Weekly News From Around the Columbia Union Conference

September 11, 2014

**Washington Adventist University Opens New Ball Field**

Washington Adventist University (WAU) officially celebrated its new, $1.8 million artificial turf ball field in Takoma Park, Md., this week with an opening ceremony and the first men’s soccer home game. The field includes updated lighting, a new score board and new bleachers.—WAU Staff

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**ADRA, Partnering Organizations Sending Medical**
Supplies to West Africa

The Adventist Development and Relief Agency (ADRA) is partnering with other Seventh-day Adventist organizations to provide needed medical supplies in West Africa as the region grapples with an ongoing Ebola outbreak.

ADRA recently announced it is partnering with GlobalMedic to airlift $50,000 worth of supplies to Waterloo Adventist Hospital located in Freetown, Sierra Leone. ADRA is also partnering with Loma Linda University, Adventist Health International and Adventist Health Ministries to provide $92,000 worth of equipment and supplies to Cooper Adventist Hospital in Monrovia, Liberia.—ADRA Staff

Discovery Saves Blue Mountain Academy $100,000 on Dorm Furniture
For years the BMA dorms have desperately needed new furniture, but the school couldn’t handle the costs involved: at least $3,500 per room and $128,000 to furnish both dorms. That changed when Chris Kramer, maintenance director, and Stephen Reese, vice principal for finance, found a listing at govdeals.com. Someone was selling an entire dormitory of furniture from the University of Indiana.

—Caron Oswald

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Book Release: *Blending to Make It: Ingredients for a Successful Blended Family*
D.E. Mangum, a member of Allegheny East Conference’s Bladensburg (Md.) church, has a resource that might help the growing number of blended families in the church.

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More Adventist News

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Columbia Union Members Engage Ferguson Residents in Prayer, Song
September 9, 2014 · by Michelle Bernard · in Education, Washington Adventist University

Washington Adventist University Opens New Ball Field

Story by WAU staff/ Photos by Celeste Ryan Blyden

Washington Adventist University (WAU) officially celebrated its new, $1.8 million artificial turf ball field in Takoma Park, Md. today with an opening ceremony and the first men’s soccer home game. The field includes updated lighting, a new scoreboard and new bleachers.

“This new ball field is another exciting enhancement to WAU’s campus, and it represents another step forward in our efforts to turn this good university into a great university,” says Weymouth Spence, WAU president. “The new field will better serve our students, faculty and staff, and the community.”

The field—which will accommodate soccer games, intramural sports, and a variety of community activities throughout the year—is part of an overall effort by WAU to improve its physical campus. During the past five years, the university has made investments of more than $16 million, reaping visible and effective results. The list of completed projects includes a new $6.3 million music building, a $1.2 million dining hall renovation, a $1.1 million activity center, and a host of smaller renovation projects that include new paint, furniture and flooring in the dormitories, classrooms and library.

Transforming the physical campus is part of WAU’s “Vision 2020: Growing With Excellence” plan, which is guiding the university’s metamorphosis into one of the premier small universities in the mid-Atlantic region.
ADRA, partnering organizations sending medical supplies to West Africa

Cooper Adventist Hospital is located in Monrovia, Liberia. More Adventist Church organization’s are partnering to send needed supplies to administrators and staff as the region grapples with a massive Ebola outbreak. [file photo by Becky Carlton Dice]

Agency offering support to deal with Ebola outbreak

September 08, 2014 | Silver Spring, Maryland, United States | ADRA staff

The Adventist Development and Relief Agency is partnering with other Adventist organizations to provide needed medical supplies in West Africa as the region grapples with an ongoing Ebola outbreak.

In a release today, ADRA announced it is partnering with GlobalMedic to airlift $50,000 worth of supplies to Waterloo Adventist Hospital located in Freetown, Sierra Leone. ADRA is also partnering with Loma Linda University, Adventist Health International and Adventist Health Ministries to provide $92,000 worth of equipment and supplies to Cooper Adventist Hospital in Monrovia, Liberia.

More supplies will also be offered to the Liberian Ministry of Health, the release stated.

The supplies include personal protective equipment such as vinyl gloves, facemasks, isolation gowns and isolation shelter systems.

“As we continue to respond to the Ebola outbreak, our goal is to fight the spread of the disease,” said Jonathan Duffy, president of ADRA International. “We want to protect the workers, improve the care they can provide, and educate the community. It’s critical for us to support our facilities in West Africa.”

