





News & Features

8 Windows of Opportunity

Celeste Ryan Blyden

Most of the New Jersey Conference's 13,600 members worship in 86 churches in the northeastern and southwestern parts of the state, along Interstate 95 in what conference president José H. Cortés calls "the occupied zone." But the times 12:40 and 6:10 reveal two windows of opportunity for evangelism that sparked a bold initiative called Mission Caleb. Learn more about it in our cover story, and watch our video report online.

In Every Issue

- 3 | Editorial
- 4 | Newsline
- 6 | Potluck
- 13 | Healthcare News

Newsletters

- 17 Allegheny East
- 19 Allegheny West
- 21 Blue Mountain Academy
- 23 Chesapeake
- 25 Mountain View
- 27 New Jersey
- **29** Ohio
- 31 Pennsylvania
- 33 Potomac
- **35** Spencerville Adventist Academy
- 37 Shenandoah Valley Academy
- **39** Washington Adventist University

44 | Bulletin Board

47 | Whole Health Lilly Tryon





On the Web

Video – Learn more about the New Jersey Conference's goal to



reach 80 cities and towns for Christ. Meet some of the leaders and members engaged in the bold evangelism

initiative they're calling Mission Caleb. Go to columbiaunion.org and click on Videos or scan this barcode using a free QR Code Reader App to view it on your mobile phone or iPad.



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Champions of Freedom

ow fortunate we are to be living in a land that values religious freedom. Indeed, it is a God-given blessing. The founding fathers placed in the United States Constitution protection for the free exercise of religion and safeguards against an establishment of religion by the government.

Legal protection for the rights of conscience



are unheard of in many countries. In Pakistan a person converting to Christianity faces execution by beheading. In Turkey proselytizing is forbidden by law and one shares the gospel's good news by stealth. In Italy public school children attend classes in rooms where crucifixes hang on the wall. In India people can be murdered because of their beliefs, something that has happened to at least one Seventh-day Adventist minister.

Over and over, in country after country, persons are discriminated against, tortured and even killed because the law encourages such action or fails to protect individuals in the exercise of their religious beliefs.

LIFT EVERY VOICE

The Seventh-day Adventist Church not only depends on religious freedom, we advocate for it worldwide. We promote its importance, speak at events and provide counsel to individual church members experiencing workplace religious discrimination due to the Sabbath. In fact, last year in the Columbia Union, we helped upwards of 200 members navigate these issues.

John Graz, director of Public Affairs and Religious Liberty for the worldwide church, and his team support us by monitoring and reporting on church-state relations, maintaining a blog and producing the *Freedom's Ring Podcast*. They also publish *Liberty* magazine, which is sent to legislators and judicial leaders across our land. Every year they organize a religious liberty dinner in the nation's capital and use the opportunity to champion freedom of conscience for all. On our behalf, they recently called on the new country of South Sudan to make human rights a "cornerstone of national identity."

They also plan and convene meetings and events in various parts of the world to draw attention to religious freedom. Some 600 attended their International Religious Liberty Association's world congress in South Africa in 2007. Their next meeting will be held in the Dominican Republic in April 2012, and Columbia Union Conference representatives will be there to add our voices to the call for religious freedom and toleration worldwide.

We thank God for the blessing of religious freedom and seek His continued help in expanding that freedom to other countries and cultures.

Walter Carson (wcarson@columbiaunion.net) is vice president and general counsel for the Columbia Union Conference.

Newsline

TAASHI ROWE



THIS IS A CRUCIAL TIME for educational ministry. My only goal is to be of service as we jointly formulate strategies and best practices to strengthen our system. The young people of the Seventh-day Adventist Church are our most precious asset. Every effort must be made and every resource tapped to further His kingdom on their behalf.—*Ileana Espinosa, new Columbia Union associate director for elementary education. Learn more about her at columbiaunion.org/espinosa.*

FORMER VISITOR EDITOR PASSES

Don A. Roth (below), 84, long considered the "PR person" for the Adventist Church for the past 60 years and a former Columbia



Union Visitor editor, recently passed away. He worked at every level of the organization-from his local congregation to the world church-and edited the Visitor from 1954 to 1965, while also serving as the Columbia Union Conference public relations and radio-TV secretary. "I spent 15 happy years in the Columbia Union Conference," Roth wrote last year in a letter to the current Visitor editor. "We had a great team at the union office, and I thoroughly enjoyed those years."

In 2009 the Society of Adventist Communicators recognized his contributions with their Lifetime Achievement Award.

