

VISITOR

CONNECTING COLUMBIA UNION MEMBERS

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Give Thanks

Stories of
Health, Healing
and Hope



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Taking Our Calling to Heart

It has been my privilege to be a part of our church's healthcare ministry for a quarter of a century, and I have been in my role as president and CEO of Adventist HealthCare for a decade.



My tenure in this ministry is short compared to so many who have worked hard for more than 100 years to make sure that Adventist HealthCare is at the forefront of providing God's care. We strive to provide the most comprehensive, technologically advanced and compassionate care possible to those we are privileged to serve.

Why do we do it? We don't do it for profit—Adventist HealthCare is a strictly not-for-profit enterprise. We do it because preventing illness and bringing the best possible care to people facing illness represents one of the most important ways of demonstrating God's care.

We are called to show the world God's ideal for people, and Seventh-day Adventists take this calling very seriously. It has pushed us to be a step ahead in striving for better health, better living and the full integration of mind, body and spirit in health and healing.

One way we demonstrate this is through our care for the needy. In 2009 Adventist HealthCare provided approximately \$67 million in charity and uncompensated care to those in need—more than any other health system in our community.

Another unique approach to helping our community is the Adventist HealthCare Center on Health Disparities, which we created in 2007. Through this center, we have worked to increase services for underserved populations, helped identify and promote best practices and improved the ability of caregivers to provide quality care to diverse populations. This month we'll host a conference for local government and community leaders on health disparities. We'll seek solutions to language and

cultural barriers and discuss ways to expand access to healthcare for those in need. We'll engage members of public health and nonhealth organizations and create cooperative efforts that serve the community, improve health and achieve other outcomes (read more about our center on page 8).

AT THE FOREFRONT

I believe that the innovative approaches of tomorrow—to provide truly whole-person care and to carry out groundbreaking translational research—are likely to emerge from faith-based, community health systems like Adventist HealthCare.

When it comes to the wellness, prevention and preservation of an individual's health, no health system has a legacy like that of the Seventh-day Adventist Church, which has continually been on the cutting edge and has consistently recognized the importance of major health issues well before the medical community or the public. On issue after issue, from fighting tobacco use, to the importance of personal responsibility in diet and exercise, the Seventh-day Adventist Church and our health ministries have been well ahead of the pack.

Adventist HealthCare is part of this wonderful legacy of bringing the best of God's care to a hurting world, and I—along with our more than 2,000 physicians, 7,700 employees and 700 volunteers—am grateful to be part of it.

William G. "Bill" Robertson is president and CEO of Adventist HealthCare, headquartered in Rockville, Md.



Newsline

CELESTE RYAN BLYDEN

WAU Welcomes New VP for Ministry

Baraka Muganda, EdD, will serve as the first full-time vice



president for Ministry at Washington Adventist University (WAU) in Takoma Park,

Md. He comes to WAU from the worldwide Seventh-day Adventist Church's headquarters in Silver Spring, Md., where since 1995 he served as the world church's Youth Ministries director. He and his wife, Anne, are members of Potomac's Beltsville (Md.) church.

"My heart bubbles with joy to have a part in shaping the minds and spiritual lives of these students as their mentor!" he says.—*Angela Abraham*

More Changes at Publishing House

The Review and Herald Publishing Association in Hagerstown, Md., is undergoing a major reorganization and installing a new management team to deal with years of flat lining sales and growing financial losses. "Painful changes are necessary if we are going to effectively serve the [Adventist] Church in a rapidly changing publishing environment," the institution's new president, Mark Thomas, told employees. He projected financial losses of \$2.4 million for the year and announced that the organization's board had called for a reduction in expenses that will affect 20 percent of the workforce through layoffs, salary cuts and job reassignments. The board also directed administrators to sell

underutilized assets in order to wipe out corporate debts, raise capital for new initiatives and develop a "revitalization plan."

In addition to recently named chief financial officer Graham



Barham and Graphics vice president John Gay (see September 2010 *Visitor*, pp. 4-5), Thomas has named Dwight Hall (above) as Marketing/Sales vice president and Dwain Esmond (right) as vice president of the Editorial Division. Hall



is a successful businessman and a founder of Remnant Publications, a thriving publisher of Christian books. Esmond, the author of three youth devotional books, comes to the position after serving eight years as editor of *Insight*, a weekly youth magazine.—*Kim Peckham*

Adventist Lawyers Meet, Mentor Students

The Center for Law and Public Policy (CLPP) at Washington Adventist University (WAU) in Takoma Park, Md., recently hosted an evening of dining and networking at the second annual WAU Attorney/Student Dinner. Themed "Connections," the gathering of 82 included members of the Adventist Lawyers Association of Greater Washington (ALA), law students, pre-law students and faculty. ALA members mentor young Adventists interested in pursuing careers in law, government and public policy. At the dinner, they helped



Making "Connections": Meki Bracken, ALA co-director; Debbie Brown, WAU pre-law advisor/associate professor of English; David Ralph, keynote speaker; Joan Francis, CLPP director/WAU Department of History chair; and Cheryl Cathlin, ALA co-director.

WAU launch the ALA/WAU Mentor Program.

David E. Ralph, deputy city solicitor for the city of Baltimore and a member of Allegheny East's Emmanuel-Brinklow church in Ashton, Md., delivered the keynote address. He emphasized the importance of developing professional connections early in one's career. Ralph also reminded attendees that their most significant connection is to Jesus. —

Cheryl Cathlin



Emily Crocker, recognized for being an outstanding WAU pre-law student, is pictured with Steven Brennwald, WAU's mock trial team coach, and local attorney Dean Bouland, who received the CLPP Public Service award.

Potomac Constituents Re-elect Officers

Delegates to the Potomac Conference's First Quinquennial Constituency Session, themed "Telling His Story," re-elected president Bill Miller (standing with his wife, Sally), vice president for Administration Jorge Ramirez (standing with his wife, Bexy), and vice president for finance Steve Wilson, as well as their departmental directors and associates. During the day-long session, convened at the conference's Takoma Academy (TA) in Takoma Park, Md., the

During his report to delegates, Miller told attendees that the picture of Jesus that served as the session backdrop was comprised of 1,500 photos of members who are winning people to Christ. He then shared video stories about seven of them and brought them up on stage, including 9-year-old Isabele Arteaga (right) and her family. Arteaga is a fourth-grader at the conference's John Nevins Andrews School, not far from TA. She brought the songs, texts and Bible lessons she learned at school home and shared them with her family, and, as a result of her witness, her father accepted Christ and was baptized. Now her whole family worships at the Washington Brazilian church in College Park, Md.

"Excellent reports," concluded Daniel McManus, a delegate from the Meadowbridge church in Mechanicsville, Va.



"I like the way it was presented with the technology of today; I'm impressed by the [tremendous] growth of our conference."



732 delegates in attendance voted to merge their corporations (Maryland, District of Columbia and Virginia). They also approved the names of those nominated to serve on their committees and boards and spent considerable time discussing constitution and bylaws amendments.

Officers reported that during the last five years, pastors, evangelists and members conducted 1,000 reaping meetings; 7,730 people joined conference churches through baptism and profession of faith; 36 churches were officially organized or planted; and membership rose to 32,585. They also saw an 18.9 percent tithing increase from 2004-2009.



News From the Office of Ministries Development

Potomac Church Hosts Messiah's Mansion

The Old Testament has been brought to life in the form of Messiah's Mansion, a life-sized replica of the mosaic wilderness sanctuary. For 10 days recently, Potomac's Southern Asian church displayed the replica on their property in Silver Spring, Md.

During 70-minute tours, guides led participants through each of the replica's six stations, including the courtyard, holy place and the Most Holy Place. Guides explained each station's symbolism and told the story of Christ's ministry in the heavenly sanctuary as our High Priest. At the conclusion of each tour, participants received a free copy of *Steps to Christ* and learned about other literature focusing on the sanctuary message and Adventist beliefs. More than 4,000 people from Maryland and the District of Columbia toured the facility, and, based on a survey, 60 percent were not members of a Seventh-day Adventist church.



Southern Asian church members supported the creative outreach event by holding prayer sessions during tour hours. Following the event, Lillian Torres, the Columbia Union Bible instructor trainer, taught members how to respond to the 495 Bible study requests the sanctuary tours generated, and how to set up a Bible school and resource center to ensure ongoing personal soul winning. The Bible study interests and visitors who completed a survey were also sent a handbill promoting Potomac's fall evangelistic meetings.

Allegheny West Mentors At-Risk Youth

The Allegheny West Conference Youth Ministries Department conducted its first male mentoring program at Camp Adena, the conference's summer camp in Thornville, Ohio. The 10-day program targeted young males who are considered "at risk" for failure. The 45 young participants, aged 8-16, hailed from Ohio, Pennsylvania and Virginia. The Columbia Union Conference Office of Ministries Development was pleased to support the initiative with scholarship funds for 25 boys to attend the camp.

In addition to normal camp recreational activities, boys attended classes about transitioning from adolescence into manhood, with a focus on dress, grooming, etiquette, self-respect and respect for women, time



Pastor Joel Johnson, Allegheny West Youth Ministries director and camp director, has fun with campers Bennie Alexander and his sister, Barbara, from the Hillside church in Zanesville, Ohio.

management and personal finance. Camp staff received four weeks of training to prepare them for the mentoring program.

"[We did not want to] merely convey to these teens book knowledge about these important life lessons, but also to provide them with caring individuals who could mentor them in small groups and, in many cases, one to one," reports Pastor Joel



Justin Harris and Luideli Torres, both from the Hilltop church in Columbus, Ohio, enjoy horseback rides.

Johnson, conference youth director and program coordinator.

The conference's youth department plans to add a second phase to the mentoring program next summer. The new phase will emphasize the importance of service to their fellow man and involve the teens in taskforce teams for community service projects throughout the conference.

"These taskforce teams will work in both inner-city and rural communities, working with their hands, minds and hearts to make a change in these communities and, most importantly, in the lives of other people," explains Johnson.



Marino Stepp, from the Bethel church in Cleveland, spends time with camper Nick McGee from the Ethan Temple in Dayton, Ohio.

ACS-Run Pool Makes a Splash

Adventist Community Services of Greater Washington (ACS-GW) is furthering its outreach efforts in the community through an indoor pool, a highly treasured facility located at the Piney Branch Elementary School in Takoma Park, Md. Most recently ACS-GW added July and



PHOTO BY TERRY SEAMANS

August to the pool's schedule, making it a year-round facility for residents. Plans to increase school year programming, such as classes for parents with toddlers, seniors and physical therapy for outpatients, is also expected to attract more users.



PHOTO BY LONNI MOFFETT

ACS-GW, a coalition of seven Adventist churches, started managing the pool in February 2009, after Montgomery County and the city of Takoma Park could no longer afford to operate it. "Our governing board was initially reluctant to take on this challenge, but now we consider this to be one of our greatest successes," reports Ron Wylie (above, left, at pool), ACS-GW executive

director. The board was compelled by community need and the opportunity to minister to that need in a very tangible way.

The pool's expanded usage is occurring despite the fact that the city and county are undergoing potentially historic budget issues. In a show of concern for government employees, Wylie informed the entities that ACS-GW would not need governmental funding in 2011.

As a result of their leadership at the pool and involvement with the community, ACS-GW has built some important bridges to residents and local officials. Hits on the center's website have increased 10 times since taking over the pool's management.

"This pool ministry brings together an important mix of fun and fitness along with mental and physical health," adds Wylie. "We are creating a tremendous amount of goodwill in the community for the Adventist Church, which is giving us the opportunity to build new relationships with these residents. It is our prayer that we will ultimately have to use this pool as a baptism to handle all of the new souls coming to know Jesus."



PHOTO BY LONNI MOFFETT

Newsline

LYDIA PARRIS

Adventist HealthCare Promotes Culturally Competent Care

Adventist HealthCare (AHC), based in Rockville, Md., continues to make good on its commitment to ensure that minority and underserved populations receive high-quality care. AHC is doing this best through its Center on Health Disparities. The center most recently partnered with health organizations Kaiser Permanente and the Maryland Hospital Association to offer the Qualified Bilingual Staff (QBS) program to all Maryland hospital participants free of charge.

The QBS program was primarily developed to train bilingual hospital staff at Adventist HealthCare in proper medical interpretation. This program helps eliminate language barriers and ensures that patients with limited English-language proficiency have a full understanding of important healthcare decisions. The center has certified more than 232 staff members in 10 languages: Amharic, Arabic,

Cantonese, Farsi, French, Korean, Mandarin, Russian, Spanish and Vietnamese.

The recent five-day course gave healthcare providers the instruction and necessary skills to implement the QBS program in their own facilities. “This program allows other hospitals in Maryland to improve their capacity and capability to provide care that is culturally sensitive and linguistically appropriate,” explains Marcos Pesquera (right), the center’s executive director. “I enjoy teaching others about the rich diversity that exists within our communities and the skills needed to provide exceptional, quality healthcare to patients.”

Annual Conference Builds Relationships

Later this month, government and community leaders from the Washington, D.C./Baltimore region will attend the Center on Health Disparities’ annual

conference to continue working on solutions to eliminate language and cultural barriers and expand access to healthcare. Invited participants will span both public health and nonhealth organizations, which will create cooperative efforts that serve the community and aid in improving health and other outcomes.

“Good healthcare is built on strong trust and communication,” states Pesquera. “Our efforts to improve cultural competence of care strengthens the relationship between the patient and healthcare provider and the overall health outcome of the patient.”



Collaboration Improves Healthcare

The Center on Health Disparities, which began in 2007, first started training its own healthcare workers, including those at Washington Adventist and Shady Grove Adventist hospitals, on how to deliver and communicate care in a way that is sensitive to a patient’s cultural beliefs and preferred language. These sensitivities help staff better treat disease, improve health outcomes and achieve and maintain wellness. To date more than 5,500 AHC employees have participated in classroom or online training.

