

LAKE UNION
herald

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The Peril of the Weary Worker

Dr. Leon G. Cox
Pastor

Shiloh Church, Chicago, Illinois

COVER

"First a snow storm awoke us.
Then a rain came to soak us;
And before our eyes could focus,
Hocus-pocus: Crocus!"

—H. M. Tippett
Photo by Dick Dower

"And let us not be weary in well doing: for in due season we shall reap, if we faint not." Galatians 6:9.

To become weary strolling forbidden fields of sin is a natural sequel to wrongdoing. Everyone should feel both sick and tired of sin and sinning. But here the Apostle Paul speaks of a type of fatigue that results from "well doing"—while we do some worthwhile thing for the Lord, weariness superimposes itself. It comes as an intruder and drains away zest and vitality. Paul is saying, do not let that happen to you.

Weariness is not wine, but it is an intoxicant that blurs judgment. It is not a millstone, but it does have weight. It is not a criminal, yet it takes by stealth the jewels of patience, tolerance, perseverance and spiritual stamina. That is why Paul says, "be not weary" in preaching, in teaching and administering in institutional services, or any other area of well doing.

Weariness is weakness, and "It is at the time of greatest weakness that Satan assails the soul with fiercest temptations. . . . Moses, wearied with forty years of wandering and unbelief, lost for a moment his hold on Infinite Power. . . . in a moment of weariness [Elijah] allowed the fear of death to overcome his faith in God."—*Prophets and Kings*, p. 174.

Conference workers and laymen alike, who stand in the forefront of the conflict, who are impelled by the Holy Spirit to finish the work, must be renewed every day. Nothing must be allowed to thwart the personal progress in the Lord or the advancement of His work. Weariness is an obstruction which must be removed. It can be removed in five steps.

1. Eat well. "The victims of poor cookery are numbered by thousands and tens of thousands. Over many graves might be written: 'Died because of poor cooking; . . .'"—*The Ministry of Healing*, pp. 302 and 303. The counsel is, Do not travel and nibble. Eat with regularity.
2. Balance rest with exercise. "Some make themselves sick by overwork. For these rest, freedom from care, and a spare diet, are essential to restoration of health. . . . Ministers, teachers, students, and other brain workers often suffer from illness as a result of severe mental taxation, unrelieved by physical exercise."—*The Ministry of Healing*, pp. 236 and 238.

Weariness, when caused by overwork and a lack of physical recreation, produces an illness without a standard label. But the condition of the patient is no less serious than that of a patient suffering from the brand-name illnesses of flu or the common cold. The treatment for weariness therefore should be just as deliberate and studied.

3. Allow God's peace to take control. "And let the peace of God rule in your hearts, to the which also you are called in one body; and be ye thankful. Let the word of Christ dwell in you richly in all wisdom; . . . And whatsoever ye do in word or deed, do all in the name of the Lord Jesus, . . ." Colossians 3:15-17.

4. Develop the daily habits of gratitude and praise. Avoid melancholy, negative thinking, thoughts of discontent and the company of habitual mourners. Pray often, and after each prayer affirm that God has relieved weariness—"He restoreth my soul." Meditate upon the love of Christ and tell others what you tell yourself, "Jesus is coming soon, be ye also ready."

5. Use song as a weapon against discouragement and fatigue. Sing alone or with others daily, "Hallelujah! Thine the glory, Hallelujah! amen; Hallelujah! Thine the glory, revive us again."

Then the peril of the weary worker will be translated into the peace of our loving Savior.



Mary Ferguson talks to her fellow Sabbath School class members about their special projects.

THE HEART OF THE LAKE UNION

A Sabbath School Class that Works

by David Gray

Mention Sabbath School and most Adventists think of mission stories, songs, children's divisions, the lesson study or group discussions. But to Mary Ferguson of the Hinsdale, Illinois, Church, Sabbath School is much more than that. To her Sabbath School is a means of witnessing, of reaching out, and it is all built around her Sabbath School class which is taught by Dallas Harding.

The 30 members in Miss Ferguson's class are no different than the hundreds of others who attend the more than 25 classes at the Hinsdale Church. But unlike many classes that talk of doing something, Miss Ferguson's class does something.

A Seventh-day Adventist for about three years, Miss Ferguson is formerly from St. Louis, Missouri, where she attended the Central Seventh-day Adventist Church. "There," Miss Ferguson says, "our pastor used each of the Sabbath School classes for witnessing. They were like little churches."

So when Ernest Roberts, pastor of the Hinsdale Church, mentioned the idea of using the Sabbath School class as a basis for witnessing, Mary's ears perked up.

The next Sabbath when her class discussed the idea of organizing for witnessing, she raised her hand and told everyone how successful it had been in St. Louis. "It

David Gray is a communication intern in the Illinois Conference.

works. I know it works," she said. And so Mary was duly appointed lay activities leader for her class.

Mary immediately began to think of projects that her Sabbath School class could become involved in.

While in St. Louis, Miss Ferguson became acquainted with REACH International; a voluntary, charitable organization operated by Adventist laymen in Berrien Springs, Michigan. "REACH," says Miss Ferguson, "is dedicated to rendering effective aid to children in needy countries of the world."

Having traveled extensively throughout the world, Miss Ferguson says she had seen the tremendous needs of children in many of the poorer countries. "Something has to be done," she says. "We have the message and they must be told about Christ's love while they are young. If we don't teach them the right way of life, others will teach them a different way."

Sponsoring children in India, Pakistan, Burma and Rhwanda to attend Seventh-day Adventist schools is one of the ways in which REACH International is helping young people in those countries learn more about Jesus. It only costs about \$12 a month to sponsor one child.

After Mary explained the goals and ideals behind REACH International, her class decided to sponsor two children.

"Each member has to contribute 25 cents a week," she says.

"We have set up a fund with our church treasurer," Miss Ferguson explains. "Each month I get a check for \$24 for the two children. The check is forwarded to REACH International headquarters in Berrien Springs, and the funds are then transferred overseas."

But sponsoring children is not the only thing that this Sabbath School class does.

"I think it is just a shame the way many older people in this country are treated," says Miss Ferguson. "So we adopted one of the shut-in members of our church, Emma Barker, who is 93 years old. She is our special person."

Each week one of the Sabbath School members visits Mrs. Barker, who lives with her non-Adventist daughter. They take a plant, a card, or just visit with her.

"On Sabbath afternoon she gets dressed up and waits for us. Her family has been amazed that her church would take such an active interest in her," says Mary.

Although each of the members has to visit only about twice a year, each Sabbath she has visitors.

Another of their projects has been to help a worthy student and his wife from Africa who are studying at Andrews University. "We heard he was in need of money to pay some unexpected bills. We were able to send him something from our funds and we later learned it was the exact amount he had prayed for."

But there are other projects that Miss Ferguson is hoping to get started. "I'd like to have our class become involved in a motel/hotel literature ministry," she says.

"And of course we went Ingathering together in the particular area assigned to us in Downers Grove.

"No one in our class is an unknown," says Miss Ferguson. "When people visit in our class on Sabbath they know that we aren't just a Sabbath morning activity. We're a working Sabbath School class."

And that's the way it should be.



Natural Remedies for the Common Cold

by Rheeta Stecker, M.D.

Most of us are too familiar with the common cold. Approximately 25 million people have colds at the same time during one year.