Several weeks ago, ADRA implemented an initial $22,000 response that provided protective gear including gloves, goggles, and gowns. ADRA also purchased and delivered disinfectants such as alcohol, chlorine, bleach and other sanitizers for use by the hospital staff.

In Sierra Leone, ADRA is providing psychological counseling and support to victims and families, training to capacitate staff and volunteers, and spreading community awareness and sensitization messages in public markets, churches and bus stations.

The outbreak across five West African countries has killed more than 2,100 people this year, according to the World Health Organization. The WHO last month declared the outbreak Public Health Emergency of International Concern. The affected countries are Liberia, Sierra Leone, Guinea, Nigeria and Senegal.
For years the BMA dorms have desperately needed new furniture, but the school couldn't handle the costs involved: at least $3,500 per room and $128,000 to furnish both dorms. That changed when Chris Kramer, maintenance director, and Stephen Reese, vice principal for finance, found a listing at govdeals.com. Someone was selling an entire dormitory of furniture from the University of Indiana.

BMA won the bid for $3,000 and acquired bunk beds with springs, desks, chairs and bookcases for every dorm room, including an extra 20 sets of furniture.

“We had gotten several quotes from several companies. The cost of each room would be approximately $3,500,” reports Corey Enochs, boys dean. The school paid $3,000 total for the furniture and even sold scrap metal from the old furniture for $1,500, reducing the cost in half. This deal saved the school more than $100,000.”
Book Release: Blending to Make it: Ingredients for a Successful Blended Family

columbiaunionvisitor.com/blendedfamilies/

September 9, 2014 · by Michelle Bernard · in Allegheny East Conference , Potluck

Book Release: Blending to Make it: Ingredients for a Successful Blended Family

Interview by V. Michelle Bernard

D.E. Mangum, a member of Allegheny East Conference’s Bladensburg (Md.) church, has a resource that might help the growing number of blended families in the church:

What inspired you to write a book for blended families?

I am a member of a third generation blended family and have personally dealt with the challenges and misconceptions of what a blended family faces. My passion is to see this family system rise above all of the statistics, criticisms and hopeless ideology to become the family unit that can soar to greatness and wholeness. God has inspired me to write a book that will offer members of this family structure some principles (ingredients) that would assist them in navigating through some of the complex dynamics from a practical, therapeutic and spiritual perspective.

How are blended families impacting today’s family structure and how are they changing our society?

The 2011 Pew Research report on Marriage, Family and Stepfamily Statistics indicates that 2,100 new blended families are formed daily. This family structure is transforming our society exponentially because every blended family starts from a loss (death, divorce or having a child out of wedlock), which ultimately means that these families are formed and broken emotionally, psychologically and often financially.

What are some of the biggest mistakes new blended families make?

1. They don’t seek premarital, professional or Christian counseling for the both adults and children in this new family structure (together and separately).
2. They assume that the adjustment for children will happen quickly with the new non-biological parent.
3. They have unrealistic expectations that everything will be perfect or like their previous relationship.
4. They show favoritism toward the biological children over the stepchildren.
5. They fail to allow all parties concerned to express their feelings verbally.
6. They don’t allow God to be the center of this new family system.

What are the first things a new blended family should do to build a thriving family?

1. Seek premarital, professional or Christian counseling for both adults and children and apply the principles offered (together and separately).
2. Recognize and understand that the meshing of this family system takes time. Patience is the key.
3. Be willing to accept each other as individuals first and work toward becoming a team through the rebirth of prayer, love, respect and faith in the family.

4. Recognize that communication is the key and that “language matters” (what you say, when you say it and how you say it).

5. Believe that God’s desire is that this new family system will go from surviving to thriving.

Click [here](http://www.columbiaunionvisitor.com) to order a copy of the book.
Family Chronicles: Parents React to Weeklong Media Fast

September 9, 2014 · by Michelle Bernard · in Chesapeake Conference, This Month's Issue

Family Chronicles

The Brostrom family (featured in the September Visitor) experienced a number of emotions and challenges during their week sans media. Parents Barbara and Bob tracked their thoughts and discoveries along the way and hope you’ll revel in their revelations:

Bob's Diary

When Beth Michaels, Visitor editor, suggested that our family experiment with a media fast, two words came to my mind: hard sell. I was almost certain Barbara and I would face full-blown mutiny from the three kids [of our seven] who would be affected. When they instead gave grudging acceptance, it felt, by comparison, like an enthusiastic embrace.

