Weekly News From Around the Columbia Union Conference

August 5, 2014

August Visitor Feature: Cardio Conversion
Although raising kids, work and just plain ignorance once kept these five members from staying fit, they all finally determined, "No. More. Excuses!" They traded in apology for action and not only improved their own health, but helped give others more motivation to move.—Story by Tanisha Greenidge

READ MORE

Meditation is Helping Americans Handle Stress, But is it a Safe Practice for Christians?
It is probably no surprise that Americans are generally stressed out. But, a 2013 annual survey by the American Psychological Association (APA) reveals just how much. According to the study, adults reported an average stress level of 5.1 (on a 10-point scale), which is significantly higher than a healthy level of 3.6. Women reported higher stress levels than men (5.5 versus 4.8) and were more likely to say their stress is extreme (24 percent versus 17 percent). Additionally, the majority of respondents reported that their stress is causing a high number of emotional and physical symptoms, including irritability.

To find relief, an increasing number of Americans are looking to Eastern traditions like mindfulness. It can be effective, but is it safe for Christians?—Story by Sherry English

READ MORE

What do you think about Christian meditation? Weigh in at facebook.com/columbiaunionvisitor.

The Bulletin Board is Online!

Did you know you can read “Bulletin Board,” our classifieds section of the Visitor, online? The section includes services, job announcements, real estate listings, obituaries and local church and school events.

Check it out here: tinyurl.com/kj4uwva.

Social Media Challenge

Tweet @visitornews a community service photo from church for a chance to win a Signs of the Times subscription.

Want to read more? Visit columbiaunionvisitor.com for more
Cardio Conversion

columbiaunionvisitor.com/cardio-conversion/

August 4, 2014 · by Michelle Bernard · in Allegheny East Conference, Chesapeake Conference, Health & Lifestyle, Ohio Conference, Potomac Conference, This Month's Issue

Although kids, work and just plain ignorance once kept these five members from staying fit, they all finally determined, “No. More. Excuses!” They traded in apology for action and not only improved their own health, but helped give others more motivation to move.

Story by Tanisha Greenidge

“I Found Balance in My Life”

Richard Reinhardt, a member at Chesapeake Conference’s Triadelphia church in Columbia, Md., was always active but never considered himself an athlete. That includes his time as a member of the Acro-Aires, a tumbling and stunting team at Washington Adventist University in Takoma Park, Md. “I always did well, but not because it came naturally. I learned how to tumble and base [pyramids] mostly on sheer will power,” he says, but notes that it didn’t improve his cardio endurance.

Turning Point: It was his wife, Melissa, who inspired him to participate in triathlons. “I knew that I would rather be out there with her than sitting on the sidelines,” he admits. As he worked to join her on the course—improving his swimming and running techniques—his health focus intensified. He credits running further in a shorter time to having the right balance in his life.

“It is easier to listen to God when you don’t have daily distractions getting in the way,” says Reinhardt, who listens to sermon podcasts during long runs. “You need time for worship, time for family and friends, time for work and time for rest.”

Passing it On: His passion led him to create a Facebook group in 2010 called Adventist Athletes, which now claims 30 members who encourage each other. Reinhardt also meets weekly with a running group to train and fellowship. “I envision that there should be a larger community of Adventists encouraging each other with positive feedback on how they can be shining beacons of our health message,” he says. “If we exercise and eat right, then we should shine above others, like Daniel and his friends did.”

Click to the next page for “I Helped Start a Running Ministry”
Meditation is Helping Americans Handle Stress, but is it a Safe Practice for Christians?

It is probably no surprise that Americans are generally stressed out. But, a 2013 annual survey\(^1\) by the American Psychological Association (APA) reveals just how much. According to the study, adults reported an average stress level of 5.1 (on a 10-point scale), which is significantly higher than a healthy level of 3.6. Women reported higher stress levels than men (5.5 versus 4.8) and were more likely to say their stress is extreme (24 percent versus 17 percent). Additionally, the majority of respondents reported that their stress is causing a high number of emotional and physical symptoms, including irritability.

Jennifer Jill Schwirzer, a therapist who runs a private counseling practice and is a member of Pennsylvania Conference’s Chestnut Hill church in Philadelphia, offers more insight. She notes, “The most common diagnoses in the U.S. is anxiety. More than 18 percent of Americans will be diagnosed with an anxiety disorder at some point in their lifetimes.”

Bogdan Scur, associate professor of religion at Washington Adventist University in Takoma Park, Md., suggests, “The pace of life is overwhelming. Deep down in our hearts, we know that’s not how we want to live. People are seeking peace.”

What do you think about Christian meditation? Weigh in at facebook.com/columbiaunionvisitor.

Penchant for Peace

To find relief, an increasing number of Americans are looking to Eastern traditions like mindfulness. According to the APA, mindfulness refers to a moment-to-moment awareness of one’s experience without judgment. Several disciplines and practices can cultivate mindfulness, such as yoga or tai chi. Most literature, however, has focused on mindfulness developed through “mindfulness meditation”—self-regulating practices that focus on training attention and awareness in order to bring mental processes under greater control.