Easily transmitted, the virus responsible becomes especially hazardous in crowded conditions; however, exposure to one of several viruses need not result in a cold.

To become ill the exposed person must be in a receptive state resulting perhaps from fatigue, poor diet or other causes.

The common cold, though usually mild, is often the forerunner of more serious infections and should be treated with respect.

Medications as outlined in the previous article entitled "Over-the-Counter Medications and the Common Cold" do not kill the viruses, but rather aim at lessening symptoms.

Since the body must fight the battle, what can be done to aid it in its fight against the invading foe?

The most effective treatment is prevention. Staying out of crowds, getting enough rest, eating the proper quantities of healthful foods, exercising often, and breathing deep in the fresh air are the best preventatives and treatments.

However, once you feel the itching nose, the tired aching and onset of sneezing, what can you do?

Be sure to wear clothing that protects you from exposure. Take a hot bath or footbath. If recognized early enough, many colds have been chased away by a hot footbath.

Fill a deep pan with water 9 to 12 inches in depth with a temperature of 100 to 110 degrees Fahrenheit. This will feel very hot but is tolerable.

Rheeta Stecker is the assistant director of the Hinsdale Family Practice Residency Program, Hinsdale Hospital, Hinsdale, Illinois.

Immerse both feet. Be sure to dress warmly and sit in a comfortable position. If you feel tired or dizzy, you can put an ice bag on your head.

As the water in the pan cools, add more hot water periodically, continuing for 10 to 20 minutes. When your whole body feels warm enough to sweat and you are relaxed, dry your feet and crawl into bed. Several glasses of water before going to bed will aid the body in its work.*

With increased circulation, white blood cells, the soldiers of the body, travel more quickly to all parts of the body.

Thus hot and cold treatments not only improve circulation, but also make additional white cells available for body use.

Exercise, especially in the fresh air, also stimulates an increased white blood cell count.

Other specific measures aimed at relieving congestion and improving circulation include the following treatments.

1. Heating compresses: For the throat, dip two strips of cotton cloth, approximately 3 inches wide and 30 inches long, in water and wring lightly. Wrap them around the neck and secure firmly. Around these damp cloths wrap a woolen or flannel cloth about 4 inches wide and 30 inches long.

Leave this compress on over night or for several hours. It will remain quite warm until the water evaporates. When removing the compress, rub the area with cool water or alcohol and dry thoroughly.

A similar but larger compress may be devised for the chest. Its effectiveness may be prolonged by using a hot-water bottle over the outer cloth.

2. Steam inhalations: Warm, moist air directed toward mucous membranes of the upper respiratory tract will often help loosen the dry

cough or stuffiness of a cold. By keeping mucous membranes moist, irritation is relieved, secretions loosened, and the discharge of mucous from throat and lungs stimulated.

Fill a teakettle with boiling water, add a medication (pine oil, eucalyptus oil, or Vicks) if desired, and place on a hot plate at the bedside.

Cover the spout with a rolled newspaper cone to direct the steam toward the nose and mouth. Keep the teakettle at a distance which allows the person to breathe the warm, moist air comfortably. A half an hour or an hour of such inhalation two or three times a day may be very helpful.

3. Hot and cold fomentations to the chest: Fill a hot-water bottle with boiling water and place it on a wet washcloth on the end of a large towel. Roll up together to form the "hot pack." Place on the chest.

Approximately every two minutes, remove the pack and rub the area briefly with a cloth dipped in ice water. Repeat this process several times during a 10- to 15-minute period.

Woolen cloths dipped in hot water, wrung out and placed on a dry towel on the chest may be used as effectively.

Do not burn your patient. Finish the treatment with a cold application.

Remember to drink plenty of water, breathe deeply, get extra sleep, eat fresh fruits and vegetables, and avoid refined foods.

While your body is fighting disease, avoid stress if possible, and most importantly, spend extra time in meditation and communion with your Creator.

**A note of caution: If a person is known to have or suspected of having any disease with poor peripheral circulation such as diabetes, Buerger's disease, arteriosclerosis or loss of sensation in the feet, he should not use such treatments without a doctor's consent.*



Ray Minner, Correspondent

RITTENHOUSE SPEAKS AT FOUNDERS DAY OBSERVANCE

Dr. Floyd Rittenhouse, former president of Andrews University, was the featured speaker for Andrews' observance of Founders Day, Sabbath, March 11.

Dr. Rittenhouse, long a prominent Seventh-day Adventist educator, was president of Andrews from 1955 to 1963. Later he served as president of Pacific Union College.

In a special ceremony connected with Founders Day, Dr. Winton Beaven, vice president for education at the Kettering Medical Center, was given the Charles Weniger Award for Excellence.

He was cited for his contributions to Seventh-day Adventist education during a distinguished career which has included terms as dean of Andrews' School of Graduate Studies and president of Columbia Union College.

The University Chorale also participated in the weekend events, performing Bach's "Passion According to St. Matthew" on Friday evening in the Pioneer Memorial Church.

A special display was featured during the weekend by the Heritage Room in the James White Library. Historical memorabilia from Battle Creek College were among the items featured.

KING'S HERALDS CONCERT

The King's Heralds Quartet of the Voice of Prophecy radiobroadcast will appear in sacred concert, Tuesday, March 21, 7:30 P.M., in the Alvin Johnson Auditorium at Andrews University.

The program will open the spring section of the Andrews Christian Youth Action (A.C.Y.A.) Sacred Music Series.

A special feature at the concert will be the Michiana premiere showing of "Forward in Faith," a film about H.M.S. Richards, founder and speaker emeritus of the Voice of Prophecy.

The film has been described by critics as one of "outstanding sensitivity" about the man who started the broadcast more than 40 years ago.

An offering will be received at the concert for the radio ministry. Arrangements have been made with the Voice of Prophecy offices to mail contribution receipts to those who donate by check.

This past fall the King's Heralds celebrated their 40th year of singing with Elder Richards on the Los Angeles-based radio program. Commemorating this milestone, Hosanna House, the publishing organization of the Voice of Prophecy, released a two-record album that includes one full disc of actual recordings sung by all 16 quartet combinations during the past 40 years. The other disc includes songs by the current quartet.

MINISTRY AT THE WORKBENCH

You may know that there are skilled jobs looking for skilled people—jobs that mean higher incomes, greater service and more satisfying personal fulfillment.

Jobs and people can meet as a result of training in the occupational education department at Andrews University. Numerous job-entry skills can be obtained in one school year, and advanced skills in a longer period of time.

Consider building-related trades such as carpentry, masonry, electricity, plumbing, refrigeration and air conditioning—and the rewards that go with them, keeping in mind the opportunities for missionary work.

Stephen Young, occupational education director, would remind you that Jesus was a carpenter before He began His public ministry. It was as a carpenter that He made contacts with His early followers, and it was as a carpenter that He was baptized. He had honor, respect and influence—weighty considerations for such an occupation, wouldn't you agree?

Add prosperity, if you like. A beginning wage of six to seven dollars an hour is not uncommon—neither is \$20,000 to \$40,000 annually for a skilled worker, nor \$100,000 for a contractor.

And what about security? Mr. Young says: "The most secure

individuals in our church and society are men who today have diversified skills and advanced education. Because of rapid changes in technology, a man may be required to redirect his efforts and use skills that even a few years ago would have seemed wholly unnecessary. Many of our people should consider additional training even though their jobs at this time may seem very secure."