So what would this turn out to be? A curious detour from “real life” or an epiphany?

I should mention that my commute to work is an hour and 15 minutes, which I often fill, at least partially, with Christian music on the radio. For the fast, though: radio silence.

On Sunday, the first day of the fast, I came home from work and heard, as usual, music coming from Julie’s room. I thought, “Well, that didn’t last long!” As I climbed the stairs and approached her closed door, I realized that the music was not from a recording; she was playing her guitar and singing a beautiful song! Nice.

After listening to Julie’s music for a minute, I turned toward Troy’s room. Opening the door, I found him reading a book. Okay, that’s good, but wearing headphones. The expression on my face told him I was sure I had caught him breaking the fast. Turns out he was listening to a recording of the book he was reading for school.

On Monday, my day off, I invited Julie to come outside with me to trim back some of the foliage that was crowding the lane to our house. On any other day, she would have put up some resistance to such a thing, but to my surprise, she accepted my invitation without the slightest hesitation. That gave us an hour together that we probably would not have had without the fast.

Later that day, Julie spent some time practicing violin, something I haven’t heard in a long time.

On Tuesday, also a day off (yeah, I have a weird schedule), I did some honey-do type work that has been calling my name for some time.

When I do go to work, my days are long (12-hour shifts plus three hours of commuting). So not much happened at home on Wednesday (a work day), but on Thursday evening (also a work day), I was able to have a lengthy
conversation with Julie.

On Friday (yet another day off!) I went kayaking for the first half of the day with one of our adult sons, James. In the afternoon, I had a nice, long chat at home with Ellie, which was made possible in part because she wasn’t in her room in front of a screen.

Sabbath was pretty much unaffected by the fast.

I had a surprising experience at Sunday morning “break-fast.” As I drove to work, I tuned in to one of the Christian radio stations and heard some of my favorite worship tunes. But this time, they moved me more than they had when I was listening to them every work day. Was it just because I had gone a week without hearing them? Was something more at work in me?

So, now we’re settling back into life as it was, at least for the most part. I think kids at least learned that they can survive without media—for a time, anyway. I believe all of us are more able to take a deliberate approach to the media we choose to access.

Barbara’s Diary

When we received the call from Beth Michaels, Visitor editor, my first thought was, “Oh, yeah! My kids really need that!” We’ve been struggling to control the amount of time our kids spend with media. Our family is heavily involved in music, so there’s a strong pull to connect with others online that enjoy certain performers and styles.

Our 18-year-old son, Troy, enjoys spending time on Omegle, playing and singing his music for others and getting feedback from them. Julianna, 15, is a budding vocalist who follows artists like the Gaither Vocal Band and Hunter Hayes via Twitter, as well as developing online friendships with other teen girls who enjoy the same music. Eliana, 14, enjoys chatting with several of her girlfriends from church. Between the texting, tweeting, snapchat and video games, we had begun to feel the hours our kids spent with media were a little excessive.

To be honest, though, I dreaded telling the kids. I knew one would go along more or less willingly, one would fuss a bit and one would squawk loudly. It happened exactly as I feared, and on the second day, the squawking one was still proclaiming the absurdity of the whole project. “I’m falling behind in the tweets. I’ll never catch up with my friends!” This told me the Internet addiction was more advanced than we’d thought, and that this unplugging thing was definitely the right way to go.

So, I had jumped at the chance to take on this project because I thought my kids needed it. Then I spent the first day in my car, running errands for hours. Without music. Without radio talk shows or news. Without anything. As I went from bank to grocery store to library, I’d automatically reach for the stereo power button. The car seemed so stiflingly quiet, and I was antsy and bored. Over and over, I’d find myself reaching for the stereo, thinking, “Oh, I should listen to some—no, can’t do that.” Sigh.

Desperate for something—anything—to pass the hours as I drove, I finally resorted to praying. At first, I sheepishly apologized to God for only turning to Him because of being bored out of my mind, I got the impression He was still happy to hear from me, so I forged on.