The center’s various training programs have also extended beyond Adventist HealthCare to a total of 580 community health partners, including Sinai



Hospital of Baltimore; Johns Hopkins Priority Partners; health leaders in Montgomery, Prince George's and Frederick counties in Maryland; and community health organizations.

"Adventist HealthCare has always believed that collaboration with other healthcare partners is the most effective and efficient path to improving the health of people across Maryland," says William G. "Bill" Robertson (pictured right with Pesquera), Adventist HealthCare president and CEO. "These partnerships are another extension of the Center on Health Disparities' dedication to eliminating healthcare barriers and ensuring that quality care is provided to patients throughout the state."

Training Widens Community Impact

Disease prevention and wellness is also key to improving the

health of minority and underserved populations. Barriers to screening and care can translate to postponed diagnoses and delayed treatments. Both the center and AHC's health and wellness outreach program work closely with its hospitals and its community partners to ensure underserved patients receive necessary health education, screenings and treatment, especially in the areas of cancer care, cardiovascular care and maternal and child health. Adventist HealthCare has cared for patients who speak more than 60 languages.

"As we work toward understanding our local community's challenges and yielding a deeper impact from our outreach efforts, we move closer to expanding access to care for all in our communities," comments Robertson. Going forward, the center will continue educating AHC's workforce and community partners to



ensure its training and community outreach programs have widespread benefit for minority and underserved populations in the region.

To learn more, visit adventisthealthcare.com/health-disparities/facebook.aspx.

Eliminating Language Barriers: Qualified Bilingual Staff trainees with employees from the Center on Health Disparities



Potluck

BETH MICHAELS

What's New?

Devotionals > Love Out Loud General Conference Women's Ministries

In this 19th annual edition of the daily devotional, women from around the world tell of God's love in action. "They write of trials and

triumphs, of insights and injuries, of family and friends," says editor Ardis Stenbakken, former General Conference Women's Ministries director. "Love out loud—it's a love that is heard, seen and felt."

Proceeds from the book go toward the department's scholarship fund, which helps Seventh-day Adventist women obtain higher education. Read more and order at adventistwomensministries.org.

From the Heart Ellen G. White

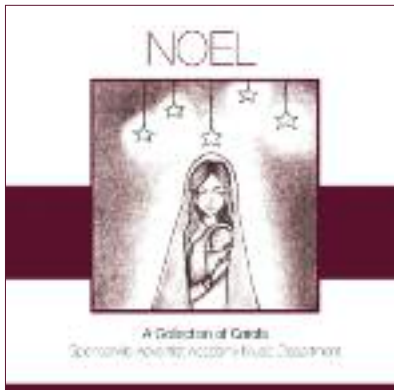
Woven throughout every message in this annual devotional is Ellen White's earnest desire to lead searching hearts and minds to Jesus. The book draws exclusive

passages from her 5,000 articles in the various church journals. Her words of encouragement, guidance and caution will inspire you to an ever closer walk with God. Find spiritual sustenance as you prepare for His soon

return. Copies are available at adventistbookcenter.com.

CDs > Noel Spencerville Adventist Academy

Chesapeake's Spencerville Adventist Academy (SAA) in Silver



Spring, Md., released their sophomore CD after the school's choral, band and bell directors scanned the globe for Christmas carols. The album also includes holiday favorites like "Carol of the Bells" and an original composition by choral director Robert A. Martinez titled "Quem Pastores Laudavere" (Whom Shepherds Praised). "The project takes the listener from the advent to the crucifixion through the carols of different cultures," explains Martinez. Order CDs from SAA by calling (301) 421-9101.

Christmas: Music for Harp and Ladies Choir Pro Musica

The ladies of Washington Adventist University's (WAU) Pro Musica joined harpist Elizabeth Blakeslee of the National Symphony for this holiday release, recorded in the most historic



church in the nation's capital—St. Paul's Episcopal Church, Rock Creek Parish. The CD features the works of three composers: the premiere recording of "Procession and Carols and Berceuse" by James Bingham, PhD, WAU's Music Department chair; "Dancing Day" by John Rutter; and "A New Year Carol" by Benjamin Britten. To order, call the Takoma Park, Md., school at (301) 891-4025.

Did You Know?



Adventist HealthCare unveiled *Health & You*, a quarterly publication and local health resource for the Washington, D.C., metropolitan area. It features patient stories, class information, upcoming health screenings and more. Read it online at adventisthealthcare.com/healthandyou.

DVD > Bethlehem Nativity Francisco de Araujo

This holiday DVD captures the original play about the time of Christ's birth written by Francisco de Araujo, a member of Chesapeake's Frederick (Md.) church. Hundreds of volunteers performed the play over eight nights on the Takoma Park (Md.)



church grounds for about 10,000 Washington, D.C., area residents. Watch the performance in high-definition, as filmed and edited by David Brillhart of Potomac's Sligo church in Takoma Park, Md.

Get your copy through createspace.com/259481. Araujo will donate his proceeds of the DVD to help build an orphanage in Uganda.

On the Web

Facebooked >

David H. Randall



Thanks to all who came out and supported the Stillwater church and its fundraising concert for Dayton's Good Neighbor House. Nearly \$5,000 was raised between the concert and the silent auction. —Member, Stillwater Church, Vandalia, Ohio

The Takoma Park (Md.) Church



God allowed His Son Jesus to be a living sacrifice for all of humanity in order for everyone to have the chance to spend eternity with God in heaven.

In the Spotlight > Prayer Warrior Sandra Austin

Sandra Austin, a chaplain at Washington Adventist Hospital in Takoma Park, Md., first experienced the power of prayer after God healed her of an illness through someone else's prayers. With an increased passion for prayer, Austin has spent 35 years coordinating prayer groups, and dedicated the last 10 to leading a weekly prayer ministry line. Austin also serves as the prayer coordinator for the Allegheny East Conference (AEC), organizing its annual 10-day prayer conference that features prayer gardens, seminars and all-night vigils.

Hundreds have been touched by her ministry, among them evangelist William C. Scales Jr., who has twice been healed of prostate cancer thanks to the earnest pleas of Austin and her team of prayer warriors.

During this past year, her prayer ministry line has focused on praying Psalm 55 every Wednesday morning, noon and evening. "Praying three times a day allows us to practice consistency in our faithfulness to God," says Austin, a member of AEC's Capitol Hill church in Washington, D.C. "As busy as Jesus was, he escaped the noise of the day and prayed. And when the hands of the clock go up at noon, we too can raise our hands in prayer to God."

Austin welcomes all men and women to join the prayer line. Call each morning at 7 a.m. and on Wednesdays at 7 a.m., noon or 8 p.m. by dialing (712) 775-7100. Enter access code 629389#. —A. Grace Brown



Hope for Orphans

Members respond to a global need

Gina Wahlen

Every two seconds, a child somewhere joins the 145 million children globally who are already orphaned or displaced. What's worse is that these little ones often suffer under the most deplorable conditions—hunger, filth, disease, abuse, slavery.

World Orphans Day (worldorphansday.com), observed this year on November 8, garners support for these vulnerable children, and Seventh-day Adventists in the Columbia Union are finding ways to lend a helping hand:

EDEN GARDEN ORPHANAGE

Charles and Gigi Le-Morzellec (below), members of Potomac's Vienna (Va.) church, started their ministry after a shocking visit to Haiti in the mid-1990s. "Anywhere you looked, there was poverty," recalls Charles. "It was a land without hope, a land of desperation."

Mothers approached the Le-Morzellecs on the street, begging them to take their babies so the infants would not die. Disease was everywhere—dehydration, worms, malnutrition, AIDS.

"I couldn't believe what I saw," says Gigi. "I felt like, 'I have to do something for those children. If nobody does, the little I can do is better than nothing.'"



REACHing Orphans: Gerson and Cheryl Roeske and Valeetah and Edward Motschiedler

In 1998 the Le-Morzellecs founded Eden Garden Orphanage (edengardenorphanage.info), which, today, makes the difference between life and death for more than 40 children. Inside the walls of the five-acre campus, staff give the children fresh water, food, medicine, clean clothes, an education and, most importantly, love.

Eden Garden also operates a school for about 200 children, provides more than 1,000 people every day with access to their water station and opens their medical clinic to the community. And since an earthquake devastated Haiti earlier this year, orphanage staff has applied \$47,000 of donations, primarily from Columbia Union-based donors, to feed and/or house 772 survivors.

REACH INTERNATIONAL

Adventists in Berrien Springs, Mich., started the nonprofit organization REACH International in 1973. Beginning with 60 children in a poor village in south-

ern India, the organization now serves nearly 26,000 children in 25 countries. To date the organization has served more than 100,000 children worldwide.

REACH (reach.org) has strong ties to the Columbia Union through its board chair, Edward Motschieder, special assistant to the union president, and Gerson and Cheryl Roeske, members of Potomac's Sligo church in Takoma Park, Md. Gerson serves as REACH's vice president and treasurer. Cheryl is a board member.

"My daughter worked for REACH while a student at Andrews University [Mich.]," says Motschieder, a member at Chesapeake's Spencerville church in Silver Spring, Md. "While at an [Adventist-laymen's Services and Industries] convention, I visited the REACH booth and was impressed with the work they were doing." In 2006 Motschieder became more directly involved, progressing from a REACH consultant, to a board member, to his current title.

REACH, an acronym for Render Effective Aid to Children, provides food, shelter, love and spiritual nurture to abandoned and destitute children. They also provide medical care, education and vocational training, and teach adults how to grow more food.

Motschieder has visited the organization's orphanages in Rwanda and Mexico, and in South Africa and Lesotho worked to establish new partnerships with Hope for Humanity for child feeding programs. Motschieder reports that one of REACH's largest orphanages is in Rwanda, with 130 children. The bulk of those children lost their parents to genocide and, more recently, AIDS.

REACHING HEARTS FOR KIDS

Norma Nashed (right), a member of Allegheny East's Reaching Hearts International church in Spencerville, Md., knows what it's like to be an orphan. "We were nine people, crowded into one small room," she recalls. "There was no heater, just a coal stove, and when the coal was gone, it was gone." Having no coat, Nashed remembers many days of shivering coldness, with very little to eat.

"Perhaps God used this to help my heart be sensitive to the needs of other poor and hurting children," says Nashed, founder and president of

Reaching Hearts for Kids (RHK), a nonprofit organization helping more than 3,000 children in 13 countries.

Since 1999 RHK (reachinghearts4kids.org) has provided food, shelter and education through its orphanages and Christian schools. The organization also focuses on spiritual needs and looks for sustainable ways to support poor children.

"We have completed five classrooms for a primary school for Maasai children in Tanzania. Through the four wells we have dug for the homes or schools we support in Kenya, the Democratic Republic of the Congo, Tanzania and Zimbabwe, thousands in the communities are benefiting from clean drinking water," adds Nashed.

Other projects include an agricultural development program in Rwanda, medical team support in Ethiopia, refugee camp feeding programs in the Congo, medical help in Chad and a resource center in Zambia.

Gina Wahlen writes from Silver Spring, Md.

World Orphans Day
November 8



Poetic Healing

A quest for Christ unveils a gift and births a ministry

LaTasha Betts Hewitt

Kelvin Bailey's head was throbbing. Thoughts of revenge and desperation flooded his mind. Just a few days before, he had prayed for God to remove all the money he'd earned from hustling drugs and for God to become his Provider. God had answered part of his prayer and removed the funds, but now Bailey was broke and confused. To make matters worse, his brother, who was earning an honest living, had just been robbed, and Bailey wanted desperately to take the robber's life.

As he sat in his room, filled with anger, the Lord reminded Bailey of how He had protected him in the past: a misfiring robber's gun; an unsuccessful stabbing by assailants; and no detection by a state trooper's radar when he was speeding with marijuana in his car. The realization softened his frustration, but

the pull to return to drug sales was great. He began to pray aloud: "Oh Father, tell me why, Who sits on high, is it my life feels so empty that I wish I would die. I believe in Your words and have faith, but sometimes seeing the false fruits of sin, I want a taste ..."

When he finished, Bailey realized his prayer rhymed. He wrote it down and recited it over and over. The words began to transform his life and helped him realize that there was nothing he could do in his own strength—God was his only hope. He continued pouring out his heart to God on paper and his life took a dramatic shift.

Standing For Christ: Kelvin Bailey, Tracee Oglesby and Ronson Evans



RHYTHMIC CONVERSATIONS WITH GOD

Bailey started attending Allegheny West's Southwest church in Cleveland whenever its doors were open. Although he had been baptized a few years earlier, "I hadn't had that 'road to Damascus' experience yet," he shares. However, his poetic prayers were leading him deeper into conversion.

During one Sabbath sermon, Pastor Alfred Booker announced that the Lord impressed him to anoint someone. Although he did not know Bailey personally, Pastor Booker approached the young man and, with elders surrounding them, laid hands on him and declared, "God has set you apart for His service." Bailey was shocked.

Later learning of Bailey's poetry, Pastor Booker asked him to share a poem during church service. Although Bailey was hesitant, the one he recited received a standing ovation. Following service, fellow member Tracee Oglesby approached him about sharing his poetry at other venues. Bailey had never thought of his rhythmic conversations with God as a blessing to others, but he was willing to be a vessel for the Lord. He began speaking at youth federations and antidrug rallies. In 2005 he also published a collection of poems titled *My World*.

A MINISTRY IS BORN

Through various engagements, Bailey and Oglesby's burden for the youth became strong. In 2003 they formed Standing For Christ (SFC) and started holding weekly Bible studies, conducting radio and Internet interviews, visiting the sick and shut-in, participating in community events about crime and drugs and leading many other positive activities. "We wanted to show young people how Christ can change your life," explains Oglesby.

