than overjoyed to have Buford Griffith, Jr., executive secretary and family ministries director of the Southwestern Union Conference as our guest speaker. Pastor Griffith had previously blessed the congregation with a two-week evangelistic meeting, and community friends, families, and members packed the sanctuary to hear the blessings that came forth from God’s servant. Even more so, was the joyful singing of his wife, Carmen Griffith, who sang her way into everyone’s heart and she shared a “Word from the Lord” in song.

Since the church has adopted the two dynamic duos, the school felt it fitting to have Pastor Griffith do an encore. The theme for Education Day was, “What Time Is It... Christian Education!” Pastor Griffith received a plaque from the school for his continued support and help in Christian Education. There was a packed sanctuary with special guests Angelic Praise (Praise Dancers) from Ft. Worth’s Grace Temple church and First Baptist of Highland Park’s Men’s Choir. During the evening service, Angelic Praise did an encore of “I Shall Wear a Crown,” one of their many requested numbers.

Four students from Shiloh Adventist Academy were nominated for the 2015-2016 People-to-People Leadership Ambassador Program: Nemiah Gilliam, Daniel Usoroh, Jimesha Williams, Samuel Usoroh, Coneah Brown, and David Thomas. These students will be traveling to Washington, D.C., to join over 1,000 students from other areas for a weekend learning to be leaders in school as well as in the community. On May 30, 2015, Shiloh Adventist School was once again blessed and uplifted when Pastor Helvis Moody, Southwestern Union Conference’s young adult and youth ministries director, was a guest speaker for the 2014-2015 Baccalaureate Service and Commencement service. The theme for the Baccalaureate and the Commencement, “A New Mind-A New Attitude.” Pastor Moody broke the theme into two parts. “A New Mind” was the message for the Baccalaureate Service, and “A New Attitude,” the Commencement message.

The Shiloh Adventist School Choir joined with the heavenly angels as they sang, “Do Not Pass Me By” performed by Terrence Ford and Bowie State University Gospel Choir. The choir received a standing ovation as they sang to the Glory of the Lord! Pastor Helvis Moody received a plaque from the school, faculty and staff for his continued commitment, not only to Christian education, but for his commitment to the youth. The evening closed with the salutatorian, Nemiah Gilliam giving a challenge to his fellow classmates and Daniel Usoroh responding to the challenge with his ABC’s of Life. The graduation festivities ended with a powerful message from Pastor Moody and a charge to the graduates by Pastor Charles Cunningham. During the evening services, Pastor James Roberts received a plaque for his many years of dedication and commitment to Christian education.

During the vote of thanks Mr. and Mrs. Clemons received red roses from each of the students and faculty of Shiloh Adventist School. The red roses were accompanied by pink roses and a plaque from the students, faculty, and school board. Earlier during the Baccalaureate Service, Shakantula Ramsarran, Southwest Region education superintendent, surprised both the congregation and principal, Sandra Clemons, with a special award from the Southwestern Union Conference as “Teacher of the Year!” This was indeed an exciting two months and the students, faculty, board members, and congregation will remember the excitement that we all shared at the “Year End Blast!”

Top: Graduates from Shiloh Adventist School. Pastor Helvis Moody speaks during Shiloh Adventist School’s Year End Blast!
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“Beloved, I pray that you may prosper in all things, and be in health, just as your soul prospers” (3 John 2). Without question, God desires that we be found in good health, yet there are times when by bad choices or inexplicable circumstances, He allows us to live with pain and physical misfortune. In his book The Pressure’s Off, psychologist Larry Crabb tells a story from his childhood. “One Saturday afternoon, I decided I was a big boy and could use the bathroom without anyone’s help. So I climbed the stairs, closed and locked the door behind me, and for the next few minutes felt very self-sufficient. Then it was time to leave. I couldn’t unlock the door. I tried with every ounce of my three-year-old strength, but I couldn’t do it. I panicked. I felt again like a very little boy as the thought went through my head, ‘I might spend the rest of my life in this bathroom.’ My parents and very likely the neighbors, heard my desperate screams. ‘Are you okay?’ Mother shouted through the door she couldn’t open from the outside. ‘Did you fall? Have you hit your head,’ I yelled. ‘Get me out of here!’ I didn’t know if I was supposed to work. God shows up, He hears my cry—’Get me out of here!’ and unlocks the door to the blessings I desire. Sometimes He does. But now I’m realizing the Christian life doesn’t work that way. When a marriage doesn’t heal, when rebellious kids rebel, when friends betray, when businesses fail, when the prospect of terrorism looms, when health dissipates, God has climbed through the small window into my dark room. But He doesn’t walk by me to turn the lock that I couldn’t budge. Instead, he sits down on the floor and says, ‘Come sit with me!’ He seems to think that climbing into the room to be with me matters more than letting me out to play.”

We have all struggled with similar thoughts in reference to our own health challenges. Paul once remarked that he emphatically requested three times that the Lord remove his physical malady. Each time the Lord replied, “Patience son, My grace is sufficient for you, because My strength is perfected in your weakness,” (2 Cor. 12:9). Paul makes two very vital declarations in that passage. One, these physical maladies are “messengers” (instruments) of Satan. He often uses them to his advantage. Second, God gives “grace” (courage) to stand, that we may be strengthened to see His divine purpose in all these circumstances. Once we fully understand that God loves us beyond measure, and that His supreme desire is to have us by His side eternally in heaven, these fleeting moments of earthly trial begin to pale. If you are ailing today, be of good cheer! Christ overcame this world and the afflictions of the flesh, and so can you by His grace! Now when we read the words of 3 John, they ring a bit different. “Beloved, I pray that you may prosper in all things, and be in health, just as your soul prospers.” The God of heaven most definitely wants you to be healthy, that you might enjoy the fullness of life. But above and beyond that, He desires that your soul be healthy, that you be afforded the wonderful opportunity to live the ceaseless ages of eternity in that place, the paradise of heaven!

