

JULY 1, 1994

Visitor

COLUMBIA UNION

Communication
technology:
In God's hands

pages 2, 7, 8, 17

Jewelry & lifestyle
the conversation continues

pages 4-5



Charlotte Pedersen McClure
Managing Editor

Communication has become very complex and, at the same time, very accessible. E-Mail, electronic bulletin boards, modems, satellites. Sound waves, radio waves, television; beam it up, downlink.

How does a preacher in Nashville, Tennessee, get a live message into the fellowship room of the Parkersburg, West Virginia, church? How do church members in Hamlet, Ohio, converse with the General Conference president? Or how does Pastor Neftaly Ortiz in New Brunswick, New Jersey, get a same-day response to Bill Johnsson, editor of the *Adventist Review*?

Let's explore the possibilities a bit. My husband, Dick, a communications engineer, explains that the speed with which information travels through a network is very fast. Sound waves, which are relatively easy to understand, move with some velocity, roughly 700 miles per hour at sea level.

From ground stations to space, satellites communicate not by sound waves but by radio waves. Radio waves propagate at the speed of light, which is 186,000 miles per second. Nothing travels faster. In his theory of relativity, Einstein proved that it is impossible for anything to travel faster than the speed of light.

If you multiply the number of days in a year by the number of seconds in a day, you will have the number of seconds in a year. That figure, 31,557,600 seconds per year, multiplied by 186,000 (the speed that light travels in one second) gives you 6 trillion miles that light will travel in one year. That's a lot of waves!

Some stars that are millions of light years away we haven't even seen yet, and we see the light from some stars that have ceased to exist. Can you comprehend that?

It boggles the mind. To simplify: if you stand in a pond and throw a stone, ripples are created that will circle in little waves that move past you. And that's how God communicates. In ways that seem simple and direct, while He holds the power of the universe in His hand.

Wherever you are in relationship to communication technology, God is reaching out to you, and you can have instant access to His awesome power. Power and love and acceptance. All yours.

COVER: Communication technology is in God's hands, as depicted in the picture of fiber optics by photographer Blair Seitz for Photo Researchers, Inc. Read how the Seventh-day Adventist Church communicates on pages 7, 8 and 17.

1 (800) SDA-7738

*Youth & Young Adult
Resource and Response Line*



**Because
Jesus Christ is both
our Lord and our Saviour:**

- The local church will be the central focus and the driving force of the denomination.
- The joy and celebration of worship will attract people to our churches, allowing the Sabbath to become a major evangelistic tool.
- Church fellowship will be so vibrant that retention of members will improve and conflicts over lifestyle issues will decrease.

Hilda Lee Getz, Lancaster, Pennsylvania.

Hilda was finally convinced by her son to attend evangelistic meetings that led to her baptism.



Dennis Hackman, Lancaster, Pennsylvania.

Dennis was baptized by Pastor Gabriel Katrib in March of 1994 after attending evangelistic meetings.



Face 2 Face

Baptism Profiles

Edward Simon Franco II, Lancaster, Pennsylvania.

Edward was baptized by Pastor Leo Schreven in March of 1994 following an evangelistic series.



Michael Mihajlov, Lancaster, Pennsylvania.

Michael felt a need to surrender his life to Jesus and was baptized in March of 1994.



Memorable pastors fill needs

Instead of a memory of one pastor, I'd like to say that I appreciate the group of pastors at the Sligo church in Takoma Park, Maryland, as a team.

In a discouraging moment, Pastor Norma Osborn saw me go up to pray during the first service. It was then she came and knelt with me and prayed. What a source of encouragement this was.

Pastor Esther Knott baptized my daughter and has

been a real source of help and inspiration to my wife, daughter and me in our spiritual journey.

Pastor Andy McRae, with all the emphasis on young people, has not forgotten the older church members by being all-inclusive in his programs and in remembering to suggest anointing when I go for major surgery.

I appreciate Pastor Ron Hyrchuk for his contribution to the young people; Pastor Paul Anderson for his positive leadership; Pastor Rudy Torres

Pastoral Ministry

Larry Becker
Pacific Union Conference

The top 10 things a 40-year-old dad has learned from his 2-year-old son

For 14 years we were a family of two. And that was okay. Then my wife started having some weird physical sensations. With me at age 38 and her at 42, a baby didn't seem possible to either one of us. But today we have a bright, active 2-year-old. And even though I'm now at age 40, this little guy (Adam is his name) has managed to teach his dad (me) a lot about life. My Top 10 lessons include:

10. **It's never too early to take a child to Sabbath school.** Adam has attended Sabbath school every week since he was a month old. Friends told us we were wasting our time. But we discovered that something was sticking in his mind because on the first Sabbath after Adam started walking, he headed right for those felt boards by himself.

9. **There's more to life than work.** I've worked for several work-aholics in my ca-

reer. And occasionally I found myself slipping into that same habit. But this 2-year-old has a way of adjusting papa's attitude when he stays at the office too long.

8. **Comments about other kids will come back to haunt you.** During those 14 kid-less years, I regularly judged other people's children. Now all those parents carefully observe our progress. Adam has taught me to let God do the judging.

7. **Very little tops the feeling you get when your kid says, "I love you."** You know he does, but when he says it—wow!

6. **When you're scared, your papa will protect you.** Put Adam in an uncomfortable situation, and he quickly searches out his papa. God's protection for me and my family has become even more personal as I deal with my boy.

5. **Bible stories about babies are there for a reason.**

Romans can be a little deep for a 2-year-old, but Adam loves the stories about Baby Moses on the river and Baby Jesus being born with the cows.

4. **You can't explain patience to a 2-year-old.** When it's time to eat, hey, it's time to eat! That it isn't ready yet is not acceptable when you're 2. While Adam at times doesn't have much patience, he's certainly developed more in me.

3. **No matter how many toys a 2-year-old has, all he really needs is a basketball and a garden hose.** Adam is happiest when he's shooting hoops with dad or watering the garden with mom.

2. **We really do have to become like little children.** Adam has trust in his mom and me. And through my relationship with Adam, I'm learning how my relationship with God needs to be based on that same kind of trust.

1. **My parents must have prayed a lot.** I say this because I know I've been praying a lot in the past two years for guidance; for the right words to say; praying that God will make up where I fall short as a dad. Ellen White wrote that "more than human wisdom is needed by parents at every step" (*Review and Herald*, September 13, 1881). She's right.

Ed Poey

Bowie, Maryland
Potomac Conference

for his leadership and spiritual influence; and Dr. Charles Scriven, even though he's president of the college now, still performs his "pastoral" functions and upholds our Adventist beliefs high especially among the non-Adventist students in the Adult Evening Program.

Send pastoral memories to:
Visitor, 5427 Twin Knolls
Road; Columbia, MD 21045 or
send a fax to (410) 997-7420.



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My file of "jewelry" letters is bulging again, so I am including a number of the thoughts you have shared with me and am also offering some specific projects to guide you and your family as you continue facing the challenge of making lifestyle choices.

Your letters have been wonderful. They have also been diverse, a diversity that has once again renewed my confidence in the Seventh-day Adventist Church. We can disagree and do so agreeably! We can have quite different opinions on some of the lifestyle issues and still be Adventists who are seeking to grow in the grace of Christ. I find that most encouraging.

Once again I'm including a representative variety of responses. They represent US.

Please read the letters carefully and then use the six lifestyle principles to evaluate the choices you make this week. Place each of the

principles against decisions about clothing, entertainment, major purchases and anything else you think fits the category of lifestyle choices. Use them also to check the appropriateness of your conversation about the habits and choices being made by others.

I have also given you four "assignments." These are designed to help you clarify your beliefs about lifestyle choices and to simplify your decision-making. Please use them in family worship, Sabbath school or other small group studies.

Dick Duerksen, Vice President for Creative Ministries for the Columbia Union, takes seriously his role as "provoker of thought," an important rung in the ladder of Christian growth.

Letters

I personally don't wear jewelry, for a biblical reason: "Now take off your ornaments and I will decide what to do with you." Exodus 33:5. When the Israelites were under judgment, God had them remove their ornaments. We have been under judgment since 1844 and, I believe, demonstrate that belief and its solemnity by refraining from ornamentation.

I do wear a wedding ring, again for biblical reasons: "Abstain from all appearance of evil." 1 Thessalonians 5:22. Couples living together without wedding rings appear to be unmarried cohabitants. A pregnant woman without a wedding ring appears to be yet another "Murphy Brown."

I do not condemn or criticize those who do otherwise, again for a biblical reason: "Do not judge, or you too will be judged." Matthew 7:1. We need to allow room for growth in this understanding and relationship with Jesus!

PAMELA ADAMS
Cincinnati, Ohio

The Bible refers to jewelry as adornment. Does that strictly apply to earrings,



old saying is "you are what you drive." Well, if that's so, then I'm a 1986 Pontiac Grand Am with 82,000 miles. Oh but look, Elder Joe's just pulled in with his new 1995 Lincoln Continental. "Way to go, Joe! Hey Pastor, aren't you going to do something about her earrings?"

My concern is that many Adventists have become pro's at "straining gnats while swallowing camels." Please, let's all try to look at hearts as Christ does.

LISA HUFF
West Carrollton, Ohio

As I have learned about the Adventist doctrine, I have embraced all aspects of it except this thing about jewelry.

I cannot understand why I am not supposed to wear my earrings, and yet, I see men in the church wearing gold tie clasps with jewels. The whole absurdity of this came to me when I learned that it is "OK" for women to wear a pin, but necklaces and earrings are not appropriate.

