

LAKE UNION
herald

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Unity in Diversity

F. W. Wernick
General Vice President
General Conference

COVER

Lead, kindly Light,
amid the encircling gloom;
Lead thou me on!
The night is dark,
and I am far from home;
Lead thou me on!

—John H. Newman
Photo by Dick Dower

Jesus said, "I am the vine, ye are the branches: He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing." John 15:5.

In addition to emphasizing the importance of the divine human experience, Jesus, by using the figure of the vine and its branches, also set forth a basic principle which prevails not only in the government of God as it pertains to the universe, but also in church governance and in basic human relationships.

"Under the figure of the vine and its branches is illustrated the relation of Christ to His followers and the relation of His followers to one another. The branches are all related to one another, yet each has an individuality which is not merged in that of another. . . . And while the branches have a common likeness, they also present great diversity. Their oneness consists in their common union with the vine, and through each, though not in the same way, is manifested the life of the vine."—*Testimonies*, vol. 7, p. 171.

Jesus taught this lesson to his disciples in the setting of the communion table and their walk from the upper room to the Garden of Gethsemane. The lesson included the principle that diversity and unity are not exclusive of each other.

"In the different branches of this great work, as in the branches of the vine, there is to be unity in diversity. This is God's plan, the principle which runs through the entire universe. In God's wise arrangement there is diversity, and yet He has so related each part to others, that all work in harmony to carry out His great plan in extending the knowledge of God and of Jesus Christ whom He has sent. However there may appear to be dissimilarity, the work is one great whole, and bears the stamp of infinite wisdom."—*General Conference Bulletin*, vol. 1, February 27, 1895, p. 373.

Nature dramatically illustrates the truths in this statement. They can be noted in a bed of flowers, or in the trees, or in the heavens, or in the human family. More specifically, diversity is normal and is to be expected among God's children.

"The apostles differed widely in habits and dispositions. . . . These were brought together, with their different faults, all with inherited and cultivated tendencies to evil; but in and through Christ they were to dwell in the family of God, learning to become one in faith, in doctrine, in spirit. They would have their tests, their grievances, their differences of opinion; but while Christ was abiding in the heart, there could be no dissension."—*Desire of ages*, p. 296.

Further, it should be noted that unity in worldly enterprise is accomplished by human authority, power and force, while unity in the church is not to spring merely from human authority but from an inner spirit of love. Through this spirit of love the church is to become a classless society, a melting pot of diverse cultures and races, the rich and the poor, the high and the low. All will sit at the same table with Christ, wash one another's feet, and partake of the life-giving vine in unity.

In essence, union in Christ does not eliminate individuality, differences or opinions. It does not stunt the growth of independent thought, initiative, the use of personal judgment or the autonomy of each organization of the church. The love of Christ brings all into voluntary unity and harmony. Love will not permit our diversity to create dissension or controversy within the church, rather it will sublimate differences for the good of all. While refusing to tolerate evil we must be willing to encourage individuality.

After all, it is a principle of heaven that there is to be unity in diversity.



THE HEART OF THE LAKE UNION

While He's Waiting He's Working

by Wesley Jaster

June 5, 1968, began as any other day for Meredith Burrington, a railroad worker for Milwaukee Road. He was 36 years of age enjoying the prime of health. He was grateful for his wife, Charlotte, and two children, Cheryl and David. They were just at the age when Meredith could anticipate family activities such as camping and hiking. As an active Seventh-day Adventist Christian in the Janesville, Wisconsin, Church, Meredith appreciated the love of God.

On that Wednesday he was going through a routine switching operation when tragedy struck. Suddenly he found himself knocked down and large metal wheels rolled over both of his legs.

During the 70 days of hospitalization that followed, the full realization of the tragedy sank in. With time to think the question came to mind frequently during those days, "Why me?" He had to overcome the temptation to be bitter about anticipated joys no longer possible because of his handicap.

As Meredith learned to walk on artificial limbs there

Wesley Jaster is the ministerial secretary for the Wisconsin Conference of Seventh-day Adventists.

were additional steps to be taken in mental rehabilitation. One day Meredith threw away his crutches in frustration after he had fallen. He had to crawl after the crutches and begin again.

Now, nearly 10 years later, Meredith has grown a great deal. He has grown physically in his ability to maneuver on two artificial legs. Mentally and emotionally he has adjusted to life. He has grown spiritually and has taken new leadership responsibilities in the church.

In spite of his handicap Meredith is very active each year in the local church's Ingathering program. Not only does he take a leading role in organizing the campaign, but he does door-to-door solicitation. He has been doing business Ingathering since 1958.

Meredith is active in the church as first elder. He also teaches a Profiles of Faith Bible class. Several people have joined the church partially as a result of this class. It is not uncommon to find Meredith preaching in his local church or in a neighboring church on Sabbath morning.

Meredith looks forward to the coming of Jesus when all things will be made new. But while he waits he is committed to serve Jesus Christ.

'all things . . . ye shall receive'

by Carl Coffman

Our Lord has made some very exciting promises to the one who prays. And many have prayed and have experienced some very exciting answers.

But have you ever prayed as sincerely as you know how, and then waited, and waited, only to finally decide that there was no discernible answer? If we would bare our souls almost all of us would have to admit that at some time we have even decided that God didn't hear, that He wasn't interested in *our* needs.

Could it be that we have thus questioned God's truthfulness at times? We have concluded that He doesn't keep all of His promises. Or we doubt that He has equal concern for all people.

In the setting of the withered fig tree early in the passion week with the disciples resulting amazement, Jesus mentioned what marvelous things could be done if one possessed real faith, and said these words, "And all things, whatsoever ye shall ask in

prayer, believing, ye shall receive." Matthew 21:22. Similar promises are made in other places in Scripture.

In one of Ellen White's hundreds of comments on prayer, the point seems to be pressed even more firmly:

"Having asked according to His Word, we should believe His promise . . ."

"Having asked according to His Word, we should believe His promise and press our petition with a determination that will not be denied. . . . Unwearyingly persist in prayer."—*Christ's Object Lessons*, p. 145.

Let's refresh our memories on one other point that God has made very clear. Ellen White says, "The prayers you offer . . . God answers, not always according to your expectations, but always for your good."—*Gospel Workers*, p. 258.

Important conditions to answered prayer are mentioned in the Scripture and first statement that we have quoted. We might profit by reviewing the many conditions that are discussed in the chapter, "The Privilege of Prayer," in *Steps to Christ*.