LATINO MEMBERSHIP TOPS 21,000

At 21,000 members, Latinos in the Columbia Union are the fastest growing segment. To meet the needs of this burgeoning subset, most conferences offered Hispanic camp meetings this year, including Pennsylvania. Treasurer Ron Christman reports that their first meeting drew more than 1,500. Attendees committed to plant 12 churches.

With nearly 10,000 Spanishspeaking members, the Potomac Conference is leading the charge followed closely by New Jersey, which claims just over 7,000. At Potomac's January Hispanic Ministries Convention, 1,500 attendees committed to baptizing nearly 1,600 new members this year. So far, they've baptized nearly 400.

Rubén Ramos, who directs Multilingual Ministries for the Columbia Union Conference, notes that many of these members are new to Seventh-day Adventism. "They bring their network of friends into the church who, in turn, bring more friends; that creates a snowball effect," he says.

66... He was a stalwart giant in education, civil rights and our denominational community. ... 9

-Robert Moore, Allegheny West Conference executive secretary, upon hearing about the death of Frank Hale Jr., PhD. See story, page 19.

Newsline

WHAT IS DRIVING GROWTH IN HISPANIC MEMBERSHIP?



OSWALDO MAGAÑO Hispanic Ministries Coordinator, Ohio Conference

"Establishing the Columbia Union School of Discipleship was key. This is where we teach members discipleship, small group leadership, Bible instruction and church administration. It [enables] people who are excited to do something for the Lord."



RAMON ESCALANTE Coordinator for Spanish Council of Churches, Allegheny East Conference

"Hispanics are a close-knit community and we look after one another, and this is very important because this is what God wants us to do. Many of the churches have small group meetings in different homes throughout the week where they pray together, have worship together and eat together."



JOSÉ ESPOSITO Hispanic Ministries Director, Potomac Conference

"We are the remnant church, and when we preach, we preach of our mission for this time. This is attractive to new believers, many of whom are recent immigrants, and it gives them a sense of belonging and purpose."



HOPE CHANNEL ANNOUNCES NEW LINEUP

Beginning September 26, Hope Channel, based at the Seventh-day Adventist Church world headquarters in Silver Spring, Md., will launch two new, live, interactive evening programs and add several other shows to their lineup.

"Let's Pray will help viewers develop a dynamic prayer life and find strength, peace and hope," says Kandus Thorp, the show's host and Hope Channel vice president. Airing Monday-Thursdays, 8-9 p.m., the program will feature an

"Upper Room" prayer team comprised of Columbia Union members with whom viewers will be invited to share their prayer requests live via phone, email and social media.

At 9 p.m. *Great Bible Discoveries* explores Bible prophecies, books of the Bible, Bible stories and Jesus' life and teachings.

Though not live, Barry Black, chaplain of the United States Senate, will host *Higher Ground*, which shares practical ways to improve character, deepen a relationship with God and find peace, power and purpose. Other shows include *Dawn of Hope*, a reality series featuring medical missionaries, *Prophecies Decoded*, an evangelistic series, and *Single Creek*, a documentary about being single in the church. For more information on the new programs, visit hopetv.org.—*Scott Steward*

Potluck

BETH MICHAELS

What's New?

Book > Love, Kirsten Rainey H. Park with Andy Nash

Experience the joys and challenges of Kirsten Wolcott



(left), a 2007 alumna of Richmond Adventist Academy in Richmond, Va., through

journal entries and loved ones' personal memories. Be inspired by a young lady who served the

Lord wholeheartedly before dying tragically as a student missionary on the Micronesian island of Yap. "I'm so thank-



ful for this book about my daughter," says Karen Wolcott, a teacher at Tappahannock Junior Academy in Tappahannock, Va. "I pray that everyone who reads [it] will be changed forever." Get a copy at AdventistBookCenter.com.

CD > *Set in Motion* Bill Neely and LaKisha Neely Yirenkyi

"I'm always jotting down thoughts and ideas," explains Bill Neely, a member of Potomac Conference's Rockville (Md.) church, on how he ended up with the two-track disc. He hopes the first song, "The Birth of You," will add a fresh sound to annual birthday celebrations. He wrote the second song, "Couldn't Love You More," for his wife, Edwina. "The

6 | VISITOR September 2011



words just flowed," he recalls. Both songs are performed by his daughter, LaKisha Neely Yirenkyi, art teacher at the Beltsville Adventist School in Beltsville, Md. Order copies through CDBaby.com.