A few years later, Ronson Evans, a prodigal member of the church, returned. When Oglesby, his former childhood Sabbath School teacher, recognized and spoke to him, Evans shared how God was helping him overcome the use and sale of drugs. The similarities between his story and Bailey's led Oglesby to invite Evans to attend the weekly SFC Bible study at Bailey's home. The young men clicked immediately. "He really listened to what I had to say, and I could tell he understood where I was coming from," shares Evans. "He became like a pastor to me."

Evans joined SFC and supported their goal to encourage young people to use their abilities for



God. He shared his gift of music through SFC until recently, when he moved out of the area.

ILLUSTRATING THE LOVE OF CHRIST

Bailey and Oglesby continue to expand their mentoring program. They hang out and talk with young people, sometimes take them to museums or play basketball and video games with them. They recently took a group to a Cleveland Browns game. "The youth need to see that Christians can have fun too," states Oglesby, who leads the ministry's public relations efforts.

Through SFC, they also plan to expose youth to career opportunities by taking them to visit local businesses or having professionals speak to them. And they hope to minister to young people in detention homes. "We just want to show people the love of Christ. Young people need to see love in action," explains Oglesby.

Realizing that the pull to street life is great in Cleveland, Bailey is determined to show youth that the world does not compare to what God can provide. "We try to share with them the importance of making right choices in life. We know we cannot reach everyone, but our goal is to reach as many as God sees fit," concludes Bailey, who now preaches all over the United States. Learn more about SFC at standingforchrist.org.

LaTasha Betts Hewitt is a member of Allegheny East's Germantown church in Philadelphia.

Choice of a Diva

A football player puts the Sabbath before fame

Sam Belony

Strength. Dedication. Passion. Power. These words defined number 44 of the D.C. Divas. Anyone familiar with the Independent Women's Football League (IWFL) still knows her name: Rachelle Pecovsky. This running back's stunning combination of speed, strength and size was simply dangerous. She was known for her high yards per carry average, artful maneuvering, breakaway speed and uncanny ability for finding the end zone. But at the zenith of her career, this football star walked away from it all, leaving the public to wonder what compelled her to simply give it up!



PHOTO COURTESY OF NORDIC NATURALS

THE RISE OF AN ATHLETE

The first of six children of an athletic family, Pecovsky was born and raised in Chambersburg, Pa. She was a scholar athlete, both in high school and at Ursinus College (Collegeville, Pa.), where as a track and field star, she won Centennial Conference shot-put championship honors for four consecutive years, including NCAA All-American honors in 1995. She was also a decorated gymnast, earning national ranking on the balance beam in 1994.

Pecovsky started her professional career in 2001 playing tackle football for the Philadelphia Liberty Belles. An early pioneer of the game, her high yardages and repeated trips to the end zone led the Belles to the championship game undefeated,

where they crushed the Pensacola Power 40-7!

In 2006 Pecovsky joined the D.C. Divas after five seasons in Philadelphia, four with the Philadelphia Phoenix (formerly the Belles) and one with the Delaware Griffins. She commuted 178 miles each way three times a week for practice, traveling again on Saturday evenings for the games. And she did it without compensation, while running her own business, The Traveling Kitchen, as a personal chef!

Pecovsky's unrelenting drive fructified, as that season proved her most prolific! She rushed for 1,087 yards—a team record—and scored 17 touchdowns in the eight-game regular season, leading the Divas to a perfect season. She was league leader in rushing and scoring in the three-game postseason with 345 yards and four touchdowns. She scored a 55-yard touchdown a mere 25 seconds into the championship game, finishing with a total of 186 yards and three touchdowns to defeat the Oklahoma City Lightning 28-7. That performance earned Pecovsky MVP honors and a spot in *Sports Illustrated's* August 2006 "Faces in the Crowd" section.

AN OBVIOUS CHOICE

Then came the 2009 season, two years after Pecovsky met Jesus and was baptized a Seventh-day Adventist. Though she hardly considers herself a celebrity, Pecovsky enjoyed the limelight: signing autographs, doing interviews and having articles about her published in major newspapers such as the *Philadelphia Inquirer* and *Washington Post*. But when she had to choose between worldly success and the "God [who] is the source of my

power and strength,” the choice was obvious.

“After I became an Adventist, I played for a year and then realized that I wasn’t really observing the Sabbath,” Pecovsky admits of the Saturday night games in the spring and summer. Deciding she would no longer transgress the fourth commandment, Pecovsky announced her retirement to the coaching staff. They would have none of it! Instead, they made her a deal: Honor God first, devote to the team second.

Pecovsky gave up her starting role and joined games after sunset, often during third or fourth quarter. She would suit up and take to the field like a caped crusader coming to save the day—and more than once she did!

This presented Pecovsky with a unique witnessing opportunity. Through her unwavering dedication to God, coaching staff and league players learned about the Sabbath. The general public also learned about the Sabbath through articles that highlighted the star player who willingly sat aside to watch the sun set before she would play football.

Pecovsky retired after the 2009 season, in her prime, with no firm plans for football—although coaching is a possibility. “One of the most important

messages I strive to convey is that this is a choice I willingly make, not something my faith forces me to do. I make it clear that I have not retired because I *can’t* play football on the Sabbath, but rather because I have *chosen* not to!” she explains.

GOD’S NUMBER-ONE FAN

Although this diehard athlete continues to run avidly and play beach volleyball, albeit not professionally—yet, Pecovsky is finding ways to further live her faith. She ministers in the Health and Temperance department of Allegheny East’s Capitol Hill church in Washington, D.C., where she is a member. She also recently participated in a sports documentary for Adventist youth with Baltimore Ravens star Brandon McKinney and numerous other successful, creative Adventists living in the United States and beyond. The group Adventist Yell Out will release the project, titled *This Chair is Empty*, early next year. However, no matter what she’s working on, Pecovsky’s top priority remains a strong desire to be God’s number-one fan!

Sam Belony writes from Philadelphia.



PHOTO BY PAUL HAMLIN

Prayer on the Line

A decade-old phone ministry unites and edifies men

A. Grace Brown

at 5:30 a.m. on any given day, somewhere in Pennsylvania, Maryland, Delaware, New Jersey, New York and even Florida, a man reaches for his phone, dials into a conference call prayer line and announces his presence. The 15–20 other men who are also on the line greet him warmly. For one powerful hour, they share their joys and struggles, listen to a devotional message, reflect on a passage of Scripture and pray together as they have every day for the past 10 years.



SPIRITUALLY CONNECTED

Larry Wilson (above, right, with some of his prayer partners) started these conference calls to address the lack of camaraderie he observed among Seventh-day Adventist men, which often leads to isolation. Wilson, the former Allegheny East Conference Men's Ministries coordinator and a current member of the North Philadelphia church, views the prayer line as a means of helping men stay spiritually connected between weekly Sabbath services.

"The prayer line serves as a rehab phone line and

ministry," he explains. "We're here to catch men before they fall."

In addition to the daily morning conference calls, many of the men also meet on the line from 9–10 p.m. on Fridays and from 7:30–8:30 p.m. on Sundays. They come from diverse backgrounds and range in age from 30–88 years old. Some have never met face to face and recognize each other only by the familiar sound of their voices. But there is a deep level of comfort and trust among the participants, and many have become as close as brothers.

"We share a common denominator in Christ," explains Harmon Grant of the First church of Coatesville, Pa., a prayer line participant for nearly 10 years. "The prayer line has been such a joy in my life that I don't want to go without it. It would be almost like missing breakfast!"

BREAKING DOWN BARRIERS

Under Wilson's leadership, the prayer line has become an effective means of breaking down barriers to authenticity among men and creating a safe environment for them to speak openly about their lives. "Sometimes we share, sometimes we laugh,



and sometimes we cry. We speak from our hearts very openly and candidly,” shares Melvin Hayden III, associate pastor of the Mitchellville church in Largo, Md., and a participant for the past nine months. “We’re all just men connecting with God and encouraging one another.”

Five-year participant Bryant Leonard of the First church in Washington, D.C., concurs. “What I’ve learned about men is that what we can’t fix, we don’t talk about or we run from, but through the prayer line, we learn to face some of those issues,” he says. “We learn that Jesus is the answer, and we learn to talk to each other—to edify each other through our own stories.”

Each person’s concerns are treated with respect and confidentiality. As newer members observe other men opening up, receiving acceptance, finding direction and experiencing healing, they are inspired to share their own journeys and enter into deeper bonds of fellowship.

BEYOND THE RECEIVER

The prayer line has reached beyond the confines of the phone and into the daily lives of the men and their families, offering solidarity of brotherhood and support through life’s joys and trials. Robert Perry of the Ebenezer church in Philadelphia, who has been involved with the prayer line since it started, can attest to this. In 2004, when he and his wife were both hospitalized, men from the prayer line visited the couple in the hospital and at their home, providing much-needed comfort and assurance of God’s presence. “They just were there,” he says. “The men were so close.”

The prayer line has been a support to well over 500 participants who are striving to be better husbands and fathers, to help men who were jobless find work, and for men who simply needed encouragement and a safe environment in which to be held accountable and grow.



CALLING ALL MEN

Ever passionate about unifying Christian men, Wilson has expanded the ministry to include several retreats and family life conferences, where many of the men meet face to face for the first time. This past May, he organized a conference for prayer line participants, touting it as the first Columbia Union-wide meeting specifically designed for men. Some 400 attended the daylong event. Now Wilson is planning a family retreat for men and their families.

His ultimate goal, however, is to join with others in taking on the character of Jesus Christ. The prayer line, conferences and retreats are open to any man who desires to have a relationship with Jesus or is simply hurting and looking to talk with someone. They need only to pick up the phone.

A. Grace Brown writes from Columbia, Md.

JOIN THE CONVERSATION

Call the prayer line at (212) 200-6000
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DOES EXPANSION EQUAL PROGRESS?

ALLEGHENY EAST CONFERENCE SAYS IT DOES

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Members of the Metropolitan church in Hyattsville, Md., have a strong mission statement: "Enhance the church and embrace the community." To help them better put their mission into action, they called upon the Columbia Union Revolving Fund (CURF).

With a CURF loan, the Metropolitan church constructed a 35,000-square-foot ministry center with a five-fold purpose: a gym to promote health and wellness, a health clinic for the uninsured, a community service level to provide food and clothing, meeting rooms to offer educational classes and a banquet hall to host weddings and special events. In the next few years, members expect to reach record numbers of community residents with the love of Jesus and the promise of heaven.

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YOUR HEALING MINISTRY

A Philosophy of Healing

Fred Manchur

As the time approaches for me to assume the duties of CEO of Kettering Adventist HealthCare, I find myself looking back at my own personal journey and reflecting on certain life experiences that provided signposts along the way.

One particular experience that made a lasting impression on me happened when I was 9 years old. My family had moved to Toronto from the Canadian Province of Saskatchewan. Our house was only one block from Branson Hospital, one of the largest Seventh-day Adventist hospitals at that time. It was there that I started my first job—a paper route. The route included delivering daily copies of the *Toronto Star* to patients who, in those days, routinely had longer hospital stays. This allowed me to become fairly well acquainted with some of them.

Somehow I discovered that one patient was dying. She gave me money to purchase her husband's favorite cologne and asked me to give it to him on his birthday since she would not live to celebrate with him. This experience made me realize, even at such a young age, that healing ministry involves more than just physical healing. Being able to help her with this last small request gave me a sense of the interconnectedness of patients, their families and the community.

This early experience became the basis of my desire to create a holistic, healing environment for patients. During the course of my 35-year career, this idea has been nurtured and expanded through encounters with many fellow travelers. And, it continues to undergird my every decision, from choosing my team to aesthetic details of the hospital environment.

I find meaningful support for this philosophy in Luke 7:11-15. It is one of the best examples of Jesus expressing His great compassion to suffering people—even before they requested His help. In this familiar story, Jesus approaches a funeral procession of a widow's only son. His great compassion is awakened, and He comforts the widow and raises her son back to life, knowing her heart's desire before she could express it.

IMPLEMENTING A COLLABORATIVE COMMITMENT

In our work with patients and in our healing ministry, I believe that we are called to imitate our Great Teacher in offering comfort and anticipating the needs of those we have the privilege of serving. In carrying forth the intent of Jesus' ministry of anticipating our patients' needs, we are given a wonderful opportunity to improve our community's quality of life.

This collaborative commitment from each employee is worth the effort. Despite faith differences, the community's response has been overwhelmingly positive. It was this type of faith-based healing experience at a sister facility in Chicago that the Kettering family found so attractive and wished to duplicate at the Charles F. Kettering Memorial Hospital (now Kettering Medical Center).



I am both excited and humbled at the prospect of serving as Kettering Adventist HealthCare's CEO. It is, I believe, a furthering of my early calling, a continuation of my journey. I invite you to join us as we work to enhance our ministry and mission. It is with God's grace and guidance that our facilities will flourish.

Fred Manchur is the incoming CEO of Kettering Adventist HealthCare and a member of the Kettering (Ohio) church.

Kettering Opens Schuster Heart Hospital

Last month Kettering Medical Center (KMC) in Kettering, Ohio, proudly opened the doors to the new Benjamin and Marian Schuster Heart Hospital. The new six-story, 90-bed addition is dedicated to all aspects of heart care: state-of-the-art treatment, research and innovation, professional education and public awareness. The hospital offers the latest in cardiac diagnostics, catheterization lab technology and an electro-physiology lab to address anomalies in the electrical workings of the heart.

The new addition also allows KMC to house the region's very first stereotaxis unit for cardiac arrhythmias (irregular heartbeats and abnormal rapid heart rhythms). Stereotaxis enables doctors to perform remotely controlled, image-guided, heart procedures. Magnetic-guided catheters let doctors steer the catheter with much more precision, resulting in safer and better treatment.

A HEALING ENVIRONMENT

Centered on the concept of a healing environment, the look and feel is warm, comfortable and inviting.