I have read the Scriptures on this issue and do not read them to say that jewelry is forbidden. To me, we are instructed to dress modestly and not to be-



Reflecting God's

bracelets, rings and necklaces or is there a broader meaning? Say I walk into church in a \$40 dress wearing a \$5 pair of earrings. Meanwhile, Mrs. Smith is wearing absolutely no jewelry. However, she is sporting a \$120 dress with \$70 pumps. Mrs. Jones, on the other hand, appears quite fashionable in a \$75 dress with a \$20 silk scarf neatly held together by an "acceptable" \$12 pin. "Ladies, you look lovely today. Who is that woman in the earrings?"

Do we adorn ourselves in other ways? How about the houses we live in? My condominium lists under \$50,000 while Mr. Johnson just built a \$300,000 home complete with an in-ground swimming pool. "Drove by your new house today. Looks fantastic! Hey, doesn't she know earrings are a sin?"

What about transportation? The

come obsessed with our appearance but instead to be concerned with our spiritual or "inner" character.

We must remind ourselves that salvation does not come from what we wear or don't wear, from what we eat or don't eat or from what church we are members of. Salvation comes through grace!

NAME WITHHELD BY REQUEST
Virginia

I am sure that God looks with great sorrow at the amount of time we spend worrying about who's wearing earrings this Sabbath or who's just bought the latest model of car or "Where did she get that dress?!" I find that when I am focused on Jesus and what He has done for me, I see lots of happy, shining faces looking heavenward with me. What are they wear-

ing? I honestly could not tell you. But their eyes are shining, and Christ's love is plain to see.

ROSALIE DALKE WARNER
Richmond, Virginia

We cannot afford to have two views on this subject. Pride and arrogance against a plain command is rebellion against God. There are many good reasons for this tenet of faith, and only eternity will lay it out fully for our view. Yet for now a plain "Thus saith the Lord" should be enough for any of us.

TOM BALE
Ostrander, Ohio

A standard is not a specific behavior. A standard is like a ruler or yardstick that has many inches on it. It is a guide for behaviors in a specific category. Therefore, we must allow room for personal decisions as, with God's help, our friends find the mark they can function on.

NAME WITHHELD BY REQUEST
Pennsylvania

We must have the indwelling Spirit of Jesus in order to live a sermon so others can see Christ in us.

ROSE COATES
Philadelphia, PA

glory

Modesty and simplicity in dress are Bible principles. Those who would make the Sabbath a holiday and not a holy day, recreation wreck-recreation, dress a matter of opinion and not principle, diet based on taste and not health and music primarily a feeling rather than an affirmation of faith systematically undermine the gospel. A change of heart always is attended by a clear conception of duty.

RICHARD HARRIS
New Market, VA

I would like to know where in the Bible it says that we can't wear jewelry. I don't mean to overdo it, but just a simple chain, pin or ring. I really would like to read it in the Bible.

NAME WITHHELD BY REQUEST
Maryland



A continuing conversation regarding "jewelry"



Assignments

These projects can help you and your family with the process.

1. Read Colossians 3:1-14. This passage describes what happens when a person has chosen to follow Christ. Paul lists a number of character traits and behaviors that "come off" and others that are "put on" as a person becomes a Christian. Make two columns on a sheet of paper. Title the first "Comes off" and the second "Goes on." Under each column, write a simple description of the contemporary behaviors and traits you believe are included in this text. When you are finished, write a one-sentence definition of "The Contemporary Christian Lifestyle."
2. Choose two of the following lifestyle issues and evaluate them using the four evaluative principles. You may want to use several different Bible translations in the evaluation process. Describe in writing how each principle relates to the lifestyle issue you have selected.
Attending "R"-rated movies
Wearing earrings
Disco dancing
Reading *Penthouse* magazine
Drinking beer or wine coolers
Purchasing a "too expensive" house or car
Premarital or extramarital sex
Wearing expensive and trendy clothes
3. Use current issues of *Entertainment Weekly*, *Time*, *Newsweek* and your local newspaper and write a movie review for three films that look interesting to you. Assume that your reviews will be included into this week's church bulletin. How will your review help the church members make wise choices regarding entertainment?
4. Join with two friends and develop a list of 12 alternative activities to watching videos.

Lifestyle principles

Two overarching lifestyle principles from Scripture:

1. Romans 2:1-4 — The principle of Judgment
It is not my responsibility to judge others.
It is my responsibility to follow God into His radical lifestyle.
2. 1 Peter 2:16 — The principle of Freedom
God has given me the gift of freedom.
I am to use that gift to serve others in love.

Four principles to help you evaluate all lifestyle choices:

1. Hebrews 12:1 — The principle of Excess
Could this slow me down spiritually?
2. 1 Corinthians 6:12a — The principle of Expedience
Is this profitable and useful in my life plan?
3. 1 Corinthians 6:12b — The principle of Enslavement
Can I be Spirit-controlled in this?
4. Romans 14:13 — The principle of Example
Does this allow me to be a Christ-like model for others?



When all is said and done concerning sex, it would be much better if there was a lot more said and a lot less done.

LEN McMILLAN

CROSSWORD GAME
by Milton Bradley

Many parents today wonder when—or if—they should begin teaching their children about sex. This can be a difficult decision in the life of any parent. How do we begin to teach our children what God had in mind when He created us male and female?

Our children are starting to have sexual relations far earlier than any previous generation in our nation. Parents should not assume that their children will refrain from sex. Statistics indicate that by the age of 13, the majority of males have engaged in sex and by the age of 15, so have the majority of females.

There is no doubt that sexual mores have changed during the past 20 years. Children today are growing up in an environment in which everyone's value system is supported. If you're a virgin, that's fine. If you're sexually active, that's fine. If you're gay, that's fine. If your parent sleeps around, that's fine.

What is a parent to teach? First of all, do not refer to sex as sinful or dirty. Like any other function, it can be both, but God's original design was "very good." Sexuality is God's idea. Scripture proclaims the joy of sexuality

[Song of Songs] even as it warns about the misuse of this gift.

God designed the gift of sex to be enjoyed in the safety of a committed, loving, marriage relationship. Let your children know how much you appreciate God's gift and encourage them to save that gift for the one they will spend the rest of their life with.

Sometimes young people view sex like the forbidden fruit tree in the Garden of Eden. Since it is so pleasant to look upon, why not try it? Just as the tree in the garden referred to a relationship between

God and the first couple, so sex refers to a relationship between husband and wife. As Eve ate of the fruit, so some teens engage in premarital sex to gain knowledge. But a little knowledge—especially with the possibility of AIDS—can be deadly. In fact, young people often have just enough knowledge about sex to get into deep trouble.

Teaching children the difference between infatuation and love is a good beginning. Perhaps the simplest way to explain the difference is that we *fall* into infatuation but *grow* into love. It takes time for love to blossom, but infatuation reaches its maturity almost overnight. Most teen relationships of three to six months are based on infatuation, not love. Infatuation is often so overwhelming and sexually oriented that many teens lose their virginity with a virtual stranger. They become so focused on intense, but brief, relationships that they often exclude everyone else, including God.

Infatuation, often mistaken for love by both young people and parents, results in broken relationships, family problems and teenage parents. Unfortunately, many parents themselves married while under the ecstasy of infatuation rather than waiting for the permanency of love.

When all is said and done concerning sex, it would be much better if there was a lot more said and a lot less done. What is your best defense as a parent? Become friends with your children. Become their confidant. Become trustworthy in their eyes. And LISTEN. LISTEN. LISTEN!

Len McMillan, a well-known author, lecturer and family life expert, is the church ministries director for the Potomac Conference, headquartered in Staunton, Virginia. The *Visitor* asked him to write a series of articles dealing with family issues. Some parts of the stories are excerpts from *ParentTeen* by McMillan. For further information about the family circle, you may write the author in care of the *Visitor* or call (800) 438-9600. Part 6, "Decisions!" about value systems and conscience, will appear the July 15 *Visitor*.

The Seventh-day Adventist Church now has an on-ramp to the much-publicized information superhighway.

Last April the General Conference and North American Division signed a contract with CompuServe to set up an Adventist forum that can be accessed by virtually any leader or member in the world, beginning July 5.

What exactly is an "on-line service"?

On-line services such as Prodigy, America Online and CompuServe (the three most popular services) make it possible for computer users to post (or send) messages to other computer users anywhere in the country or (in the case of CompuServe) around the world.

What does CompuServe offer?

CompuServe's "Basic Services" package includes in-depth sports coverage, news from the Associated Press and Reuters on-line and United States National Weather Service reports, airline reservations, stock quotes, mutual fund analyses, business news, a mortgage calculator, a full 21-volume on-line encyclopedia (updated quarterly), a 300,000-word dictionary, an electronic shopping mall featuring more than 100 nationally famous merchants and specialty shops, classified ads and even on-line games.

What is a CompuServe forum?

In addition to the basic services, CompuServe has more than 600 special-interest forums on topics ranging from health, investment and music to pets, religion, sailing and writing. Some of the 60 different newspapers available on-line include the *Chicago Tribune*, the *Los Angeles Times* and the *Washington Post*.

What does the SDA forum contain?

Like the other 600 forums on CompuServe, the SDA forum has 17 sections. Each of those 17 sections has a message area, a library area and a conference room.

The library for Section 11 (SDA Magazines), for example, will contain full-text feature articles from the *Adventist Review*, *El Centinela*, *Liberty*, *Message*, *Signs of the Times* and *Vibrant Life*. The articles will be added to on a regular basis. *Ministry* magazine articles, on the other hand, will be found in Section 10 (Pastoral Practices).

In The Bookstore (Section 14),

you can place orders for books and magazines directly to your Adventist Book Center or even to the Review and Herald and Pacific Press.