But the challenge to ask and expect an answer is continually held before us. Is there a secret that some have learned, and others have not, that really helps to put the prayer puzzle together, that leads to truly effective prayer, that opens the door to amazing answers to our requests—even to *my* requests?

As the result of many years of study and experiment, I have come to the conclusion that our greatest frustrations in connection with praying are the result of a misunderstanding of the condition we call *faith*, and a preoccupation with the importance of *things* that we ask for. We too easily tie the need for faith with the reception of things.

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If we do not seem to receive that for which we ask, we conclude that our faith is insufficient and we set out to "believe more strongly" and then ask again. If such a practice would work, it would be amazing what God would have to give us, even to the point of destroying us with things that are not

Carl Coffman is the chairman of the department of religion at Andrews University.

for our particular good! The statement we read says that God does not work this way; therefore, the faith and things of prayer do not relate to one another that way either.

What are we saying when we speak of praying in faith? The answer becomes clear when we understand what real faith leads to in real prayer. Matthew 6:33 says, "But seek ye first the kingdom of God, and his righteousness; . . ."

Real faith, or confidence in God, leads us first to *give* something to Him—ourselves, in dedication and rededication—at the same time relying on His giving us the most important of all heaven's gifts—forgiveness, full acceptance, His covering robe of righteousness. Then and only then will we be able and willing to place the many other needs of daily life before Him with confidence that He will always give us the necessary things in

Jesus assures us . . . that the Father knows well all of our needs.

answer to our prayer of faith. And even rejoice when He says "No" to anything that we ignorantly feel we need but which He sees would interrupt our walk toward eternal life. We must come to that.

Jesus assures us in Matthew 6:32 that the Father knows well all of our needs. He then promises us in the following verse that, after seeking first the Father's kingdom, and righteousness, all of the necessary things will be added for the seeker.

In other words what are the priorities in prayer? Prayer is first of all a channel to God, to His very throne, through our Advocate and because of the prompting of the Holy Spirit, which the blessed Trinity has provided for very needy sinners. In real faith we can use prayer to ask God for a gift that He will never withhold, forgiveness full and free for all of our sins.

He then invites us to use the same channel to present our other needs to Him—needs of which He is already fully aware—with a quiet confidence that He will supply every one of those needs as He sees best and necessary. What peace came into my life when I discovered these simple laws of priority in prayer.

If we have any question about God's faithfulness to His children who thus first give themselves to Him, we need to memorize Matthew 7:9-11. I repeat it very often.

Jesus says there, "Or what man is there of you, whom if his son ask bread, will he give him a stone? Or if he ask a fish, will he give him a serpent? If ye then, being evil, know how to give good gifts unto your children, how much more shall your Father which is in heaven give good things to them that ask him?" The obvious answer here is that God never withholds that which He sees is for our best good. But He will always withhold that which would harm or deter us from seeking first the kingdom. A God of love could only operate this way.

You may be asking, Where does one find this type of faith and confidence? Romans 10:17 says that "faith cometh by hearing . . . the word of God." I firmly believe that to the degree that we are acquainted with the actions and promises and love of God as revealed in sacred Scripture, to that degree the Holy Spirit can create within us the kind of faith that we have been talking about.

Thus we can operate on the basis of an intelligent confidence in our Lord. We will then get our prayer priorities in right order, and our prayer lives will come alive as we actually participate in the daily grace and power of God. We will be led away from asking amiss, for we will know what to ask for. And how marvelously God will answer. Our asking will be such that He *can* answer!

"Faith is trusting God,—believing that He loves us, and knows what is for our best good."

"Faith is trusting God,—believing that He loves us, and knows what is for our best good. Thus instead of our own way, it leads us to choose His way. In place of our ignorance, it accepts His wisdom; in place of our weakness, His strength; in place of our sinfulness, His righteousness. Our lives, ourselves, are already His; faith acknowledges His ownership, and accepts its blessing. Truth, uprightness, purity, are pointed out as secrets of life's success. It is faith that puts us in

possession of these."—*Gospel Workers*, p. 259.

This is truly seeking first the kingdom of God. This is the first of our prayer priorities. This is what *real* faith and *real* prayer are all about. Understanding this, we can safely add one supplied word to God's promise in Matthew 21:22, "And all things, whatsoever ye shall ask in *real* prayer, believing, ye shall receive."

"And all things, whatsoever ye shall ask in prayer, believing, ye shall receive."

Could it be that the many frustrations we have all experienced in the area of prayer came because we were not praying *real* prayer? That is a shocking possibility, isn't it?

Not so long ago a student who was not a member of our church came to me with a very sincere request. She had returned to school for another quarter, but found that she could not register until a rather large, delinquent bill was paid off. She wanted to continue in the worst way, and someone had told her that I might be able to help her find the money to pay the bill.

Very seriously we discussed the priorities of prayer. "Seek ye first the kingdom of God, and his righteousness." What a beautiful young love for the Lord she expressed.

I asked her just how much she needed. She told me that she must get \$500. And within the next seven days. We claimed the promise of *real* prayer in Matthew 21:22. Every day she came with the question, Have you found any money yet? For six days we continued to claim the promise, but there was no money.

On the morning of the last day a theology student stopped me after a class. He asked me, Do you know of any worthy student who needs some financial help? He and his wife had received a settlement from an accident, and they wanted to dedicate some of the money to someone who needed help. I asked him, How much do you want to give? He said, \$500. Then I told him my brief story. What a morning that was—for him, for her, for me.

Our heavenly Father still refuses to withhold good things from those who ask Him—in *real* prayer.



Stress: Threat to Health

by Richard Faiola, M.D.

A cat, comfortable and purring, is stretched out on the floor. When a dog approaches she jumps to her feet, back arched with fur standing on end, eyes wide open and blood pressure rising. Her stress continues as long as the dog remains. When the dog leaves she relaxes, but complains of weakness, muscle pain, dizziness or nausea. Not understanding the source of her feelings, she might say, "I'm going to see my veterinarian."

Stress affects humans in a similar way. With tranquilizers heading the list of prescribed drugs and suicide being the 10th leading cause of death (third for persons between the ages of 15 and 34), the impact of stress is evident. Fortunately however, people may increase their understanding and improve their ability to cope with these situations.

Studies of stress show that the body

Richard Faiola, M.D., is a second-year family practice resident at Hinsdale Sanitarium and Hospital, Hinsdale, Illinois.

light, breathe more air and circulate blood faster at higher pressure. The blood carries more nutrients for producing energy at a faster rate. Injuries bleed less and the body reacts less to bacteria or allergies.