With seven children, there’s never a lack of things to pray about, especially as they’re all in their teens and 20s now. I went down the line, the way Maria did in The Sound of Music: “God bless James, God bless Jeff …”

Day 3 (Tuesday). It’s definitely getting easier. Although I feel a little disconnected from the world, news-wise, I’m not experiencing such a strong pull to automatically turn on the radio or my iPhone tunes now when I get in my car. More introspection and praying is going on when I’m out driving alone. And, tonight when I took Ellie to VBS, where she’s a group leader, we actually spent the 30-minute ride talking! Normally, we just listen to music on the car stereo or I
listen to my music while the kids are under headphones.

It was so much fun talking to Ellie tonight. She was on the carbohydrate rush of some VBS ice cream, and chattered happily all the way home about friends and cliques and anything that came into her head.

**Sabbath.** It’s been a very long week. Nearly everyone has been sick with a miserable sore throat/cough/cold virus, and not being able to pass the hours with some entertainment via music, Netflix or Facebook has made the long tedious hours even more so.

**Last night,** I finally caved—a little. Julie who, shall we say, wasn’t the biggest fan of this media fast to begin with, has been a real trooper all week. She’s been miserably ill but bravely soldiered on, media-less but uncomplaining. As she lay on the couch last night, with an earache and totally blocked sinuses, she was the picture of silent suffering, too miserable to concentrate on reading a book, yet unable to sleep because of pain and coughing. It occurred to me that this would be a legitimate time to let her use social media. Granting her the small comfort of checking the tweets and Facebook posts that had piled up over the last six days had a healing effect, and within minutes, she was temporarily distracted from the pain in her ear and sinuses. She reconnected with online friends who had been concerned about her unexplained absence from their shared cyber community.

Looking back on it, I’ve spent nearly 20 hours in my car this week without the pleasant diversion of my favorite music. I’ve not listened to news or my favorite conservative talk radio hosts. At home, Netflix was replaced with reading. My prayer life has definitely been recharged.

Overall, I’m really glad we accepted the challenge of the media fast. And surprisingly, my teens seem to agree. As we discussed it last night, and I was mildly chastising Troy for not being as fully compliant as we’d asked, he explained that he *had* backed off significantly on his media use this week, and that he’d realized he appreciates his music more when he doesn’t listen to it constantly. Ellie agreed wholeheartedly. “Now my music seems more special.”

My 20-year-old, Glenn, described an aspect of media addiction that I have long suspected is true for our family. He commented that music, in particular, can act as a drug, and since our family has a history of ADD, we seem to gravitate toward zoning out to music more strongly than others might.

While there’s nothing “wrong” with listening to music while running errands, there’s definitely the temptation to let it crowd out more important things like introspection, prayer or talking to other passengers. Fasting from music in my car this week has been a huge eye-opener for me, and will affect the hours I spend driving in the future.

The media challenge that faces our family now is how to re-integrate our favorite pastimes back into our lives without letting them take over. The break we’ve taken this week has allowed each of us to step back, break the spell, as it were, and consider how much time we’ve been spending “zoned out” in Media Land.

**PostScript:**

This is day 5 since I broke my media fast, and the effects of it still linger. I find myself running errands without turning on my music, preferring to think or pray. This is a huge change for me, and one I couldn’t have imagined a week ago. I’ve returned to Facebook and my online news sites, but in a limited way. They don’t seem to have the pull on me they once did.

**Read these other September Visitor articles:**

- [September Feature: Unplugged](#)
- [Brostrom’s Ideas for an Unplugged Week](#)
- [How Does Media Impact the Brain?](#)
- September Underscore: When it Comes to Talking About Sex, Should the Church Lead the Conversation?
- How to Broach the “Birds and the Bees” With Young People
How My Marriage Survived My Pornography Addiction

Randy Osi walked into his neighborhood store and bought his first pornographic magazine when he was 8 years old. “I told the store owner that I was buying it for my dad,” he says. “He said, ‘If you have money, you can buy.’”

That started the former Washington Adventist University student on a 30-year addiction to pornography that followed him all the way through his adult life and into his marriage.

“The best day of my life and the worst day of my life was my honeymoon because it was important for me to be pure for my wife,” Osi recalls. “It’s very rare for a pastor to bring [sex] up in marriage counseling. When I was growing up in the church it was a taboo subject.”

Today Osi, who has relocated to New York, says proudly that he has been delivered from the sin that plagued much of his life. But, he had to find help through God and not the church because there was no official forum to help with his problem.