Carlos J. Craig

Alvarado Women’s Ministries Hosts G.O.L.D Retreat: God Our Light in Darkness

ALVARADO — The Alvarado church’s Women’s Ministries department held a women’s retreat at the conference office on Sunday, April 25. The theme for the day was G.O.L.D, God Our Light in Darkness, chosen by church member Amanda Larson. Both Amanda and the women’s ministries team, including Mary Davis Orr, Tammy Randazzo, and Nicole Hoskinson, want women’s ministries to be a light in this dark world.

Our guest speaker for the morning was Gladys Romero, a full-time occupational therapist assistant and a “freelance speaker” who is currently working on her Master of Pastoral Ministry degree through Andrews University. In giving the message, Romero went back to where the light started, Genesis: “God didn’t make the moon, the stars, and the sun until the fourth day. But there was light on the first day. God did this so we would have to depend on Him as our light,” Romero said. She also told us that since God is our light, we should reflect the light; we are instruments to share the light with the world. Romero gave an interesting anecdote on how we should retrieve the light: When the light shines on roaches they run back into the darkness, but when the light shines on moths they follow the...
light where it goes. “There is no growth in darkness but only in the light,” Romero said. She told us we could only grow strong when we depend on Jesus as our light.

During the afternoon session Amanda Larson gave her testimony of abuse and healing. She told of how “our amazing God” helped her by sending her friends, family, and also a prayer group called Straight 2 The Heart. Registered nurse Tammy Randazzo taught basic CPR and talked about reversing depression through nutrition and preserving heart health. Mary Davis Orr, Women’s Ministries leader, talked about marking your Bible so you can give someone a Bible study anytime. Finally, Nicole Hoskinson worked behind the scenes to provide lovely decorations and prepare a delicious breakfast and lunch.

The day ended on a high note with a supper of soup and sandwiches and a musical concert at the Alvarado church featuring Southern gospel singer Brenda North, from the New Beginning Life Church in Alvarado, and singing group “Forever His” from the Joshua Adventist church.

During one of the breaks I was able to talk to Mary and Tammy, who came up with the idea for the retreat. Their inspiration was the fall 2014 Texas Conference Women’s Retreat at La Toretta, where they met Gladys Romero. They later saw her at Women’s Ministries Leadership Training. Mary was impressed with Gladys because she was working full time, going to school, and going on mission trips. “It shows that she really loves the Lord,” Mary said. In the future, Mary and Tammy hope to host a yearly retreat, grow in members, and continue to support the Women’s Ministries program in their church.

Megan Gendke

ARLINGTON » God has truly blessed the Dallas-Fort Worth Fil-Am church through the study of His Word. This small church of about 80 members in Arlington, Texas, has a robust club ministries program. The Pathfinder, Adventurer, and Master Guide clubs have a plethora of children excited to share God’s love with others. Whole families are involved in the spiritual growth of this church. The younger ones study and memorize Scripture in depth, not only because they love the challenge, but also because they are led and inspired by their parents and staff who also are reading and memorizing God’s Word.

A program children and adults can join to test their knowledge in scripture is the Bible Bowl, otherwise known as the Bible Adventure, Pathfinder Bible Experience, and Master Guide Bible Achievement. The level of study needed to excel in these programs is very rigorous and intense. One must not only memorize the Scriptures, but study the Bible commentary as well, to grasp the level of understanding needed to answer the questions. There are different levels of the events starting with the local church area, conference level, union level, and then the division level involving churches from other countries.

The DFW Fil-Am church entered one team of six Adventurers in the Bible Adventure. The children memorized the book of Matthew and were tested on their knowledge in the Keene-Fort Worth area. The Adventurer team placed first in the area level and went on to place first in the Texas Conference level. This was the highest level for the Adventurers. We hope to someday expand this program into other states.

Three teams of six Pathfinders in each team were entered into the Pathfinder Bible Experience. The three teams of the DFW Fil-Am church memorized the book of Matthew and commentary and placed first in the Keene-Fort Worth area, conference, union, and division levels.

One team of six Master Guides also entered the Master Guide Bible Achievement studying the book of Leviticus. The Master Guide team placed first in the Keene-Fort Worth area, Texas Conference Level, and the highest tier, the Inter-Conference Level. In all three levels, the DFW Fil-Am Master Guide team had the highest point total of all teams.

The Adventurers, Pathfinders, and Master Guides of the DFW Fil-Am church diligently studied the Scriptures and gained a blessing by memorizing God’s Word. Now armed with His promises in their hearts, they can share His love with the community and hasten God’s coming by spreading the gospel into the entire world.

Nancy Cabansag
Alvarado  » Texas Conference executive secretary, Gary Brady, has accepted a call to serve as senior pastor of the Visalia church in the Central California Conference. Brady joined the Texas Conference in 2005 as ministerial director. During his 10-year tenure, he also served as vice president for evangelism and had filled the role of executive secretary since July of 2011.