This shift in the body's normal function enables one to face a tiger in the jungle, fight a storm at sea or brave a war. However, today we do not normally face these types of dangers, rather, we must cope with family problems, heavy traffic and strained business relationships. In these situations, we can neither run nor fight. The raging hormones, irritated nerves, surging blood pressure and straining heart are for naught, but not without their toll.

Today people suffer from so-called diseases of adaptation. Before participating in an important or exciting event, people show a higher level of cholesterol and free fatty acids in their blood.

Lifestyle is influential in the risk of disease. Before the religious wars in Ireland, people living in that placid country suffered about one-half the number of heart attacks as their cousins living in Boston.

A study of 500 Finnish men showed that two-thirds of those with heart attacks had stress pattern inventories 50 to 100 percent higher than their associates. Even cancer is thought by some to have a higher incidence in persons with a high stress level because of the steroid effect on the immune system.

Other diseases which may have stress as a contributing factor include: arthritis, asthma, dermatitis, allergies, peptic ulcer, cold sores, diabetes, migraine headache, depression, cardiac arrhythmia and many more.

Although individuals may not be able to escape the modern way of life, they may escape many related problems. The degree of physiological response to a stressor depends more upon the individual's reaction to the demand than upon the demand itself. Persons may condition themselves so that large problems may not lead to large stress responses. Faith and trust in God play an important role in this conditioning.

In the second part of this look at stress, Roy Wightman, vice president for health education and rehabilitation, will outline what some of these aids to conditioning are.



Ray Minner, Correspondent

SABBATH TO SUNDAY STUDIES REPRINTED

The two studies by Dr. Samuele Bacchiocchi, *Anti-Judaism and the Origin of Sunday* and *From Sabbath to Sunday*, both recently published by the Pontifical Gregorian University Press with the Catholic imprimatur (approval), have been reprinted and are available to interested readers.

Anti-Judaism and the Origin of Sunday is an English translation of the fifth chapter of the Italian dissertation and examines the role played both by anti-Judaism and by the Roman church in causing the adoption of Sunday observance in the place of Sabbath in early Christianity.

Though part of the material has been incorporated into the larger work, *From Sabbath to Sunday*, the study does provide a more comprehensive analysis of sources dealing with such crucial issues as the attitude of the Catholic Church toward the Sabbath. Since many readers may wish to read this more exhaustive study, a reprint has been made. The price has been reduced from \$7 to \$4.

From Sabbath to Sunday is a condensation of the dissertation. It examines the meaning of the Sabbath in the New Testament as well as the time, place and causes of the origin of Sunday observance. The price of this reprint has been reduced from \$8.50 to \$7.50. The two books are offered together at a special discount price of \$10.

The response from non-Adventist readers has been enthusiastic, according to Bacchiocchi. A Roman Catholic bishop writes, "Thank you for the copy of your new book... which I am reading with interest. I believe your book will give me the information I have long sought... I sincerely desire to know the truth. If one is sincere but wrong, he is still wrong."

The fact that these books are published by a Vatican press and are officially endorsed by Catholic

authorities makes it possible for Catholics to read about the biblical meaning of the Sabbath and the beginnings of Sunday observance with a more open and receptive mind.

To purchase a copy of one or both books, send your order with your check payable to Andrews University, to University Printers, Berrien Springs, MI 49104.

ANDREWS NURSING GRADUATES PASS STATE BOARD EXAMS

Fully 91 percent of the graduates receiving a B.S. degree in nursing in Andrews' class of June 1977 have passed their state board examinations, says Dr. Zerita Hagerman, chairman of the nursing department.

The results are based on official test scores from the states of Indiana, Michigan and Ohio. Dr. Hagerman said that when a final report is received from the state of Illinois, the rate could go even higher.

This represents an improvement in Andrews' graduates' performance on these tests, according to Dr. Hagerman. She credits curriculum changes and stiffer requirements for entering the nursing program. "We feel it is our obligation to prepare these students to pass their state boards," she said.



GREAT LAKES ADVENTIST HEALTH SERVICES, INC.

Joel Hass, Correspondent

PATIENT MANAGEMENT WORKSHOP OFFERED

HINSDALE—The nursing education department of Hinsdale Hospital is offering a nursing workshop entitled, "Patient Management," on October 26, 1977.

Donna J. Freshman, senior associate with Medicus' Nursing Care Systems, will introduce participants to current concepts of patient care planning. Freshman is a coauthor of two syllabi and two books, and is an active member of several professional organizations.

Workshop objectives include the following: Participants will write

reality-based care plans, demonstrate ability to use individualized and predeveloped care plans, and state a successful method for implementing care planning.

This seminar will be repeated on November 10. Deadline for reservations for the October seminar is October 21, for the November seminar, November 4. The \$25 fee includes the cost of the program, materials and the noon meal. For further information, call Karen Hoover, R.N., at Hinsdale Hospital, (312) 887-2505.

Illinois Conference



David Gray, Correspondent



Eugene Hemmerich being baptized at Little Grassy Lake S.D.A. Camp during a retreat held for B.V.A. students in September.

B.V.A. STUDENT BAPTIZED DURING RETREAT

LA FOX—"I grew up in a non-Adventist home," relates Eugene Hemmerich, who was baptized recently at Little Grassy Lake S.D.A. Camp. "My parents did not go to church, so I didn't have much of a religious background."

The Hemmerichs moved to Burlington, Illinois, near the Central High School where Eugene met two young men, Jerry and Jeff Cuidaj, who were members of the Adventist Church.

"Although they were not attending

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Clubs met together by units for worship and prayer each morning.



Dale Pittenger, Peoria's director, calls on a volunteer to answer a Bible quiz question during Sabbath School.



Camporee means tents, tents and more tents as illustrated by this row in Peoria's girls' village.



Witnessing for Christ on Sabbath afternoon, these Waukegan Pathfinders joined others in distributing Steps to Christ throughout the town of Petersburg.

PATHFINDERS CAMP IN LINCOLN LAND

NEW SALEM—State and church heritage were the dual themes emphasized at the 1977 Illinois Pathfinder Camporee held at Lincoln's New Salem State Park, September 9 to 11.

Sleeping in tents and cooking out in perfect fall weather were just part of the enjoyment for the 166 Pathfinders and their leaders from 11 different clubs representing all areas of the conference.

Emphasizing the importance of Pathfinders taking an active part in spreading the gospel to all the world, Jeff Wilson, conference youth director, used illustrations from President Abraham Lincoln's early years at New Salem.