Andrews student Michael McGraw studied carpentry, went to Canada to work at a camp, saw the great need for plumbers and is now back learning plumbing skills.

Other courses available in the occupational education department are agriculture, auto mechanics, aviation, clerical, computer training, cosmetology, diesel mechanics, graphic arts, painting and decorating, quantity food preparation, salesmanship, sign lettering and design, upholstery, and welding.

But no matter what skill a person might choose, he can have in his occupational education training the advantages of general-requirement courses in Christian witnessing, communication, practical mathematics, reading improvement and introduction to work and business.

The occupational education department believes in sending out people who have, in addition to the basic tools, the means of adapting to a complex society and becoming leaders in the work of the church.

You can earn while you learn. You can also take advantage of available funds, if you so desire. But the time is now. Counsel with your pastor. Call (616) 471-7771, write to Stephen Young, or come in person.

Everett Butler



GREAT LAKES ADVENTIST HEALTH SERVICES, INC.

Joel Hass, Correspondent

NEWS NOTE

• HINSDALE—Roy Wightman, vice president for health education and rehabilitation at Hinsdale Hospital and director of health services for the Illinois Conference, was honored as

alumnus of the year at the Sunday, February 5, meeting of the Loma Linda University School of Health Alumni Association at Loma Linda, California. Mr. Wightman received his master's degree in public health in 1970. He was chosen to receive the award because of his persevering efforts in health education.

B.C.S.H. ACCREDITED BY JOINT COMMISSION

BATTLE CREEK—Battle Creek Sanitarium Hospital recently became accredited by the Joint Commission of Accreditation of Hospitals (J.C.A.H.)

The sanitarium hospital is one of approximately 4,800 general hospitals throughout the country that have earned this recognition. There are approximately 7,150 hospitals in the United States.

This accreditation is the result of a two-day survey made in November 1977 at B.C.S.H. by field representatives of the J.C.A.H.

Accreditation indicates that the facility has chosen to operate according to standards set by the joint commission, and that the facility has met these standards.

Accreditation is not legally necessary for a hospital to operate, but health care facilities have sought accreditation because it represents a benchmark of excellence that is higher than governmental licensure alone.

Vernon Small, president of Battle Creek Sanitarium Hospital, stated, "During this past year a very large percentage of hospitals in the United States failed to attain two-year accreditation; therefore, credit should be given to the physicians and hospital staff for making this very special recognition of the quality of our hospital programs possible."

Diane Nudd
Communication Coordinator

Illinois Conference



David Gray, Correspondent

WAUKEGAN SPONSORS FIVE-DAY PLAN

On February 23 the Waukegan Church completed a Five-Day Plan to Stop Smoking directed by Elder Dan

Schiffbauer and Dr. Archie Estey. Of the 35 people who attended 19 quit smoking and the others reduced their smoking.

Several people expressed their appreciation to the pastor for the spiritual emphasis in the program, and felt they couldn't have quit without the help of divine power.

Joyce Lohr
Communication Secretary

COOKING SCHOOL RESULTS IN RADIO INTERVIEW

As a result of a vegetarian cooking school held at the North Shore Church in Chicago, Pastor Stanley Cottrell, Liz Tugman and June Jacobson were guests on radio station WAIT's "Jim Beedle Show" on February 10.

During the two-hour talk show vegetarianism and its benefits were discussed. Many people called in with comments and asked questions about other Adventist beliefs, as well as vegetarianism.

Most of the callers spoke highly of the Adventist health message and its hospitals throughout the world.

The cooking school was attended by 30 people. Response to the school was generated by four announcements which appeared in Chicago papers, as well as a lengthy feature article in the Skokie Times.

Through the use of these media thousands of people have been able to learn more about what Seventh-day Adventists teach and believe.

Kae Jaworski
Communication Secretary

ALUMNI WEEKEND PLANNED AT BROADVIEW

The annual Broadview Academy Alumni Weekend is scheduled for April 7 and 8 on the academy campus in La Fox.

Featured speaker for the weekend will be William Fitch, former pastor and Bible teacher. Elder Fitch is presently teaching Bible at Platte Valley Academy in Shelton, Nebraska. He will present the vesper program on Friday evening at 7:30, and will also be the speaker during the worship hour on Sabbath, April 8.

Other activities will include the Sabbath School program by alumni, a sacred concert by the Eternity Singers on Sabbath at 3:30 P.M., the student amateur hour on Saturday at 8 P.M.,

and an alumni versus academy students basketball game at 10 P.M.

A potluck dinner will be held at noon on Sabbath. The committee has planned a light supper to be served in the cafeteria on Saturday evening at 6:15, followed by a business meeting.

It is hoped that all former students and interested friends will plan to come to Broadview for this special weekend.

If you are unable to attend, a letter or greeting would be appreciated. These will be read and posted for everyone to see. Write to the Alumni Association, Broadview Academy, Box 7, La Fox, IL 60147.

David Zima
Broadview Academy

METROPOLITAN CHOIR TO PERFORM

The Metropolitan Choir, comprised of 30 members from various Chicagoland churches, will sing at the following locations during their coming spring concert tour.

| | |
|-------------------|--------------|
| April 1, 11 A.M. | Waukegan |
| April 1, 5 P.M. | North Shore |
| April 22, 11 A.M. | West Central |
| April 22, 5 P.M. | Joliet |
| May 6, 11 A.M. | DeKalb |
| May 6, 5 P.M. | Rockford |
| May 20, 11 A.M. | Freeport |
| May 20, 4:30 P.M. | Madison |

According to the director, John Perlick, who has sung with the choir since its inception in 1964, the singers are under the auspices of the Illinois M.V. Society.

This past year the choir sang in Orchestra Hall in Chicago, and in all the Lake Union states. Their current theme is "Consider the Lilies."

Since the choir is a nonprofit organization, freewill offerings are taken during the performances. Members pay for their own transportation, purchase their own tuxedos and make their own gowns.

MORE SOUP LABELS, PLEASE

Response to the February 21 article in the Lake Union Herald concerning the need for Campbell soup labels at the Quincy Church School has been tremendous, according to Dianna Wachenheim, teacher.

As of March 9 they had received 3,694 labels!

Mrs. Wachenheim wants to thank

everyone for sending labels, and states that the deadline for receiving them has been extended to March 25. They still need 1,916 labels for a total of 5,610.

The labels from either Campbell soups or Franco-American products will be used for some much-needed tumbling mats for the school.

Send your labels to Mrs. Richard Wachenheim, Quincy S.D.A. School, 2815 Oak Street, Quincy, IL 62301.

March 25 is the new deadline. Hurry, it's still not too late.

*Melvin Rosen, Superintendent
Education Department*

FEDERATION MEETINGS PLANNED

Don't forget to attend the nearest Dorcas Federation meeting in your area.

Elder Don Christman of the General Conference lay activities department will be the guest speaker for each of the meetings.

Bring a covered dish for the potluck lunch, and your experiences and ideas for a discussion period.