The Texas Conference thanks Gary and Rose Brady for their years in ministry in Texas and wishes them many blessings as they continue their ministry in California! Armando Miranda, Jr., who has served as the Youth and Young Adults associate director since October of 2012 has accepted a call to the North American Division. Miranda has been a pastor in Texas since 2003 and began his duties as NAD associate youth director this summer. The conference wishes him and his family the best as they continue their ministry at the division level and thanks them for their service in Texas! The Texas Conference Executive Committee has named Paulo Tenorio as associate director for the Texas Conference Youth and Young Adults Department. Tenorio has served in the Texas Conference since 2011, first as chaplain at South Texas Christian Academy in McAllen and most recently as associate pastor of the Austin Spanish First and Kyle Spanish churches. Tenorio has also served as Central Texas youth director for the Austin area since September 2013 and begins his conference office duties later this summer. We welcome Paulo Tenorio and his wife, Ana, to the Texas Conference Youth and Young Adults Department!

Texas Conference Office Personnel

Gary and Rose Brady
Armando Miranda and family
Paulo and Ana Tenorio
Making Lifestyle Changes that Last

I think most of us would agree that good health is of the utmost importance, not only for our physical health, but also for our mental and spiritual well-being. At the beginning of each year, I often hear people mentioning their New Year’s resolutions to lose weight, start a diet, exercise more, go to bed earlier, give up coffee, and the list goes on and on. But after a few months or even less, I hear them say, “I gave up on my resolution.” Somehow even though we have the best of intentions, many times we just can’t seem to follow through to meet our goals. How can we make lifestyle changes that last? I would like to share a few steps that have helped me stick with my lifestyle changes.

First of all, be happy and content with the changes that you will implement in your new lifestyle habits. Philippians 4:11 tells us that Paul was content in whatever state he was in, and it’s important to be happy when we are changing our lifestyle habits, because if we are dragging ourselves through the change, sooner or later we will give up.

Focus your mind on the positive aspects of the change. It’s easy to complain about sore muscles or that the new food does not taste good, but if we focus on the positive aspects that will soon come, it will be easier to continue with our changes. Philippians 4:8 says to think on things which are true, honest, just, pure, lovely, and of good report.

Next, take small steps when you are planning to change your diet, start an exercise program, or whatever changes you want to implement in your life. Many times we make major changes in our lifestyle habits, but we are not prepared to face all the difficulties following the change.

When starting an exercise program it’s better to start slowly, to develop a love for the exercise. Maybe start with five minutes of walking and slowly increase as you are experiencing the well-being and energy which exercise brings. Avoid beginning a program with lengthy, strenuous exercise that results in muscles being so sore that you give up on the exercise.

Many times we want to eliminate the unhealthy things from our lifestyle but we do not replace them with better things, so feeling deprived we go back to our unhealthy options. When eliminating something from our lifestyle habits, we should try to find healthier options to replace them. For example, if you want to give up the high-sugar cookies which are loaded with calories, look for healthier recipes that are similar to those cookies, but have less sugar, fewer calories, and so on.

The most important step in making lifestyle changes is having Jesus as our personal Coach. He knows what is best for us, and He will give us the strength, determination, and success in improving our lifestyle and making changes that will last.

May we experience peace, happiness, and joy as we work together with our Coach to be all God created us to be.

Maria Harris

“Remember” 2015 Texico Spring Youth Rally

EL PASO, TEX. On April 24-25, youth from around the Texico Conference gathered in El Paso for the “Remember” Youth Rally. The theme for the weekend was a throwback to internalizing the Sabbath and making it real for typical Adventist youth. Guests included Pastor Russ Laughlin and his team from Southwestern Adventist University and musical guest Yohana Santana. On Sabbath, about 200 youth, sponsors, and staff worshipped together. The program was coordinated by Chris and Aimee Clapp, Simona Knights, and their dedicated team of volunteers.

“This was my first youth rally and I loved it,” Savannah Morales of Odessa, Texas, shares. “The youth were so involved in every aspect, and the social was amazing; my kids loved it! The presence of our God was there without a doubt.”

Youth who attended had a great experience and a renewed understanding of the Sabbath. “I wasn’t really expecting much from this youth rally, Yassmine Marquez of Albuquerque shares. “In the end, I was so glad I went, because I learned so much, especially from the guest speaker. I have always kept the Sabbath, but recently I’ve had trouble explaining to my friends why I go to church on Saturdays. That weekend opened up my eyes to how we as Adventists and Christians should see our special time with God.”

The next youth rally will be on October 17, 2015 in Albuquerque, New Mexico. Details to come later this summer.

Michael Razon, Texico youth director

Approximately 200 youth, sponsors, and staff worship together on Sabbath.
**The Power of One**

**A Testimony of the Holy Spirit Working in Taos, N. Mex.**

**TAOS, N.MEX.** What can the Lord do with one handbill in the hand of one person? The Lord can generate six baptisms!

Mary Moody, a Taos Pueblo Native resident, received a handbill advertising a prophecy seminar in the Taos Kachina Lodge. Mary informed her aunt, the honorable Charlene Marcus, a Taos Pueblo resident and judge, and together they decided to speak to their life-long pastor for advice. While he admitted to his lack of knowledge about the book of Revelation, he believed the speaker should be able to explain Revelation by using the Old and New Testaments.

With some apprehension Mary and Judge Marcus attended the first night, but as the meetings proceeded, their initial anxiety dissipated and they realized the importance of learning God’s plan for their lives.