"It was here at New Salem that Lincoln launched his career to bring freedom to black America and save the Union. Here we can determine to bring spiritual freedom to our communities and save many for God's kingdom," he suggested.

On Sabbath afternoon the Pathfinders distributed *Steps to Christ* to the majority of the homes in nearby Petersburg. Later they toured the restored town of New Salem.



Jim Warren, a Peoria deputy director, answers a question during Sabbath School lesson study.

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Broadview Academy, they introduced me to Nicholas Leftrook, pastor of the Prairie View district. He and I began studies. The Holy Spirit worked with me, and I decided to join the Adventist Church."

Welcome Eugene! We are glad you are at Broadview. B.V.A. is a good school, and the people of Illinois will gladly support it because of youth like Eugene, Jerry and Jeff. The B.V.A. one-percent plan provides an excellent opportunity to invest in the salvation of youth.

Indiana Conference



Cliff Hoffman, Correspondent



MUNCIE MAYOR SIGNS INGATHERING PROCLAMATION

MUNCIE—Lowell Dunston, pastor, and Mac Phelps, lay activities director of the Muncie S.D.A. Church, visited Mayor Robert G. Cunningham to explain the Ingathering program and the work of the S.D.A. community services center in Muncie. Not only did the Mayor sign a proclamation to be published in the local newspapers to launch the Ingathering campaign, but he also promised to be present for the opening of the newer and larger community services center in November. The members of the Muncie Church are excited as they begin an early Ingathering campaign on November 5.

Lake Region Conference



Fred Williams, Correspondent

FINISHING THE WORK AS I SEE IT

As far back as I can remember, the theme of finishing the Lord's work has been a vital part of my family's hope

and commitment. During my formative years we were not a part of God's remnant church. Nevertheless we were intimately involved in sharing the glorious gospel of our Lord Jesus Christ so that people might be saved before His return.

During those days we believed that His coming was near. Therefore we often had all-night prayer services seeking victories in our lives and the power of the Holy Spirit to do God's work effectively.

As young people we were involved in Bible study bands, tract distribution bands, street preaching and the young people's willing workers society. We were blessed to see people turn from their sins and worship God.

Later when I had completed high school and was employed, a young man came by selling Message magazine. He invited me to join him in giving Bible studies. This invitation was graciously accepted. In a few months I was a baptized member of God's remnant church, the church which God Himself raised up for the purpose of finishing His work on earth.

On the evening of the Sabbath that I was baptized, I boarded an Illinois Central train for Oakwood College to prepare myself to be an effective instrument in God's hands to finish the work. While in school we engaged in the literature ministry, and God rewarded our efforts by blessing people who then became members of the church.

When our college days ended, I had the privilege and opportunity to become a worker in His cause. As a worker I have shared in the establishing of new churches, I have had a part in the building of new church edifices and I have experienced the rallying of congregations in prayer services and revivals.

I have experienced moments of confession and repentance and have led out in the study of the precious Word of God. I have witnessed sacrificial giving to the cause. Hence at times I have seen both revival and reformation in God's church. And my eyes have seen hundreds come into God's church through the combined efforts of the members.

However there have been and still are times when our souls are saddened and grieved because of the complacency, the backsliding and the

indifference seen within our ranks. Far too often our zeal for Christ lags and we are caught up with the things of this world. Many kinds of disruptive and corruptive things often hedge us in and block the onward progress of God's work.

The apostle John, when speaking of our condition, says that we think we are rich and increased with goods and have need of nothing. He concludes by saying that we don't know our true condition. It is this state of affairs within the church which troubles all serious-minded Christians. How long can we carry out the awesome task of finishing the work in these circumstances?

Hope and encouragement sprang anew in our hearts a few years ago as the result of God doing two very significant things for His church. He revealed to church leaders once again the need for training our members to play a greater leadership role in finishing the work and to take a larger part in evangelism. By doing so the members will gain a rich spiritual blessing.

God also impressed upon the hearts of the leaders the need to restudy and teach the basic concepts of Christian stewardship as taught in the Scriptures and the Spirit of Prophecy. This was to be done in all churches and in all institutions. It is believed that this will challenge members to give their time, talents and treasures as God prospers and guides them.

We believe that the call of revival and reformation which God is making includes the stewardship program. This program seeks to draw the entire membership together for prayer, Bible study, dedication and participation.

Samuel Flagg
Stewardship Director

Michigan Conference



E. N. Wendth, Correspondent

NEWS NOTES

• The Fairplain Church in Benton Harbor has begun a newsletter to its members and friends. It was started because of a desire for a "regular means of communicating the concerns and needs" of the congregation to all

its members. Ethel Wise, communication secretary of the church, is the editor of this yet unnamed paper.

- More than a dozen people turned out Sunday, September 25, to resurface the Fairplain Church parking lot. A new cement block storage shed has also been built by men of the church.

- Rodney Schultz, 11, of the Fremont Church, read in the Lake Union Herald about a young person who had baked bread and earned \$30 for Investment. Rodney adopted the same project. In the September issue of the Fremont Church's newsletter it was reported that Rodney will have at least \$38 to turn in when the Investment offering is taken on December 31.

- The Louis H. Courtneys of the Ironwood Church celebrated their 55th wedding anniversary on September 25.

- More than 100 people were present September 17 for Bellevue's Homecoming. Former members from Lansing, Michigan, North Carolina and California attended. Music was provided by the Mallets for Christ, a 20-member marimba band from Andrews University.

- The Fairplain Church has conducted two story hours as a follow-up to their successful summer Vacation Bible School program. Karen Anderson and her staff of 13 adults give enthusiastic leadership during the two and a half hours of singing, stories and activities. The children have enjoyed the two sessions already held and are eager for the next one.

LETTER OPENED BY MISTAKE LEADS TO BAPTISM

BATTLE CREEK—A 4-year-old Battle Creek boy opened a letter delivered to his home by mistake and a baptism resulted!

It was December 1976 when the son of Doris Curley pulled the letter from the family's mailbox and opened it. His mother was chagrined about the incident and felt obliged to hand deliver the opened letter to the community services center of the Battle Creek Tabernacle Church for whom it was intended, and apologize for her son's action.



Doris Curley

This happened at a time when Mrs. Curley needed help but didn't know where to turn for aid. The courteous treatment received at the center caused her to return a week later to explain her situation and ask for assistance. All of the workers were "genuinely concerned and helpful," Mrs. Curley recalls. Before she left the center that day all procedures for aid had been cleared through social services and she had the necessary help.