The meetings will be held in the following locations at 10 A.M.

| | |
|---------|---|
| April 2 | West Central Church 1154 Wisconsin Avenue Oak Park |
| April 3 | Stewardson Church Spruce Street |
| April 4 | Collinsville Church 10 Chapel Court |
| April 5 | Carthage Church 825 Buchanan |
| April 6 | Rock Falls Church 501 West Second Street <i>Robert Ammons, Director Lay Activities Department</i> |

Indiana Conference



Cliff Hoffman, Correspondent

BEHIND-THE-SCENES REPORT OF FORT WAYNE 5-DAY PLAN

Almost 120 people literally jammed the Allen County Cancer Society to witness the graduation at the January Five-Day Plan to Stop Smoking conducted by a team from the Fort Wayne First Church.

"Some people had to stand throughout the final session," stated



From left, Roy Ursin, program coordinator; Pastor Michael Petricko, program director, and Belva Green, executive director of the Allen County Cancer Society, all work together to make the Five-Day Plan a success in the Fort Wayne area.

Roy Ursin, program coordinator, "there were no seats left. The crowd's enthusiasm was contagious."

Only three or four of those who completed the program failed to stop smoking, program officials said. "We noticed they were the ones who had reported that they did not follow the plan," commented a society official.

For several years the First Church at Fort Wayne has had a close working relationship with the Allen County Cancer Society. The society handles most of the promotion and advertising for the Five-Day Plan, as well as taking telephone pre-registrations.

"Our job is primarily to conduct the plan," stated Pastor Michael Petricko, director. "They arrange for television and radio appearances for us and send stories to area newspapers. It's an excellent working relationship."

An enthusiastic core of volunteers, both from the church and the community, help in the program. Nonmembers who have quit smoking in former programs are the most enthusiastic about coming to help.

"Their glowing testimonies praising the Five-Day Plan and the church that conducts it help set the tone for the newcomers," explained Mr. Ursin.

Don Morgan, a graduate of the October 1976 plan rarely misses a program. The son of a Baptist minister, Mr. Morgan heartily participates in every part of the program including the private season of prayer that precedes each night's session.

Program physician Dr. John Thomas and Belva Green, Allen County Cancer Society executive director, have come to recognize that the secret of success

is dependence on God, and gladly join in the season of prayer before and after each session.

"More and more of those who come are people who have had the Five-Day Plan recommended by former graduates," states Alice Weaver who helps with registration. "They've been doing the advertising for us."

Clergymen of various denominations who have quit smoking are sending their parishioners and are recommending the plan to their fellow ministers.

"Every session includes some clergymen, and the last one included the smoking wife of a Lutheran minister who did not smoke. "He accompanied his wife to the graduation on the final night," said Mrs. Weaver, "his appreciation was most apparent."

Participants represent a variety of occupations ranging from bar owners to attorneys and clergymen. "Some people travel as much as 60 miles round trip to attend," said Miss Green.

"We charge a registration fee of \$6 per person or \$11 per couple at the same address," explained Mr. Ursin, "and people are more than happy to pay. They know the plan works."

The fee includes a one-year subscription to Smoke Signals, an anti-smoking leaflet published by the General Conference.

Other team members from the church are Mr. and Mrs. Bob Jackson, Lynn Ursin and Ella Petricko.

*Betty Jackson
Communication Secretary*



Larry Humbarger, left, and Ray Brooks, right, hold the sign designed and made by Larry.

GLENDALE HOLDS 5-DAY PLAN

The members of the Glendale Church have wholeheartedly supported the Five-Day Plan to Stop Smoking in their community.

Larry Humbarger designed a stop-smoking sign for the church. Since his baptism at Christmastime a year ago, he has contributed both his artistic and musical talents.

Ray Brooks is the lay activities director of the Glendale Church and principal of Indianapolis Junior Academy. He and the ninth-grade Bible class used Larry's sign in the Five-Day Plan to Stop Smoking booth at the Glendale Shopping Mall prior to the last Five-Day Plan.

Invitations and information were distributed to the shoppers.

Dr. Melvin Lund, director of the Five-Day Plan, has scheduled the next plan for March 19 to 23. Dr. Lund and several other people who assist with the program have decided to conduct four complete Five-Day Plans each year.

During one of the programs last year personnel from Channel 6 filmed part of the program and featured it on their news broadcast.

Bonnie Planck
Communication Secretary

Lake Region Conference



Fred Williams, Correspondent



STEWARDSHIP MEETINGS AT GARY-MIZPAH

Stewardship meetings were held for one week at the Gary-Mizpah Church by Samuel Flagg, stewardship secretary for the Lake Region Conference. Nightly Elder Flagg pointed out how God has given definite instructions in stewardship. There are blessings for all who support God's work through faith. Teams were formed to prayerfully encourage the church members to consider God's program in every phase.

FOOD ADDITIVES DISCUSSED AT HOME AND SCHOOL MEETING

The subject of food additives and hyperactive children was the topic for discussion at the recent Milwaukee Sharon Church Home and School Association meeting.

Food additives such as preservatives, artificial food coloring and artificial flavoring have an adverse effect on hyperactive children and adults.

Elnora White, who has done extensive work with children, presented the lecture and demonstration. She expressed the need for Seventh-day Adventists to be concerned about these additives in relation to our children's personalities.

A question-and-answer period followed. Mrs. White had a large display of foods that do not contain additives.

Regina Sellers
Communication Secretary

MIZPAH SCHOOL RECEIVES DONATIONS

Annually the Mizpah Home and School Association in Gary, Indiana, presents the Candlelight and Silver family dinner as a fund-raising project for the school.

On December 31, Susie Shootes, leader, presented a \$1,000 check to Sandra Turner, school board chairman, which represented the proceeds from last fall's project.

On January 23, 1978, the Mizpah School received a check for \$1,168.96 from the Sabbath School department. Genral Pope and Sarah Small made the presentation. The Sabbath School has doubled its Investment each year to support the school for its boys and girls.

Christine Kennedy
Communication Secretary

YOUTH AWARDED FOR OUTSTANDING LEADERSHIP

The Shiloh M.V. department appreciates the cooperative and dedicated spirit of everyone who helps to make the Sabbath afternoon meeting a blessing. Its primary aim is not to entertain but to train our youth to be leaders today and tomorrow.

To encourage our youth in leadership roles and to let them know they are loved and appreciated, the youth council has formulated the plan

of selecting one or two people each month who have shown outstanding leadership qualities for that particular month.

Philip Smith was selected for January, and Lavonne Fouche and Sonia Stuart were selected for February. Each of them received a trophy engraved with his name. Philip and Lavonne are seniors at Shiloh Academy, and Sonia attends Jones Commercial Business School in Chicago.

George Wells and Johnnie Mae Vappi, assistant M.V. leaders, were commended for their behind-the-scenes planning of the youth meetings. Patricia Tucker and Michael Bolden are co-leaders of the M.V. society.

Birdie Williams
Communication Secretary

Michigan Conference



E. N. Wendth, Correspondent

NEWS NOTES

- Children in church schools throughout the conference have been busy making temperance posters for the Annual Better Living Poster Contest. Local winners' posters will be sent to the conference office by March 31 for final judging.

- At least two churches have already begun preparations for participation in local fairs this year. Early this month Ernest Wendth, conference communication director, presented a program on facts for fairs to committees at Edmore and Midland.

- The Fremont Church board voted to install a 750-gallon baptistry in their church. Members were asked to pledge \$2.25 per gallon to make the \$1,600 tank possible. The arrival of the baptistry is currently scheduled for the middle of April.