Online Show > Sabbath School JumpStart Restoration Praise Center

Join Sabbath School Council members of Potomac Conference's Restoration Praise Center every Tuesday at 7 p.m. for an online summary of the Sabbath School lesson. More importantly, encourage friends and family who aren't currently attending church to participate and get to know their Savior, Jesus Christ. Terrence Walton (below), current *Sabbath School JumpStart* director for the Bowie, Md.-based church, reports





that the 30-minute presentations, which started last October, are also interactive: moderators tweet answers to questions that viewers post during the live session. Tune in at PraizeVision.com.

Welcome to the Family

Anjali Christian Southern Asian Adventist Church, Silver Spring, Md.



"I felt so blessed that I could so openly express my love for Christ. I strive now to be a better person, living in His way and following Him in anyway possible."

PHOTO BY NICOLE NEELY

What You Bring to the Table

On the Web

Retweets >

LivingSpringSDA



You got to let your actions be driven by faith and not feelings!—*Living*

Springs Church, Glen Burnie, Md.

ljtsade



I know of storms and strife. I've been around them all my life. Just think

ahead and you'll be inspired to reach higher and higher. Be optimistic!—*LaFayette Trawick, Trinity Temple, Newark, N.J.*

Facebooked >

Loretta Cak



Is so glad God has a sense of humor. Olivia's bedtime prayer almost had

me in tears, I was laughing so hard.—*Worthington (Ohio) Church*

Blogged >



The Bible itself says that the Word of God is "quick (alive) and powerful and

sharper than any two-edged sword" (Heb. 4:12). It is able to "pierce" and "divide" the soul and spirit. The Bible is the most powerful weapon the believer has in the spiritual *and* physical realm. While it is good to read and study the Bible, *how* we read and study the Bible matters a great deal. —*Quince Gibson, Edmondson Heights Church, Baltimore* (*3angelsdoc.blogspot.com*)

In the Spotlight > Baltimore Spanish Church



Since the Beginning: The Baltimore Spanish church was established in 1989 as a small group of 12. Today, under the leadership of Pastor Orlando Rosales, the active

Chesapeake Conference church now claims

nearly 100 members and has birthed the Dundalk (Md.) Spanish Company. The Dundalk congregation started as a small group but is now baptizing disciples for Jesus Christ.

Blazing Trails: According to Cristina McConnell, the church's communication director, "We have been the pioneers in the Spanish community of Baltimore, creating and cultivating small Bible study groups, and we have seen the fruits of this great endeavor." Their ever-growing number of small groups is helping them cultivate new congregations in Glen Burnie and Columbia, both in Maryland.

Community Outreach: The church hosts many activities designed to enrich their members and the surrounding community. For current attendees, they host a Festival of Small Groups every three months, where "the small groups get together at the main church and present their progress and bring their testimonies and new friends," shares McConnell. For the community, they host an annual health fair (above) where they give free medical care to low-income families.

Witnessing to the World: "Sharing God's Word with others and giving Bible studies should be a priority in our Christian pilgrimage," insists Pastor Rosales, who regularly gives Bible studies to new small groups started by his members. "Planting more churches where many souls may come to know our heavenly Father's love and care should be our goal." —*Alexis A. Goring*

iglesiaadventistabaltimore.org

Windows of opportunity



How the New Jersey Conference Plans to Take 80 Cities and Towns for Christ e claim the town of Ledgewood," announced the elder standing at the podium alongside his pastor.

"Are we going to grant them this town to occupy for Jesus?" asked his conference president.

"Yes! Amen!" came the audience's rousing response.

"We claim the city of Hightstown," declared another, drawing the same question and positive reply.

"We claim Kearny," exclaimed the enthusiastic duo from Harrison, N.J.

They kept coming forward, and by the end of that March

morning at the conference's Tranquil Valley Retreat Center (TVRC) in Tranquility, N.J., the pastors and elders of the New Jersey Conference had publicly committed to evangelize 80 cities and towns for Christ.

This bold initiative, dubbed "Mission Caleb," is the brainchild of conference president José H. Cortés, PsyD, who got the idea during early morning worship. "I begin every day praying for my people," he says. He also prays for the people of his state's cities and towns. One day, while praying over a map of New Jersey, he saw the hands of a clock over the map. The time was 12:40. "I'm not claiming to be Brother White; I'm just a pastor praying for my conference," he chuckles, recalling the experience. "When I looked closer at the map, I realized that it outlined the northwestern portion of New Jersey where we have almost no [Seventh-day] Adventist presence." A later look at the map revealed a time of 6:10, which outlines the state's southeast region, where membership is similarly sparse.

Most of the conference's 13,600 members worship in 86 churches in the northeast and southwest parts of the state along Interstate 95 in what Cortés calls "the occupied zone." But 12:40 and 6:10 reveal two windows of opportunity for evangelism, and once Cortés understood this, he asked God to show him how to reach the territory.