While waiting for the details to be taken care of Mrs. Curley noticed the quiet, restful atmosphere of the center which was, she reports, "conducive to thinking." She also observed how kind Leone McKelvey, the center's director, was as she greeted clients and donors. It was hard for Mrs. Curley to believe the affection was sincere. But in later contacts she began to understand that this love for others was a way of life for Adventists. She wanted to be like them.

At the end of her initial interview Mrs. Curley was given an Amazing Facts Bible study guide. She had never come in contact with anyone who could interpret the Bible, but accepted the lesson politely, took it home, placed it in a dresser drawer and forgot it.

Two weeks later she discovered the pamphlet, read it, and was surprised to find that "the material was both clear and concise." An interest in the Bible was kindled and she finished the full set of lessons. After that she studied with Carolyn Lawson, the Bible instructor of the Tabernacle.

Mrs. Curley's contacts with Mrs. McKelvey and Mrs. Lawson wrought changes. Life began to take on meaning and direction for her, and in May this year she was baptized. She is still growing, she says, and looking for the day when Christ's love will shine through her as it does through the workers of the Tabernacle's community services center.

IT HAPPENED IN GRAND HAVEN

GRAND HAVEN—During a cold Saturday evening just before Christmas last year, a group of women from the Grand Haven Church were caroling for Ingathering—Nancy Hutchinson, Connie and Darlene Gardner, Kim Gray and Mary Cole.

Mary, the solicitor, knocked at the door of a home as the group sang, and waited until a man opened the door. She smiled, introduced herself and explained her mission.

"Well," replied the man, "I always give to your church, to a Mr. Hutchinson, one of my business associates. With that, Mary thanked him and went on to the next house.

It was true. Each year in the spring the man had been giving \$200 for the work of the community services center to Earl Hutchinson, the father of one of the carolers.

A short time later a car drove up to the carolers and Nancy Hutchinson recognized the driver and spoke to talk to him. It was her father's employer and he wrote a check and handed it to her. Without examining the check Nancy thanked him enthusiastically for the donation, and the group continued on their way.

It was only later when they were counting the donations that Nancy's eyes grew large as she realized the check was for \$500. She quickly phoned the businessman and again thanked him for his generosity. "Oh," he said, "You people do such wonderful work I just wanted to brighten your day."

"Brighten my day," said Nancy, "You have brightened it for all of us."

The next time Earl Hutchinson saw his employer he told him how happy he had made the group. "Well," the man said, "our church doesn't need it and besides your church is really doing something for the entire area through your community services center."



Raymond Holmes

NEW BOOK BY RAYMOND HOLMES

It's a Two-Way Street is the title of a new book recently completed by Raymond Holmes, pastor of the Fairplain S.D.A. Church, Benton Harbor, Michigan. The book has been accepted for publication by the Review and Herald Publishing Association.

The book was written to help preachers know why they are preaching and church members to improve their appreciation of the preaching they hear each Sabbath. "I see the pew from the point of view of the pulpit," Holmes says of his manuscript, "and the pulpit from the point of view of the pew."

Holmes is also the author of *Stranger in My Home*, a book dealing with his experiences in leaving the ministry of the Lutheran Church to become a Seventh-day Adventist.

SABBATH PROBLEMS DON'T STOP BAPTISM

STANTON—For several months Kathryn Knight of Stanton, a worker at the Federal-Mogul plant in Greenville, had been considering the claims of Jesus regarding the Sabbath

and had made a decision not to work on Sabbath.

Her decision caused a conflict at work as fellow employees objected to her using her vacation time to have every Sabbath off. They began to pressure the union and management to prevent her from doing so.

Mrs. Knight then decided to be baptized. She contacted Elder Norman Yeager of the Frost Church for help with her Sabbath problems. On September 10 a baptism was held in a lake near Cedar Lake and Elder Yeager and Mrs. Knight stepped into the cool waters for the sacred rite.

Mrs. Knight is still employed at Federal-Mogul and to date there have been no problems from the administration. Further difficulties may arise but because of her new-found faith she is not concerned about the future.

HONESTY NEEDS NO COVER

HOUGHTON LAKE—A sixth-grade student from the Houghton Lake Church School, Mark Perry, held up his Ingathering can and made his appeal. The man eyed the dollar bills in the can, then admonished, "You need a cover on your can, don't you, so you won't take some of that money?"

"No! We go to a Christian school!" was Mark's reply.

With that the man slipped three dollar bills into the can and highlighted Mark's day of Ingathering.



PREPARING FOR OPEN HOUSE

JACKSON—Eric Cooper, left, and Pastor Clarence Larsen were among the many volunteers who helped to prepare the Jackson Community Services Center for open house on October 9. Eric and Pastor Larsen worked on the landscaping. Other workers prepared the parking lot and remodeled the center's fellowship and educational room.

DATES FOR CHURCH OFFICERS MEETINGS REVISED

LANSING—The conference officers have announced changes in the scheduling of the meetings for new church officers in November and December. The revised dates are as follows: November 19, 3 P.M., at the First Flint Church for Districts Six, Seven and eight; December 3, 3 P.M., at the Kalamazoo Church for Districts Four, Nine and Ten; December 10, 3 P.M., at the Cadillac Church for Districts Two, Three and Five, and December 17, 3 P.M., at the Ann Arbor Church for Districts 11 and 12.

FALL SCHEDULE OF ABC SALES

This is the schedule of the Michigan Adventist Book Center events for November.

November 6	Lansing office open	10 A.M. to 5 P.M.
November 8	Muskegon Church	5 P.M. to 8 P.M.
November 9	Holland Church School	2 P.M. to 4 P.M.
November 9	Grand Rapids Church	6 P.M. to 8 P.M.
November 12	Onaway Church	6 P.M. to 8 P.M.
November 13	Ithaca Church	11 A.M. to 1 P.M.
November 13	Battle Creek Academy	4 P.M. to 7 P.M.
November 16	First Flint Church	3 P.M. to 8 P.M.
November 20	Detroit Metro Gym	11 A.M. to 4 P.M.
November 21	*Coldwater Church School	2 P.M. to 4 P.M.
November 21	*Hillsdale Church	6 P.M. to 8 P.M.
November 22	*Adrian Church School	2 P.M. to 4 P.M.
November 22	Jackson Church School	6 P.M. to 8 P.M.
November 29	Hastings Church	6 P.M. to 8 P.M.

Health foods will be available at the places marked by an asterisk. You must place a special order if you wish to receive health foods at any other location listed.

Wisconsin Conference



Len McMillan, Correspondent

MIRROR LAKE PROVIDES A REFLECTION OF WISCONSIN PATHFINDERS

"You mean we have showers, too!" exclaimed one young Pathfinder as he entered the Mirror Lake State Park.