Section 3's library (Church Resources) will contain materials from the North American Division headquarters for children, youth, adults, elders, Pathfinders, prison ministry, reclaiming, singles ministry, Sabbath school and Net '95.

The Section 7 library (General Info/Facts) will have the latest *SDA Yearbook*, the current Calendar of Events and Offerings, 800 and fax numbers for the denomination, the NAD Church Directory and the new GC Directory. Other sections include Adventist News (1), Bible/

per hour charged for using the other 600 public forums). The \$7 price is in addition to the \$8.95 monthly charge for CompuServe's 70-basic-services package (which includes 180 free pages of E-mail). CompuServe also offers an optional rate of \$2.50 per month (instead of \$8.95) if you don't want the basic package.

How can I join the SDA forum?

You can join the SDA forum by calling (800) 260-7171 if you live in America, or (616) 471-6083 if overseas. You will need two pieces of information before you place the call: a Visa, Discover or MasterCard and which PC platform you plan to use to access the forum: Windows, DOS or Macintosh.

RALPH BLODGETT

Cruising the information highway

Science/Theology (2), Education/Schools (4), Finance (6), Lifestyle/Health (8), Missions (9), Service Openings (12), Statistics (13), GC Administration (15), NAD Administration (16) and Town Hall (17).

How will the forum work?

In addition to sending E-mail messages to another user (messages that only you and the recipient can read), CompuServe forums let users post messages for anyone to see and, of course, reply to. For example, someone might ask in Section 5 (Ellen G. White): "Is it true that Ellen White published a special pamphlet on the Nashville Sanitarium shortly before she died?"

Tim Poirier, an employee of the White Estate at the General Conference and the person in charge of Section 5, would reply: "Yes, that pamphlet is number 18 of the Series B Testimonies and was published in 1912. It can be downloaded from Section 5 of the forum library."

How much does it cost?

Since this is a private forum, the cost will be a flat \$7 per month for unlimited use (instead of the \$4.80

After you have placed the call, the Adventist Information Ministry at Andrews University will bill your account \$15 and mail you a packet containing the CompuServe Information Manager (in either a Windows, DOS or Macintosh version).

As soon as you sign up, the \$15 you spent for the software will be given back to you as a \$15 usage credit. In addition, CompuServe provides the first month of basic services (\$8.95) and the first month of SDA forum usage (\$7) free. So you spend \$15, but end up getting back more than \$30 worth of on-line credit.

Most people who have taken a drive on the information superhighway agree: Once you've tried it, you will become hooked. It is truly a world that can stretch your horizons, sharpen your witnessing skills and help you to be a more productive church leader.

Ralph Blodgett is the director of the new SDAs On-line forum on CompuServe. He can be reached through General Conference communication at (301) 680-6300 or by fax at (301) 680-6312.

Churches Downlink ACN live

CHARLOTTE
PEDERSEN
MCCLURE

From Big Stone Gap to Tranquility, Chincoteague to Defiance, every Seventh-day Adventist can now, technically speaking, gain direct, two-way communication access to world church leaders.

The Adventist Communication Network, an emerging new system of information sharing that relies on live satellite audiovisual transmission of seminars, devotional messages, workshops, news briefings and eventually full-scale evangelistic meetings from the world church, went on the air in March.

Long in the planning, ACN differs from satellite-driven gospel television in that it provides primarily live (non-videotaped) events.

ACN also encourages the viewer to telephone in and to speak directly to the on-air host for clarification and dialogue.

How to tune in

Unlike continuously broadcasting gospel or entertainment satellite channels, ACN is designed for scheduled, interactive and information events and as such does not offer continuous programming on one channel.

Two recent ACN events, one a conference with North American Division pastors and the other a live workshop for local vacation Bible school leaders, were transmitted on satellite Galaxy 4. However, from event to event, the channel and satellite may vary, making it important for those seeking to tune in to ACN events to have dishes that can focus on various satellites.

Complete information on the recommended type of receiver dish (ACN transmits simultaneously on both the KU and C bands) and other equipment is available by calling (800) ACN-1119.

Randy Hall from the Columbia Union communication department, who is familiar with the installation of the recommended dish and receiving hardware at the union office several months ago, said that ACN offers a well-thought-out package.

"The recommended package that is now available to churches and conferences isn't low-quality equipment—it's top of the line," he said. "And it's quite easy to use, no more difficult than operating a VCR."

The package includes a three-meter dish capable of receiving both KU and C bands, a receiver, a special videocassette recorder and a small (10-inch) monitor.

The \$2,995 purchase price of the package includes installation, and Hall stated that some conferences in the Mid-Atlantic area are offering assistance toward the purchase price amounting to approximately 33 percent of the cost, though the number of subsidies available may be limited.

For example, Chesapeake Conference President Wayne Coulter wrote in a letter to his pastors that \$1,000 had been set aside to assist up to 20 churches with the purchase of downlink equipment, as well as an equal amount to help with the purchase of video projectors.

Hall noted that the Columbia Union office also has a large-screen television monitor that can be hooked up to the receiver so large audiences can view the satellite transmissions comfortably.

Log information

Advance notification of live workshops, evangelistic meetings, church services, Wednesday-night devotionals and briefings and other several events will be published in

various church papers, including the *Visitor*.

Those who have downlinks and wish to receive regular alerts in the mail or by fax should write to ACN headquarters at 12501 Old Columbia Pike, Silver Spring, Maryland 20904; or send a fax to (301) 680-6464.

Impact on the church

"Lay members, pastors and conference leaders can now benefit from the immediacy of live, educational and training events sponsored by ACN," said Jack Calkins, ACN marketing director.

Plans call for ACN to carry class sessions for rural schools, and he also feels that smaller churches, which may not have a full-time pastor, can and will benefit immensely from ACN programs on Wednesday nights and Sabbath mornings.

There will be absolutely no subscription fee to receive the programming, Calkins says, though some seminar events will be based on study guides which viewers may want to order to more fully participate in the event.

ACN programs scheduled

Although preparation for Net '95 meetings in January 1995 tops the priority list for ACN programming, as of now—on the first Wednesday evening of each month—a bundle of reports that focus on the world mission of the church, NAD outreach and Adventist Development and Relief Agency (ADRA) work will be broadcast at 7:30 p.m. for Eastern, Central, Mountain and Pacific time zone viewing.

"By ordering soon, you can enjoy the October 22 celebration live from the Miller farm, participate in all the Net '95 events, receive the ACN broadcasts already showing the first Wednesday night of each month and, of course, receive the daily broadcasts from the General Conference session in July 1995," encourages Robert Folkenberg, General Conference president.

In addition to the one-hour monthly package, 40 special events, outreach programs and training seminars are planned for the next 18 months.

Charlotte Pedersen McClure is managing editor of the *Visitor*. Portions of the ACN information were provided by Ed Schwisow, communication director for North Pacific Union.

A Healing ministry

Adventist hospitals continue to lead in the promotion of healthy living

Seventh-day Adventist health-care organizations continue to be leaders in the promotion of healthful living. This role will take on added importance as health-care reform mandates that more emphasis be placed on wellness and prevention.

The following article highlights the positive impact Washington Adventist Hospital's health education programs have in its community and how Reading Rehabilitation Hospital is promoting healthy living among its employees.

Washington Adventist Hospital

Washington Adventist Hospital is on the forefront of cultivating more healthful living in its community.

"The mission of the Seventh-day Adventist Church is the primary reason WAH has a community health education program," said Judy Lichty-Hess, director of community health education for Adventist HealthCare Mid-Atlantic, which includes both WAH and Shady Grove Adventist Hospital. "One of the



A health-care professional at Washington Adventist Hospital performs a health test for members of the Takoma Park, Maryland, community.

church's most important messages is its health message, and that's why we offer these programs. We often work with local churches, such as the Spencerville Seventh-day Adventist Church in Silver Spring, Maryland, to offer classes. These programs help keep our community healthy, which in turn helps hold down the cost of health care."

WAH's health education programs cover a wide variety of topics and promote an active, healthy vegetarian lifestyle. The classes include nutrition

discussions and exercise sessions, support groups and physician lectures, all of which are available to the community. Aerobics, water aerobics and weight-lifting are just a few of the exercise classes offered.

These programs are having an impact on the community. Consider William Twombly, a 73-year-old Silver Spring resident, who is enrolled in one of the aerobics classes. "Because the class is coordinated by the hospital, the instructor

continued on page 10

Editorial

Wellness!

Wellness is becoming a widely recognized word as both managed care insurance companies and President Clinton's agenda of reform begin to take their place in the American health-care arena. The old adage, "an apple a day keeps the doctor away," is

becoming increasingly pertinent as individuals begin to realize that the high cost of health care might have something to do with the unhealthy lifestyles many have chosen. Today, it is widely accepted that two packs of cigarettes a day for 20 years isn't good—for an individual's health or for our health-care resources.

While "wellness" may be a relatively new term to the public, it has been part of the vocabulary of Adventist health-care organizations for more than 100 years.

In nearly every community, Adventist hospitals have not only cared for the sick and injured, but have also assumed the role of health education leader. It's a natural. How can you not try to help someone stop smoking once you've seen the crippled lungs of a person with emphysema or closed the chest of a patient with heart disease?

Many of today's ills come down to one factor: lifestyle.

We must all eat better, exercise more and make healthier choices. Practicing the precepts of good health may not totally ensure a disease-free life, but it certainly is the right path to good health. It is gratifying to note that the non-Adventist health-care community is finally recognizing the wisdom of the fundamental principles of the health message. Now is the time for us to lead by precept and by example.