- District One, which includes all of the churches in the Upper Peninsula except Newberry and Sault Ste. Marie, is planning a special weekend camp-out at Camp Sagola for May 19 to 21. Lester Rilea, conference youth director, is scheduled to be the guest speaker.

• More than a ton and a half of potatoes was given to the Ironwood Church to distribute to people in unfortunate circumstances. The potatoes were donated by a local businessman who has previously supplied potatoes for Christmas baskets. An average of 70 pounds of potatoes were given to 45 families.

• Norman Yeager, pastor of the Frost and Howard City churches, is the guest speaker for evangelistic meetings during March in the Riverdale Church. Dean Burns is the pastor of the church.

• The ninth- and tenth-grade students of Grand Rapids Junior Academy enjoyed a Bible camp at Au Sable recently. Pastor Don Williams Jr. of Mount Pleasant was their guest speaker.

• Winter's heavy snows gave "construction experience" to the third through sixth grade classes at the Cedar Lake Church School. They made snow houses from blocks of snow whose walls reached over their heads. They also had crawl-through openings from room to room. The safety of the students was considered, and only walls were allowed to be built. "Blue skies" served as the roof for the snow houses.

• At a recent stop-smoking clinic at Escanaba, Dr. Eugene Hildebrand of Munising had the pleasure of pinning an "I Quit" pin on a woman who told him that she was happy because it was the first day she hadn't smoked in 53 years. Several of the church members are keeping in touch with those who attended the Five-Day Plan to give them continued encouragement and help. Several people have indicated a willingness for informal Bible discussions.

SPECIAL SEMINAR AT MT. PLEASANT

A three-hour seminar for church members whose husbands or wives are not Adventists is scheduled to be held in the Mt. Pleasant Church, March 25, at 2:30 P.M.

Directing the afternoon session will be Norman Kinney, superintendent of District Five and the pastor of the Cedar Lake Church, and Lawrence Yeagley, chaplain of the Battle Creek Sanitarium Hospital.

The basic discussion will be based on Bible and Spirit of Prophecy counsel.

The last hour will be set aside for open discussion.

The Mt. Pleasant Church is located at 623 South Fancher Street, and Pastor Don Williams Jr. cordially invites anyone who could benefit from this meeting to attend.



WITNESSING PROGRAM AT IRONWOOD

A few members of the Benton Harbor Church, including the pastor, Raymond Holmes, and a group of students from Andrews University's Theological Seminary presented a well-received program at the Ironwood Church on February 18. Elder Holmes was a Lutheran minister in nearby Wakefield when he first came in contact with Adventists. An afternoon program in witnessing was conducted by Dan Smith, above. Another seminarian, Dennis Wallstrom, presented a vesper program. The visitors also presented special music and conducted other features of the Sabbath services.



100TH BIRTHDAY CELEBRATED

Pastor Kenneth Lee of the East Detroit Church brings birthday wishes to his oldest member, Thekle Balisch, on her 100th birthday. Mrs. Lee, left, and Mrs. Balisch's daughter, right, look on. Members of the East Detroit Church joined with Mrs. Balisch in celebrating her birthday at a nursing home in Warren where she resides. She came to this country from Austria in 1908 and joined the East Detroit Church many years ago when it was the German Church.



Elverdie Clark



Jessie Avery

ACTIVE SENIOR CITIZENS OF THE SPARTA CHURCH

Two senior citizens who are faithful members of the Sparta Church have a deep interest in the welfare of its members.

Although Elverdie Clark is looking forward to celebrating her 100th birthday this November, she doesn't let cold weather prevent her from faithfully attending church.

Jessie Avery, who also attends regularly, is 10 years younger. In 1977 with some help from her sister, Nancy Phillips, also a member of the Sparta Church, Mrs. Avery made more than 70 quilts.

Every Wednesday when the roads are clear Mrs. Avery makes the 20-mile round trip to work at the community services center. Twice a week she visits residents of area nursing homes.

MUSICIANS GUILD TO MEET IN GRAND RAPIDS

The annual choral festival, sponsored by the Michigan Chapter of the Adventist Church Musicians Guild, will be held at Grand Rapids this year on Sabbath, April 8. Singers and members of all church choirs are invited to participate.

The earlier reported program at Troy has been cancelled, according to a report from Norman Roy of Berrien Springs, the coordinator of the festival.

The Grand Rapids Central Church will be the place for the Sabbath morning program with the rehearsal beginning at 9 A.M.

A potluck dinner will be provided by the members of the church. Rehearsal for the 5 P.M. sacred program will be at 2 o'clock in the Mayflower Congregational Church, 2345 Robinson Road, S.E., Grand Rapids.

Carolyn Bisel, a member of the music department staff of Andrews

University and a well-known vocalist and musician, will conduct the festival choirs. Information on the music to be used can be obtained by contacting Norman Roy at 3322 Ridgewood Trail, Berrien Springs, MI 49103.

Wisconsin Conference



Len McMillan, Correspondent

LAYMEN'S TRAINING WORKSHOP

Laymen from all over the conference will attend the Laymen's Training Workshop at Wisconsin Academy on the weekend of March 24 to 26.

Registration will be from 4 to 6 P.M. on Friday. Supper will be at 6 P.M., and the evening program begins at 7 o'clock.

Perry Pederson, associate director of the General Conference lay activities department, will be the special guest for the weekend. Other participants will include Robert Dale, conference president; Lee Grady, conference evangelist, and other members of the conference staff.

The workshop will be part of a continuing program of in-service training and preparation for laymen for the finishing of God's work in Wisconsin.

Several hundred laymen have enlisted in the service of the King to devote their time and talent to take the Gospel to the residents of this state.

Unusual opportunities are opening on every side for the giving of the message. Our pastoral staff has been competely swamped with inquiries from interested people.

It is impossible for one man in a district to attend to all the multitudinous tasks demanded by the churches and still follow up on all the interested people.

"The work of God in this earth can never be finished until the men and women comprising our church membership rally to the work, and *unite their efforts with those of ministers and church officers. . .*"—*Gospel Workers*, p. 352. (Italics supplied.)

The cost of attending this workshop is just \$13. Churches are sending

delegates and paying their fees from lay activity funds. Many people are also attending on their own. The names of everyone who plans to attend should be sent to the conference lay activities department by March 20.

'NOT BY MIGHT, . . . BUT BY MY SPIRIT'

The words spoken to Zechariah by the angel of the Lord long ago were never so real and full of meaning as they are today. The Appleton, Wisconsin, Church believes this to be true.

A new day has dawned for Adventism—people are delighted to invite us into their homes, and praise the telecast that we represent. There are masses of people in this country who are convinced that "man cannot live by bread alone."

The miracle began in South Bend, Indiana, about a year ago when a laymen's training program was conducted there. The program involved training laymen to take a Bible study program into homes of interested people. The studies were prepared by Don Gray, Lake Union ministerial secretary.

Former Adventists and people who had written to *It Is Written*, the Voice of Prophecy and Faith for Today were contacted. It became evident that the *It Is Written* contacts were very receptive to our Bible study program—about 80 percent of them began studies.

The same type of Bible training program was initiated in three churches in the Wisconsin Conference.

The training program has been called the *It Is Written* Training Seminar. The training principles are put into practice, and then people who take Bible studies are invited to attend a special *It Is Written* Bible Answers Seminar.