“This is something that I had as my own private struggle,” he says. “As you get comfortable in one level of sin, you get more and more comfortable. You go further and further and further.”

According to a recent study by Covenant Eyes, an organization that focuses on Internet accountability and filtering and tracks the prevalence of pornography, 50 percent of all Christian men and 20 percent of all Christian women say they are addicted to pornography.

The site’s 2014 annual report also revealed that regular church attendees are 26 percent less likely to look at pornography. However, self-identified “fundamentalists” are 91 percent more likely to look at porn.

And, says Covenant Eyes, 51 percent of pastors say Internet pornography is a possible temptation, while 75 percent of pastors do not make themselves accountable to anyone for their Internet use. (Read more at covenanteyes.com/pornstats.)

“Nobody is coming forward about it, but it’s incredibly common,” says Celeste Holbrook, a sexual health educator and mentor who attends Ohio Conference’s Worthington church near Columbus.

Holbrook deals with Inspired Intimacy on her website drcelesteholbrook.com. She handles improving intimacy, awakening arousal, raising sexually healthy children and other issues through a private practice, in part, because people feel uncomfortable addressing such needs through the church.

“Many women come to me because they find pornographic material on their computers,” Holbrook says. “We should have support for the husbands. We should have support for the wives. We should lift them up in prayer. And, we’re just not providing that.”

Claudio Consuegra, director of Family Ministries for the North American Division, says the church does make available a series of DVD toolkits called Freedom Begins Here for churches that need to tackle the problem head-on. The series is available for sale at AdventSource.

Osi didn’t lose his marriage or family. In fact, they have been very supportive through his recovery. But, he has to keep up his spiritual guard to keep from falling back into sin. He says part of his success has come from
actions: he got rid of all of his pornography, doesn’t stay up late and asks God to help him live a more disciplined life. “You get up early in the morning, you get to worship, you have your devotion and you’re ready for what the devil throws your way,” he says.

To hear more about Osi’s deliverance from addiction to pornography (and video games), click here.

Read these other September Visitor articles:

- September Feature: Unplugged
- Brostrom’s Ideas for an Unplugged Week
- How Does Media Impact the Brain?
- September Underscore: When it Comes to Talking About Sex, Should the Church Lead the Conversation?
- How to Broach the “Birds and the Bees” With Young People
A new Capital Bikeshare station opened Sept. 5 on the Washington Adventist University campus in suburban Takoma Park.

The new station is located across from Wilkinson Hall, next to Flower Avenue and close to a bus stop. Capital Bikeshare’s short-term bicycle rentals will provide convenient and inexpensive transportation options for students, faculty, staff and the nearby community.

Capital Bikeshare bicycles are available at automated, self-service, solar-powered docking stations. They may be picked up at one location and dropped off at another, such as at the Bikeshare station near the Takoma Metro, which is located 1.5 miles away. This allows for both one-way and round-trip rentals.

Membership options for Capital Bikeshare cost $75 a year, $25 a month, $15 for three days, or $7 for one day. Yearly and monthly memberships can be purchased online or by phone, while the one- and three-day memberships can be purchased with a credit card at any Capital Bikeshare station. Trips under 30 minutes are included in the membership fee. Each additional 30-minutes of time in a trip incurs an extra fee. Capital Bikeshare provides more than 2,500 bicycles in a network of more than 300 stations, located throughout the Washington metropolitan area.

Visit www.capitalbikeshare.com for more information about the entire regional system, or go directly to the Bikeshare station map at www.capitalbikeshare.com/stations to see other Bikeshare locations.

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About Krista Brick

Krista Brick is a multi-media journalist with Montgomery Community Media.
The Kettering Health Network has recently closed on $12.2 million in building acquisitions across Butler County.

The Dayton-based hospital system operating Fort Hamilton Hospital will expand its cardiology and orthopedic service lines through the purchase of two buildings in Hamilton, as well as gain six family practice physicians and a large medical complex in Ross Twp.

In a $10.6 million sale that closed last week, Kettering Medical Center Inc. purchased the Ross Medical Center at 2449 Ross Millville Road in Ross Twp. That complex includes a Ross Urgent Care and other outpatient services for McCullough-Hyde Memorial Hospital; physician offices; and a pharmacy.

“We’re very pleased to be able to have that building join the network,” said Mark Smith, president of Fort Hamilton Hospital. “It will be for the benefit of Fort Hamilton. Our growth and expansion continues to warrant us finding new markets.”