Working to share its faith-based mission, KMC coordinated with a local artist to design a "creation wall," which features the Genesis story. The creation wall is the first of many displays the network will have placed in each of its hospitals to demonstrate to the community that it is a committed, faith-based institution.

Additional highlights of the Schuster Heart Hospital include:

- All patient rooms are private.
- Exterior views, as well as interior art and design, provide a connection to nature and offer positive distractions.



The Creation Wall in the lobby of the Benjamin and Marian Schuster Heart Hospital captures God's creation week in bronze.



YOUR HEALING MINISTRY



PHOTOS BY LEE ANN YAHLE AND COLIN GATLAND

- Rooms feature amenities that reduce stress and encourage family and visitors' involvement in the healing process.
- The warm and inviting lobby offers retail shopping, including a pharmacy and bakery.
- A concierge desk located inside the lobby entrance has an alcove for wheelchairs.
- The Volunteer Services Department coordinates the information desk, which provides phone information, patient location, escorting and assistance with patient wheelchairs.

- There is a new patient tracking system that allows the information desk staff to give better, more efficient service to patients and guests.
- Patient registration is now readily accessible.

BEHIND THE NAME

The hospital is named after Benjamin Schuster, MD, (center) medical director of the Kettering Cardiovascular Institute, and his late wife. Schuster is well respected in the hospital and surrounding community. Even though he comes from the Jewish faith, he is an avid supporter of Kettering Adventist HealthCare and its mission, along with the institute's Christian values.

Dr. Schuster said Kettering Medical Center has long been known for its experience and advanced expertise in heart and cardiovascular care. The new hospital, he added, is "an extension of what we've been doing for a long time. Now, we're embellishing the program and thrusting forward."



Schuster Heart Hospital Offers Floor-to-Floor Healing

Lobby—Gift shop, bakery, pharmacy, information desk/concierge (pictured)

First Floor—Heart center registration and outpatient services

Second Floor—Short Stay Unit and cardiac labs

Third Floor—Inpatient Cardiovascular Unit

Fourth Floor—Inpatient Mother-Baby Nursing Unit

Fifth Floor—The Kettering Joint Center



Kettering Supports Tool Development for Disabled

In collaboration with Kettering Adventist HealthCare's Innovation Center, engineering students from Cedarville University in Cedarville, Ohio, will help design tools to expand functional capabilities of developmentally disabled people through the MONCO Assistive Technology Program. This program not only aims to make people more self-sufficient by broadening employment opportunities, it also sets the goal of helping stroke victims on the road to recovery.



MONCO, a local organization serving 800 developmentally disabled clients, provided \$100,000 to start the work on assistive technologies while the Kettering Medical Center (KMC) Foundation added a \$33,000 grant to support this important work. The foundation has a longstanding history of support for neuroscience research through grants to the Wallace-Kettering Neuroscience Institute, says Martin Clark (pictured), foundation president.

"Developmentally disabled people are an underserved population, and this work will provide significant help for them. It is especially gratifying to support this initiative because our rehabilitation patients also stand to benefit," adds Clark.

"Developmentally disabled people are an underserved population, and this work will provide significant help for them. It is especially gratifying to support this initiative because our rehabilitation patients also stand to benefit," adds Clark.

U.S. News Recognizes Kettering, Sycamore Stroke Program

Kettering and Sycamore medical centers received the Gold Performance Achievement Award from the American Heart and Stroke associations, an honor published in the *U.S. News & World Report's* "Best Hospitals" issue. This award is part of the Get With the Guidelines program to promote better stroke care across America.

Kettering and Sycamore hospitals developed a Primary Stroke Center, which features a comprehensive system for rapid diagnosis and treatment of stroke patients admitted to the emergency department. As a result, the staff is always prepared to provide brain-imaging scans, and neurologists are available to conduct patient evaluations and use clot-busting medications when appropriate.


According to the two associations, stroke is the third leading cause of death in the United States, accounting for one in every 18 deaths, and is a leading cause of serious, long-term disability.

Physicians Work to Expand Services in Guatemala

Every year a group of physicians, primarily from Grandview and Southview hospitals, visit La Labor, Guatemala, for a surgery campaign, offering critical health procedures for residents in 42 villages. This year the professionals performed 93 procedures, including hernias, carpal tunnel repairs and scar revisions to improve mobility. Now the medical team—deemed by the locals as "Amigos del Corazón"—is pursuing an 8,400 square-foot health center with two buildings and an operating room for the surgery campaign. A substantial portion of the needed funds, about \$15,000, has already been raised.

"We hope to have the clinic construction project complete within two years," reports Jeff Rogers, DO, an anesthesiologist who organizes the trip each year. "It takes us three hours to set up the operating room we currently make in a church hall, and it takes another three hours to tear it down. The project will give us time to do more actual operations, and it will give us a bigger space and a place to house second-hand equipment that will really help us."



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Conference Celebrates Opening of New Office Building



More than 1,200 people were on hand last month to celebrate the grand opening of the Cheatham Administrative Complex in Pine Forge, Pa. The building was named for W.L. Cheatham, the last president of the Allegheny Conference, and Charles L. Cheatham, the current president of the Allegheny East Conference (AEC). The \$8 million, 41,574-square-foot building houses the conference's 40 offices, an auditorium, exercise facilities and a state-of-the-art boardroom, which



Allegheny East Conference administrators were joined by officers from the Columbia Union Conference and the worldwide Seventh-day Adventist Church for the ribbon-cutting.



Pathfinders lead the way from the Luther Palmer Pavilion to the new Cheatham Administrative Complex.

accommodates video conferencing and a table that is 10 feet by 31 feet long.

The grand opening drew people from all corners of the conference's borders and beyond. Former presidents and staff; Ted N.C. Wilson, president of the worldwide Seventh-day Adventist Church; as well as Dave Weigley, president of the Columbia Union Conference; bestowed congratulations and blessings.

"Praise the Lord! Hallelujah! Thank You, Jesus!" exclaimed Cheatham acknowledging the members whose sacrificial giving made the building possible. "To the members of Allegheny East Conference: Thank you! Thank you! Thank you ... for your faithfulness, your dedication."

With the old facility built around 1945, many believe the new facility is long overdue. Plans for a new office building have been in the works since the early 1990s, but were put off in order to channel resources into the conference's Pine Forge Academy.

William Niles, EdD, a member of the Ebenezer church in Philadelphia and chair of the new office's building committee, noted that the building received considerable input from constituents. "This building is modern, energy-efficient and has ample capacity for all the functions of the conference with room for growth," he said.

Plans for a new building began during Alvin Kibble's tenure as AEC president. "This [building] is a legacy [of] the many presidents, administrative officers, pastors, directors, educators and members who down through the years have consistently demonstrated the spirit of sacrifice and have set the standard of excellence in ministry both for their conference and the church in North America," said Kibble, now a vice president for the North American Division.

Dave Weigley noted that the conference's executive committee's decision to name the building after the two Cheatham presidents was an "affirmation of the value they have given to the conference and people of God."

Carol Wallington, a member of the Emmanuel-Brinklow church in Ashton, Md., found the proceedings, "very elegant, organized and the building itself very representative of the great Allegheny East Conference."



PHOTOS BY JOSHUA MARTIN AND ROBERT BOOKER

Metropolitan Youth Lead Training in Guyana

Several young people from the Metropolitan church in Hyattsville, Md., walked away from the grassroots, youth-led General Youth Conference (gycweb.org), inspired and determined to share

God's love any way that they could. With several having a connection to Guyana, they thought about participating in a short-term mission trip or leading an evangelism series there but really wanted to make a long-term impact. They finally decided to lead several evangelism training sessions. It was then that the Guyana Adventist Youth Conference (GAYC) was born.

This was the third year that the group led a training conference in Guyana, which drew more than 130 young people. "Our purpose is to mobilize and train and motivate young people to be evangelists right where they are," explained Tiffany Brown, the group's vice president of networking. This year's three-day conference was themed "Called, Chosen, Faithful" and featured speakers and workshops that tackled music, salvation, Daniel and Revelation and biblical sexuality.

On Sabbath afternoon, the



young people knocked on doors throughout Georgetown, the nation's capital, and received more than 280 requests for Bible study.

"We are hoping for a revival among young people in Guyana," said Dillon Ward (above), GAYC president. "We hope to continue to furnish the young people there who have a desire to do something for God with the resources they need to spread the gospel." They are also planning to start a literature evangelism program there.



More than 130 young people registered for the Guyana Adventist Youth Conference, with 300 attending on the final Sabbath.

Bladensburg Gas Giveaway Fuels 125 Cars

The Bladensburg (Md.) church recently partnered with the local Exxon gas station to give 125 vehicles \$20 worth of free gasoline. When reflecting on this opportunity for outreach, Noah Washington,

pastor of the Bladensburg church, says, "Free gas? Who doesn't need it? Who wouldn't want it? Yet we didn't give away free gas for the primary purpose to baptize people or even get them to attend our church. We did it to bless the lives of people! If that means giving away free gas, then that's exactly what we must do to be relevant, available and biblical to the needs of people."

Members agree that accomplishing these spiritual and practical objectives is exactly what the Bladensburg church did. "Pumping these vehicles with gas, that we

paid for, gave us the opportunity to personify what Christ did for mankind—paying the price for our sins in order to give us eternal life free of charge," says Moses Eli, the church's interim pastor.

Michael Blount, who coordinated the gas giveaway, reported that recipients "found it amazing that there were no strings attached. In one hour, more was accomplished with this event than in 10 years of community interaction."



This young man pumps gas during the Bladensburg (Md.) church's gas giveaway.

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Glenville Meetings Emphasize Self-Improvement

Recognizing that they, like everyone else, are still under construction, Glenville members in Cleveland encouraged youth and young adults to attend their “Work on Me” series. Youth speaker Baron Savory, a pastor from California, challenged the youth to examine themselves from a different angle. First they tackled “how I see myself,” then “how others see us,” which was followed by “If you really knew me, you would know that” Each segment allowed young people to share their struggles. In the final segment, they clarified who God is to them in letters that they placed in a treasure chest.



PHOTOS BY BRYANT TAYLOR

Guest speaker Joey Kibble (left) and Glenville pastor MyRon Edmonds pray for an attendee during their evangelistic series.



Pastor Baron Savory (right) talks with Adrian Cammon at Glenville church during an evangelistic series.

Joey Kibble, a member of the Grammy award-winning group Take 6, also challenged the young adults to work on their relationships with God.

The theme of construction was visible throughout the church via signs, banners and construction tape. Invited guests included Out of the Box ministries and youth from the neighboring New Life Community church.

Church Growth Specialist Joins Conference



Rupert Bushner, DMin, who most recently served as chaplain at Oakwood University (Ala.), joins the Allegheny West Conference (AWC) leadership team to fill the new position of church growth specialist.

Robert Moore, AWC executive secretary, says this planning and development-intensive position will involve Bushner working with conference administration and members to facilitate growth in small- and mid-sized churches.

“Our president wanted to explore new ways of doing church growth as well as to bring in a man who is very familiar with our territory,” Moore explains. “We are very excited to have Dr. Bushner come back and help build up the conference where he grew up.”

Bushner, a native of Akron, Ohio, previously served as Youth Ministries director in AWC before accepting a call to the Southeastern Conference in Florida. He holds a bachelor’s in theology from Oakwood University (Ala.), a Master of Divinity from Andrews University (Mich.) and a Doctor of Ministry from the United Theological Seminary in Dayton, Ohio.

Conferences Rally for Hope

The Allegheny West Conference's Multicultural Ministries team recently hosted evangelistic meetings in Cincinnati and Columbus themed "Rally of Hope." Evangelist Pastor Alejandro Bullón, former secretary and evangelist for the South American Division in Brazil, preached about the power of hope in Jesus Christ in both cities. Some

400 attended the meetings, 20 were baptized and more than 150 were invited to study the Bible.

Walter Castro, AWC Multicultural Ministries director, along with Oswaldo Magaña, Ohio Conference's Multicultural Ministries director, joined forces to organize the meetings.



Alejandro Bullón preaches about the power that comes from having hope in Christ.

This was the first step in the great harvest that will take place at the end of the year in Columbus, December 8-12. Bullón will return to preach at the event themed "In Jesus, There is no Fear."



Joel Nieves, a member of the Worthington (Ohio) Spanish church, ministers through music.

Hillcrest Welcomes New Pastor

The Hillcrest church in Pittsburgh welcomes Kurtley E. Knight as their new pastor. This Canadian native holds a bachelor's in theology from Oakwood University (Ala.) and a Master of Divinity from the Seventh-day Adventist Theological Seminary at Andrews University (Mich.).

While at Oakwood, he participated in a number of ministries, including serving as the assistant youth pastor at Madison Mission church and as religious vice president of the United Student Movement.

In between his bachelor's and master's degrees, he ministered as the associate pastor for Youth and Young Adult Ministries at the Miramonte and Maranatha churches in California.



Pastor Knight, a deep lover of people, is intensely passionate about preaching and teaching God's Word, discipleship and small group ministries. He is married to the former Ivah Amina Hunt from Dallas.

Pastors in Transition

- **Steven Valles** moves from the Twinsburg (Ohio) church to the Westside church in Cleveland.
- **Edward Brown** moves from the Temple of Praise in Cleveland to Twinsburg, also in Cleveland.
- **Harry Britt** moves from the Melrose church in Roanoke, Va., to the Present Truth church in Cleveland.
- **Collin Parkinson** moves from the Present Truth church in Cleveland to the Temple of Praise in Cleveland.
- **Andre Saunders, DMin**, moves from the Three Angels Messages church in Danville, Va., and South Boston (Va.) church to the Alpha and Omega church in Warren, Ohio.
- **Bryant Taylor, DMin**, moves from the Westside church in Cleveland to Beacon of Hope in Columbus, Ohio.