This seminar has a classroom format. There are 13 meetings with a card for student feedback to be completed after each session. On this card the student registers his decision of belief and acceptance of the subject presented.

A miracle has happened in Appleton. To date 61 Bible studies are being conducted! Almost all of these are the result of names submitted by the *It Is Written* telecast.

Where appointments have been

made with these people, Bible studies have resulted. Right now our average is 100 percent because in some homes studies are begun with other members of the family as well as with the person who requested the initial visit.

There are 100 members in the Appleton Church—about 30 have finished the training program. The Spirit of God is being poured out upon the Appleton area. The joyful part comes when we visit homes and the people say, "Yes, we want to take Bible studies."

This is the day that has been long awaited and prayed for—envison the Adventist Church across America having this experience!

Wisconsin laymen were recently invited to attend a laymen's rally. The laymen initiated a call for a mass training session. Planning was immediately begun to hold such a seminar.

The seminar will be conducted at Wisconsin Academy, March 24 to 26. The fee will be \$13 for room and board for the entire seminar. If you would like more information, please write to the lay activities department of the Wisconsin Conference.

"But ye shall receive power, after that the Holy Ghost is come upon you: and ye shall be witnesses unto me . . ." Acts 1:8.

"Not by might, nor by power, but by my spirit, saith the Lord of hosts." Zachariah 4:6.

W. Lee Grady, Evangelist
Wisconsin Conference

PASTOR SPEAKS TO CONFIRMATION CLASS

Don Roth, Rhinelander district pastor, and Carol Smith, Rhinelander United Methodist pastor, became acquainted through the Rhinelander Ministerial Association.

Pastor Smith learned that the Rhinelander Church was formerly the Methodist Church, and later requested Pastor Roth to address the Methodist confirmation class.

The confirmation class visited their former church. Elder Roth spoke to the group on the theme of righteousness by faith.

At the request of Pastor Smith, Elder Roth also explained the Adventist view on healthful living, adult baptism and the Seventh-day Sabbath.



The Silver Lake Campground at Portage, Wisconsin.

PORTAGE CAMPGROUNDS TO BE SOLD

At a historic Wisconsin Conference Constituency Meeting held at Wisconsin Academy on March 5, the members of the Wisconsin Conference voted to sell the venerable old campgrounds located at Portage, Wisconsin, and seek a larger and more favorable site elsewhere.

The reason behind this move stems from an inspection by the state health authorities last fall. They found several aspects of the plumbing system that did not meet code requirements so they closed the camp until these requirements were met.

A study of the situation by the conference development committee revealed that the cost of necessary repairs would be very high. Also the camp was already overcrowded and there was little hope for expansion. So extensive feasibility studies were made and the reports sent to a lay advisory board and ultimately to the specially called constituency meeting where the final decision was made.

Seventy-one churches were represented by 314 delegates to the meeting. Hours were spent dealing with questions and comments by the delegates.

Financial matters were discussed and alternative plans were explored before the final vote was taken. Everyone who wished to speak was given the opportunity to do so.

When the final vote was taken the response was almost unanimous—there were only six or seven negative votes.

Silver Lake Camp at Portage has been the scene of camp meeting since 1927. Thousands of members of the Wisconsin Conference as well as many from neighboring states have enjoyed

camp meeting here. Hundreds of people have been baptized in Silver Lake, and hundreds of decisions for Christ have been made during meetings held for all age levels through the years.

The grounds at Portage are a special place to several generations of Adventists in Wisconsin, and much emotion was expressed when the decision was made to sell.

Fortunately the worship of God with its attendant blessings is not confined to a geographical location. God's blessings will be with His people wherever they meet with Him.

The constituents gave the conference administration authority to do feasibility studies on alternative sites where camp meetings and other church activities could be held.

POWER OF CHOICE EMPHASIZED IN 5-DAY PLAN

"I choose not to smoke."

Forty-eight people said that Sunday night, February 12. More than half of them indicated that they had given up smoking completely by the fourth night of the program; the remaining group had significantly reduced their smoking.

The Five-Day Plan to Stop Smoking was conducted jointly by the Prairie Du Chien Seventh-day Adventist Church and the Memorial Hospital auxiliary as a community service.

How did the people who attended the Five-Day Plan feel about it? A participant who has smoked for 25 years said: "Twenty-five years is a long time to be conditioning your body—I

have a lot of behavioral responses to deal with, but this Five-Day Plan really makes a lot of sense to me. It's a concentrated, comprehensive attack on every avenue of addiction. The program is well done—but when all is said and done, it's still you against that cigarette."

Another person who has smoked for 30 years said: "This is the best program of its kind that I've ever seen. I like the positive concept of 'I choose not to smoke.'" This man said he figured out that during the past four years—at roughly two packs a day—he had spent \$2,500 on cigarettes.

There are no reprimands, only positive reinforcement in the Five-Day Plan.

*Richard Haas
Five-Day Plan Coordinator*

HOLY SPIRIT IS SUBJECT OF WEEKEND SEMINAR

A seminar to stimulate in-depth study of the Holy Spirit was held at the Green Bay Church, February 24 and 25.

Dr. Roy Graham, professor at Andrews University's Theological Seminary, conducted the seminar. Dr. Graham, former president of Newbold College in Britain, had visited many European countries and became concerned about the finishing of God's work in difficult places.

This led to his in-depth study of the person and work of the Holy Spirit, and how we might prepare for the outpouring of God's power in the life and work of each member in our churches today.

Many questions were answered regarding the manifestations of the Spirit in today's world.

The Green Bay Church is planning many future seminars with the emphasis of deeper Bible study and more serious personal involvement with Christ in His Word and in His service.

The aim of the Green Bay Church members is to make their church life and religion more central in their personal lives.

*Larry Roth
Pastor*

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Voice of Prophecy

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Putting Good Taste Into Good Nutrition.

Announcements

LAKE UNION

THERE WILL BE NO HERALD PUBLISHED next week. The next Herald will be dated April 4.

LAKE UNION SINGLES—The International Philodra Club is having a retreat at Camp Au Sable, Grayling, Michigan, March 24 to 26, 1978. Featured speaker will be Elder Clyde Evans. Cost for the weekend is \$30 for members and \$35 for nonmembers. If reservations and full payment are received by March 20, you will receive a 10-percent refund upon arrival at the camp. Supervised children 11 and under pay half price. Send reservations to AU SABLE, Clyde Evans, P.O. Box 4272, Takoma Park, MD 20012. For more information in Indiana call Mildred Wagner, (317) 359-1825 or 844-6201. In Michigan contact Carol Ferris (616) 473-1023, or Jess Conlin (616) 534-1525.

ANDREWS UNIVERSITY

GYMNASTICS PERFORMANCE previously scheduled for April 1 and 2 has been rescheduled for April 22 and 23, in Johnson Auditorium, Andrews University.

ILLINOIS

MARY HOBBS AND BUD CALVERT will present "This is the time I must sing," Chicagoland's greatest musical package and sacred sing-along, Sabbath, April 8, 3 P.M., at the Hinsdale Church, 201 N. Oak St., Hinsdale. A two-hour program, the format will change every 15 minutes. Come when you can. There will be a special youth section.