There are also six physicians from within the building that will join the Kettering Health Network in December.

Those physicians, all practicing family medicine, are Drs. Jason Hoke and Suzanne Hardacre from Indian Creek Family Health Center Oxford; and Drs. Kelly Baker, Jon Baker, Julie Broering and Chad Fogt from Indian Creek Family Health Center Ross.

Smith said other physicians from Fort Hamilton Hospital will transition to working at the Ross Medical Center. He said family practice physicians are of “extreme importance” to Kettering Health.

Smith said other existing tenants at Ross Medical Center will continue operating there, including an urgent care and pharmacy.

The Ross Urgent Care is part of McCullough-Hyde Memorial Hospital’s outpatient services, said Bryan Hehemann, president and chief executive officer at McCullough-Hyde.

Hehemann said the Oxford hospital has a long-term lease, through 2022, for the space which protects the hospital during changes of ownership.

Hehemann said patients shouldn’t notice any changes where the hospital also operates outpatient services, including imaging, laboratory, physical therapy and specialty clinics.

Two additional building purchases by Kettering Health will allow Fort Hamilton to expand its cardiology and orthopedic service lines.

The hospital closed this week on the $1.1 million purchase of the former head offices of Community First Solutions at 520 Eaton Ave. Community First Solutions is relocating its headquarters to downtown Hamilton.

Smith said the property, situated across the street from the hospital, already houses the Fort Hamilton Hospital Sleep Center, and will allow the hospital to expand its existing cardiology space.

Within the next 12 months, Smith said another $900,000 will be spent on renovations to convert the space into medical offices once a needs assessment of the building is completed.

“It will be all physician offices; clinical space for seeing patients,” Smith said.
The hospital also purchased a physician’s office at 840 NW Washington Blvd. for $537,00, Smith said.

The hospital has only purchased the building, Smith said, not the existing practice of Dr. Phillip Carr, an obstetrician and gynecologist. An employee at Dr. Carr's office said Tuesday that no move-out date or new office location have been identified.

The medical office on NW Washington Boulevard will be the new home of members of Kettering’s orthopedic group, Midwest Orthopedics, that currently work inside Fort Hamilton Hospital. He said the group of five orthopedic doctors have outgrown their hospital space.
Blossburg church bell to toll again

After nearly 30 years of silence, the bell at Seventh-day Adventist Church in Blossburg will ring again on Saturday mornings to mark the call to worship.

Jim Roupp and his son-in-law Brent Eva, both of Morris Run, worked on the bell at Seventh-day Adventist Church in Blossburg for a year. The bell will toll again on Saturday. (Photo: PROVIDED PHOTO)
The church bell at Seventh-day Adventist Church in Blossburg has been silent for nearly 30 years.

Jim Roupp and his son-in-law Jim Roupp, both of Morris Run, spent about a year making the repairs.

The bell will toll again Sept. 13 to mark the morning call to worship.

Church services are held at 11 a.m. Saturdays in Blossburg.

After three decades of silence, the bell at Seventh-day Adventist Church in Blossburg will ring out once again as a call to the community to come and worship.

The bell has been silent since the early 1980s, according to church officials. Following recent repairs, the bell will ring again at 9:30 a.m. Saturday, and each Saturday thereafter.

To celebrate, the church will host a special service and luncheon. Sunday school classes will be held at 9:30 a.m. Saturday, with the church service at 11 a.m. and a free fellowship luncheon to follow.

"We are thrilled to have our church bell operational again as a community-wide call to worship," Marvin Humbert, pastor of the church, stated. Marvin is also pastor at Seventh-day Adventist churches in Canton and Sayre.

"We thought the best way to celebrate the occasion was to invite folks in the communities of Blossburg and the surrounding areas to come experience our celebration services with us."

Church members Brent Eva, who also serves as head elder, and his father-in-law, Jim Roupp, both of Morris Run, made the repairs.

Jim crafted a new pulley system to replace the original. The pair also stabilized the bell, installed a new rope and made other adjustments. They spent about a year making the repairs.

"For years, the task to make ringing the bell safe and functional was intimidating, in part due to the somewhat treacherous access to the mechanical workings of the bell in the bell tower," Brent stated.