Frank Perez
President/Chief Executive Officer
Kettering Medical Center

Healthy living, continued from page 9

knows how to work with people of all age groups," he said. "The class is well supervised, and emphasis is placed on not over-exercising or hurting oneself." Twombly says that one of the benefits he receives from the class is that he feels healthier. "I also get to meet new people and participate in something that makes me feel like part of the community."

If you participate in WAH's courses, you might meet people like Eileen and Marv Isan, a retired couple who regularly commute from northern Virginia to Takoma Park to attend WAH's educational programs. The Isans recently attended the "Shop with Heart" class, a two-hour tour at a supermarket with a dietitian. They found the class "helpful and informative." Along with explaining what to look for when selecting healthful foods, the dietitian also answered questions.

Currently, the Isans are enrolled in a weight-adjustment class, an eight-week course designed to promote safe, effective weight loss and to improve overall health. Eileen describes it as "a seminar on a thinking man's way to control your weight without dieting." The class is built around three major areas of weight management: eating habits, nutrition and physical activity. "We also took the International Vegetarian Cooking Class, and it was excellent," Eileen added. "We have tried various recipes from the class and enjoyed them."

The Isans often stop at the nearby Adventist Book Center to do some shopping while in the area. As Lichty-Hess points out, "We are one of the few organizations in the metropolitan area that offers programs such as the vegetarian cooking class, which is why we attract people from as far away as northern Virginia."

ADVENTIST HEALTH CARE IN THE COLUMBIA UNION

Adventist HealthCare, Inc.
(Nursing and Rehabilitation Centers)
9430 Key West Avenue
Rockville, MD 20850
(301) 309-0660

Adventist Home Health Services, Inc.
10800 Lockwood Drive
Silver Spring, MD 20901
9430 Key West Avenue #205
Gaithersburg, MD 20850
(301) 681-9760

Hackettstown Community Hospital
651 Willow Grove Street
Hackettstown, NJ 07840
(908) 852-5100

Home Assistance, Inc.
10800 Lockwood Drive
Silver Spring, MD 20901
(301) 681-9602

Kettering Breast Evaluation Centers
580 Lincoln Park Boulevard
Kettering, OH 45429
(513) 299-0099

Kettering Medical Center Home Care
1259 East Dorothy Lane
Kettering, OH 45419
(513) 296-7820

Kettering Memorial Hospital
3535 Southern Boulevard
Kettering, OH 45429
(513) 298-4331

Kettering Workers' Care
2023 Springboro West
Dayton, OH 45439
(513) 293-7770

Reading Rehabilitation Hospital
R.D. 1, Box 250
Morgantown Road
Reading, PA 19607
(215) 777-7615

Shady Grove Adventist Hospital
9901 Medical Center Drive
Rockville, MD 20850
(301) 279-6000

Shady Grove Adventist Nursing and Rehabilitation Center
9701 Medical Center Drive
Rockville, MD 20850
(301) 424-6400

Springbrook Adventist Nursing and Rehabilitation Center
12325 New Hampshire Avenue
Silver Spring, MD 20904
(301) 622-4600

Sycamore Glen Retirement Community
317 Sycamore Glen Drive
Miamisburg, OH 45342
(513) 866-2984

Sycamore Hospital
2150 Leiter Road
Miamisburg, OH 45342
(513) 866-0551

Washington Adventist Hospital
7600 Carroll Avenue
Takoma Park, MD 20912
(301) 891-7600

Washington Adventist Nursing and Rehabilitation Center
7525 Carroll Avenue
Takoma Park, MD 20912
(301) 270-4200

Healing ministry

An emphasis by health-care organizations on keeping people healthy will become even more of a priority as health-care reform continues. "Community health programs are likely to continue to grow in response to these needs," Lichty-Hess adds.

Reading Rehabilitation Hospital

Reading Rehabilitation Hospital also is committed to a mission of wellness.

Just what is wellness? The staff at RRH defines it as when each person lives up to his or her potential. This includes combining the physical, emotional and spiritual components of life to create a healthy, growing environment in each individual's life. This philosophy is the driving force behind every aspect of care provided by RRH.

The practical application of RRH's mission includes: rehabilitating those with physical impairments and disabling illness; disseminating the light of God's love through the compassionate practice of the healing arts; awakening a spirit of inquiry and fostering an attitude of personal learning; and emphasizing lifestyle wholeness, disability prevention and promotion of good health.

To be effective with this mission, RRH strives to create a "healing environment" in the lives of its staff members. The first step in accomplishing this was to establish a comprehensive wellness program for staff, with the goal of 100 percent participation by employees.

An important aspect of this program is its emphasis on a balanced life by focusing on the spiritual, physical and emotional well-being of employees. The physical component consists of ongoing medical screenings (including blood pressure, glucose, cholesterol and mammography), a walking program and exercise and weight-loss classes. To address spiritual needs, meditation time and special programs are presented. Programs on stress management, humor, eating disorders and similar concerns help meet the emotional needs of the staff members.

While the program is doing well, RRH staff members are always searching for new ways to improve their wellness environment. Existing wellness screenings and programs are continuously refined. A health risk appraisal program that compares the staff's emotional, physical and spiritual health to national norms for age and gender is being implemented. In addition, individual wellness counseling soon will be offered to members of the hospital staff.

Experiencing wellness individually and as a group is helping the RRH staff communicate the importance of lifestyle wellness to patients, their families and friends and the community the hospital serves.

News

ADVENTIST HEALTHCARE MID-ATLANTIC

■ More than 775 breast cancer screenings performed free

Shady Grove Adventist Hospital and Washington Adventist Hospital together have given more than 775 free breast cancer screenings to uninsured or underinsured women in the Washington, D.C., metropolitan area.

This past year, the two hospitals began participating in a state-funded program in Maryland that is attempting to reduce the state's high cancer death rate by focusing on early detection. Maryland has the second-highest cancer mortality rate of any state in the country.

The screenings include a free breast examination, a mammogram and follow-up diagnosis and treatment, if necessary. Educational information about breast cancer also is provided. Of the more than 775 women screened, 78 biopsies were performed, and 11 were found to have cancer.

To qualify for the free screenings, women must be 40 years of age or older, have a limited income and have little or no health insurance.

HACKETTSTOWN COMMUNITY HOSPITAL

■ Acclaimed specialist addresses youngsters

Well-known asthma/allergy specialist John J. Oppenheimer gave advice to area youngsters on how to live a normal, active life with asthma during a seminar held at Hackettstown Community Hospital in April.

The program was designed to be both educational and entertaining. Kids also toured the emergency department, viewed an informative video, enjoyed refreshments and received a hospital teddy bear as a surprise gift.

Oppenheimer, a staff physician at Hackettstown Community Hospital, presents lectures throughout the United States. His research has been featured on *Paul Harvey News* and in *Time* magazine, and he has appeared on the ABC-TV show, *Good Morning, America*.

KETTERING MEDICAL CENTER

■ KMC Foundation appoints assistant director

Douglas Trent has been appointed assistant director of planned giving for the Kettering Medical Center Foundation.

Trent, a former trust officer for Fifth Third Bank of Western Ohio, N.A., has an extensive background in trust management and business development.

A graduate of Wright State University with a bachelor of science degree in financial services, Trent currently serves as the chair of the taxation committee of the trust division of the Ohio Bankers Association. He also is a member of the Springfield, Ohio, Estate Planning Council, the Springfield chapter of the National Giving Council and the Troy Noon Optimists.



Douglas Trent

Healing^A ministry

READING REHABILITATION HOSPITAL

■ Most RRH patients say they received excellent care

During late 1993, Reading Rehabilitation Hospital contracted with E.C. Murphy, Ltd., to survey key constituencies about their perceptions of the hospital. This research revealed that, overall, the hospital is perceived as providing excellent care and staffed with caring individuals.

Patients gave consistently high scores, and nearly 98 percent responded that they would return to RRH for care. Survey respondents included patients, staff, physicians and their office staff, volunteers and members of the board of trustees for both the hospital and foundation.

The quality inventory survey will be conducted on a regular basis as a critical part of the continuous improvement process. The feedback will be used to develop baselines for performance measurement and to measure the impact of quality improvement efforts. Over the next few months, hospital leadership and staff will study and evaluate the data and, when appropriate, take action.

SHADY GROVE ADVENTIST HOSPITAL

■ Hospital employees help staff member in need

When fire ravaged part of a Takoma Park, Maryland, building this April, it destroyed the apartment of Rene Godoy, a worker in the food and nutritional services department at Shady Grove Adventist Hospital. "The fire ruined everything he had," said Helen Doue, cafeteria manager.

When they heard what happened to the Godoy family, hospital staff members immediately came to the aid of their fellow employee. The food and nutritional services department itself collected hundreds of dollars, and other hospital employees donated goods of all kinds to replace the family's lost items, including clothes, appliances, toys, linen, blankets and furniture. "It meant a lot to Rene to

be part of such a giving family," said Marcia Wilson, department secretary. "God bless all those who helped me," Godoy said.

WASHINGTON ADVENTIST HOSPITAL

■ WAH recognized by Montgomery County Historical Society

Washington Adventist Hospital has been recognized by the Montgomery County Historical Society in conjunction with the society's 50th anniversary. An exhibit will be on display at the Beall-Dawson House that will include photographs of the hospital from 1944 and 1994. The theme of the exhibit is "The Way We Were: Montgomery County 1944." The exhibit highlights 50 years of growth in Montgomery County.

The Beall-Dawson House is located at 11 West Montgomery Avenue in Rockville, Maryland. For more information about the exhibit, contact the Montgomery Historical Society at (301) 762-1492.