"GIVE ME THAT MOUNTAIN"

He remembered the biblical account of Caleb who requested that Joshua give him a certain mountain. At 85, Caleb fearlessly conquered the giants who occupied his chosen territory and founded a city. With that in mind, Cortés approached his executive committee, then pastors, elders and ethnic groups who not only supported the mission, but also worked with their boards to choose the city or town they wanted to target.

Camp Meeting Dedication:

Julia Krug, who's already won several people to Christ through baptism, signed up to be part of the Laurelwood church's Mission Caleb team, which claimed Deptford, N.J., for Christ. In March when they met at TVRC for the annual elders retreat, each announced plans and engaged in training to know how to plant churches using small groups, youth ministries, community services, health programs, music ministries and other approaches.

"The plan is not to take 40 to 50 members to the targeted town," Cortés told them. "Instead, take a team of 12 Calebs, knock on doors, conduct surveys to determine community needs and invite people to study the Bible." He also admonished these newly formed Mission Caleb teams not to "fish in the tank," but to find people who don't belong to a church or have left. "In the U.S., we have 100 million people who are unchurched," he said. "That's who we're targeting."

At camp meeting in June, members of each Mission Caleb team gathered on stage for a special dedication led by Cortés and fellow conference officers Jim Greene, vice president for administration, and Modesto Vazquez, vice president for finance. "We gave each



Pastor Young Uoo Suh and members of the Central New Jersey Korean church in Rahway claimed the city of Fort Lee where there's a large Korean population. "So far we have eight Bible studies going and 15-20 people meeting each Sabbath," he says.

member a special bag that included a Bible, Bible study guides, tracts, sharing materials and a community survey in either









Pastor Art Randall and graduate students Denver Jn Baptiste and Josephine Elia are claiming Princeton University for Christ.

English or Spanish," Greene shares.

Vazquez relishes the potential for growth and appreciates the financial support of members through two sacrificial offerings as well as a special evangelism subsidy from the Columbia Union Conference. "We're putting \$280,000 toward Mission Caleb, and the union also gave us \$100,000," he reports. "As a small conference, we really don't have all the resources needed to accomplish our goals. This will help us reach more areas of the state and do a better service for the Lord."

BRIGHTEN THE CORNER

Doing a service for the Lord is what drives Ramon Merle, an elder of the Hackettstown Spanish church, which has Mission Caleb teams in Hackettstown and Newton. He is super supportive of this evangelistic thrust, as are the members of both teams who recently invited patrons of a local bakery to enter a drawing to win a Bible. Some 53 people submitted names and 20 signed up for Bible studies! Merle is thrilled with this early response and the initiative overall. "If every president decides to take a corner of this world, the Lord will come and we will go away from this painful place," he concludes.

Members of the Harrison church, who claimed Kearny as

José H. Cortés, president; Modesto Vasquez, vice president for finance; and Jim Greene, vice president for administration, study a map of New Jersey. Harrison church pastor Charles Gonzalez and his wife, Tamara (center), gather with church leaders and the first baptized members of their newly formed mission.

their "corner," recently celebrated the first 10 baptisms from Mission Caleb and formed the first mission with 29 members.

The Princeton church, pastored by Art Randall, is working to reach their Ivy League town for Christ. He's joined a local ministerial association, connected with area businesses and is lending support to the public campus ministry at Princeton University, where graduate students Josephine Elia and Denver Jn Baptiste are leading Friday night Bible studies and distributing The Great Controversy. "At Princeton, science and intellectualism is the religion of the day," says Elia. "But I believe Adventism has a philosophical foundation that is more robust than the world has to offer. I'm so glad we're here to meet them where they are ... at their level of thinking."

The Trenton Spanish church members, who claimed nearby Hightstown, quickly followed up on names they received from colporteurs who canvassed the area last summer. This yielded 28 Bible studies with adults (plus several children) and is expected to bring more Mission Caleb baptisms shortly. Jorge Aguero, who pastors the church and also serves as a New Jersey Conference departmental director, reports that on a recent Sabbath, they conducted community surveys at 25 houses and 16 people accepted offers for Bible studies.

Vanessa Radley draws the winning name for the Bible giveaway in the presence of Jorge Ardon, Mission Caleb director for the Hackettstown Spanish church. More than 50 people entered to win the Bible at the local bakery. "So the idea that people don't want to know about God and don't want Bible studies is not true," notes Cortés. In time he hopes to see them blossom into small groups, then companies, then fully organized churches. "It's not going to happen without the dedicated work of pastors and lay evangelists leading Mission Caleb in New Jersey's 12:40 and 6:10 windows," he says.