Immediately after the meeting, Mary was led by the Holy Spirit to invite more family and friends to the meetings. One close friend, Barbara Apodaca, decided to attend and arrived with her brother and daughter. Each were touched by the love of Jesus and the power of the Holy Spirit and continued attending.

Now it was Barbara’s turn to be used by the Spirit. Barbara urged her family and friends to also attend the meetings, and informed him of her ability to translate. Overjoyed by the quick answer to prayer, he made accommodations for the small group. Now both ladies could understand the lessons. At the conclusion of the meetings, Veronica and Priscilla decided to unite with God’s end-time movement.

Cindy Romero had previously attended a similar seminar by the Taos church in 2009. She came faithfully with her grandson that year, but near the end of the series when the evangelist approached her to take a stand for the truth, she was not ready. It was exciting to see her return with her grandson, family, and friends to the meetings this year. She mentioned that the Sabbath truth kept burning in her heart. She had even argued with her pastor about it. This time she and her grandson finished the seminar, and she made her decision to stand for the truth. The Lord greatly blessed the meetings with 16 people making their decisions for Christ. The power of God working in the life of one person can make a huge difference for eternity. May we each be willing to allow God’s Spirit work and reign in our lives.

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Vincent Archuleta accepted the invitation. Each one of these six individuals would decide to unite with God’s end-time movement and testify of His saving and transforming grace in their lives. They were led as a result of one handbill in the hand of one person willing to be used by God.

David Lopez is another agent of the Holy Spirit. David, a deaf member of the Taos church, was already sharing the gospel with two of his hearing-impaired friends, Veronica Benado and Priscilla Martinez. David invited them, even though there was no one to interpret the messages using sign language. Veronica and Priscilla chose to attend in spite of the language challenge. The Taos church pastor, Jorge Poveda, was unable to find a competent interpreter, but he and the church lifted this petition in prayer.

Carol Spacek, a local resident of Taos, received a handbill and decided to attend the meetings. Carol noticed David and his two friends “signing” prior to the meetings, but not during the meetings. At the conclusion, Carol approached the pastor and informed him of her ability to translate. She had previously attended a similar seminar by the Taos church in 2009. She came faithfully with her grandson that year, but near the end of the series when the evangelist approached her to take a stand for the truth, she was not ready. It was exciting to see her return with her grandson, family, and friends to the meetings this year. She mentioned that the Sabbath truth kept burning in her heart. She had even argued with her pastor about it. This time she and her grandson finished the seminar, and she made her decision to stand for the truth. The Lord greatly blessed the meetings with 16 people making their decisions for Christ. The power of God working in the life of one person can make a huge difference for eternity. May we each be willing to allow God’s Spirit work and reign in our lives.

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Hector Quinones

The Taos church celebrates the 16 people who joined their church family as a result of the evangelistic series.

Pastor Jorge Poveda has the privilege of baptizing the honorable judge, Charlene Marcus, who took her stand for Christ during the meetings.

Pastor Hector Quinones conducts meetings in Taos, New Mexico.

The Taos church celebrates the 16 people who joined their church family as a result of the evangelistic series.
We are praising God for His blessings shown in Grants. A series of meetings in the month of March ended with unprecedented success. The hand of the Lord was manifested throughout the meetings and finally with the reaping of 21 baptisms. For a church as small as Grants, this was a remarkable blessing indeed, however, what was most impressive was the Native American presence in the meetings. Out of the baptisms, nine Native Americans were from the Diné, or as they are known to the western world, Navajos.

Back in October during our evangelistic meetings in Gallup, New Mexico, it caught our attention that some Native Americans were driving about an hour from a small town called Crownpoint, New Mexico, to attend our meetings. It was even more surprising to see about 12 of our Native American brothers drive over an hour and a half to attend the meetings in Grants. This led us to focus our attention in Crownpoint.

The Lord brought several Navajos from Crownpoint to become part of our fellowship and to encourage us to seek the lost amongst the Diné in that particular city. Although small and surrounded by desert, there is a community there in need of the gospel of Jesus Christ. Our Seventh-day Adventist brothers and sisters from La Vida Mission have been holding a branch Sabbath School in Crownpoint once a month for a couple years now. A single-wide trailer was donated with furnishings and an 80-inch TV for services to be held there. The amount of interest is growing and sometimes it is difficult for the people to fit in the trailer during Sabbath services. We believe the town is ready for a tremendous reaping! The goal is to establish a church in Crownpoint. Please pray together with us for the outpouring of God’s Holy Spirit upon this town that many souls will commit to make Jesus their Savior and follow Him wherever He may lead.

Jerry Pinzon
Southwestern Students: Summer Snapshot

The students of Southwestern Adventist University may be out of school for the summer, but many are still spending their time improving the lives of themselves and their communities. From working with youth at summer camps to exploring ancient history throughout Greece, Southwestern students have spread into the world to put into practice the skills that they have learned while on campus.

Communication freshman **Victory Rigdon** is an office assistant and on-air personality for Southwestern’s radio station, KJRN 88.3 The Journey. She answers phones, records audio and fills in empty audio tracks. She says that, “It’s an amazing work environment” and that, “It’s been a great opportunity to open up future employment possibilities.”