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Senior Retreat Teaches Christian Leadership

Blue Mountain Academy's senior retreat takes students into the wilds of Pennsylvania for a time of worship, fun, food, and activity. It is intended to help them bond, to identify life lessons in leadership and to learn how to respond to unique situations. The Class of 2011 has chosen as its motto, "Separate Paths, Same Destination," and the weekend became a time to put these words into action. As the students were led to see how unintentionally we isolate and marginalize those who struggle to be seen, something began to change. Through the rotations, activities and down time, students who rarely spoke to each other started to discover the uniqueness of their classmates.



Samson Lin and Bradley Schweizer practice lessons of leadership and inclusivity at Blue Mountain Academy's senior retreat.

During one activity, a certain young lady remained on the outskirts. As the excitement of the challenge engulfed the group, I saw her holding back, not engaging. Her group beckoned her to join. The group realized, "If we do this activity and she is not with us, we fail."

For that activity, no one was invisible, silent or marginalized. The Class of 2011 had accepted the strength of their diversity, respecting the separate path upon which each was journeying, so the focus landed squarely on the destination. That's the point of senior retreat. And thanks to the staff and sponsors, lives have been touched and, in some cases, even changed.



David Morgan

*Pennsylvania Conference
 Vice President for Education*

NEWS

50-Year Alumni Support Current Students

The 50's Club includes every Blue Mountain Academy (BMA) graduate of at least 50 years. Their mission is to pray for and encourage current students. At least once during the school year, every student receives a package from this alumni group. Without fail, students are delighted with the treats and school supplies they receive.



Breakfast in Bed Tradition Continues

It was an early Sabbath morning, when faculty and staff gathered in the cafeteria to prepare and serve breakfast to the students. It was a time of fun, laughter and anticipation as they loaded the carts with breakfast goodies and rolled them to the dorms for delivery. Sleepy students were surprised and excited by this love and caring shown to them on the first Sabbath of the school year.



Some 50's Club members (left to right), including Marilyn Snyder, Don and Joyce Landis and Jeanne and Ron Achenbach, prepare goodies for current students.

Volunteers Appreciated for Strong Commitment

Besides quality students, the Lord has blessed Blue Mountain Academy with quality staff members, some of whom are volunteers. Jon Larrabee (below), a healthcare management professional, teaches Christian leadership principles in his class Leadership in the Workplace. His perspectives from the business world build on concepts taught by



teachers in Bible and other classes. Pastor Duane Ferguson (above) has guided and taught BMA students for many years. He now volunteers his expertise and time to oversee the testing programs and to teach freshman religion. His sage advice benefits staff and students alike.

Diane Castle (right) utilizes her winning personality, expression and imagination to help students

to help students develop their artistic skills in her Creative Arts class.

These three volunteers enrich the lives of staff members and students. They exemplify BMA's mission "to provide a Christ-centered Seventh-day Adventist education that leads students into lives of service for God."—Craig Ziesmer



Chaplain Fosters Mentoring, Spiritual Growth

Students crowded around Chaplain Shawnessey Cargile (right), who passed out donut holes as they headed to class. This is normal for BMA's chaplain, as he

is often seen reaching out in different and fun ways.

Cargile reinvented "family groups," hosted by staff members who each mentor a small number of students. Group activities throughout the year may include spending time around a campfire, having worship in staff homes, reaching out to friends in need or sharing an agape meal. When asked how she likes her family group, Schalita Morgan, ('11) responded, "I think it's really cool! I really like my group."

He is encouraging staff, alumni and friends to volunteer to mentor students by sharing their testimonies, leading vespers and dorm

worships, taking students on a hike, having Bible studies, sharing a praise song service, leading a Sabbath afternoon program or even spending time in class sharing on-the-job experiences. To become a mentor, contact Cargile at shawnesc@bma.us or (610) 562-6516.



Chaplain Shawnessey Cargile works with students in his drama class.

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THE CHALLENGE

chesapeake conference newsletter

NOVEMBER 2010

Living With Loose Ends

We don't like loose ends, do we? We become uncomfortable when we have to end a thing without being able to feel we have completed it. We are taught from our earliest years to finish what we start. Don't put more on your plate than you are able to eat. Don't start music lessons if you are not going to master your instrument. Don't start college if you are not going to graduate. Don't get married if it is not for a lifetime. We are taught that success demands sticking with a task until it is done.

But there is another side to the coin. None of us ever accomplishes everything we want to accomplish; and so, I believe, part of coming to terms with life is learning to come to terms with its loose ends. If we are trying to live successfully, there will never be a time when we reach all of our goals. For as long as we live—if we are truly living—there will be some place we want to get to, some river to cross or some mountain to climb.

Yet, there is a need for us to address some business that remains unfinished in our lives. While working to reach your goals, do not become so preoccupied with the top of the mountain that you fail to enjoy the journey along the way. Celebrate those who accompany you on the pilgrimage. Celebrate your progress over the years. Celebrate your struggles for they have made you strong enough to get where you are today. And what about the loose ends in relationships? Who in your life needs to hear you say: "I'm sorry," "I love you," "I'm proud of you," "I forgive you," "Please forgive me" or "I really appreciate what you've done for me"? Say these words today. There may never be a better time.



Rob Vandeman
President

Convention Equips Youth and Leaders for Discipleship

Adults and young people met at Mount Aetna Camp and Retreat Center in Hagerstown, Md., for the conference-wide Youth Leaders Convention. This weekend of discipleship and leadership training offered classes to fulfill Pathfinder, Adventurer and Children's Ministries certification requirements and skills and strategies for effective ministry.



Interactive presentations engage participants at the recent Youth Leaders Convention.

About 20 young people representing five churches participated in the first track of the conference's three-part Youth Discipleship program intended to help them experience outreach opportunities and teach them how to witness.

"It was exciting to see young people come together and be involved in hands-on ministry training," said Keith Acker, youth pastor at the West Wilmington (Del.) church. "We talked about outreach and we did outreach—all in the same weekend."



PHOTOS BY CHARLES KOERTING

Phyllis Washington (center), North American Division Children's Ministries director, draws from her experiences as a chaplain in a children's hospital to encourage the group to establish personal connections and really listen to people.

Pastors, Spouses Attend Spiritual Emphasis Weekend

Pastors and their husbands or wives recently gathered at the Chesapeake Conference office in



Columbia, Md., for a weekend aimed at providing them with an opportunity for personal spiritual growth. While the regular meetings for pastors that occur throughout the year are filled with promoting new programs and caring for routine matters, this gathering was designed to afford pastors and their spouses the rare opportunity to get away on Sabbath for renewal and fellowship.

S. Joseph Kidder, associate professor of Christian Ministry at the Seventh-day Adventist Theological Seminary at Andrews University (Mich.), was the featured speaker.

Ken Coleman, pastor of the Annapolis/Bell Branch district in Maryland, performs a song for the group.

Kidder focused on the life of a pastor with particular emphasis on prayer, forgiveness and personal worship—how to live in the presence of God.

“It was fantastic, inspiring and renewing of my spirit ... just right on—so practical, so relevant and so real,” said J. David Newman, senior pastor of the New Hope church in Fulton, Md.

Kidder, who found Jesus as a youth in Baghdad, candidly shared his frustrations in ministry and how in his early years he became discouraged when his church did not grow. He told the group that when he shifted his focus to praying for the members, the church became vibrant, growing from 40 to 600 members.

Plans are already underway for another spiritual emphasis meeting.

Hagerstown Block Party Draws Crowd

More than 250 local residents came to the block party held at the Hagerstown (Md.) church on a recent Sunday, reports Mary Ellen Kirk, who organized the event with fellow member Kathy Yates.

The congregation had their first block party four years ago as a way to acquaint the community with Seventh-day Adventists, and it has

turned into an annual affair. This year 85 volunteers contributed to the success of the day.

Such events create an atmosphere where people feel free to ask questions about religion in a non-threatening environment, says Chris Holland, the church’s senior pastor.

Tents lined the parking lot where visitors could have their blood pressure and blood sugar levels checked by medical personnel, get dental advice and enjoy free popcorn and hot dogs. Face painting, crafts and a turn in the moon bounce tent entertained the children. And guests had the opportunity to sign up for Bible studies and youth programs.



Hagerstown church member Christopher Steed (right) looks on as Steve Gatz, an experienced teacher and reptile expert, uses an array of live animals to teach kids about God.



David Haluska makes balloon animals and hats for young visitors at the recent Hagerstown church block party.

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MOUNTAIN VIEWPOINT

NOVEMBER 2010

A Time to be Thankful

There are many uncertainties and problems in the world today. Economic troubles have and continue to face our country. Wars and potential wars are a constant source of concern. Disasters around the globe continue affecting millions of people. Health problems affect us or loved ones. Countless problems, both large and small, greet all of us daily. So why is this a time to be thankful? We can be thankful because we know the future and that the promises of God will come to pass. Individuals may at times let us down, but God never does. We can be thankful because, looking around the world today, it is obvious that the second coming of Christ is soon. We can be thankful for the talents we each have that can be utilized for telling others of the gospel. We can be thankful to belong to a large worldwide church family unified in belief and action. We can be thankful for family, friends and church members for support and love.

As the conference treasurer, I am thankful to see people faithful in their stewardship and generous in their giving. It is a constant challenge to assist with allocating resources when there are more needs than dollars. As 2010 comes to a close, now would be a good time to reexamine your stewardship and priorities in life.

In my experience, the more birthdays a person has, the quicker the years seem to fly by. When we procrastinate on things that we should do today, we may find that there is not another chance to do what we need. Often people who have lived lives they know to be against God's wishes have a change of heart when on their deathbed. But those individuals wasted years of life without peace in their hearts and a relationship with God. We can be thankful that we know the Lifegiver and what needs to be done. We can be thankful that the God we serve will not send sinners to be forever tortured in hell as many believe. We can be thankful that God has unconditional love for us, seeks after us and, when we have failed Him, forgives us. I know that I have much to be thankful for; why don't you pause and consider all you have to be thankful for?



Victor Zill

Executive Secretary/Treasurer

Young Adults Plan Evangelistic Outreach

Young adults from across the conference were invited to a special church service and round-table discussion at the Buckhanon (W.Va.) church. The day started with Sabbath School where the young people



Larry Boggess, conference president, talks with young people about ministering to and reaching their peers for Christ.

shared some personal thoughts and ideas of ministering to their peers. This was followed by the church service, where some shared their testimonies. After a fellowship meal, they met with Larry Boggess, conference president, about ways to minister to young people in the Mountain View Conference.

"We all have challenges that come our way, but we must allow them to draw us closer to God. He is always there for us," said Janelle Morikone, a member of the Toll Gate (W.Va.) church. Morikone shares how she has found peace in God despite experiencing challenges.

Energized from the meetings, the young people agreed to form an active team ministry that would reach the youth in their communities. They also agreed to gather the names of some 300 people between the ages of 17-35 in the conference and send them a personal invitation to church.

"This is just one step in the journey to provide ways for young adults in Mountain View to minister to others and have more unity," Boggess said of the meeting. Plans are already under way for another summit.

NEWS

Huntington, Point Pleasant Welcome Pastor

Justin Howard, former program director for the Mission College of Evangelism in Oregon, has accepted the call to pastor the Huntington and Point Pleasant churches in West Virginia. He received his initial training at Mission College of Evangelism and has since traveled the world conducting biblical seminars and training churches for more practical and effective evangelism.



He also spent two years working with the Washington Conference as a Bible instructor for the lower division of the conference.

Howard has a passion for equipping churches to become successful soul-winners. Having escaped from a life of crime and drugs, he found Jesus in a prison cell and since then has himself experienced the genuine power in the Word of God to transform lives. After his powerful, transforming, personal experience with Jesus, there are two things that consume his attention: sharing with others how to have a personal relationship with the Jesus he knows and giving them the tools they need to share their relationship with the world around them. "We see so much potential in these communities," he said of his new churches. He and his wife, Ana, have a daughter, Isabella.

Toll Gate Pathfinders Study Butterflies

Members of the Toll Gate Trailblazers Pathfinder Club recently visited the West Virginia State Monarch Festival in North Bend to learn about the instantly recognizable black and orange butterfly. This also gave them an opportunity to work on their Moth and Butterfly Honor. While there the Trailblazers learned how to tag the butterflies and about their migration patterns and timing.



Valley View School Invites Community to Eat, Pray

Inspired by National Waffle Week, students, parents and faculty of Valley View Adventist School in Bluefield, W.Va., host an annual waffle prayer breakfast.



The breakfast drew not only students and staff, but members from the church and community. Pastor Ron Patterson of the Valley View church presented the sermon. The breakfast "has grown. This last

Happy smiles show that Alexis, Kevin and Stephen enjoyed the fine fare at Valley View Adventist School's prayer breakfast.

time, there were more guests than students," shared Rosalie Stockil, principal. "It also helps to build community. We also received unsolicited donations of \$85!"

Highland View Participates in Naturalization Ceremony



Robin Stecker, a seventh-grader at Highland Adventist School in Elkins, W.Va., presents a patriotic reading at a naturalization ceremony in the federal building in Elkins. "Our school regularly participates in local civic and patriotic ceremonies .. so students have a strong sense of the privileges and responsibilities of being an American citizen," says Cheryl Jacko, principal.

**Mountain View
EVENTS**

November

29 Teacher In-service

December

13 Executive Committee

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Phone: (304) 422-4581 ■ mtviewconf.org ■ President, Larry Boggess ■ Editor, Monica Zill

Want to be a New Jersey Missionary?

The time has arrived for our New Jersey church members to go into unentered cities and towns and proclaim His Grace, the amazing grace that saves and redeems. We are especially interested in working with those who live in the geographic areas we have named Windows 12:40 and 6:10 (northwest and southeast New Jersey). These two areas of the conference have few Seventh-day Adventist members and churches.