Born from the Buddhist tradition, mindfulness has enjoyed a surge in popularity in the past decade, both in the popular press and in psychotherapy literature. “As our society disembarks from Judeo-Christian paradigms and values, we have gradually become more Eastern in our collective spirituality. As a result, meditation has entered the mainstream of medicine, education, even business,” says Schwirzer.

Indeed, mindfulness has been discussed in the New York Times, Time and Financial Times. And, Arianna Huffington, author, columnist and a major founder of The Huffington Post, recently held a mindfulness conference and developed a page about it on her website. There are also publications and phone apps dedicated to the topic.

But, is it good for you? Click to the next page to read more.
Bulletin Board

www.columbiaunionvisitor.com/bulletin-board

August 2014 Bulletin Board

Employment

WALLA WALLA UNIVERSITY seeks applicants for a full-time, tenure-track faculty/program coordinator position in the Missoula, Mont., MSW program to begin fall 2014. Expertise is needed in the following areas: clinical social work practice and program administration/management. For detailed information and to apply, please visit jobs.wallawalla.edu.

WGTS 91.9 is seeking a full-time office manager. The preferred candidate would have a bachelor’s degree, office administration skills, organizational skills, great communication and people skills, and proficient writing abilities. For more information, please visit wau.edu/work-at-wau.

ADVENTIST PODIATRIC SURGEON NEEDED IN MARYLAND, near Adventist World Headquarters, rural areas and the Chesapeake Bay. Great area for families; excellent Adventist schools. Foot and ankle surgery performed at outstanding hospitals and surgery center. Immediate partnership leading to purchase of established practice within five years. Email CV to podiatry11@yahoo.com.

SUBSIDIZE YOUR RETIREMENT INCOME! Caregiver needed for 75-year-old woman. Help with cooking and light housekeeping. Room/board and fair salary. Call Margaret Olson at (307) 632-4646 or (307) 630-3073.

ADVENTIST UNIVERSITY OF HEALTH SCIENCES in Orlando, Fla., is seeking full-time faculty members for its developing Doctor of Physical Therapy program. The ideal candidate will have an advanced-level doctorate or DPT with clinical specialty certification, expertise in assigned teaching areas, effective teaching and student evaluation skills, a scholarly agenda, a record of professional and community service and eligibility for PT licensure in Florida. For more information, email DPTinfo@adu.edu, visit adu.edu/pt, or go to floridahospitalcareers.com and search job number 182527.

RECRUITING MIDLEVEL PROVIDERS (NP/PA) for a new rural health clinic urgent care in Weimar, Calif. Candidates must have interest in, and reflect, the values of Weimar Institute’s NEWSTART lifestyle. Call Randy at (530) 296-4417, or email r61@me.com for more information.

WGTS 91.9 is seeking a part-time donations assistant. The ideal candidate should have good computer skills, great communication with others and organizational skills. For more information, please visit wau.edu/work-at-wau.

PACIFIC UNION COLLEGE is seeking a full-time faculty in the Nursing and Health Sciences Department-Emergency Services/Nursing to begin during the 2014-15 academic year. Ideal candidate will possess a master’s degree in nursing or related field, a current RN license, and a current National Registry EMT certification and/or paramedic license with at least two years of pre-hospital experience. For more information or to apply, call (707) 965-7062, or visit puc.edu/faculty-staff/current-job-postings.

Miscellaneous

LIFESTYLE MANAGEMENT: Diabetes reversal, weight control and stress reduction at Butler Creek Health Education Center, Iron City, Tenn., August 24-September 5 (call for future dates). Prevention and recovery from lifestyle disease amidst the beauty of God’s creation. Cost: $975. For more information, call (931) 724-2443, or visit butlercreek.us.
EARLITEEN AND YOUTH: ELLIOTDYLAN.COM for the Undercover Angels book series for Christian teens that builds on biblical principles and reinforces integrity. Great for Sabbath reading, church schools, home schools and gifts! Youth will enjoy these Christian novels filled with action, character-building lessons and Bible truths. Kindle and large print editions available.

THE WILLOWD LIFESTYLE CENTER can help you naturally treat and reverse diseases such as diabetes, heart disease, hypertension, obesity, arthritis, osteoporosis, fibromyalgia, lupus, multiple sclerosis, chronic fatigue, cancer, substance abuse, stress, anxiety, depression and many others. Invest in your health and call (800) 634-9355 for more information, or visit wildwoodhealth.com.

HOMESCHOOLERS AND BOOK LOVERS, check out our website, countrygardenschool.org. Hundreds of books. Call or email your order: (509) 525-8143, cgsrc@charter.net. All books and tapes 70% off.

ATTENTION: Hymns Alive owners, upgrade to the re-mastered, new Hymns Alive on 24 CDs. Short introductions, shorter chords to end stanzas and more enhancements. $100 includes shipping. Every hymn in the Adventist hymnal; organ and piano accompaniment music. Regularly $275, including shipping. PAVE Records, (800) 354-9667, 35hymns.com.