The work of being witnesses for Christ continues beyond the area surrounding Keene. Some students decided to spend part of their summer break ministering to young people at summer camps. This line of employment can be rewarding to students because not only do they get an opportunity to work with youth, but also because for many, summer camp is one of the best times to go on adventures and develop lasting bonds. Southwestern Adventist University’s Honors program spent two weeks visiting landmarks in Greece from May 12 – 25. The group visited the Parthenon and Mars Hill in Athens, the island of Aegina, Delphi, the Olympic stadium, Sparta and a Byzantine Castle, all while learning the rich and impactful history behind each location.

Sophomore English major and Honors student **Andre Donesky** said, “This trip was incredible! I have learned so much but, more than that, it’s an experience that is once in a lifetime and you can’t get anywhere else. You should go no matter what your major is. The friendships you make and strengthen, the memories you create, you’ll have forever.”

Voyages to foreign lands can be breathtaking, but there are some Southwestern students who used their time off to prepare for their journey through life by developing necessary skills for their career.

**Jessica Sullivan**, junior business major, recently received training, lectures and leadership building exercises at the Adventist Health Systems Internship Program in Orlando, Florida. Since the completion of her training she has started working at the accounting department of Texas Health Huguley Hospital in Burleson, Texas.

Sullivan said, “I feel not only happy, but most importantly fulfilled. I hope to stay with this company, God willing, for the rest of my life. I believe in this company, and I believe in the company’s mission, extending the healing ministry of Christ. We do all things for the glory of God, and I see it done every single day at my internship. It is still like a dream to me.”

**Amber Albright**, an education freshman, is one of the Southwestern students who will be working at a summer camp. Albright, who was raised in Bonnerdale, Arkansas, chose to work at Camp Yorktown Bay in Arkansas since she has become very familiar with it over her lifetime. Located alongside Lake Ouachita, Camp Yorktown Bay was founded in 1961 by the Navy League and donated to the Adventist church four years later. Southwestern will match a portion of the money that Amber, and her fellow camp staff, make and apply it to their bill.

Albright says that she will be working in the camp kitchen, “which may not sound exciting but is actually a wonderful experience. Everyone works together as a team, and work is never a chore when surrounded by so many wonderful people.”

The break between school terms is often also the best time to go on adventures and develop lasting bonds. Southwestern University students are exemplifying the level of intellectual and character growth that Adventist education can provide.

This summer the General Conference Session also provided some employment opportunities. In the months leading up, over 70 Southwestern faculty and students helped with the Pathway to Health initiative. Theology majors taking the Field School for Evangelism class helped Mark Finley prepare San Antonio for evangelism. Over 40 students worked long hours in the information booths at the GC Session. Another 6 students worked as Southwestern student ambassadors at Southwestern’s booth.

Other students were hired as interns to assist departments all across the GC Session operations. **Matt Forner**, a junior communication major, was the technical director and the assistant producer for the official GC Session podcast. **Tishana McCloud**, sophomore business major, worked the NAD Youth and Young Adult Ministries booth as an intern for James Black. **Saul Flores** and **Andrew Austin**, two communications majors, interned for the Texas Conference. This is just a small snapshot of the places and ways Southwestern students have been involved this summer.

Southwestern’s educational experience is not only about the expansion of knowledge, but also about the practical application. Whether it’s working on campus, at a summer camp, going on excursions throughout the world or learning to help those in need, Southwestern Adventist University students are exemplifying the level of intellectual and character growth that Adventist education can provide.

**Andrew Austin**, junior communication major

For more student profiles, visit Instagram: southwesternau.
Duane McKey Elected GC Sabbath School and Personal Ministries Director

SAN ANTONIO, TEX. >> Duane McKey, vice president of the Southwestern Union Conference with responsibilities in the area of evangelism and ministerial, has been elected to serve the General Conference as director of Sabbath School and Personal Ministries. Prior to joining the Southwestern Union in 2008, McKey served as president of the Arizona Conference. He has traveled extensively in over 85 countries, lived on four continents, and speaks French as a second language. During his time as vice president of the Southwestern Union, McKey was instrumental in leading numerous evangelistic campaigns, both stateside and abroad, and was a key organizer of the Your Best Pathway to Health medical outreach in San Antonio in April 2015.

McKey also worked closely with ASI (Adventist-laymen’s Services and Industries) in developing the New Beginnings DVD evangelism materials that are used around the world in the ShareHim global evangelism program. He has been involved in evangelism projects in Asia, Africa, the South Pacific, Eastern Europe, India, Inter-America, and South America. He describes his greatest joy as seeing pastors and church members experience the thrill of leading others to Jesus.

“Duane has inspired countless numbers of people to become involved in evangelism, and his outstanding work in this area and his commitment to soul winning have been greatly appreciated,” said Larry Moore, Southwestern Union president. “We will miss him dearly, but we know the Lord has called him and will use him mightily in this new role.”

Duane and his wife, Kathy, have two grown children and three grandchildren. Kathy McKey served as coordinator of prayer ministries and the Ministerial Spouses Association at the Southwestern Union.

Pat Humphrey
Downtown Austin, Texas was transformed into a giant ministerial convention as more than 5,500 pastors, spouses, and children attended the CALLED NAD Ministerial Convention, sponsored by the North American Division of Seventh-day Adventists. Held for the first time in decades, the convention served to empower, educate, and revitalize the diverse collection of ministers who serve the North American church. Held over a four-day period from June 28–July 1, 2015, the event provided keynote presentations, workshops, and worship opportunities that focused on four tracks: pastors, ministerial spouses, youth, and children.