■ Hospital staff assists local high school with healthful recipes

Jeanne Mastrian, clinical nutrition manager, and Kristie Murray, director of food and nutritional services at Washington Adventist Hospital, recently visited the senior food service class at Paint Branch High School to help the students make more healthful (including low-fat and low-sodium) recipes. The seniors invited Murray and Mastrian back to a luncheon to sample their recipes. The hospital will be able to use these recipes in the patient menus, at catering functions and in cooking classes. This program was developed in conjunction with Safeway supermarkets.

This exchange of ideas was arranged through the Adopt-A-School program, a cooperative effort between Montgomery County schools and the Montgomery Chamber of Commerce that matches classes needing assistance with businesses able to provide the help they need.

Ways to Wellness

Diet

"Grains, fruits, nuts and vegetables constitute the diet chosen for us by our Creator. These foods, prepared in as simple and natural a manner as possible, are the most healthful and nourishing. They impart a strength, a power of endurance and a vigor of intellect that are not afforded by a more complex and stimulating diet."

Ministry of Healing, Page 296

Provided by Hackettstown Community Hospital



JOSE CORTES

THEOLOGY MAJOR

Jose has been hired by the Potomac Conference. The conference will sponsor his education at Andrews University in Berrien Springs, Michigan, as he completes his master's degree, and he will serve as a pastor for the conference after his graduation.



PREETHIE MEESARAPU

ENGLISH/COMPUTER SCIENCE MAJOR

Preethie is going to Costa Rica to work with Adventist World Radio.

At CUC we're proud of all of the 182 students who graduated on April 30, but we caught up with just a few to find out their post-commencement plans.



MARK TYLER

JOURNALISM/PUBLICATIONS MAJOR

Mark will be working as a reporter at the Press of Atlantic City this summer, with an option to continue there this fall. He will also be operating a small publishing company from his home in New Jersey.



WENDY GOODMAN

COMMUNICATION MAJOR

Wendy is working at Walter Reed Army Medical Center as an assistant to the editorial committee that is producing an atlas on extraordinary and tropical diseases. In addition to assisting in the editing of this volume, she is also responsible for the layout and design of the publication.



KURT BRUHNKE

COMPUTER SCIENCE MAJOR

Kurt worked at NASA while he was still a student at CUC through the cooperative education program. His supervisors were so impressed with his work that they offered him a full-time job after graduation.

july 1994

the

Gateway

Nurses look ahead to 2000

The year is 2000, and one of Columbia Union College's recent nursing graduates is leaving for a day of work. But instead of working at the community hospital, this nurse is working for a home health nursing business caring for recently discharged acute-care patients.

On Sunday, April 10, and Monday, April 11, the nursing department at Columbia Union College hosted an alumni conference addressing the expectations of nursing practice in the year 2000. "We don't know all the ways the current government reform is going to affect health care," says Dr. Shirley Wilson-Anderson, chair of the nursing department, "but the

conference touched on some of the major changes."

The conference had 65 people in attendance on Sunday and more than 25 on Monday. Most of the attendees were nursing alumni, RNs from a variety of health agencies and CUC nursing students. "It was informative and well worth my time to find out some of the nursing trends I will be facing when I graduate," says Julia Morgan, a senior nursing major.

Some health-care trends will affect both hospitals and nurses. Hospitals are continuing to become more acute-care oriented. When a man has heart surgery, he might only spend a few days in the hospital. Much of his healing will be done at home with a nurse monitoring his healing and promoting lifestyle changes. Jeanne Sanders, vice president of Community Care, indicated that hospitals will also become more financially creative, joining forces to decrease costs and increase productivity.

On Monday the conference's emphasis focused on how educators should adjust education for the future. A

nationally-recognized speaker, Dr. Ada Sue Hinshaw, director of the National Institute of Nursing Research, a recently opened division of the National Institutes of Health, spoke on the increasing volume and importance of nursing research. "She told us that

nurses of the future will be expected to incorporate nursing research into nursing practice," says Wilson-Anderson.

"The nursing conference was held so that our alumni and students don't have to just react but can anticipate and be prepared for the health changes that are rapidly unfolding," says Wilson-Anderson.

Martin new CUC Board of Trustees chair

Ralph Martin, the new president of the Columbia Union Conference, is also the new chair of Columbia Union College's Board of trustees.



As one of his first board duties, Martin met with CUC faculty and staff at their May faculty staff meeting to get acquainted, answer questions and express his support of CUC.

"Columbia Union College has a good, strong financial basis, and I am encouraged that the future of CUC is very bright," says Martin. "It is important that we have a college near Washington, D.C., since this is the location of

the Adventist world headquarters."

He was president of the Potomac Conference for almost nine years and has been serving with the Adventist church for more than 35 years.

Martin has a master of arts in religion from Andrews University. He and his wife, Joan, have three children and four grandchildren. In his spare time, he enjoys golf.

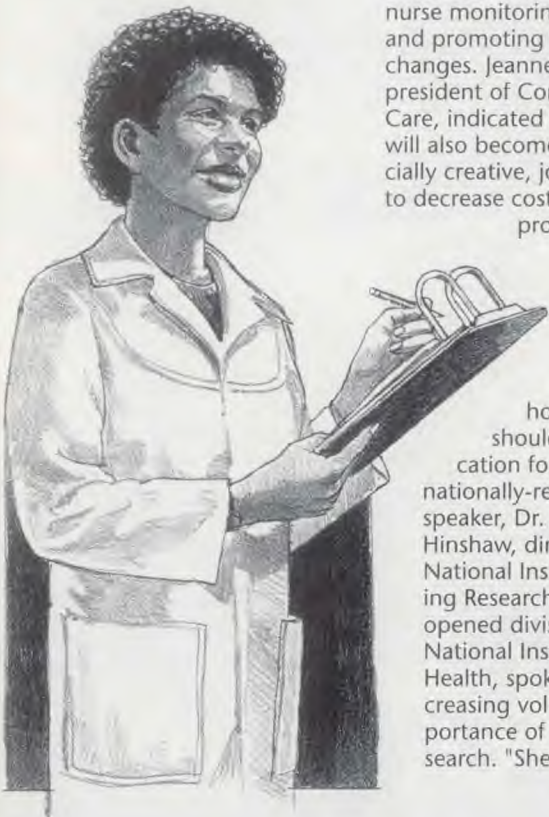
Hammond presents seminars

James Hammond, professor of psychology and chair of the psychology program, recently conducted a weekend self-esteem seminar for couples at Pine Springs Ranch in Mountain Center, California. He presented another seminar on May 18 for 30 Air Force auxiliary chaplains at Dover Air Force Base in Delaware on "International Cultural Issues and Diversity."

CUC chaplain serves on ethics panel

Columbia Union College's Chaplain George Gainer recently served on an ethics discussion panel. The topic for the panel was physician assisted suicide, and the panel was sponsored by the directors of nursing for Montgomery County.

Other panelists included Jack Schwartz, chief counsel for the state attorney general's office; Fred Risser, department head of psychiatry for Washington Adventist Hospital; and Dr. Stewart Turkewitz, medical director of Springbrook Adventist Nursing and Rehabilitation Center.



"Of gateways, blindness, and service"



We live in a generation in which there are many voices calling for our attention and many causes claiming our allegiance. How does one with certainty recognize and comprehend the voice of God amid the plethora of competing invitations? How does one know the call of God?

How have you been responding to God's call to service, and what gateway will you use to enter service? Only you can decide as only you know how God speaks to you as an individual. Do you know God's voice, and do

The abbreviation GPC has been used for a long time to represent the call to ministry. In the spirit of God's question to Isaiah: "Who will go, and whom shall I send?" and his subsequent commissioning, many have seen this abbreviation as saying: "Go preach Christ." One administrator once asked a group of ministerial students if they were sure that was what is meant for them and not "Go plant corn."

Friends, God needs people for service as never before. He is therefore still calling people to service. Some are still misunderstanding His call. Here in the religion department of Columbia Union College, we

God needs dedicated servants in these last days to: preach Christ, lift up His standard so a perishing world can see His love and hear of His sacrificial death on their behalf; be models of dedicated, unstinting service and be mentors to disillusioned, visionless, mentorless youth. Can He count on you?

Where better can you be trained for a life of service? We invite you, your student or your child to walk with us through the gateway and into service for God in these troublesome times. Can He count on you?

Juanita Gurubatham receives Zapara Award

Although Gurubatham said she was "genuinely shocked and pleasantly surprised" with the award, she is no stranger to the honor. She previously received the Zapara Award, a commemorative plaque and a gift of \$1,500 in 1989.

Gurubatham says that she wants to maintain the quality medical technology program at CUC, and she hopes to continue preparing students to strive for excellence. It's these efforts that make her the proud recipient of CUC's 1994 Zapara Award for Excellence in Teaching.

SHANE WILLIAMS
CUC SOPHOMORE

CUC students race in nationals

Two students from Columbia Union College competed in the NAIA National Championship Outdoor Nationals in track and field held at Asuza Pacific University in California May 26-28.

T.J. Truett, a sophomore business administration major with a pre-law emphasis, ran an 11:6.0 in the 100-meter race but was eliminated in the trials. Vernon Waters, a senior theology major, ran the 800 meter (1/2 mile) for a second year with a time of 1:51.0. "The time on my semi-finals was my best time ever," says Waters.

The final heat for the 800-meter competition was on Sabbath. Waters decided not to run because it was his holy day. Waters, who began with a group of 40, ran well enough to be included in the top eight runners. When Sabbath came, he forfeited his spot in the race, automatically qualifying as the eighth ranked NAIA 800-meter runner in the nation. "The human feeling is to be disappointed that the final event was held on Sabbath," says

Waters, "but I know who my real rewarder is ... the real challenge was to share my faith with other runners."