The Challenge: I am appealing to every church in New Jersey to target one of the unentered cities or towns to begin a mission work. Let's plant a church with new people in that city.

The Strategy: Go and open small groups for Bible studies, evangelism and fellowship. Eventually these groups will become companies and then full-fledged churches. We have begun the preparation for training the New Jersey missionaries. We now have a wonderful training center at our new conference office complex—a place to educate and prepare an army for spiritual combat. Bibles, study guides and evangelism materials will be provided.

Eight million people are waiting for us in our mission field. Come to the training sessions and be part of this spiritual venture. I am really energized by the Holy Spirit! It is time for the great conquest! Come and join me!



José H. Cortés
President

We'll Never Forget the Dominican Republic

Santiago, the Dominican Republic's second largest city, was unlike any other place that I had previously visited. It was a city filled with poverty. With roofs made out of sheet metal, houses flooded whenever it rained.

In a place like this, how can God's love be evident? We needed to show this community that God was living among them every minute of every hour of every day. So, our team of 31 teens and young adults from eight different churches across the New Jersey Conference worked to the fullest in building the foundation for the new La Hermosa church in Cienfuegos. It was rigorous! Digging mud that was like, as one person called it, "shoveling bubble gum," was not an easy task. Mixing cement and wheelbarrowing it over to the other side of the property wasn't for the faint of heart.

As the construction continued at one end of the block, another group of missionaries was conducting a Vacation



John Magbanua and Aurelle Sudara, of the First Filipino church in Plainfield, spend time with the children.

Bible School for the kids of the community at the other end. When all our hard work was finished for the day, the team made its way over to four different churches in the Santiago area. We held evangelism meetings in each, and a speaker from our group gave a nightly message as a children's program entertained the kids. God was truly working through each and every one of us.

At the end of the trip, I took a moment to reflect on everything that we had done to impact Santiago. First and foremost, our group of missionaries saw that God's love was working amongst us. As the evangelism series came to an end, 15 people decided to give their lives to Christ through baptism. Children were able to witness how much Jesus loved and cared for them. The community was truly able to see God in us.—Jonathan Candelaria



NEWS

West New York Spanish Celebrates New Church Home

It was a high day for the West New York Spanish church when they finally moved into their new church home. The old church building, which seated about 150, was packed to overflowing for the Sabbath School



Jose H. Cortés and Pedro Canales lead the congregation through the doors of their new church home.

program. At the end of that program, the entire congregation walked out of their old church home and up the street to their new church home, where the divine service was held.

The entire congregation, led by José H. Cortés, New Jersey Conference president, and Pedro Canales, West New York Spanish pastor, marched up the street singing. They purchased the 300-plus seat building for \$1,050,000. Pastor Cortés preached the sermon and challenged the members to “use the new church home as an evangelistic center for reaching the community.” At the conclusion of his sermon, eight individuals responded to a call for baptism.

Somerville, Carteret, La Victoria Pastor Retires

Pastor Jorge Garcia, a native of Guatemala, recently retired after more than 30 years of service in Central America and New Jersey. Ministerial Association secretary Leonel Pottinger and president José H. Cortés presented him with a gift during a pastors meeting. They also recognized his many years of



Leonel Pottinger and José H. Cortés flank the retiring pastor, Jorge Garcia, during a recent pastors meeting.

faithful service. He most recently pastored Carteret, Somerville and La Victoria Spanish churches.

“Even though I am retired, I am still willing to assist my fellow pastors with speaking appointments in their churches,” said Pastor Garcia. He will remain in New Jersey for the next several years while his wife, Aura, continues to work as the administrative assistant to the conference president.

Members Invited to Grand Opening of Conference Office

On Sunday, December 5, New Jersey Conference officers will hold a grand opening and open house for their new office building located at 2303 Brunswick Avenue in Lawrenceville, N.J.

All former presidents of the conference are invited to be present for the grand opening ceremony.

Due to the limited seating capacity of the auditorium, attendance at the ceremony will be by invitation only.

However, at the conclusion of the ceremony, the building will be open to the public for tours of the facility from 4:30-6:30 p.m. Members are invited to visit the new building during these hours.



dates NEW JERSEY

November

- 6 English Festival of the Laity
- 10-13 Stewardship Emphasis Weekend, *Local Churches*
- 13 Spanish Festival of the Laity
- 14 Children's Ministries Leadership Training
- 24-25 Office Closed—*Thanksgiving Holiday*

December

- 5 Grand Opening for New Conference Office
- 24-31 Office Closed—*Christmas and New Year Holidays*

January

- 1 Day of Fasting and Prayer, *Local Churches*
- 8-15 Week of Stewardship Emphasis, *Local Churches*
- 21-23 Youth Ministries Convention, *Tranquil Valley Retreat Center*
- 29 South Jersey Music Training, *Vineland Church*

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Friendships Forged at Worthington's Haystack Lunch

The Worthington church recently started a new ministry providing a free haystack lunch every Tuesday at noon. Nearly 40 members, families and friends from the Worthington community come for the food and conversation and to feel the love of their church family.

Chris Smith noted that the meal is an opportunity to get to know people he sees at church. "I've seen a lot of these faces at church each week, but I never knew their names until I started coming to Haystack Tuesdays," he said. "I think I've met more folks here on Tuesdays than I have in the six years I've been attending church!"

Laura Hanley, another Worthington member, concurs, "I think this is indicative of the experience of many church members. It isn't until they become involved in smaller groups that they really start to meet people and make those important connections."

This outreach complements one of Worthington's longest running ministries—Street Beat—started 27 years ago. Still going strong, Street Beat volunteers make 120 sandwiches weekly for the residents at Friends of the Homeless shelter. Pastor Bob McGhee and his members use these and every ministry to reach out and invite the community to become a part of their church family.



Members and neighbors of the Worthington church make friends at a free, weekly haystack lunch.

Chillicothe Inaugurates New Church

"Praise God from whom all blessings flow" rang out as members prepared to officially open the new Chillicothe church (below) on a recent Sabbath. The afternoon ribbon-cutting ceremony was part of an entire day of celebration, which culminates a 25-year vision and four years of hard work.

Twenty-five years ago, Monte Sahlin, currently director of research for the Ohio Conference, led the church in visioning the progress of the church facilities. In 2004 then-pastor Frank Steyn urged the church to move forward with a building plan, and in 2005 the old church building was razed. After AKM Construction put up the steel and block shell, church members and friends spent four years of Sundays and



evenings finishing the inside of the facility.

Grand opening Sabbath began with Judy Blanton, the church's longest attending member, tracing the church's history back to 1917. Using archived pictures, as well as quotes from charter members, Blanton recounted the church's history up to four years ago. In his worship message, titled "We Still Believe," Pastor Steyn spoke of their recent progress and future in eternity.

The afternoon program featured local bluegrass group Fishers of Men singing gospel favorites and sharing personal testimonies of faith. Scot Hosler's slide presentation marked important milestones in the new building's progress, from demolition to move-in. Conference president Raj Attiken, Steyn and current pastor Ron Anderson cut the ribbon to officially open the new facility, blessing it to be a light in the community.

"We've dreamed about and worked for this new church for a long time because we still believe in the soon return of Jesus," Steyn shared. "We don't just believe; our belief shows in the ministries of the church."

Pastor Anderson adds, "We want this to become a community gathering place. With the completion of the new church, we want to invite the community to join us through programs like community services, Vacation Bible School and health ministries, as well as worship, Bible study and music."—*Trish Tickle*

NEWS

Ghanaian Church Celebrates 10th Anniversary

The genesis of the Columbus Ghanaian church can be traced back to March 1998 when 11 people began meeting in the apartment of Felix Okyere on Sabbath afternoons to study the Bible and fellowship. The Ohio Conference organized this growing group into a company in August 2000, and, after just one year, they were “re-organized as a full grown church,” according to Isaac Boateng, pastor.



Members of the Columbus Ghanaian church celebrate their 10th anniversary.

Even as a small worshipping group of 45, a vision for organization was implemented, which included meeting and worshipping in their own Twi language, seeking a permanent place of worship, reaching the Ghanaian community with the three angels messages, educating their children with cultural values and helping them to resist immoral habits such as drug abuse and violent crime. After organizing, the group “worked hard, fellowshiped and prayed together as a team in advancing God’s work. We were more than a family,” wrote one member.

Ten years later, the church is quite visible in the Columbus Ghanaian community. They host evangelistic crusades, health expositions, marriage seminars and other community outreach programs. The church’s own nonprofit organization, Sonlight Community Services, offers English as a Second Language, GED, computer literacy and after-school and summer enrichment programs aimed at raising the standard of education of church members and their community.

Willard Spanish Gains New Pastor

Pastor Oscar Rodriguez is the new bivocational pastor for the Willard Spanish church. He graduated from Universidad Adventista de Centro America in Costa Rica in 1990, and was ordained in 1995. Rodriguez has served the Lord in Honduras, El Salvador and here in the United States in Wisconsin and Illinois.



Rodriguez and his wife, Patricia, have three children: Edenel (18), Allen (14) and Elvia Melyssa (2). His favorite pastimes are reading, spending time and traveling with family and fishing. Rodriguez’s greatest desire is to serve the Lord Jesus through His church until the end of time. He enjoys preaching, visiting people and fellowshiping with church members.

New Women’s Ministries Directors Named

Nancy Barnett and Heidi Shoemaker were recently named co-directors for Women’s Ministries in the Ohio Conference. “They both have done significant work in Women’s Ministries over the years, and are well qualified to provide excellent leadership to this endeavor,” said Raj Attiken, conference president. Barnett and Shoemaker look forward to working together and outlining their vision for Ohio Women’s Ministries in a future issue of *Mission Ohio*.

In the Next Issue ...

Did you know that two-thirds of Seventh-day Adventist college students are studying in public or secular colleges? Often that leaves them out of touch with others of their own faith. Learn more about what the Ohio Conference is doing to reach out to three major Ohio universities in the next issue of *Mission Ohio*.

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Pennsylvania Pen

NOVEMBER 2010

Learning to Live Like Jesus

Disciple. It is a familiar word that conjures up mental pictures of Jesus calling the 12 to “follow Me.” In Greek, the word means a learner, pupil or student. Disciples followed their teacher and learned from him. The teacher was present to speak instruction and to model behavior so that their disciples would be able to do what he did—to be like him. The disciples could physically see Jesus and be with Him, noticing everything He did and said. We can’t do that with Jesus today, so how is discipleship done? How do we learn to minister like Jesus—to get into the community, mingle with the people, minister to their needs and build meaningful relationships so that we can invite others to follow Jesus?

One way the Pennsylvania Conference has tried to disciple every member is through its training programs. Social Action Leadership Team aka SALT, Equipping University, Pennsylvania Youth Challenge, overseas mission trips and Cool Camp are a few of the programs for helping to equip members and empower them for service for the kingdom of God.

We believe that Spirit-filled members, who understand the role of members and the church in the world today, can be equipped and empowered to use their unique gifts and abilities to advance the kingdom of God here in Pennsylvania.

A Pennsylvania Conference Core Value

Discipling: We see every member as a minister and are committed to empowering and equipping each one by fostering an environment of learning and growth, instilling within each person a sense of His purpose and His values (see Rom. 12:6-8; Eph. 4:11-13; 1 Cor.12:4-6; Col. 3:17).



Barry Tryon
*Executive Secretary
and Ministerial Director*

NEWS

Four Join Shamokin Group

Louis and Hannah Williams’ indoor swimming pool was turned into a baptistry this summer as four people committed their lives to Christ and joined the Shamokin Mission group.



Four people were baptized into the Shamokin group recently after attending an evangelistic series.

Several others are continuing to study after attending an evangelistic series with Pastor John Peters. The meetings opened with approximately 35 visitors and saw a total of 51 guests throughout the series.
—John W. Peters

Everett Youth Engage in Community Mission Work

“At times, I feel as though my worship can be surface deep—not actually applying the valuable principles that Christ has taught me to adopt,” shares Jordan Soliday, a member of the Everett church. Soliday recently went on a mission trip in her community. Youth groups from Canada and Pennsylvania (pictured) converged on the Everett community with tools in hand. Twenty young people painted a house and two sheds, repaired wheel chair ramps and did yard work for families in Everett.

“Actually reaching out and providing unconditional service for a change really felt wonderful,” Soliday said. “People need that. Christians need to show more of that. If we don’t, how can we call ourselves Christians?”



Berks County Members Help With Extreme Makeover Project

Hamburg resident Trisha Urban faced insurmountable problems and heartache when her husband, Andy, died nine hours before their daughter was born. She was left with a crumbling, 300-year-old log home, along with a six-figure debt as a result of Andy's congenital heart defect, medical bills and lack of insurance.

Area Seventh-day Adventists heard the tragic story of this widow and new baby and immediately took up offerings, gathered

baby items and volunteered in her home. Urban visited the Pennsylvania Conference's Hamburg Community church several times to say thank you and to show them how baby Cora was growing.

When ABC's *Extreme Makeover: Home Edition* chose to build the Urbans a new home, a dozen Adventists made the cut to be volunteers on the project. They volunteered long hours landscaping, plumbing, helping with carpentry, placing furniture and unloading trucks, while still maintaining their regular jobs.

"It was worth all the aches and pains and exhaustion," said Sharon Enevoldson, a member of the Hamburg church. "It was awesome to see the community come together like that."

Barry Tryon, executive secretary

Hampden Heights volunteers include (back row) Joe Saadi, Barry Tryon, Carlos Serrano and, (front row) Lilly Tryon and Rose Serrano.