"A year ago when Pastor Humbert arrived to our area he inspired and encouraged us to take a fresh look at repairing the bell to use it to invite our community to worship with us. With courage and fortitude we found the repairs to be manageable with the skillful help of my father-in-law, Jim."

Ringing church bells as a call to worship is a tradition that spans centuries. It represents "God (is) calling his children to his house to worship him there," Humbert stated.

"He's still calling us and He's calling you."

The welcome mat is always out for services on the Sabbaths and at 7 p.m. for Bible studies and prayer meetings each Wednesday.

Jennifer Kingsley is a staff writer for the Star-Gazette. Contact her at (607) 271-8280 or send an email to jkingsley@gannett.com. Follow Jennifer on Twitter @SGJenniferK.

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Sept. 11, 2014, 9:20 a.m.
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**Seneca South: Meeting set on next Schuyler Habitat house**

Sept. 11, 2014, 9:14 a.m.

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**Feminist author featured at Planned Parenthood event**

Sept. 11, 2014, 9:10 a.m.

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**Hilarious video explains why Starbucks baristas spell your name wrong**

Sept. 11, 2014, 10:24 a.m.
Adventists In Step for Life - Let's Move Day

The North American Division has set aside Sunday, September 21, 2014 as Let's Move Day. Our goal is to get as many people 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. Invite other community groups, like the local health department, a university, church, or other agencies, to partner with you. Your event will create community awareness for childhood obesity and can also be used as a fundraiser for other projects, such as a community garden. You can also join an existing community event. Whatever your organization plans, remember to invite your community to join you as we move together and promote a healthier lifestyle.

Click here for a complete list of Let's Move Day 2014 Events.
Columbia Union Members Engage Ferguson Residents in Prayer, Song

September 2, 2014 · by Michelle Bernard · in Allegheny East Conference, Potomac Conference

Columbia Union Members Engage Ferguson Residents in Prayer, Song

Story by Visitor Staff

Prayer warrior Yolanda Banfield, a member of Allegheny East Conference’s Emmanuel-Brinklow church in Ashton, Md., was talking to God during her morning devotions. As a mother of three sons, she was deeply troubled by the violent scenes in Ferguson, Mo., she viewed on television after the controversial shooting death of an unarmed black teen by a white officer. God impressed Banfield to call Rocky Twyman, a member of Potomac Conference’s Rockville (Md.) church. Twyman is a prayer activist who founded the Pray at the Pump Movement and has become known for using prayer and activism in efforts to bring down the high gas prices of 2008.

After asking God for guidance, Banfield and Twyman decided to journey to Ferguson to call attention to the need for racial healing. When they arrived, they joined forces with Darryl Alexander, a friend who is a member of the Northside (Mo.) church in the Ferguson area and lives only a few blocks from the fatal shooting. All three of the Seventh-day Adventist members grew up in Atlanta and remember the peaceful movement of Martin Luther King Jr.

On Friday evening, August 22, the trio hosted a prayer vigil of racial healing at the Greater St. Mark Family Church. To the 200 attendees, they emphasized the need for everyone to follow King’s example to pray before taking to the streets. They also urged the marchers to cut off the rap music with words that encourage disrespect for the police and replace it with the spiritual songs of the civil rights movement of the 60s, such as “We Shall Overcome.”

On Sabbath Banfield, Twyman and Alexander joined a street memorial in Ferguson with about 100 students from the St. Louis Community College to pray and sing. The Adventist prayer warriors also distributed more than 300 tracts and had prayer with several discouraged individuals.

“The people of Ferguson must never forget the text in the Bible that boldly states that we wrestle not against flesh and blood but against angels and principalities and the rulers of the darkness of this world,” says Twyman. “Human efforts are failing and there has never been a more perfect time to call for divine intervention to cast out the demoniac forces that want to destroy this town.”

Media Coverage

Both events received national media coverage on FOX and PBS stations and through Reuters. In addition Brian Karem, editor of The Montgomery County Sentinel Newspaper, accompanied the two Columbia Union prayer warriors to the Ferguson area and published an article about the efforts there. (See the Sentinel article here.) Karem is working on a television documentary that will highlight the efforts of these Adventists.

To read about another Adventist congregation in Missouri helping to ease the tensions there, click here.

Photo Caption: Rocky Twyman, Yolanda Banfield and Darryl Alexander reflect near a memorial to Michael Brown, a teenager recently killed in Ferguson, Mo.