"The trip to the nationals was productive for both Vernon and T.J.," says Calvin Dunbar, CUC track coach. "Vernon is a student of the game. He works hard, sleeps and eats right—which definitely contributes to his success. As a freshman, T.J. was able to experience first-hand the nationals ... I'm looking for big things from T.J. in the next few years."

The National Association of Intercollegiate Athletes, or NAIA, is an organization of nearly 400 colleges. The NAIA emphasizes commitment to high standards and believes that athletics are an integral part of education.

The nationals bring together the top NAIA athletes who are both academically and physically in shape. Athletes must qualify against stringent standards to attend the nationals and must also maintain a "C" or higher grade-point average.

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STARLACRANDALL

CUC SENIOR

New England Youth Ensemble tours Canada

Columbia Union College's New England Youth Ensemble will tour Canada this summer. After a kickoff performance at Carnegie Hall on July 3, the ensemble will head for Canada. The tour will include stops at Adventist churches, resort hotels and cathedrals in Quebec City, Montreal, Ottawa, Toronto and Edmonton and at Canadian Union College. Also included in their concert line-up is the Calgary Stampede, the world's most famous rodeo.

.....

SHANE WILLIAMS

CUC SOPHOMORE



RON WISBEY, FORMER PRESIDENT OF THE COLUMBIA UNION CONFERENCE, WAS PRESENTED THIS LAMP AS A FAREWELL GIFT FROM COLUMBIA UNION COLLEGE AND ITS BOARD OF TRUSTEES. WISBEY SERVED AS THE CHAIR OF CUC'S BOARD FOR OVER NINE YEARS.

Capital Summer Session



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and earn
three college credits
for **free!**



COLUMBIA UNION COLLEGE

Gateway to Service

(800) 835-4212 [(800) 492-1715 in Maryland]

You know Jesus is coming soon, and you've longed to share the good news of the gospel with your neighbors and community. But somehow you just couldn't find the right words or best way to do it.

You may have wanted to start a small-group Bible study in your home. Or maybe you've thought about helping your pastor hold a series of evangelistic meetings or even doing it yourself, but the possibility was so remote you dismissed the idea.

Now it can happen. And you can be on the cutting edge. The North American Division has formed a support team for you. It includes the Adventist Media Center, Adventist Resource Management Services (ARMS), Adventist-Laymen's Services and Industries (ASI) and the NAD resource center.

They've designed Net '95 as the tool to make it all happen. But you and your church are the key to its success.

What is Net '95?

Net '95 is a new approach to public evangelism on the Adventist Communication Network (ACN) using the latest in satellite technology. It's a continent-wide evangelistic series beginning February 17, 1995, featuring Mark Finley of television's *It Is Written* and Charles D. Brooks, evangelist for the *Breath of Life* telecast.

Any congregation, school, Adventist organization or private home equipped for video projection can participate. And better yet, it helps to be equipped for satellite transmission reception. This past month, local churches received the first monthly packets from ACN encouraging participation in Net '95 and offering information.

Starting next February, Finley and Brooks will present a series of meetings in Chattanooga, Tennessee, and each night's meeting will be transmitted live to outer space. Who's listening in outer space? Only a satellite but within seconds, the satellite beams the signal back so that everywhere in North America people can participate; it can be shown in homes, public auditoriums and churches at the same time—wherever there is a satellite dish and receiver or a downlink station. And even if you don't have

downlink equipment, it's possible that someone could tape it for playing the following evening in your facility. Evangelist Billy Graham used this method this past year with great success throughout Europe.

Those churches interested in downlinking and presenting the evangelistic series are urged to begin countdown preparations this month, and a regular schedule of events and instruction leading up to Net '95 has been outlined, some involving teleconferencing by ACN. (See the story about ACN on page 8.)

Already more than 350 pastors across North America have subscribed to the Net '95 concept, but lay members can also be evangelists with the satellite/video technology.

Materials for advertising and promotion, how to organize the meetings and much more how-to-do-it information is available by calling (800) 253-3000. Tell the operator you want to join the Net '95 project. If you're ready to go and want a starter kit, call (800) 982-3344.

In addition, a series of lay training events have been scheduled, each tailored to your specific needs.

One mass lay training program has been scheduled for Keene, Texas, August 5 to 9, in connection with the annual ASI convention. The program focuses on how you can assist your pastor in presenting the Net '95 program.

Other regional lay evangelist training events have been scheduled throughout North America, all designed to help laymen to conduct their own meetings using the video crusade series.

For more information about these training events or for reservations, call (800) 331-2767 or write to: Adventist Resource Management Service, 12501 Old Columbia Pike, Silver Spring, Maryland 20904.

Charlotte Pedersen McClure is managing editor of the Visitor. Facts about Net '95 were gathered from several sources, including Elwin Platner, communication director for the Pacific Union, and Tony Finch, executive director of Adventist Resource Management Service (ARMS).

Net '95—Cutting edge fishing

CHARLOTTE PEDERSEN MCCLURE

Lay evangelist training events

July 29 - 31	Mid-America Union Union College
July 31 - August 3	Keene, Texas; Spanish
August 5 - 8	Southwestern Union Keene, Texas, ASI Convention
August 12 - 14	Lake Union Andrews University
August 14 - 20	Rio Lindo Academy Northern California
August 19 - 21	Pine Springs Ranch Southern California
September 16 - 18	English and Spanish/Atlantic Union Camp Berkshire, New York
September 23 - 25	English and Spanish Southern Union/Florida
September 24	Satellite Downlink
September 30 - October 2	North Pacific Union Laurelwood
October 14 - 16	Southern Union Southern College

Net '95 coordinators

Frank Ottati	Columbia Union
CONFERENCES	
John Smith	Allegheny West
Bill McVay	Chesapeake
Raj Attiken	Ohio
Mike Cauley	Pennsylvania
Roger Weiss	Potomac
Henry Fordham	Allegheny East
Randy Murphy	Mountain View
Don Baker	New Jersey

A church in red;



Pentecost —a party with a purpose

HILDA TORRES

Red balloons and beautiful red banners decorated the sanctuary. The table for the Lord's Supper was draped in red, and there were splashes of red throughout the congregation—even the pastor's tie.

Why is everyone seeing red? Because red symbolizes the blood of Jesus; there could have been no Pentecost without the cross.

May 21 was a high Sabbath filled with special blessings for the 500 members and guests attending two worship services at the Damascus church in central Maryland. The Holy Spirit was the invited guest of honor at this party.

In his message, Pastor Richard Fredericks retold the story of Pentecost as found in Acts 2, focusing especially on verse 21: "And everyone who calls on the name of the Lord will be saved."

"This statement is the heart of Christianity. It is the reason for the party. It is the cause for the celebration. Every good party has gifts—and this is God's great gift to all of us. It is the end of religion as burden and the birth of joyful discipleship," Fredericks said.

"Everyone who calls on the name of the Lord will be saved." This means that everyone—anyone—who dethrones self and enthrones Christ as Lord no longer carries the crushing burden of earning or deserving salvation," continued Fredericks. "Whoever receives Christ as Lord, that moment, has Christ as Saviour—and His salva-

tion is a finished and perfect work."

The congregation heard that in the Bible, the Kingdom of God is often set in the context of a feast, a celebration or a party. But God's parties are always parties with a purpose. They are never cheap and shallow affairs where people are used and bodies abused. The name of the game in God's celebrations is never selfish indulgence. It is always the Spirit's empowerment. And Pentecost was a divine "birth"-day party.

"The conception of the church was the incarnation of Christ at Bethlehem. The labor pains took place during the agony of Christ on the cross. But the moment of delivery was Pentecost and the coming of the Spirit," said Fredericks, and he quoted John Stott: "In reality there can be no church without the Spirit. No life without the Lifegiver. No understanding without the Spirit of Truth. No Christlikeness of character without the fruit of the Spirit. No true fellowship without the unity of the Spirit; and no effective witness without His power. As a body without breath is a corpse, so the church without the Spirit is dead."

Several members and guests responded when asked about this unique worship experience.

Keith Gibb. "Today's service was innovative, visitor friendly, gospel-centered and doubly spiritual. It was probably the most meaningful communion service that I have ever attended. It was so enjoyable

we stayed for both services."

Swinithi Osuri. "Today's worship made me realize over again the awesomeness of God's love for me—love so great that He came and died for me and has offered the gift of salvation so freely for me. It is wonderful to realize that the Spirit was poured out so that all of us can 'prophesy for Christ.'"

Jeannie Foss. We came boldly into the presence of God today, and the Holy Spirit came boldly into our hearts and congregational worship. The first fruit of the Spirit is the unity we've been enjoying for two years now, but we experienced a new outpouring today! When we sang 'Our God Reigns!' we were celebrating the victory we can never deserve."

Phyllis Newman. "The worship service today underscores the joy and reason for both life and celebration, which is the wonder of Jesus' love for me. He loved me enough to leave all heaven to live, to die and to prepare a place for me."

Hilda Torres is assistant to the area director for the Columbia Union's Family Enrichment Resources. The Visitor asked her to write the story of Damascus' Pentecost Sabbath.

New faces, new places; tasks and transfers

- **Russ Jensen** has retired as undertreasurer of the Columbia Union. He also served as treasurer of the Columbia Union Conference Association. During Jensen's 40 years of service to the Seventh-day Adventist Church, he has held a variety of posts, including treasurer for the Pennsylvania Conference. His wife, Marge, presently continues to work as a secretary at the union headquarters in Columbia, Maryland.