MICHIGAN

MICHIGAN CONFERENCE ASSOCIATION OF SEVENTH-DAY ADVENTISTS ANNUAL BUSINESS MEETING—Notice is hereby given that the 1978 Annual Business Meeting of the Michigan Conference Association of Seventh-day Adventists will be held in the Grand Ledge Academy Gymnasium at Grand Ledge, Michigan, April 16, 1978, at 10 A.M., for the purpose of transacting whatever business may properly come before the delegation, including possible changes of the constitution and by-laws. The delegates of the churches in attendance at the Michigan Conference Annual Business Meeting called to meet on the same morning and at the same place shall serve as the delegates of the Michigan Conference Association of Seventh-day Adventists.

*Charles Keymer, President
Wyman Wager, Secretary*

MICHIGAN CONFERENCE ANNUAL CONSTITUENCY BUSINESS MEETING—Notice is hereby given that the 1978 Michigan Conference Annual Constituency Business Meeting will convene in the Grand Ledge Academy Gymnasium at Grand Ledge, Michigan, April 16, at 10 A.M., for the purpose of transacting whatever business may properly come before the delegation, including possible changes of the constitution and bylaws. Provision for this meeting, which was voted

at the conference session held at Cedar Lake, Michigan, April 15, 1971, reads: "The Executive Committee shall call a special Business Meeting annually (except the year of the Triennial Session)." Each church is entitled to one delegate for its organization and one additional delegate for each 100 members or extended major fraction thereof as of December 31, 1977.

*Charles Keymer, President
James Hayward, Secretary*

WISCONSIN

WILDERNESS ADVENTURE '78—Enjoy backpacking, mountaineering, wilderness living, August 10 to 20. For ages 16 and up. You will gain the practical experience required to earn the Wilderness Master Award. For information write to the Youth Department, Wisconsin Conference, Box 7310, Madison, WI 53707.

WISCONSIN ADVENTIST BOOK CENTER will have a special sale beginning at 12 noon, Sunday, March 26, and continuing through Thursday, March 30. The ABC will be closed for inventory Friday, March 31, and Sunday, April 2. Books, Bibles and records will be at special camp meeting prices, and certain foods will be featured at special prices.

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.

FLOAT IDAHO WILDERNESS WHITE WATER: Salmon Middlefork River of No Return, Hell's Canyon. Individual, group or family. Experienced licensed Adventist outfitter. Sabbath camps, vegetarian food, kayaks, jet boating. Drury Family, Box 248, Troy, ID 83871, or phone (208) 835-2126. —33-16

REAL ESTATE SERVICE: Hinsdale, Downers Grove, Naperville. If you are thinking of buying or selling a home in this area, call Chuck Dillon, associate realtor with Red Carpet, Castlewood Homes, Downers Grove, Ill. Phone: (312) 963-2000; home, 969-1291. Member of three local multiple listing services. —57-14

PORTLAND ADVENTIST MEDICAL CENTER has openings for the following occupations: nurses, secretaries, medical transcriptionists and other opportunities. If interested, please call collect (503) 257-2550, or write Personnel Department, 10123 S.E. Market, Portland, OR 97216. —64-16

ATTENTION CHURCH PASTORS: Custom church bulletins now available for your church at attractive prices. Information furnished upon request. Tecumseh Printers, Inc., 109 E. Logan St., Tecumseh, MI 49286. —68-12

SAY "GOODBYE WINTER AND HELLO SUNSHINE." Texas sunshine! Consider Big Spring, Tex. Mild weather, no city tax. No state tax. No snow shovels. No winter

clothing. Housing and rent inexpensive. Pilot Training Center of the Air Force has closed. Tremendous opportunity for church participation. Write: Sue Lee, 2604 Apace, Big Spring, TX 79720. Or phone (915) 263-8188. —69-12

JOB OPENINGS in all major areas of health care and ancillary services in a new, 160-bed, skilled nursing, physical rehabilitation and geriatric psychiatry unit near Providence, R.I. For details call Mr. Shampo or Mr. Paden collect: (617) 761-8500. —78-12

COMPUTER OPERATOR/PROGRAMMER position for individual with previous keypunch, mini computer, or secretarial skills interested in training and advancement in data-processing field. Previous exposure to I.B.M. System 32 or 34 helpful. Call Mr. Paden collect at (617) 761-8500. Fuller Memorial Hospital, South Attleboro, MA 02703. —79-12

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. —83-14

WANTED: Experienced mason. Full time, nonunion. Local church school. Sheboygan, Wis., area. Call collect: (414) 528-8408. Steve Zmaj, Waldo, WI 53093. —85-13

A LOVELY 3-bedroom, brick and cedar ranch, 1½ miles from Andrews. A beautiful 4-year-old, 4-bedroom, split-level located in the country 5 miles from the university for \$44,500. These and many other excellent homes are available from WANGARD REAL ESTATE, Multiple Listing Service in Berrien Springs, Mich. —87-12

REPRESENTATIVES WANTED who can present the National Geographic Pamphlet Service to professional librarians and educators. Good commissions for part-time work outside of Southwestern Michigan. No relocation. Dependable transportation required. If interested, contact Mr. Jack Wollens, General Manager, Berrien Bindery, Berrien Springs, MI 49104, phone (616) 471-3344. —88-12

QUIET, COUNTRY, ADULT MOBILE PARK LIVING—Small lake, wooded picnic area, garden spots available. This new mobile-home park is Seventh-day Adventist owned and operated. For information contact: Elder V. O. Schneider, P.O. Box 32098, Oklahoma City, OK 73132. —89-12

14 GOLDEN DAYS IN HAWAII. Enjoy the carefree enchantment of these paradise islands with an island-born guide. S.D.A. deluxe tour with rare, authentic Polynesian flavor. Sabbath: church, potluck, and visit with members! Limited to 40; June 28 to July 11. Write to Stanley Vera Cruz, 3520 N.W. 143rd St., Gainesville, FL 32601. —90-14

ASSISTANT DIRECTOR OF NURSES: Challenging position in an accredited 400-bed hospital for an enthusiastic, hard-working humanitarian R.N. with previous supervisory experience. Bachelor's degree preferred but not necessary. Salary open. Excellent fringe benefits. Send resume to: Hialeah Hospital, 651 E. 25th St., Hialeah, FL 33013, or call Helen Kunz, (305) 835-4737. —91-12

FOR SALE: Northwest Arkansas credit-bureau business, 45,000 names, all equipment, member of A.C.B. and C.B.R., \$40,000. Terms available. Contact Dick Carlson, Gray Agency, Inc., Real Estate, Box 676, Gentry, AR 72734, phone (501) 736-2204, or 736-8774. —92-12

RELIGIOUS TOURS—Specializing in Holy

Land Tours. December 1978. W. D. Regester, M.D., 970 W. El Camino Real, Sunnyvale, CA 94087. —93-27

WANTED: Person to live in and take care of middle-aged woman. Must be able to cook well and do light housekeeping. Near Broadview Academy, La Fox, Ill. Phone (312) 584-0802, or write to Bertha Green, 6 N 976 Verhaeghe Rd., St. Charles, IL 60174. —94-12

BUYING-SELLING-RELOCATING? Let us help you anywhere in Illinois from our offices in Elgin and Dundee. 23 years experience. In association with Paul Miller Real Estate, Stewart Elliott, REALTOR ASSOCIATE, residence phone, all hours, (312) 697-4200. —95-14