Sharon and Eldon Enevoldson, members of the Hamburg Community church, helped build a home for a widowed mother.

for the Pennsylvania Conference, and also a member of Hampden Heights, caught a glimpse of the church as he volunteered. "Each person was using their own unique gifts and abilities to get the work done—eager to do whatever was necessary to make it happen. Although they were doing different tasks and had different levels of skill, everyone was working in harmony to make a difference in the lives of this young mother and her daughter."

PHOTOS BY STARLA OVERTON



Youth Text God's Grace

More than 150 young people who attended the Hispanic Youth Festival were reminded not only that God has offered His grace and love to them, but they also texted that grace to their friends. Pastor Piro Guzman, from the Texas Conference, challenged teens to share the phone number of a friend who needed to know God's love. Each teen led a group prayer for their friend and then

everyone with cell phones sent a text message to that person.

The weekend event also offered opportunities for young people to get answers to their questions about God, serving Him and being a Christian. Pastor Juan Lopez, Pennsylvania Conference Hispanic Ministries coordinator, planned this event as an opportunity to disciple young people as they not only grow in their relationship with Christ, but learn to share the gospel with others.

Fourteen-year-old Meylin Tremols, from the Shalom mission

group, is already sharing the gospel with others. Seven young ladies were baptized as a result of her small group Bible study. The young people have started a worship service in English while the adults worship in Spanish. Watch their entire story via video in your local church or on paconference.org. Find more pictures from the Hispanic Youth Festival at [Facebook.com/PennsylvaniaConference](https://www.facebook.com/PennsylvaniaConference).



Pastor Gabriel Montalvo (left) introduces Meylin Tremols (center—black shirt/glasses), her parents and several of her friends who were baptized as a result of her small group Bible study.

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Potomac People

NOVEMBER 2010



Church Members Tell His Story

I love to hear a good story. As I travel from church to church, oftentimes the part of the service that gets the most rapt attention is the children's story. I'll bet you love a good story as well. That is why "Telling His Story" was the theme of Potomac Conference's first Quinquennial Session.

The Real Word ministries (left) of the Takoma Park (Md.) church reminded more than 750 delegates that young adults are making a difference for the kingdom. They heard that Camp Blue Ridge in Montebello, Va., is making a difference in the lives of many people, including those

with cancer. They heard the story of Lazaro Portillo (below), head elder of the Capital Spanish church in Washington, D.C., and how 500 home churches have been developed, many through the conference's school of theology, which offers a Bible study lay training program. They won't soon forget how Jimmy and Gale Strickland worked with their Norfolk (Va.) church and community to make an impact in Malawi. They'll remember the work of Community Praise



PHOTOS BY TONY VENTOURIS/ANCIENT CITY PHOTOGRAPHY



Center as they planted a new church, Restoration Praise Center in Lanham, Md. Many hearts were touched by the story of 9-year-old Isabele Arteaga who, after attending John Nevins Andrews School in Takoma Park, became a missionary to her parents. Other students from her school (right) who were recently baptized were also recognized.

Each story told represented God's incredible movement among His people. I believe the best story is when you tell others what Jesus has done for you. Let us join the thousands who are revealing Christ to the world by telling His story. Remember Jesus said, "And this gospel of the kingdom will be preached throughout the whole world, as a testimony to all nations (*telling His story*); and then the end will come" (Matt. 24:14, RSV). Could we ask for a better ending than that?



Bill Miller
President

Potomac People

Harrisonburg Celebrates Three Baptisms, Wedding

Members of the Harrisonburg (Va.) church recently met near a peaceful riverbank picnic area for Sabbath School and a worship service. The baptisms of Ian Richardi, Lee Knicely, Sr. and Debbie were the highlights of the day.

Pastor Reed Richardi, a former pastor in the Yale district, had the privilege of baptizing his brother, Ian, in the cool waters of the river. Reed said now they were not only blood brothers but brothers in Christ. Bob Clarke, pastor of the Harrisonburg church, baptized Knicely and Lam. After the baptisms, members and friends gathered together on the riverbank as the pastors prayed a special prayer for the Holy Spirit to



Pastor Reed Richardi baptizes his brother, Ian Richardi.



Pastor Bob Clarke blesses the marriage of Lee Knicely, Sr. and Debbie Lam during a ceremony following their baptism.

continue to lead and guide these newly baptized members on their new journey and their closer walk with Jesus.

After a fellowship picnic, the excitement continued. Knicely and Lam made a commitment to each other in marriage while members and friends witnessed the ceremony.—Janet Olsyne

Fredericksburg Hosts Fundraiser for Sick Child

Members of the Fredericksburg (Va.) church recently came together to host a sacred benefit concert on behalf of a baby girl diagnosed with leukemia. Kira Anne Glock also has Down's Syndrome.

The evening concert featured soloist Tenia Lewis-Semakula, who shares a 10-year friendship with

Kira's mother, Tracy. Lewis-Semakula sang her first solo at the Fredericksburg church when she was 11, which sparked her passion for singing.

Lewis-Semakula's strong, beautiful voice resonated throughout the church as she opened the concert with "You Raise Me Up." Her family also joined her in honoring baby Kira. Her sister, Stacie Lewis, sang "He Wants It All" a cappella, and even her 3-year-old son, Montana, sang "Jesus Loves Me" impromptu. Hearts were uplifted as Lewis-Semakula and her 10-year-old son, Donavon, sang the gospel song "Step Aside." The words echoed strength, hope and faith.

The concert raised money to help with Kira's medical bills. She requires six chemotherapy treatments, which will take place over the course of the next year. Her parents, Tracy and John Glock, say Kira has not lost her spark at all. She wakes up talking and goes to sleep talking. However, having a



Tax-deductible donations are still being accepted. Checks can be made payable to the church with a note in the memo section to the Helping Hands Fund. Send donations to:

Fredericksburg Seventh-day Adventist Church
Attn: Church Treasurer
P.O. Box 3460
Fredericksburg, VA 22402.

special needs baby with cancer is very challenging. Learn more at fredericksburgsdachurch.org/a2helping_hands.htm—Susan Ware

Potomac People is published in the *Visitor* by the Potomac Conference 606 Greenville Ave., Staunton, VA 24401 Phone: (540) 886-0771 ■ pcgsda.org President, Bill Miller ■ Communication Director, Dan Jensen

Spotlight on Spencerville

NOVEMBER 2010

God's Perfect Timing

During the week that we celebrate Thanksgiving, I often reflect on the humble and perilous beginning of this country. It is so clear that God's hand of protection was over this country in those early years. Jamestown, Va., was literally abandoned, but as the ship pulled out of the harbor, another ship arrived and turned them around. If the ship that turned them around had arrived several hours later, the frail foothold of Jamestown would have evaporated and with it the rise of this nation.

Over the course of my life and especially in the last year, I have learned over and over that God's timing is perfect. Someone once said, "God is never early and He is never late. He is always right on time." The start of this nation was a major event in history that was clearly guided by the God of heaven and Earth. God is just as interested in your life as He is in the start of a nation. Trust God, and ask Him for the needs and wants of your life. I personally can attest that He will deliver right on time.



Brian Kittleson
Principal

NEWS



Third-graders display handmade cards for homebound church members.

Third-Graders Bring Cheer to Shut-Ins

Each Friday the third-grade class at Spencerville Adventist Academy (SAA) takes time to create cheerful cards for shut-ins. These cards, filled with encouraging messages, are then sent to members of the Spencerville church who are not able to attend church services.

Teacher Kathy Young explains that the idea for the cards grew out of a classroom discussion. "As a class, we were talking about random acts of kindness and how we can do kind deeds for others," she says. "This is one way to serve the members of our church who are homebound."

SAA is committed to service, and this is one of the many ways students reach out to others—locally and around the world.

I Attend SAA Because ...

Spencerville Adventist Academy is a great school. My teachers are patient, kind and understanding. The subjects are interesting and challenging. Everyone is so friendly and accepting. I have so many friends from elementary to high school. I like how dedicated our faculty and staff is. I feel welcomed and at home here.—*Shannon Injety, Class of 2012*



Spotlight

Teacher Makes Music, Art in Haiti

Recently Jane Lanning, a Spencerville Adventist Academy music teacher, stepped out of her comfort zone and traveled to Haiti to help some of the victims from the earthquake. She visited the Eden Garden Orphanage located in Montrouis, about an hour north of the country's capital of Port-au-Prince, and shared music with 40 students for three weeks. Although the orphanage was not located within the epicenter of the earthquake,

they took in displaced mothers and children. Since Lanning's husband, Jim, works for International Development and Relief, they had an established office in Port-au-Prince, which enabled them to acquire food, school supplies, medical equipment and even some cribs for the orphanage. They also provided Lanning with paint for the school. Her ultimate goal, though, was to instill music into the hearts of the orphans.

Her daily routine began with action songs, which she said, "felt very much like Vacation Bible School." The students also learned and recorded a song of friendship and hope prepared for a Rotary International initiative. Following the singing, they delved into the world of recorders. "Never had the children seen a recorder, much less a written score," Lanning said. "It was a whole new world to experience. They were bright and intelligent students who were so eager with each new day to learn a new song or discover another musical concept. By the end of my time there, they were able to perform a collection of songs together as a recorder choir."

The orphanage school is located within the walled compound. The classrooms were plain and colorless



Lanning brightened the children's classrooms by painting murals like this one.

concrete. Scattered about were a few broken desks and wooden benches for seating that looked more like antiques than classroom furniture. The library consisted of a few non-essential books, none of which were in Creole, the native language. "We bought some paint and hired some workers to paint all the walls white to brighten the rooms," she said. "I sketched murals on some of the walls and incorporated a few students to help me paint them. Seeking out a roadside artist, I negotiated for tubes of acrylic paints and artist brushes. The students were so excited and proud to see their school transforming with each day."

SAA has also helped to collect items that will better equip the school for learning. Several SAA families contributed toward the cost of the recorders. "While my intent was to encourage some of the underprivileged of Haiti, ironically, it was I who was heartened by their smiles of uncomplaining joy in Christ," Lanning says.

In a short period of time, the children of the Eden Garden Orphanage in Haiti, who had never seen a recorder, learned to play a collection of songs.



Jane Lanning, SAA music teacher, spends time with a little girl in Haiti.



Spotlight is published in the *Visitor* by the Spencerville Adventist Academy 15930 Good Hope Rd., Silver Spring, MD 20905 ■ Phone: (301) 421-9101 spencervilleacademy.org ■ Principal, Brian Kittleson ■ Editor, Heidi Wetmore

SHENANDOAH VALLEY ACADEMY

HAPPENINGS



NOVEMBER 2010

www.shenandoahvalleyacademy.org

Do Something Cool

I recently saw a T-shirt that said, "When I die, make it look like I was doing something cool." I realized that we are all afraid of what others think would qualify as cool. The world tries to tell us that cool means engaging in extreme behavior or being aloof and uncaring, or rich and famous. But I think God would say to us that cool means caring for others and going out of our way to meet their needs. Man says, "Look out for number one," but Jesus said, "The Son of man came not to be served but to serve, and to give His life as a ransom for many" (Matt. 20:28). Here at Shenandoah Valley Academy (SVA), this is the cool we want to be about.

I think it's pretty cool that God has entrusted me with being a part of His work. I know that He has better ways of spreading the gospel, but He wants me to help. I think it is *uber* cool that I get to work here and interact with so many cool young people and have a chance to positively impact their lives! No question about it, I am doing something cool! What about you?



Spencer Hannah
Principal

NEWS

Alumnus' Family Establishes Memorial Scholarship

The family of Eddie Spencer, a member of the Class of 1966, has established a scholarship in his memory. Spencer, who planned to become a minister, was killed in Vietnam. The Edward O. Spencer Memorial Scholarship will award \$2,000 each year for the next 10 years to an SVA senior interested in pursuing Christian education, ministry or public service.

Eddie's father, Frank Prewoznik, and sister, Judy Spencer, recently visited the SVA campus to meet with Jan Osborne, alumni and development director, to talk about setting up the scholarship. Sadly, Eddie's father, Frank, passed away soon after the visit. His wife, Margaret, survives him. As Judy shared the news of her father's death, she said, "I can only take heart that he was able to achieve the first stage of his goal for the



For the 2010-11 school year, the Edward O. Spencer Memorial Scholarship was divided between two seniors, Katie Busch, the class president, and Cindy Maldonado, the class vice president.



Bill Strickland, left, meets with Judy Spencer and Frank Prewoznik, the sister and father of his former student.

Edward O. Spencer Memorial Scholarship, and I will, with honor, continue in that effort."

Endowment Fund Established

The family of Jean Hicks Alexander, a graduate of the Class of 1973, recently established an endowment fund in her memory. Alexander grew up in New Market and attended the elementary school and then the academy, and tragically died several years after graduating from SVA.

Her mother, Maxine Hicks, was a longtime member of the New Market (Va.) church, and, after her death, the family chose to honor Alexander by starting this endowment with a gift of \$10,000. Interest from the fund will go to qualifying students to help defray their tuition costs at SVA.

HAPPENINGS

Volunteers Lend Expertise to Library

If you were a student at SVA between 1972-77, you will recognize the name Wolfhard Touchard, who was the school librarian during those years.



After leaving SVA, he and his wife, Irene, moved to Middle East College in Lebanon. Then they moved to Kenya to establish the library at the University of Eastern Africa, where they spent six years. In 1985 the Touchards moved to Andrews University (Mich.) where they spent the next 21 years. Wolfhard worked as the reference and database librarian while Irene worked as the office manager for the girls' dorm.

Since retiring in 2006, the couple has been volunteering in the SVA library.

"At times I asked the Lord, 'What on earth am I supposed to do here?'" shares Touchard who holds a master's in library science from Syracuse University (N.Y.). "My work in the past had been mainly with universities, and academy high school library work is quite different. But little by little, things came together."

Much of Touchard's work at SVA has been in cataloging and classifying books and establishing a library reference section. He has also spent time gathering resources for the library, including the free on-line database for Virginia from the state library.