SOUTHERN ADVENTIST UNIVERSITY: Demand is High for Managers of Skilled Nursing Facilities/Senior Care Centers Southern Adventist University's degree in long-term care administration is available on campus or online. Enjoy being a licensed professional and leader in the business of caring. Visit our website: southern.edu/business. Call: (800) SOUTHERN or email: ltca@southern.edu.

Real Estate

BUYING? SELLING? Residential Homes in Maryland. Call The MdSmartBuy Team: Phyllis Newman, (301) 922-5166 and Janice Valois, (301) 502-2103. Re/max Realty Center, Inc. Call: (301) 774-5900 or (800) 586-4669. Website: mdsmartbuy.com. Email: phyllisnewman@realtor.com or janice@janicevalois.com

REAL ESTATE AGENT IN VIRGINIA. For Buyer and Seller. Call: Sarah Kwon, Realtor, ABR, CIPS, CNE, e-PRO. United Real Estate, Reston, Va. (703) 887-8469. Email: dba.sarahkwon@gmail.com

Services

MOVE WITH AN AWARD WINNING AGENCY: Apex Moving & Storage partners with the General Conference to provide quality moves at a discounted rate. Call us for your relocation needs. Adventist beliefs uncompromised. Call Marcy Danté at (800) 766-1902 for a free estimate. Visit us at apexmoving.com/adventist.

MARYLAND ADVENTIST DENTIST, David Lee, DDS, FAGD, AFAAID, has practices located in Silver Spring and Ellicott City, Md. He is extensively trained in implant, cosmetic, TMD/TMJ, sedation and laser dentistry. Dr. Lee is an Associate Fellow of the American Academy of Implant Dentistry, as well as having many other certifications. For appointments, call (410) 461-6655 in Ellicott City, or (301) 649-5001 in Silver Spring. Mention this ad and receive a 10% discount on all services, excluding third-party payers. We welcome new patients!

SINGLE AND OVER 40? The only interracial group exclusively for Adventist singles over 40. Stay home and meet new friends in the USA, with a pen pal monthly newsletter of members and album. For information, send a large, self-addressed, stamped envelope to ASO 40, 2747 Nonpareil, Sutherlin, OR 97479.

ARE YOU MOVING SOON? Before you rent a U-Haul and do it yourself, check our price and save yourself the hassle. Plan ahead now and reserve a time. Fast, direct and economical. Contact Gary Erhard, Erhard Moving and
Storage, 610 S. Mechanic, Berrien Springs, MI 49103. Call from 8-11 p.m., EDT, (269) 471-7366 or cell, (248) 890-5700.

PLANNING AN EVANGELISTIC SERIES OR HEALTH SEMINAR? Have questions? Need affordable, professionally prepared handbills, brochures, signs, banners and mailing services? Call toll-free, (800) 274-0016, and ask for HOPE Customer Service, or visit hopesource.com. We invite you to experience the Hopesource difference.


MARYLAND ADVENTIST PODIATRIST: Dr. Scott Nutter, highly trained, experienced and board certified, is available in several locations to help your foot/ankle problems, including arthritis, heel pain, spurs, diabetes, callouses, ingrown nails, sprains, fractures, warts, bunions, etc. Surgery, if it is needed, at Adventist hospitals. Laurel: (301) 317-6800, Greenbelt: (301) 345-5200, or Columbia: (410) 531-6350.

LOOKING FOR AUTHORS who have written a book on self-help for young adults (depression, suicide, eating disorders, dating, etc). Also accepting children’s books, mission stories, biographies, and inspirational/doctrinal topics. Call TEACH Services at (800) 367-1844.

RELOCATING FROM ONE STATE TO ANOTHER? The move counselors at Stevens Van Lines can help! With special pricing for all Seventh-day Adventist families, and recommended by the General Conference for over 14 years, quality is inherent. Call the Clergy Move Center direct for a no cost or obligation estimate at (800) 248-8313, or email us at stevensworldwide.com/sda.

Travel/Vacation


Announcements

SOCIETY OF ADVENTIST COMMUNICATORS CONVENTION: Join the Society of Adventist Communicators in Jacksonville, Fla., October 16-18, to celebrate 25 years of communication excellence. This annual convention for communication professionals and university students provides networking, learning and spiritual renewal opportunities. Find convention details online and register at adventistcommunicator.org.


WGTS 91.9 is looking for people who want to join their volunteer prayer team. We receive thousands of prayer requests weekly. The team meets at various times. There will be training given. If you are interested, you can contact the Chaplains Department by email at radiopastor@wghts919.com.
HYDE, Gordon M., born June 20, 1919, in London, England; died May 27, 2014, in Collegedale, Tenn. He was a member of the Collegedale (Tenn.) church. Survivors: his sons, Rodney and Bradley Hyde; his daughter, Vickie Baily; his grandsons, Geoffery and Conrad Hyde; his granddaughters, Kimberly Roth and Elizabeth Baily Wolf; and great-grandchildren, Zachary and Cheyenne Hyde, and Ethan and Julianna Roth.