The convention kicked off its opening with general session meetings focused on the four tracks. The pastors' event featured presentations from Wintley Phipps, Dirk Duerksen, Wesley Knight, and a closing charge from NAD president Daniel R. Jackson, who urged the ministers to consider “Who called you and what for?” A prayer of dedication was offered by General Conference president Ted N. C. Wilson, who praised the presenters, thanking them for focusing their messages on the need to follow Jesus Christ’s model of evangelism.

The ministerial spouses general session featured presentations by J. Nicole Brise, Mark O’Fill, and Adrienne Townsend as they focused their presentation on being Called to Belong, Follow, and Eternal Glory. Late evening events were then held where attendees could watch Adventist produced films or take part in a Shark Tank-type competition where pastors were given the opportunity to compete for prizes to further their evangelistic projects. Over the four days of the event, more than $120,000 was given for evangelistic programs at the local church level.

In the opening presentation, noted musician, evangelist, and pastor, Wintley Phipps urged pastors to “resemble, reflect, and reveal the character of God.” Wesley Knight used the example of the folded burial cloth to remind pastors that Jesus wasn’t “rescued, He was resurrected!”

The CALLED Ministerial Convention was planned and organized by the North American Division Ministerial Department, under the guidance of Ivan Williams, ministerial director, and his associates. They spent the past 18 months carefully choosing speakers, planning events, and developing resources that will provide spiritual refreshment, energy, and encouragement to the ministers, spouses, and children attending the convention.

At the conclusion of the event on July 1, many of the ministers and their families boarded buses where they were transported 80 miles to San Antonio, Texas, to attend the 60th General Conference Session, the Adventist Church’s business session held every five years.
Agriculture Conference Gets to the “Root” of the Health Message

Are you concerned about what is in the food you’re eating? Have you once again broken your resolutions to exercise more regularly? Is your lifestyle keeping you cooped up inside—away from the fresh air and sunshine you know you should be getting? Do you find it difficult to get to sleep at night? Is your walk with God languishing? Are you having a hard time making your paycheck stretch to the end of the month? Believe it or not, there is one good answer to all these questions: Plant a garden!

Could it really be that simple? There are very few things as satisfying as eating a meal freshly harvested from your own garden! Not only are you eating by the “sweat of your brow” (exercise), but you can also know what is in (or not in) your food (nutrition). You get lots of fresh air and sunshine as you plant, cultivate, and harvest, and the sleep at the end of the day is deep and sweet. There is plenty of time to talk to God in the quiet of the garden, and, to top it all off, you can save significantly on your food bill!

Are you convinced, but don’t know where to begin? That is where the Adventist Agricultural Association (AdAgrA) can help. Their mission is “to encourage and support all seeking to understand and follow God’s plan for agriculture.” This year their annual conference is going to be in Glen Rose, Texas, from November 11-15.

This five-day event is packed with lots of practical “how-to’s”—no matter whether you are an experienced farmer or a “wannabe” gardener. But more than just telling you “how,” this conference will also address the “why’s.” Why is a garden lifestyle God’s ideal? Why is agriculture supposed to be the “A, B, and C” of our education? Why is agriculture especially relevant for God’s end-time people? You will leave inspired, empowered, and encouraged!

This year the theme of the conference is “Restoring the Waste Places” based on Isaiah 58. Come learn how agriculture can help restore the waste places in your life physically, mentally, and spiritually. Hear powerful testimonies from families, schools, and churches that are using agriculture as a means of evangelism. See an “army of youth” being inspired to a different type of “mission field.”

Last year, at AdAgrA’s inaugural conference, registration closed early due to overwhelming interest, so you will want to register early to avoid disappointment! The feedback from last year’s conference was extremely positive; Many said it was life-changing. Now it’s your turn to experience the blessings gained from returning to God’s original garden plan for man.

There’s nothing more basic to human health than what we eat. AdAgrA wants to help you improve your health physically, mentally, and spiritually by encouraging you to eat from your own garden!

For more information and registration, go to www.Adventistag.org
Summit Ridge Retirement Village is an Adventist community in a rural setting but close to Oklahoma City medical facilities and shopping. Made up of mostly individual homes, the village has fellowship you’ll enjoy. On-site church, independent living, nursing home and transportation as needed. Web site: http://www.summitridgevillage.org, or call Bill Norman at 405.208.1289.

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Southwestern Adventist University has an immediate opening for a full-time nurse educator to serve as Chair for Nursing Department. Doctoral degree required with three years of university/college teaching experience. Must have an unencumbered Texas nursing license. Send cover letter and current CV to Dr. Amy Rosenthal at arosenthal@swau.edu.

Southwestern Adventist University Advancement office seeks full-time Vice President. Responsibilities center primarily in development in addition to PR/Marketing and Alumni. Minimum bachelor’s degree and 2 years advancement experience required, master’s degree preferred. Submit cover letter and CV/resume to Human Resources at denise.rivera@swau.edu.

The NAD’s Adventist Learning Community in Berrien Springs, MI is seeking an IT Manager. Requirements include either a BA/BS in Computer Science or related field, or equivalent work experience, as well as software development and technical skills. If interested, contact Johana Prestol-Dominguez, PHR at Johanna.Prestol@nad.adventist.org.

Pacific Press seeks Copy Editor/Proofreader who copy edits and proofreads all copy as assigned, checking for consistency of style, accuracy of grammar, spelling, and content. A BA degree in English, Communications, or a related field—or the equivalent in work experience is required and a thorough knowledge of the English language, punctuation, spelling, and grammar. Prior experience in copy preparation is desirable.