This relatively new facility provided a unique setting for the Wisconsin Camporee, September 2 to 4, with each campsite separated by a beautiful grove of trees.

On Friday afternoon the rattling of tent poles and the excited shouts of Pathfinders indicated an enthusiasm that continued throughout the entire weekend.

The 300 percent increase in attendance at the camporee was overwhelming for Len McMillan, Wisconsin youth director. Even the family-camp area had to be used for the Pathfinders!

Friday evening vespers and Sabbath morning worship services were held in the beautiful park amphitheater. Pastor Don Giarrusso from the Green Bay, Wisconsin, Church, was the speaker.

Saturday evening Mr. Merlin Carmen, the new food service director at Wisconsin Academy, challenged each Pathfinder club to be a soul-winning unit as he shared his experiences in a Pathfinder club whose membership was 90 percent non-Adventist.

Jeff Cinquemani was the emcee for the Saturday evening campfire talent program. Our group had competition from the special Saturday night program being presented by the park service in the amphitheater. But as the people left the amphitheater they began drifting towards our huge campfire. Many stayed almost an hour until our talent program was finished.

Sunday morning was cloudy and rain seemed inevitable. However it did not dampen the spirits of each club as they prepared for the flag-raising ceremony during which four new clubs were welcomed into fellowship.

An honor guard led the new clubs through a Pathfinder formation. As they reached the end of the march the



Top, Stevens Point Club members raise their flag. Left, Jeff Cinquemani plays for the vesper program. Right, Len McMillan, foreground, and Carl Syvertson, Richland Center director, review the clubs.

directors came forward pledging their support to the new clubs in the coming year. The new clubs are from Green Bay, Stevens Point, Watertown and Wausau.

Later as the clubs lined up to pass in review, the clouds also lined up to pass out the rain. But the Pathfinders proudly marched in front of the reviewing stand performing a smart "eyes right" as their director gave his salute.

Some unique field events included a camporee salute in which each club tried to lash together four to six staves with their Pathfinder club flag on top. The object was speed and good lashing technique.

The "crazy man's relay" offered an exciting challenge in which the Pathfinders had to combine wheelbarrow, three-legged, gunnysack and centipede (two people tied together by five different knots) racing.

Another exciting event was the fire-dousing contest in which each club suspended a water-filled plastic bag

tied with twine above a fire. As the twine burned the bag was supposed to fall and douse the fire. Two clubs performed this feat in almost one minute flat. But several clubs were disqualified because their bags melted before the twine burned.

All too soon the events were over. Following the last meal of the camporee the clubs received a Pathfinder camporee trophy for their attendance. The Woodland Rangers received additional awards for best campsite and marching. Many clubs went home with blue, red or yellow ribbons. But a spirit of fellowship seemed to be the most important thing to the Wisconsin Pathfinders in the closing moments of the camporee.

As the new Pathfinder year begins, each club is looking forward to the Pathfinder Fair at Wisconsin Academy, May 7, 1978. Their leaders have accepted the challenge that belonging to a Pathfinder club in Wisconsin will not only be a way of life for our young people, but will also be a tool to finish the work.

Stand in line for Meatless Franks. It's a Loma Linda buffet.

Here's a simple idea that you can build a beautiful buffet around. Loma Linda Big Franks.

Big Franks are made from a nutritious mixture of textured vegetable protein and choice flavorings. There is no animal fat and no cholesterol. Because there is no meat.

You'll want to try Loma Linda Linketts and Little Links, too.

Add an olive, a mushroom or a piece of pineapple to our Linkett slices for hors d'oeuvres.

For breakfast, brown our Little Links in oil and serve with

pancakes or hash browns.

Big Franks, Linketts and Little Links. They're all delicious, nutritious foods, made from nature's vegetable products by Loma Linda.

Loma Linda Foods

TASTE IS IMPORTANT
NUTRITION IS ESSENTIAL.



Announcements

MICHIGAN

SABBATH FESTIVAL OF HYMNS, Theme—"He is Coming Soon," to be held at the Kalamazoo Church, November 11 and 12. Special features will include a meditation by Roy Lemon, Sabbath morning Bible study on "The Time of the End—Eroding Moral Behavior" presented by Ivan Warden, audience participation in the hymnfest of songs on the second advent, an afternoon choral-reading workshop with Carolyn Bisel and an organ concert at eventide by William and Marjorie Ness. The University Singing Men directed by James Hanson, the Andrews University brass quartet directed by Patricia Silver and church musicians from the Battle Creek area will also be participating. Sponsored by the Michigan Chapter of the S.D.A. Musicians Guild.

YOUTH MINISTRY TRAINING COURSE to be offered at Camp Au Sable, October 28 to 30, 1977, for church youth leaders and all others interested in youth ministry. This is a good way to meet one of the major requirements for becoming a Master Guide as well as learning how to work with the youth of your church. The fee for the weekend is \$12. See your pastor or church youth leader for further details or write to Youth Department, Box 19009, Lansing, MI 48901.

LAKE UNION

ATTENTION SECRETARIES: This is a reminder to individuals interested in taking the Certified Professional Secretary examination next May. Applications for the examination must be received by the Institute for Certifying Secretaries by December 1, 1977. An application and a study outline may be obtained without charge by writing to the Institute for Certifying Secretaries, G10 Crown Center, 2440 Pershing Road, Kansas City, MO 64108.

Classified Ads

All advertisements must be approved by your local conference office. No phoned ads will be accepted. Final ad deadline is Thursday, 9 a.m., 12 days before the date of issue. 50 words maximum. Limit of four insertions.

Rates: \$7.00 per insertion for ads originating in the Lake Union. \$10.50 per insertion for out of union ads. All ads must be paid in advance of printing. Money orders and checks should be made payable to the Lake Union Conference. There will be no refunds for cancellations.

The HERALD cannot be responsible for advertisements appearing in its columns and reserves the right to edit classified ads in conformance with editorial policies. The HERALD does not accept responsibility for categorical or typographical errors.