DARK AREA EVANGELISM—The Texas Conference is recruiting self-supporting missionaries to enter 40 dark areas to help build up new churches. We will help you locate. Be active in finishing God's work. For more information call or write: Texas Conference of Seventh-day Adventists, 2838 Hemphill St., Forth Worth, TX 76110, Phone (817) 921-6181. —96-12

SHAWNEE MISSION MEDICAL CENTER needs chief occupational therapist, certified speech pathologist, special procedures technologist, radiologic technologist, painter, master chef, entree cook, patient-business secretary. Call Frank Diehl or Daryl Gohl (913) 676-2255, P.O. Box 2923, Shawnee Mission, KS 66201. —97-14

IF YOU ARE LOOKING for a home in the immediate Berrien Springs area, call LIVING REALTY. We have just what you are looking for. LIVING REALTY, 1314 St. Joseph Road, Berrien Springs, MI 49103, phone (616) 473-1234. —98-12

ERHARD FURNITURE—FINEST COMPLETE HOME FURNISHINGS at fantastic savings. Sofas, chairs, dining room and bedroom suites, bunkbeds and bedding. NOW CARPET. 2300 U.S. 31 North, 1 mile north of Andrews University, Berrien Springs, Mich. Open Sunday through Friday. HERE TO SERVE YOU. Phone: (616) 471-2202. —99-15

APARTMENT FOR RENT at Cedar Lake, 1/2 mile to church, 1 block to store and post office. Fronts M-46 on the lake. Completely furnished. All utilities furnished, lawn service and snow removal, garden spot. Attached to owners home by breezeway. Ideal for retired woman or man who needs someone near yet is independent. \$140 per month. Phone: (517) 427-5311. —100-12

Mileposts

WEDDINGS:

Judy Ashdon and John Nay were married January 15, 1978, in the Berrien Springs, Michigan, Church. Dr. Daniel Augsburg performed the ceremony.

Judy is the daughter of Mr. and Mrs. Russell Ashdon of Berrien Springs, and John is the son of Mr. and Mrs. Jack Nay of Murfreesboro, Tennessee.

The couple are graduates of Andrews University and are living in Washington, D.C., until May when they will go to Taiwan. Jack is studying at the School of Foreign Service in preparation for their move to Taiwan.

Cynthia Blinci and Timothy L. Freeman were married February 12, 1978, in the Detroit, Michigan, Metropolitan Church. Pastor Thomas Blincoe performed the ceremony.

Cynthia is the daughter of Mr. and Mrs. John Blinci of Farmington Hills, Michigan,

and Timothy is the son of Mr. and Mrs. Lowell Freeman of Ortonville, Michigan.

The couple are making their home in Farmington Hills. Cynthia is an interior decorator for Gorman Galleries in Southfield, Michigan, and Timothy is an electrician for Freeman Electric Company.

Hattie Mary Bohr and Norberto Arturo Leiss were married February 19, 1978, in the North Shore Church in Chicago, Illinois. Elder Stanley Cottrell performed the ceremony.

Hattie is the daughter of Elder and Mrs. Harold Bohr, of River Plate College, Entre Rios, Argentina, and Norberto is the son of Andres and Lilia Leiss of Entre Rios.

The couple will be living in Chicago, where Hattie will be working and attending school, and Norberto will be employed. They plan to return to Argentina in two years.

Charlotte Pearl Gagnon and Jack Conrad Torkelson were married March 5, 1978, in Ludington, Michigan. Pastor Leonard D. Andrews performed the ceremony.

Charlotte is the daughter of Mr. and Mrs. Alvin Gagnon of Atlantic Mine, Michigan, and Jack is the son of Mr. and Mrs. Oscar Torkelson of Woodridge, Illinois.

The couple are making their home in Madison, Tennessee, where Charlotte will take graduate studies in nursing and Jack is an x-ray technician and science teacher.

OBITUARIES:

CLEMMENS, Lena, born March 22, 1892, in Alymer, Canada, died Feb. 18, 1978, in St. Charles, Mich. She was a member of the St. Charles Church.

Survivors include her husband, Francis; a son, Richard Lutz of Greenville, Mich.; 4 grandchildren; 9 great-grandchildren, and a great-great-grandchild.

Services were conducted by Pastor Henry Musgrave, and interment was in Alma, Mich.

EWALD, Fredrick, born April 8, 1896, in Detroit, Mich., died March 21, 1977, in Chelsea, Mich. He was a member of the Ann Arbor, Mich., Church.

Survivors include a daughter, Mrs. Gene Van Orman of Jensen Beach, Fla.; 3 sons, Daniel and Vernon of Chelsea, and Roland of Grand Ledge, Mich.; 3 stepchildren, Rheeta Stecker of Hinsdale, Ill., Barbara Wilson of Blantyre, Malawi, Africa, and Patrick Kelly of Cathedral City, Calif.; a brother, Arthur of Belleville, Mich.; 2 sisters, Lillian Caravell and Betty Schlack of Dearborn, Mich.; 18 grandchildren, and 6 great-grandchildren.

Services were conducted by Roy Lemon, and interment was in the Chelsea Cemetery.

FERRIS, Minnie C., born May 13, 1885, in Vandalia, Ill., died Jan. 11, 1978, in Berrien Springs, Mich. She was a member of the La Fox, Ill., Church.

Survivors include a son, Forrest of Hinsdale, Ill.; a sister, Mame Ferguson of Twin Falls, Idaho; 2 grandchildren, and a great-grandchild.

Services were conducted by Pastor William Ambler, and interment was in Berrien Springs.

FLINT, Garland LeRoy, 84, born Aug. 20, 1894, in Flint, Mich., died Jan 28, 1978, in Detroit, Mich. He was a member of the Detroit Metropolitan Church.

Survivors include his wife, Nellie Ruth of Detroit; 2 sons, Richard and Delmar of Detroit, and 2 grandchildren.

Services were conducted by Pastor Bruce Babienco at the Bird and Mott Funeral Home, and interment was in the Roseland Park Cemetery in Detroit.

From the Spirit of Prophecy—
 "Prayer is the breath of the soul."—*Gospel Workers*, p. 254.

LAKE UNION herald

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

March 21, 1978 Vol. LXX, No. 12

JERE WALLACK, Editor
 RICHARD DOWER, Managing Editor
 ANDREA STEELE, Copy Editor
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Indexed in the *Seventh-day Adventist Periodical Index*.

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WISCONSIN: R. L. Dale, president; W. J. Jaster, secretary; W. H. Dick, treasurer. Office address: 2 miles north of 190 on Wisconsin 151. Mail address: P.O. Box 7310, Madison, WI 53707. Phone: (608) 241-5235.

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

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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

| | March 24 | March 31 |
|------------------------|-----------|----------|
| Berrien Springs, Mich. | E.S. 7:02 | 7:10 |
| Chicago, Ill. | C.S. 6:07 | 6:15 |
| Detroit, Mich. | E.S. 6:50 | 6:58 |
| Indianapolis, Ind. | E.S. 7:01 | 7:08 |
| La Crosse, Wis. | C.S. 6:22 | 6:30 |
| Lansing, Mich. | E.S. 6:55 | 7:03 |
| Madison, Wis. | C.S. 6:14 | 6:22 |
| Springfield, Ill. | C.S. 6:14 | 6:22 |

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