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Union College seeks Seventh-day Adventist experienced in K-12 education and eligible for Nebraska teaching certification to teach curriculum and instruction courses and supervise elementary student teachers. Ten years elementary teaching experience and multi-grade teaching experience are essential. Doctorate strongly preferred. E-mail letter of interest and CV to Dr. Denise White, Chair of Human Development, dewhite@ucollege.edu. Effective summer 2016.

Union College seeks SDA nursing instructor with teaching experience, excellent interpersonal and teamwork skills, and an MSN. Experience in Mental Health, Pathophysiology, and Pharmacology preferred. Please submit cover letter, curriculum vitae or resume, and three references to Nicole Orian at niorian@ucollege.edu.


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Wellness Secrets Lifestyle Center: Do you or someone you know suffer from diabetes, high blood pressure, high cholesterol, arthritis, cancer, obesity, depression, stress, or smoking? Wellness Secrets Lifestyle Center can help! 5-day, live-in health program in beautiful NW Arkansas, $495 special. For more information, visit WellnessSecrets4u.com, or call 479.752.8555.

Visit WellnessSecrets4u.com, or WellnessSecrets.com/adventist.

ESSENTIALDENTALCARE.COM: 2950 W. Camp Wisdom Road (near HWY 360), Suite #300, Grand Prairie, TX 75052, 972.641.2900. Dr. Schubert Sapien is a Loma Linda graduate/SDA. Full-service dental office including dental implants. Invisi-Align orthodontic provider.

Relocating from one state to another? The move counselors at Stevens Van Lines Clergy Move Center can help! Through our national services with the General Conference, we extend our moving services to all Adventist families. Quality is inherent. Call us direct for a no-cost/no-obligation estimate at 800.248.8313, or learn more about us at www.stevensworldwide.com/sda.

Adventist Israel Tour: Join Jim Gilley, Danny Shelton, and the SABN team for an unforgettable Bible Enrichment Tour. Fantastic buffets, fellowship, and guides. Affordable. Two departure dates—November 15-23 or November 18-29, 2015. Contact Jennifer at Maranatha Tours—602.788.8864. or Jill at 3ABN—618.627.4651.

Planning an Evangelistic Series or Health Seminar? Have questions? Need affordable, professionally prepared handbils, brochures, signs, banners and mailing services? Call free, 800.274.0016 and ask for HOPE Customer Service or visit www.hopesource.com. You deserve the best with confidence and peace of mind. Your friends at HOPESOURCE deliver on time.

Demand is high for Automotive Service Management with an expected job growth rate of 17 percent between 2010-2020, according to the U.S. Bureau of Labor Statistics. Southern Adventist University offers an associate’s degree in automotive service as well a bachelor’s in automotive service management. Both programs feature hands-on experience with ASE master mechanics and a focus on incorporating Christ-centered values in the classroom as well as the workplace. Southern students have an 85 percent pass rate on ASE certification exams. Part-time work opportunities and internships are available in the auto shop.
on campus. Visit southern.edu/tech for more information.

The Construction Management job outlook is strong with an expected growth rate of 16 percent between 2012-2022, according to the U.S. Bureau of Labor Statistics. Southern Adventist University offers an associate's degree as well as a bachelor's in construction management. Students learn to unravel the complex components of commercial and residential construction projects and gain management techniques and leadership skills needed to supervise a job site. Southern's program features hands-on experience while incorporating Christ-centered values into both learning and working environments. Visit southern.edu/tech for more information.

Announcements


The North American Division has set aside Sunday, September 20, 2015 as Let’s Move Day. The goal is to get as many people as possible involved in physical activity on that day. Consider what kind of event your church, school, university or hospital can sponsor and/or promote—a group walk in the park, youth sports event, organized 5K run/walk, or any other event involving physical activity. For more info on planning an event and resources, visit http://www.adventistinstepforlife.org/article/22/adventist-instep-for-life-events/lets-move-day.

Adventist Book Center

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**Obituaries**

**FITCH, Lloyd L.**
 Born September 21, 1922 in Wagner, S. D., and died Wednesday, May 27, 2015 in Keene, Tex. Fitch proudly served his country in the United States Army during World War II. He married Jean Heinbaugh Wilson on September 21, 2002 in Hereford, Tex. He was a registered nurse anesthetist and was a member of the Cleburne First church. He was preceded in death by his son, Jack Fitch. Survivors: wife, Jean Wilson-Fitch, of Keene; sons, James Fitch and wife, Tina, of Amarillo, Tex., and Vanoy Fitch and wife, Michael, of Stillwater, Okla.; daughters, Suzanne Fleming, of Portland, Ore., and Jolinda Fitch of LaGrande, Ore.; 10 grandchildren and two great-grandchildren.

**LAND, James Wendell**
 Born March 22, 1941 in Walnut Ridge, Ark., and died May 12, 2015 in Alvarado, Tex. He was a member of the Alvarado church. Survivors: wife, Judy; daughters, Alyssa and Amy; son, James; and sister, Juanita.