Russ Jensen

- **Evelyn LaGrone** retires as switchboard operator/receptionist for the union headquarters in Columbia, Maryland, after giving more than 17 years of service to the denomination. Her husband, Robert, is a long-time literature evangelist who continues to work for the Family Health Education Service in the union.
- **Carol Wright** is the new undertreasurer for the Columbia Union and treasurer of the Columbia Union Conference Association. She previously worked as assistant treasurer for the union.
- **Randy Terry** has become the new assistant treasurer for the Columbia Union. He was formerly an accountant with the union's treasury department.
- **Denver Swaby** joins the business faculty at Columbia Union College in Takoma Park, Maryland. He previously worked with Don Richard Associates in the Washington, D.C./Baltimore, Maryland, area.
- **Randi Waxman**, who has her own law office and formerly worked with the firm of Melrod, Redman and Gartlan, is a new addition to the Columbia Union College business faculty at the school campus in Takoma Park, Maryland.
- **Joseph Dent** moves from his post as vice president for student services at Columbia Union College to become a member of the education faculty at the Takoma Park, Maryland, school.
- **John Christian** joins the history department at CUC after serving as the director of the Takoma Park, Maryland, college's Adult Evening Program for five years.
- **James Bingham** is the new chairman of the Columbia Union College music department, as well as director of Pro Musica,

CUC's select choral group. Prior to coming to Takoma Park, Maryland, he served as director of choral activities at Atlantic Union College in South Lancaster, Massachusetts.

- **Virginia-Gene Rittenhouse** is officially joining the music department at Columbia Union College during the summer. She has been a presence in the Takoma Park, Maryland, area for several months as conductor and artistic director of the New England Youth Ensemble.
- **David Workman**, who is completing his master of arts degree in music from Rice University in Texas, moves this summer to Columbia Union College, where he is to teach instrumental classes and form a general CUC band as part of his duties with the music department of the Takoma Park, Maryland, school.
- **Roy Benton** returns to the mathematical sciences department at Columbia Union College this fall. He served on the CUC faculty from 1979-1972 and moves back to Takoma Park, Maryland, from Pacific Union College in Angwin, California.
- **Kim Hyun Jun** is the new pastor of the Washington Korean church for the Potomac Conference. He and his wife, Mi Hyang Kim, come from the Southern California Conference, where they provided leadership for the Korean Mission church in Norwalk.
- **David Barrozo** is the new pastor of the Brazilian church in Langley Park, Maryland, for the Potomac Conference. He comes from the Southern New England Conference, where he provided leadership for the Portuguese congregations in Providence, Rhode Island, and New Bedford, Massachusetts.
- **Eugene Brewer** leaves his post as principal of the Sligo Elementary School in Takoma Park, Maryland, in the Potomac Conference to become associate superintendent of education for the Florida Conference.
- **John Callahan**, who worked as a principal/teacher in the Ohio Conference, retires after completing 15 years of service to the Seventh-day Adventist Church.
- **John Falconbridge** retires as teacher of grades seven to nine at the Lake Nelson Elementary School in Piscataway in the New Jersey Conference. He served the denomination for 40 years.
- **Marian Meyer**, who worked as a teacher in the Chesapeake Conference, retires after accruing nearly 24 years of service to the church.

RANDY HALL
Visitor Assistant Editor

Dr. Kay's Q&A

Bitter or better: It's your choice



Question: My mother was murdered by two rapists who broke into her house in Florida. I'm so angry and bitter. They don't deserve to live. All I want is revenge. My family says I shouldn't feel this way, but I can't help it.

Answer: Your feelings of anger and bitterness are natural. For someone to tell you that you shouldn't feel angry and bitter is to deny you the right to express your feelings and deal with them. There are trained professionals who can help you through the grieving process. There are support groups for survivors of murder victims. Burying your emotions or trying to deny their existence won't cause them to go away.

In addition to group support and counseling, here are some things you might want to try. First, write down all your ugly feelings. Let them come tumbling out. The process of transferring those feelings from a nebulous raw ache inside your gut to actual words written on paper helps to clarify them and sometimes makes it easier for us to deal with.

Think of yourself as an emotional container. There is only so much room inside you for feelings. Right now you are filled up with negative feelings, and it's difficult to experience anything positive. You want to slowly reverse that ratio. When you plunk out any negative feeling and write it down, you create a void inside you. You have two choices: either continue thinking about that negative feeling you wrote down so it has a chance to jump back inside or fill that void with something positive. Start the filling process by thinking of something you are thankful about. Say the words out loud: "I am thankful for ..." As long as your mind dwells on something positive, it can't concentrate on the negative.

Second, write down all the positive emotions you would like to experience (joy, peace, happiness, contentment, love) and begin writing sentences using these words: "I feel joyful when ..." or "I feel peaceful when ..."

Third, you owe it to yourself to participate in activities or experiences where joy, peace or other positive emotions can have an opportunity to surface. For example, if you say "I feel joyful when I listen to happy tunes on the radio," find that happy tune station or get some recordings and pleasure yourself.

Your bitterness can never bring your mother back. Revenge will never take away the pain, humiliation and fear she experienced in her last few minutes of life, but it's your choice whether you are going to allow your bitterness to destroy you or do something about those negative feelings so they can be replaced by positive ones.

[Read more from Dr. Kay Kuzma in the Family Times newspaper. For a free year's subscription, write to: Family Matters, P.O. Box 7000, Cleveland, TN 37320; or call (615) 339-1144.]

POTOMAC

Conference ABC gets first woman intern

Lisa Martin has been appointed as the new Adventist Book Center for the Potomac Conference. She is a graduate of both Blue Mountain Academy in Hamburg in her native state of Pennsylvania and Columbia Union College in Takoma Park, Maryland.

Martin has a bachelor of arts degree in business administration and an associate of arts in office administration. She has also worked as a literature evangelist and with the business offices of both BMA and CUC.

As part of the college's cooperative education program, Martin was assigned to work at the Potomac ABC in Takoma Park. Because of her excellent work, the management requested that the conference appoint her an intern when she graduated. On May 18, the conference executive committee approved her appointment as the first female intern at the Adventist Book Center.

While Martin will receive management training in all areas of the ABC, her main duties to start will be in accounting, personnel management, accounts payable, food department stock orders and displays.

J.C. KINDER
Potomac ABC Manager



Lisa Martin

ALLEGHENY WEST

Hillcrest Avenue church celebrates seniors

April 23 was a special day at the Hillcrest Avenue church in Dayton, Ohio. On that Sabbath, the congregation honored its senior citizens. All guests of honor, members and visitors over 60 years old were greeted with carnations.

The morning sermon delivered by Raymond Lassiter was appropriately titled: "Do You Have Experience with God?"

After the worship service, a delicious meal was sponsored by the Adventist youth society at which all seniors and guests were able to fellowship and converse with the young people.

Later that afternoon, the church heard brief biographies of the senior members given by young people who interviewed them. To enhance the program, Burnadine Robinson recited poetry, and Lina Arnold sang a solo.

BENIN LEE
Correspondent

WORLD CHURCH

Asian-Americans slate youth congress

"No Fear, Just Faith" is the theme for the Asian-American youth congress to be held August 18-21 at La Sierra University in Riverside, California.

Sponsored by the Pacific Union Conference, the event will enable all Asian youth, collegians and young adults to take part in dynamic general sessions, equipping seminars and recreative socials all geared to building stronger relational ties with Christ and each other.

The congress is being planned by Asian youth and young adults from many Asian/Pacific ethnic backgrounds. More than 700 delegates are expected to attend the entire four-day event, with close to 3,000 commuting in for the weekend.

For registration details or further information on the Asian-American youth congress, call the toll-free Pacific Union PlusLine at (800) SDA-PLUS; or you can write to: Youth Congress, Asian/Pacific Ministries, P.O. Box 5005, Westlake Village, CA 91359.

ALLAN MARTIN
Correspondent

HOSPITALS

Sligo member wins award at Shady Grove

Connie Medvee, a member of the Sligo church in Takoma Park, Maryland, is the latest recipient of the Guest Relations Award from Shady Grove Adventist Hospital in Rockville, Maryland.

Medvee, a secretary for nursing administration who has worked at the hospital for more than 12 years, was nominated by a fellow employee for the kind, professional manner with which she dealt with staff and volunteers during occasions this past winter when the hospital's hazardous weather plan had to be implemented.

The Guest Relations Award is given to a SGAH employee who exhibits exemplary service during a given month. Winners are nominated either by a patient or a fellow employee.

ROBERT JEPSON
Public Relations Director

ALLEGHENY WEST/OHIO

Good Neighbor House continues fund-raising campaign

The Good Neighbor House in Dayton is maintaining a drive to raise \$150,000, with more than \$40,000 received to date.

Most of the donors live in the Dayton area, according to Michael Peebles, campaign manager. Approximately half of the \$150,000 will cover first-floor renovation

COLUMBIA UNION PUBLIC AFFAIRS AND RELIGIOUS LIBERTY

Religious liberty and historical perspective top retreat advisory

Historic Williamsburg, Virginia, is the setting for the North American Division Religious Liberty Seminar and Advisory to be held September 11-16.

Those who will benefit from participating include all with interest in religious freedom affairs, including NAD PARL staff, union and conference religious liberty directors, attorneys, pastors and lay people, government relations representatives and legislative liaisons. The Association of Adventist Attorneys goes another step by encouraging law students to attend the seminar.

Four main objectives are on the agenda: 1) a historical perspective from A.T. Jones and Ellen White to the present; 2) a study of Title VII issues by our attorneys; 3) study of PARL department functions; and 4) discussion of NAD PARL department agenda items.