MICHIANA COUNSELING SERVICES offers a full range of testing and counseling services for people with individual or family problems. Complete confidentiality is assured. Career guidance and premarital counseling are also available. Hours by appointment only. Dr. Stan Showalter, P.O. Drawer 130, New Buffalo, MI 49117. Phone (616) 469-3906. —290-45

DETROIT AND METROPOLITAN PROPERTIES wanted; also farm land within a 100-mile radius of the city of Detroit. Let an Adventist broker help you

sell and relocate. Edward R. Gilbert, 16228 James Couzen Highway, Detroit, MI 48221. Phone: (313) 345-8585. —330-40

FOR SALE by owner, house with 3 acres and/or 20-acre tillable farm, 3 bedrooms, living room, dining room, kitchen and study, full basement, 2½-car garage. Two-story barn, 30' x 40'. Two storage buildings, 10' x 15' each. Near Andrews University. Phone: (616) 461-6671, Berrien Center, Michigan. —333-41

WANTED: SUPERVISOR TRAINEE. Must be willing to work with young people. Please send your resume to Harris Pine Mills, 2080 Gary Lane, Geneva, IL 60134, or call (312) 232-4966. Send to the attention of Jerry Calvert. —334-41

LET US SHOW YOU HOW \$3 can save you up to \$750 or more on the purchase of your next new car or light truck. Write for free details: Jarco Automotive Services, 2643 W. Winona, Chicago, IL 60625. —335-41

SALES PERSONS needed to represent PAID Incorporated (an exceptional service for credit control and credit recovery), in Allegan-Barry or Van Buren-Cass-St. Joseph or Jackson counties. Need three experienced sales persons with exceptional track record for exceptional commissions. Contact Paul E. Burgess, Battle Creek, MI. Phone: (616) 963-5880. —336-40

BUY FURNITURE DIRECTLY FROM THE FACTORY at slightly above wholesale prices. Burlington House, American of Martinsville, King Koil, DMI and others. Call Gloria at (616) 471-3887 or 683-7908 for more information and/or appointment. Located just 5 miles from Andrews University. —338-41

HEALTH, MARRIAGE, FAMILY, the Sabbath, sanctification by faith—just some of the issues facing Christians today. An excellent source of information on these subjects is cassettes featuring well-known S.D.A. teachers and speakers. Get copies of many exciting sermons, lectures and workshops by contacting WAUS, Berrien Springs, MI 49104. —346-40

3M MODEL 625 SOUND-ON-SLIDE recorder-player. 2 carousels, rear projection screen, carrying case included, \$500. Seldom used. Call Battle Creek Sanitarium Hospital (616) 964-7121, ext. 466. —349-40

WANTED: Couple to manage an Adult Foster Care Home. Contact Mrs. Robert Selig, 9280 W. Shelby Rd., Shelby, MI 49455 or call (616) 862-4491. —350-40

REGISTERED CYTOTECHNOLOGIST: Hinsdale San and Hospital, a 440-bed hospital located in a residential suburb of Chicago, is accepting applications for a registered cytotechnologist. Send resume or call collect: Personnel Department, Hinsdale San and Hospital, 120 N. Oak St., Hinsdale, IL 60521. Phone: (312) 887-2478. —351-40

BY OWNER: 100-cow Grade A Dairy. 3 miles south of Arcadia, Wis. 283 acres. 168 acres in cultivation, 65 acres in pasture. 160 head of milking cows and heifers. Near academy, church school and local church. Call (608) 323-7571. —352-43

LOOKING FOR MEN AND WOMEN to become distributors of Amsoil 100% synthetic oils. Goes 25,000 between changes, starts in winter as if it were summer. Has a lubrication range of -60 to +400. Runs 20% to 50% cooler in summer. Gain gas mileage, prolong life of motor. For more information contact Don Patterson, 129 Summit Ave., St. Paul, MN 55102 or call (612) 222-7137. —353-40

HEAD NURSE NEEDED in med/surg pilot unit for 'total care nursing,' 33 beds, acute

care. A.M. or P.M. shift, Monday-Friday, weekends off. Qualifications: California-licensed R.N. with head nurse experience, preferably with clinical experience in med/surg area. Contact St. Helena Hospital, Deer Park, CA 94576. Phone (707) 963-3611, ext. 243. —354-43

EXPERIENCED R.N.'S NEEDED: California-Licensed R.N.'s with med/surg clinical experience needed for 108-bed acute-care hospital. Located in pleasant rural setting in beautiful Napa Valley. Near schools. Contact St. Helena Hospital and Health Center, Deer Park, CA 94576. Phone: (707)963-3611, ext. 243. —355-43

GOING SKIING IN COLORADO? Save \$70 a week on our Deluxe, 2 bedroom condominium that sleeps 6! Fully equipped with recreational facilities included. Near Winter Park, the 2nd largest ski area in Colorado. For information or reservations call or write: William Hilliard, 1006 Janet, Darien, IL 60559. Phone: (312) 963-1516. —356-40

JUST LISTED—Prized Lake Chapin setting with one of the finest views in Berrien Springs. Newly redecorated 3-bedroom home includes family room with fireplace, study area, entertainment deck and potential second building site. \$75,000. LIVING REALTY, 1314 St. Joe Rd., Berrien Springs, MI 49103. —357-40

TWO WOODED LOTS—Prime building sites within walking distance of Andrews University. Call LIVING REALTY, 1314 St. Joe Rd., Berrien Springs, MI 49103. Phone: (616) 473-1234. —358-40

Mileposts

WEDDINGS:

Kathleen S. Clough and Gary R. Link were married October 2, 1977, in Muskegon, Michigan. Pastor Joshua J. Swinyar performed the ceremony.

Kathleen is the daughter of Mr. and Mrs. Wayne R. Clough of Gobles, Michigan, and Gary is the son of Mr. LeRoy Link of Muskegon.

The couple will make their home in Muskegon where Gary is employed.

Cheryl Joanne Krpalek and Richard Wayne Moushon were married August 14, 1977, in the Berrien Springs, Michigan, Church. Elder J. T. Krpalek performed the ceremony.

Cheryl is the daughter of Elder and Mrs. Joseph T. Krpalek of Edmonton, Alberta, Canada, and Richard is the son of Mr. and Mrs. Wayne Moushon of Brimfield, Illinois.

The couple, both graduates of Andrews University, are making their home in Beverly, New Jersey, where Richard serves as an intern pastor for the New Jersey Conference.

Peggy Robyn Starks and Guy Lester Flynt were married October 2, 1977, in the Berrien Springs, Michigan, Church. Pastor Harold L. Flynt, father of the groom, performed the ceremony.

Peggy is the daughter of Mrs. Dorothy M. Starks of Berrien Springs, and Guy is the son of Pastor and Mrs. Harold L. Flynt of Rockford, Illinois.

The couple are now living in Berrien Springs where Guy is employed and Peggy is attending Andrews University.