Another of his projects was teaching the students how to use the online database. He also taught them how to search the Internet beyond Google, and introduced academic search directories that will cut their work in half and will increase the quality of their papers. Touchard plans to integrate library sources into the curriculum when he returns to the campus next spring.

New Market Church Welcomes Students

During a recent Sabbath service, members of the New Market (Va.) church organized a special welcome for SVA students. As the students crossed the campus from their Sabbath School in the administration building to the church sanctuary for the worship service, they found the members of the church forming a receiving line to greet and welcome each student.

At the end of the worship service, the church members gave each student a gift bag prepared by the Reach Our Kids ministries team. The gift bags included Ramen noodles, chocolate kisses, gift certificates to local food establishments and other special items of interest. The gift bags are a yearly tradition, but the receiving line was a new element added this year, and seemed to have been a big hit with the church members and students alike.



Calendar

November

- 19 Senior Recognition
7:30 p.m.
- 20 Senior Extravaganza and
Auction, 7:30 p.m.
- 21 Parent/Teacher Conferences
- 21-28 Thanksgiving Break

December

- 17 Sacred Candlelight Concert
7:30 p.m.
- 18 Secular Christmas Concert
7 p.m.
- 22- Christmas Break

Jan. 4

January

- 10-14 Student Week of Prayer
- 30 Career Day

Happenings is published in the *Visitor* by Shenandoah Valley Academy
234 West Lee Highway, New Market, VA
22844 ■ Phone: (540) 740-3161
shenandoahvalleyacademy.org ■ Principal,
Spencer Hannah ■ Editor, Jan Osborne

A Renewed Commitment to Excellence

At Washington Adventist University (WAU), our values are in line with our motto, which includes commitment to the “Seventh-day Adventist Christian vision of excellence and service.” As a result, the Lord has richly blessed our campus. I’ve witnessed a renewed spirit of accomplishment and success as our students experience the climate of a Christian-focused education. As we continue to allow the Lord to lead and guide us, our graduates experience the transforming effect of Adventist Christian education. With a humble spirit, I am committed to maintaining a vertical connection with the Master Teacher before horizontally connecting with others. I will learn from the past, build on tradition and live in the present by adopting best practices to plan for the future.

Parents and students, I am intensely committed to creating a principle-centered administration that supports a learning community to produce graduates who bring competence and moral leadership to their communities. If your question is, “What do such graduates look like?” I can quickly reply: Leonard Bailey, world-renowned pediatric heart transplant surgeon; Milton Morris, successful business developer; Adrian Westney, religious liberty leader; Clara Cobb, recipient of the 2007 Nurse Responder of the Year award; Ted Wilson, president of the worldwide Adventist Church; and Bob Lemon, world church treasurer. These are only a sampling of our many alumni who in their own style and time, contributed positively to the well-being of others.

Ellen White wrote: “True education does not ignore the value of scientific knowledge or literary acquirements; but above information it values goodness; above intellectual acquirements, character” (*Education*, p. 225). I am soliciting your prayers and financial contributions to help our students obtain a Christian education that not only prepares them for this world, but also for the next.



Weymouth Spence
President

Interim Provost Named

Ralph E. Johnson, PhD, has been named interim provost at Washington Adventist University. He most recently served as the associate dean of students at The Johns Hopkins University in Baltimore. He began



his relationship with WAU in 2009, when he served as a presidential fellow in the Office of the President.

“My vision is to work collaboratively with the faculty and all members of the university community in ... increasing the opportunities our students have to grow holistically,” Johnson says.

He holds a doctoral degree in higher education from the University of South Carolina, a master’s in student personnel from Florida State University and a bachelor’s in speech and language pathology from the University of Alabama.

An active participant in a myriad of honor societies, professional and civic activities, Johnson is past chairman of the board of directors for the National Society of Collegiate Scholars and a member of the board of directors for the Council for the Advancement of Standards in Higher Education.

Johnson also enjoys traveling and was awarded a Fulbright scholarship that took him to Germany and Belgium in 2002. He developed the Hopkins Ghana Study Tour and has since led six tours to Ghana.

He and his wife, Jacquelyn Praylo-Johnson, are active members of the Emmanuel-Brinklow church in Ashton, Md. Their son, Ryan, is a senior at Spencerville Adventist Academy in Silver Spring, Md.

Program Aids Student Transition to College Life

More than 120 students are participating in WAU's First Year Experience, a semester-long program designed to help incoming freshmen adjust to university life. The program starts with a banquet, team building activities and weekly classes with assignments that help students become acquainted with the campus and the surrounding area. Some of the students share their stories below:



Crystal Gonzalez (above) found her way to WAU through her high school cheerleading coach in California, who is an alumnus of the WAU Acro Airs. With his encouragement, she traveled to Maryland to join the team. "I really want to do good and make my parents proud because I'm the first one to go to university and actually be in a



dorm," the nursing hopeful says. "I grew up around here," says Meagan Hess, a women's softball team member, who already feels at home. A graduate of Spencerville Adventist Academy in nearby Silver Spring, she joins other Spencerville graduates at WAU. Hess plans to become a doctor, so her main goal is "to ace all my classes because med school is really hard to get into." Born in Liberia, Edwin Sherman (above) found his way to WAU through the Internet after becoming a Seventh-day Adventist. When a lady from a nearby Adventist church invited him to church, he didn't want

Meagan Hess, pictured with her parents, frequented Washington Adventist University's campus growing up and already feels at home.

to go at first. But "I guess the Lord led me," he says. When he visited, their lovingkindness drew him closer to God. "I can't wait to get started," says this theology major.

Ellen Missah says she's always wanted to attend an Adventist university. "I heard [there is] a very good nursing program here, and I've always wanted to be in the medical field," she says. While Missah isn't really nervous about academics, she is a tad nervous about "the challenge of officially living alone in the dorm, going to classes, being on my own," she says. But she believes hard work will pull her through this first year.—Liz Anderson



By attending WAU, Ellen Missah (center with her parents) is living one of her long-cherished dreams of attending an Adventist university.



Calendar

November
24-28 Thanksgiving Break

December
3 Christmas Choral Concert
17-Jan. 9 Winter Break

The Gateway is published in the Visitor by the Washington Adventist University 7600 Flower Ave., Takoma Park, MD 20912 Phone: (800) 835-4212 ■ wau.edu President, Weymouth Spence Editor, Angela Abraham



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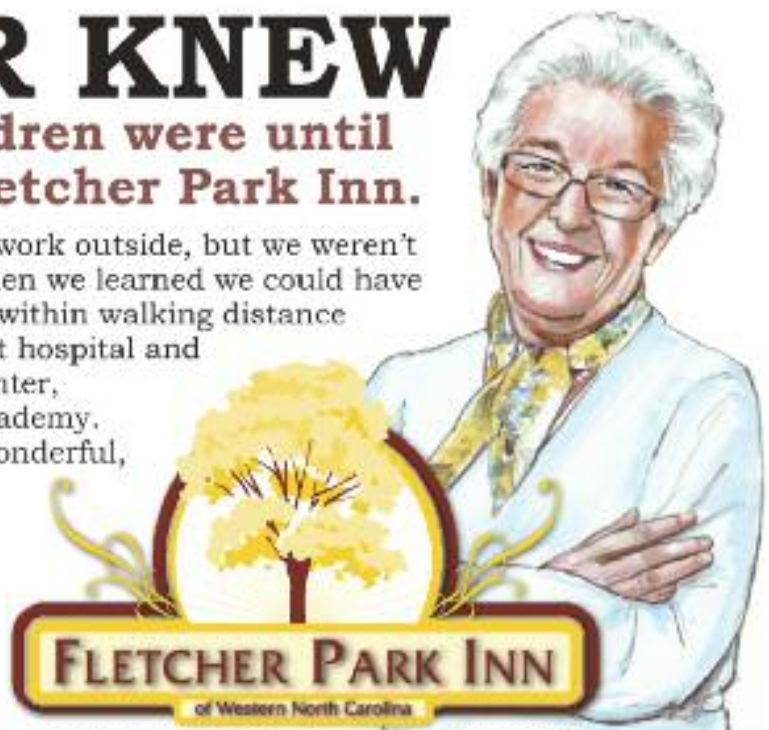
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	Nov 12	Nov 19	Nov 26	Dec 3	Dec 10
Baltimore	4:54	4:49	4:45	4:43	4:43
Cincinnati	5:26	5:21	5:17	5:15	5:15
Cleveland	5:10	5:04	5:00	4:57	4:57
Columbus	5:18	5:13	5:09	5:07	5:07
Jersey City	4:41	4:35	4:31	4:29	4:29
Norfolk	4:58	4:53	4:50	4:48	4:49
Parkersburg	5:14	5:09	5:05	5:03	5:03
Philadelphia	4:47	4:41	4:38	4:36	4:35
Pittsburgh	5:05	5:00	4:56	4:54	4:53
Reading	4:49	4:44	4:40	4:38	4:37
Richmond	5:01	4:56	4:53	4:52	4:52
Roanoke	5:12	5:07	5:04	5:02	5:02
Toledo	5:17	5:11	5:07	5:04	5:04
Trenton	4:45	4:39	4:35	4:33	4:33
Wash., D.C.	4:57	4:52	4:48	4:46	4:46

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Three days of inspiration, training and relaxation for lay, pastor and full-time evangelists and conference administrators—Southern Union Evangelism Council 2010. Presenters include Mark Finley, Calton Byrd and Ron Clouzet. December 6-9, Daytona Beach, Fla. For more information, visit southernunion.com/evangelism, phone (407) 257-6847, or email suevangelism@yahoo.com.

OBITUARIES

AMBROSE, Fred,

born February 25, 1937; died June 3, 2010, in Hagerstown, Md. He was a member of the Hagerstown church. Survivors: stepdaughter, Anita Whitesides; and stepson, John Ambrose.

DURHAM, Warren J.,

born April 12, 1913, in Dover, Del.; died July 31, 2009, at his home in Deptford, N.J. Edith, his wife of 65 years, predeceased him in 2002. They were members of the Woodbury (N.J.) church, where Warren served as first elder for many years and treasurer until his death. Survivors: his children, Rick Durham, Peach Lowe, and Wanda (David) Waddington; grandchildren: Kevin and Denise Waddington, Shelly Lowe, D.J. Waddington, Scott and Mallissa Durham, Tammy and Duane White and Brian Durham; and great-grandchildren: Shannon Waddington, Scotty Durham, Kristofer Durham, and Carrie and Caden White. His son, Myron

Durham, daughter-in-law, Diane Duham, and son-in-law, Bill Lowe preceded him in death.

FERREIRA, Ivy Hazeline,

born April 10, 1921, in Pennsylvania; died May 14, 2010, in Titusville, Pa. She was a member of the Seneca (Pa.) church. She is survived by her daughters, Daphne Changoo and Joan Lewis; and her sons, Clement Ferreira and Dr. Leonard Ferreira.

GUMMERSON, RICHARD D.,

born July 22, 1946; died April 28, 2010, in Pittsburgh, Pa. He was a member of the Wheeling (W.Va.) church. Survivors: his wife, Violeta, of St. Clairsville, Ohio; his daughter, Grace, of the Virgin Islands; and his son, Timothy, of St. Clairsville.

WENDELL, Mae Elizabeth,

born January 5, 1920, in Jamaica, Vt.; died June 17, 2010, in Buckhannon, W.Va. She was a member of the Buckhannon church. She and her husband, Dr. Ken Wendell, were missionaries in Okinawa, Japan, for 17 years. She was preceded in death by husband, Ken, and daughter, Pat Clements. Survivors: daughters, Nancy Whitsett and Alice Jean Baker; one sister; one brother; seven grandchildren; five great-grandchildren and several nieces and nephews.

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The *Visitor* provides news and information, resources for effective ministry, and insight on issues with a spiritual focus to help people celebrate God's transforming grace in preparation for His return.

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Volume 115 ■ Issue 11

Rx for Stress: Self-Care

Are you overwhelmed, overloaded and living in overdrive? Do you wake up exhausted? No matter how much you accomplish, do you still feel like you're falling behind?



These are signs of stress. In addition to headaches, muscle pain, body aches and limited sleep, studies have shown that stress can lead to an increase in rates of heart disease, metabolic syndrome, high blood pressure and depression. One study has found that stress can even negate the heart-healthy aspects of a physical activity, leading to thicker arteries in physically active and stressed workers compared with those who were non-stressed.

PUT THE "CARE" INTO SELF-CARE

Christians aren't immune to the effects of daily stress or the challenge of taking care of ourselves in an already overly hectic schedule. Yet, of all people, shouldn't we be better equipped to manage stress and prevent its negative consequences? Dealing with stress is essential for a healthy life.

Healthy self-care at its very essence is choosing to care for ourselves the way God does. The Bible repeatedly affirms the message that we are God's precious creation, the object of His love and care. More than stealing a few hours of "me" time, healthy self-care involves learning to be kind to ourselves and choosing to see ourselves as God does. We do this by:

- Admiring ourselves as the creative expression of God, just as we would a spectacular sunset or a majestic mountain peak.
- Understanding our own needs and paying attention not to neglect them. Even Jesus regularly pulled away from His work to renew Himself through prayer and time with friends.
- Saying no to thoughts, habits and activities that drain and drag us down, or even too many "good works," and asking instead: "What do I choose right now that would take good care of God's precious creation?"
- Recognizing when we've done enough. There's always going to be more work to do. But, like our Creator, we can choose to step back at the end of the day and say, "It is good."

Healthy self-care is about affirming life—your life and the life Christ came to give. "Today I have given you the choice between life and death . . . Oh, that you would choose life, so that you and your descendants might live!" (Deut. 30:19, NLT)

Lilly Tryon, MSN, RN, serves as wellness coaching coordinator at Adventist WholeHealth Network (awhn.org) in Wyomissing, Pa.

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