**OLDERBAK, Arlene Mae**
 Born August 4, 1925 to Peter and Mary Gottfried, on the family farm in Conklin Township, Stutsman County, N.D. Arlene and her husband, Daniel, whom she married in 1943, were members of the Seventh-day Adventist church throughout their life together. They lived most of that time in Lincoln, Neb., until Dan’s death in 2002. In 2004 she moved to Edmond, Okla., to be close to her son, Rick, and daughter, Carol. She became an active and loved member of the Edmond church until her death. Survivors: daughter, Carol, of Texas; and sons, Dennis, of Germany, Wayne, of California, and Rick, of Oklahoma, along with many grandchildren and great-grandchildren.

**HUFF, Harley C.**
 Born July 11, 1927, in Stamford, Tex., and died April 30, 2015, in Tulsa, Okla. He was a long-time member of the First Church of Tulsa, where he served as head deacon and head elder. He worked the family farm as a teenager, then later in the glass industry. He was preceded in death by his parents, Carson and Mary (Ferguson) Huff; infant daughter, Lois Jean Huff, and grandson, Matthew Reese. Survivors: wife and best friend of 65 years, Glenna (McGehee) Huff of Tulsa, Okla.; daughter, Connie McHenry (Jerryl) of Gentry, Ark.; son, Tom Huff (Heidi) of Tulsa, Okla.; two grandchildren, five great-grandchildren.

**GIBBONS, Jack Eugene**
 Born February 4, 1932 in LaGrange, Ky., and died March 17, 2015 in Cleburne, Tex. He was a member of Crossroads church in Cleburne. Jack served his country in the U.S. Army where he retired as a Lieutenant Colonel. He was also a nurse practitioner, family counselor, and therapist. Jack served five years in Brazil as a missionary. He was preceded in death by his sister, Louise Christian. Survivors: wife, Nancy Gibbons of Keene, Tex.; sons, Timothy Gibbons, of Jacksonville, Fla., and Bob Gibbons and wife, Jan, of Plano, Tex.; daughter, Nancy Stewart and husband, Doug, of Pennsylvania; nine grandchildren and six great-grandchildren.

**WELLS, Marjorie**
 Born November 13, 1932 in Dalhart, Tex., and died June 2, 2015 in Amarillo, Tex. She was a member of the Dalhart church and was much loved. Survivors: husband, B.G. Wells; sons, Rick and Randy Wells; daughters, Richelle Rigatti and Rhonda Wells; and 10 grandchildren.

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**BIBLE ENRICHMENT TOUR OF ISRAEL 2015**

**OPTION 1**

November 15 – 23, 2015
$3,295
from New York or Chicago,
Los Angeles or Houston
With a post extension to
More of Israel, November 23 – 25, 2015
for $395

Join Pastor Jim Gilley, Danny Shelton, the 3ABN Team, and special guest host, Lyle Albrecht

**OPTION 2**

November 18 – 29, 2015
$3,795
from New York or Chicago,
Los Angeles or Houston
With a post extension to
7 Churches Turkey,
November 29 – December 4, 2015
for $995

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For more information, call Jennifer at Maranatha at 502-788-8864 or Jill at 3ABN at 618-627-4651 ext. 3013.

www.3abntour.com

*These trips are self-supporting, and no JANN contributions are used for this tour.*
Running the Race!

**THIS PAST JULY I HAD THE OPPORTUNITY** to participate in the Adventists InStep for Life 5K fun run/walk held in San Antonio during the 60th General Conference Session. Now, if you’ve done that kind of thing before, it probably doesn’t sound like a big deal to you. But for me, being my first time ever to do a 5K or any other race, it was a milestone achievement. No, I didn’t win a prize or a medal—but that’s OK. Just being in the race gave me a great deal of satisfaction. Even getting there at 5 a.m. (I’m not an early morning person!) was a major accomplishment for me.

So what motivated me to get up at the crack of dawn and do something I’ve never done before in my life? Several things. First, I’m committed to living a healthy lifestyle, being active, and setting a good example for others. After all, as health ministries director for the union, I figured I ought to set the example by getting out there and doing it myself!

Second, this event wasn’t just an opportunity to get some exercise, have fun, and fellowship with friends, even though it was all of that. Its purpose was much deeper: to raise awareness about childhood obesity and encourage the residents of San Antonio to live healthier lives. And indeed it did. Several local newspaper articles gave our 5K event, and the community Health Expos that followed it, great publicity and boosted the community’s awareness of the importance of an active and healthy lifestyle. I believe our efforts will ultimately impact people’s lives in ways we’ll never fully know.

But I suppose that the ultimate reason I ran this race is that it reminds me of another race that every Christian must run. Paul speaks of this race in 1 Corinthians 9:24–27. There he admonishes us to “So run, that ye may obtain.” He reminds us that earthly runners run to obtain a “corruptible crown” which only one person can win, but as Christians, we are running in a heavenly race—one in which we can win an *incorruptible* crown. By God’s grace, I plan to keep my eyes on that prize—eternal life. And I hope you will too. Let’s all “run with patience the race that is set before us, looking unto Jesus the Author and Finisher of our faith” (Hebrews 12:1, 2).
I am Succeeding

“I am not only happy, but most importantly fulfilled. I believe in this company, and I believe in its mission: *Extending the Healing Ministry of Christ.* We do all things for the glory of God, and I see examples of it every single day at my internship. Getting this internship is a dream come true for me.”

*Jessica Sullivan*
Junior, Business Major
Intern for Adventist Health System
at Texas Health Huguley

Read more about Jessica’s experience, and other students like her, inside the *Record* on page 31.

Experience the Spirit of Southwestern!

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Dates are subject to change. Please check Southwestern’s website to stay up to date on all events.