The \$125 registration fee includes the seminar, closing dinner and program; after July 15, the fee is \$150. Lodging, meals and transportation are not included. For further information, call (800) 438-9600 or (301) 680-6416.

ADRIAN WESTNEY
Director

costs. Additional monies received will support program development.

"There are so many needs in our city. We think it's marvelous what the GNH is doing. We need to do more of this," said Dean Johnson, a donor and member of the Centerville congregation.

Program development depends on available funds and volunteer expertise. One possibility is a medical clinic that would be sponsored by nearby Kettering Medical Center. Other programs could include tutoring, health education classes, a van ministry and a disaster response team.

Projected monthly operating expenses total approximately \$4,640 when the GNH becomes fully operational. These costs include the executive director's salary, loan re-payment, utilities and insurance. A total of \$165,000 was borrowed for the building purchase. The GNH would like to operate without further outside financing.

Therefore, available funds for renovation and programs depend on donations, a pro-rated subsidy from each of the eight participating churches and matching funds from the conference, union and division levels of the Adventist church.

When asked why he gave to the Good Neighbor House, Ted Hamer Sr., a member

of the Kettering church, said: "I enjoy getting a return on my investments. The GNH has a visible manager as well as a responsible board. I can see results. To me, that's a motivator."

The formation of a GNH donor club is planned, with a membership goal of 1,000. Anyone who donates \$10 per month will receive a pin displaying the GNH logo, a quarterly newsletter and invitations to GNH activities.

"This is a very affordable amount, and with 1,000 members, we could easily meet our monthly operating expenses and develop some effective programs," said Sung Kwon, GNH executive director.

One donor who has been involved with the GNH project since its conception is Willa Hedrick, a Kettering church member: "The GNH is the fulfillment of a dream I've been working toward for a long time. You put your money where your heart is."

Another donor, Tom Peebles, stated: "I feel it's real important for people to contribute to those in need. I work in the Dayton community, and I think it's important to supply or fill a need. That's what the GNH is doing. You've got to give a little back."

CAROLYN PERRINE ROGERS
Correspondent

Toms River, Lakewood Spanish raise funds for Browns Mills church

Games, songs, roller skating and a hula-hoop contest were part of the fun during a recent social at the Toms River church.

The event, which was sponsored by the congregation's Adventist Youth Society, was a joint effort of the Toms River and Lakewood Spanish members to help raise money for the Browns Mills church building fund. A total of \$230 was collected that evening.

More than 85 people attended the social, which had a 1950s theme. Many came dressed in the style of the '50s, while youth on roller skates delivered veggie-burgers.

Part of the evening was the presentation of more than 20 acts, including songs of the day, skits and impersonations.

"This event was a family night out for both young and old," said Joanne Bishop. Each social being held throughout the year has a theme, and the next one will deal with the culture of the Philippines.

ALLAN CORSAIR
Toms River Communication Leader

Live the passion. Rekindle the hope.

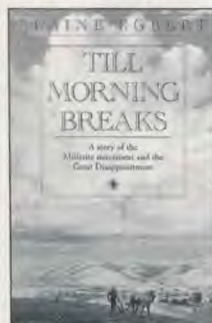
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Till Morning Breaks
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These and other Pacific Press books are available at your local ABC. Or call 1-800-765-6955.

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ADVERTISING RATES

Minimum charge: \$15 for 50 words or less for ads originating in the Columbia Union and \$20 for all others. Additional words, 25 cents each in the union, 40 cents each outside the union. Ads may be placed up to four weeks before the issue date by mail or phoning (301) 596-0800 or (800) 438-9600 toll-free. The *Columbia Union Visitor* does not guarantee the integrity of any advertising or the product or service advertised.

IMMEDIATE OPENING FOR BINDERY MACHINE OPERATOR: Must have at least two years' experience in operating various bindery machinery. Direct inquiries to: Personnel Department, Review and Herald Publishing Association, 55 W. Oak Ridge Dr., Hagerstown, MD 21740; (301) 790-9710. (71)

OCEAN SANDS, OUTER BANKS, NC: Beautiful new vacation home for rent. Four bedrooms, three and one-half baths, cathedral ceiling, air conditioning, large kitchen, dishwasher, jacuzzi, VCR, cable, unobstructed view of ocean and lake, two decks. Beautifully furnished. Sleeps 11. Ask for #90 "Sea Shell." Call Nancy at (800) 334-8401. (81)

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COLUMBIA UNION COLLEGE SEEKS ADVENTIST NURSING FACULTY for August 1994. Full-time/part-time positions are available in MCH/peds and med-surg/critical care. Master's or doctorally-prepared educators needed to augment a rapidly developing B.S.N. program located in the nation's capital area. Send vitae to: Dr. Shirley Wilson-Anderson, Chair, Department of Nursing, 7600 Flower Ave., Takoma Park, MD 20912; (301) 891-4144. (815)

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ASI MEMBERS: DON'T FORGET the international convention August 10-13 at the Grand Kempinski Hotel in Dallas, TX. Seminars on protecting assets, managing stress, balancing life, hosting party fellowships, creating shared visions and discovering God's plan are scheduled. Register with Dwight Hilderbrandt, 12501 Old Columbia Pike, Silver Spring, MD 20904; call (301) 680-6450; or send a fax to (301) 622-5017. (715)

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THE PULASKI ADVENTIST CHURCH IN PULASKI, VA, will be celebrating its 50th anniversary at a homecoming on October 22. All former pastors, interns and members are cordially invited to join us. For additional information, please call Jennena Cressell at (703) 674-0015 or Sharon Daley at (703) 231-3872 evenings. Everyone welcome! (81)

INCREDIBLE ELLEN WHITE CD-ROM LIBRARY ONLY \$99! Yes, \$99!!! Includes the "Conflict" series, *Testimonies*, *Review* and *Signs* articles, etc. Search through tens of thousands of pages in seconds! Save countless hours of research time. Priceless tool for Adventist pastors, teachers, students and parents. Also available on disks. To order, call (609) 390-7772 or send a fax to (609) 390-7774. (715)

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ACN EVENTS

The Adventist Communication Network will broadcast the following programs live via satellite:

Wednesday, July 6, 7:30 p.m.
Church Information Package
Galaxy 4, Channel 13

Wednesday, August 3, 7:30 p.m.
Church Information Package
Galaxy 4, Channel 13

Tuesday, August 9, 7:30 p.m.
ASI Convention

The Adventist Communication Network is a service provided by the North American Division of Seventh-day Adventists. For further information, call (301) 680-6400.

150th Anniversary Commemoration William Miller Chapel Low Hampton, New York August 6, 1994



- | | |
|------------|--|
| 10:00 a.m. | Sabbath School
(Separate Program for Children) |
| 11:15 a.m. | Divine Worship
Bill Knott, Pastor
Walla Walla College Church |
| 12:00 noon | Picnic Lunch |
| 2:00 p.m. | Tour of Chapel, Farm & Cemetery
Adventist Historical Properties |
| 3:00 p.m. | Commemoration Service
Bill Knott |
| 4:15 p.m. | Continued Tours |

A tent will be pitched for overflow seating of 200 with services to be viewed via video projection.

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additional cash outlay. By buying the right kind of life insurance, most people have enough cash left to start a substantial mutual fund investment. Call James W. Respess, a registered representative, at (717) 263-9108, for a no-cost, no-obligation conference. (111)

OBITUARIES

"For the Lord himself will come down from heaven, with a loud command, with the voice of the archangel and with the trumpet call of God, and the dead in Christ will rise first. ... Therefore encourage each other with these words,"—1 Thessalonians 4:16, 18 NIV. The Columbia Union Visitor joins the church family in expressing sympathy to those who have lost loved ones.

POWELL, Russell H., born February 14, 1937, Hopewell, VA; died May 10, 1994, Hopewell, VA. "Buddy" was a member—as well as junior deacon and then deacon—at the Hopewell church since 1949. Survivors: mother Lois, sister Shirley Kennedy, two uncles, one aunt, one niece, one nephew and several other relatives.

YOUNG, James, born November 12, 1902, Vancouver, British Columbia; died May 4, 1994, Mt. Vernon, OH. He was a member of the Fredericktown, OH, church. Survivors: wife Viola, daughter Mary Brass, son J. Kenneth, six grandchildren and six great-grandchildren.

YOUNG, Viola L., born September 25, 1909, Apple River, IL; died May 9, 1994, Mt. Vernon, OH. She was a member of the church in Fredericktown, OH. Survivors: daughter Mary Brass, son J. Kenneth, six grandchildren and six great-grandchildren.

ABC SPECIAL

JULY

First-Class Male



by Len McMillan

First-Class Male takes an entertaining and helpful look at what it means to be a Christian man in the nineties. Len McMillan and Marvin Wray address concerns they hear expressed in their seminar for men. Topics include: balancing work, family, church and self; solutions to mid-life crisis; God's plan for men; relating to the opposite sex; burnout and stress; understanding male sexuality; and getting in touch with your emotions. Paper, 160 pages. Price: \$9.95.

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Cincinnati	9:06	9:03	8:59
Cleveland	9:02	8:59	8:54
Columbus	9:04	8:59	8:55
Jersey City	8:29	8:26	8:21
Norfolk	8:27	8:24	8:20
Parkersburg	8:55	8:52	8:48
Philadelphia	8:32	8:29	8:24
Pittsburgh	8:53	8:49	8:44
Reading	8:36	8:33	8:28
Richmond	8:33	8:30	8:26
Roanoke	8:43	8:40	8:36
Toledo	9:11	9:08	9:03
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Washington, DC	8:36	8:33	8:28

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