OBITUARIES:

CONWAY, Iva V., born Feb. 5, 1894, in Birch Run, Mich., died Oct. 5, 1977, in Grandville, Mich. She was a member of the Bauer, Mich., Church.

Survivors include a sister, Ethel Taylor of

Grandville, and a brother, Gordon Dean of Inverness, Fla.

Services were conducted by Pastor Jeremia Florea, and interment was in the Hammond Cemetery.

LAKE, Walter, 91, born May 11, 1886, in St. Clair County, Mich., died Sept. 27, 1977, in Midland, Mich. He was a member of the Edenville, Mich., Church.

Survivors include 2 daughters, Gertrude Jacobs of Jackson, Mich., and Alice Strickler of Ohio, and 2 grandchildren.

Services were conducted by Pastor Paul Schoun, and interment was in the Edenville Township Cemetery.

LANFEAR, Ronald D., born Jan. 26, 1906, in Metamora, Mich., died Sept. 26, 1977, in Millington, Mich. He was a member of the Vassar, Mich., Church.

Survivors include his wife, Margaret; a son, Robert of Vassar; a daughter, Carolyn of Kawkawlin, Mich.; 2 sisters, Mrs. John

McCabe of Florida and Mrs. Marion Grover of Traverse City, Mich., 5 grandchildren, and 4 great-grandchildren.

Services were conducted by Pastor Neal Sherwin, and interment was in the Millington Township Cemetery.

LIPPI, Christine, born Jan. 2, 1902, in Czechoslovakia, died Sept. 22, 1977, in Berrien Springs, Mich. She was a member of the Pioneer Memorial Church in Berrien Springs.

Survivors include her husband, Frank; 2 sons, Frank of Berrien Springs and John of St. Louis, Mo.; 2 daughters, Anita Olsen of Loma Linda, Calif., and Mary Lieblich of Glen Ellyn, Ill.; a brother; 2 sisters, and 10 grandchildren.

Services were conducted by Pastors Richard Harris and T. Irville Rush, and interment was in the Rose Hill Cemetery in Berrien Springs.

People In Transition



Loren Fardules



Cindy Fardules



Bryon Grismore



Morgan Hellgren



Nancy Hellgren



Ed Nicholl



David Penner



Stan Sherrill



Bruce Yingling



Judy Yingling

CINDY and LOREN FARDULES are new staff members at Broadview Academy, La Fox, Illinois. Mrs. Fardules will be the school nurse and Mr. Fardules will be dean of boys. They are from Chattanooga, Tennessee, where Mr. Fardules was employed in private business. Prior to that he taught elementary school, physical education and was an assistant dean of boys. The Farduleses have two children, Scott and Amy.

BRYON GRISMORE is teaching art, photography and freshman Bible at Broadview Academy, La Fox, Illinois. Mr. Grismore has both a B.A. degree in art from Southern Missionary College and a B.S. in art education from Andrews University.

MORGAN and NANCY HELLGREN are teaching at Broadview Academy, La Fox, Illinois, this year. Mr. Hellgren is the assistant dean of boys and teaches physical education. He is a graduate of Broadview Academy, and has just completed his master's degree in secondary education. Mrs. Hellgren is teaching health. She formerly taught at Southern Missionary College. The Hellgrens have one daughter, Kajsa.

ED NICHOLL is the new industrial arts teacher at Broadview Academy, La Fox, Illinois. Mr. Nicholl formerly taught in the public school system in Rockford, Illinois. He and his wife, Sharon, have two children, Leigh Ann and Paul.

DAVID PENNER is the new history and government teacher at Broadview Academy, La Fox, Illinois. He most recently taught at Greater Miami Academy, Miami, Florida. He and his wife, Josee, have one girl, Roxama Marie.

STAN SHERRILL is a new English teacher at Broadview Academy, La Fox, Illinois. Mr. Sherrill graduated this summer with a master's degree from Andrews University. He and his wife, Jan, have one son, Jebb.

BRUCE and JUDY YINGLING have joined the staff of Broadview Academy, La Fox, Illinois. Mr. Yingling, a recent graduate of Southern Missionary College, teaches English and journalism. Mrs. Yingling has a B.S. degree in office administration. She is secretary to the principal at the academy.

LAKE UNION herald

OFFICIAL ORGAN OF THE LAKE UNION CONFERENCE
OF SEVENTH-DAY ADVENTISTS

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JERE WALLACK, Editor
RICHARD DOWER, Managing Editor
ANDREA STEELE, Copy Editor
SYLVIA STEPHAN, Circulation Services

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LAKE UNION CONFERENCE
Box C, Berrien Springs, Michigan 49103
(616) 473-4541

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COPY DEADLINES: Announcements should be received by the local conference office one month in advance of the publication date.

NOTICE TO CONTRIBUTORS: All articles, pictures, mileposts, classified ads and announcements must be channeled through your local conference correspondent. Copy mailed directly to the Herald will be returned to the conference involved.

NEW SUBSCRIPTION requests should be addressed to the treasurer of the local conference where membership is held.

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Postmaster: Send all notices to Lake Union Herald, Box C, Berrien Springs, MI 49103.

Sunset Tables

Oct. 28 Nov. 4

Berrien Springs, Mich.	E.D. 6:46	E.S. 5:37
Chicago, Ill.	C.D. 5:51	C.S. 4:42
Detroit, Mich.	E.D. 6:33	E.S. 5:24
Indianapolis, Ind.	E.S. 5:48	E.S. 5:40
La Crosse, Wis.	C.D. 6:01	C.S. 4:52
Lansing, Mich.	E.D. 6:36	E.S. 5:27
Madison, Wis.	C.D. 5:55	C.S. 4:46
Springfield, Ill.	C.D. 6:02	C.S. 4:54



Introducing NEW TUNO.™

A great new taste for a lot of new meals.

Now you can enjoy a whole new variety of great meal ideas... with new vegetable protein Tuno from Worthington. Whether you're serving a refreshing salad (like the one featured here), a favorite casserole, loaf, patties, hearty chowder,

or sandwiches, the tuna-like flavor and texture of new Tuno makes a delicious difference.

TUNO™ SALAD

- 1 roll Tuno™ (12 oz.), thawed and drained
- ½ cup finely chopped celery
- ½ cup salad dressing or mayonnaise
- 3 tablespoons sweet pickle relish
- 1 teaspoon dried minced onion
- ½ teaspoon dried minced parsley
- Mix all ingredients. Chill and serve.
- Yields 2½ cups.

Look for new Tuno in your store's freezer case. To add a new dimension to your meal planning, write us for more great recipe ideas.

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