These days, during his early morning prayer time or as he drives his "black horse" (GMC truck) through the cities and towns of his state, that's what Cortés prays about. "I say, 'Lord, you see these people walking on the streets in this town, in this city. Show us the way to plant a church here for them to worship You,'" he says.

Through the Mission Caleb teams, God is already answering his prayers.



Pastor Smith Olivier and members of the Maranatha French church in Newark claimed the town of Union where there's a large Haitian population. They introduced themselves to the community by hosting a health fair last month.



Get More: Watch a video about this story at columbiaunion.org/videos.

CAN YOU MAKE A DIFFERENCE IN MINISTRY? ABSOLUTELY!

The Columbia Union Revolving Fund (CURF) has provided more than 1,600 loans to help build and expand hundreds of churches, schools, conferences and other entities across the union's eight-state region. One such project was the acquisition of the East Campus of Allegheny East Conference's Emmanuel-Brinklow church in Ashton, Md.

For more than 40 years, CURF has used funds provided by Columbia Union members to finance these loans. You and CURF truly are "Making Ministry Possible."





COLUMBIA UNION REVOLVING FUND (866) 721-CURF

YOUR HEALING MINISTRY

Learning to Listen

Tim Ko

ife brings many challenges, sometimes at such a pace that we may feel lost and alone with nothing to guide us in the right direction. When this happens, I have learned that it is important to listen to and follow God. He may not be outright obvious with His desires for us, but His plans are sure. That's why I often refer to Jeremiah 29:11 for strength and encouragement: "'For I know the plans I have for you,' declares the Lord, 'plans to prosper you and not to harm you, plans to give you hope and a future'" (NIV).

SEARCHING FOR DIRECTION

While attending college, I planned to become an investment banker and made sure I attended all the right classes to fulfill the educational requirements. I started looking at organizations in different cities to which I could send my résumé. However, things changed as I searched for a job. The market began to crash and the economy reflected the downturn, so I decided to broaden my horizons.

An eight-week accountant internship position opened at the Hong Kong Adventist Hospital, which I was excited to take for the overseas adventure and international business experience. When I returned to the U.S., another internship position awaited me at an Adventist hospital in Central California. As that internship came to an end, I realized nothing was keeping me in California. My parents had moved away, and my brother was focused on finishing medical school. I felt God leading me to a new place, so I applied and was hired to fill an accountant position at Florida Hospital in Orlando. While there, I met my wife and came across some old friends who connected me with Kettering Adventist HealthCare, and, once again, I believe God opened a door for me.



FOLLOWING HIS LEAD

As I look back on my life, I feel that the path I followed has been laid out by God. He gave me the opportunity to explore new cities and connect with people I might not have met if I did not follow His lead. I will continue to listen and follow Him while working to the best of my ability, as my parents taught me. Even though we may feel like we know what to do, it is important to keep an open mind and listen for God's guidance. He may give subtle hints or life-changing experiences to direct us, but do not be discouraged because He has a plan.

Tim Ko is vice president of Finance for Greene Memorial Hospital in Xenia, Ohio, and a member of the Kettering church in Kettering.

Air Force Captain Gives Kettering Mother/Baby Unit a High-Flying Thank You



yle Moats has long admired his mother-in-law, Mary Jo Vannatta, for her work as a staff nurse at Kettering Medical Center (KMC) in Kettering, Ohio. And he greatly appreciates her support of his chosen career. So he did what any good son-in-law would do: flew an American flag on a C-130 aircraft to honor her and her co-workers.

Moats, a United States Air Force captain, spent much of last year in the Middle East, separated from Kelli, his wife of two years (Vannatta's daughter). Moats was assigned to a military base where he served as a flight commander responsible for maintaining a safe airfield in his region.

During his deployment, he kept in close contact with family and friends through phone calls and email, but his connection with Vannatta was unique.

"Before I left for the Middle East, Mary Jo would tell everybody that I was about to deploy," recalls the Johnstown, Ohio, native and 2005 graduate of The Ohio State University in Columbus. "I said, 'Mary Jo, you don't have to do that—I'm not special. Everybody in the military deploys.' She said, 'Kyle, I tell them that so they'll pray for you!' After that, I wanted her to tell everybody."

ON THE PRAYER BOARD

That she did. In fact, Vannatta posted Capt. Moats' name, location and deployment status on the prayer board in the Mother/Baby Unit at KMC, where she has worked on the night shift for 27 years. Before each department meeting, the staff prayed for Moats and the 250 other airmen on his base, and many encouraged their churches to pray as well.

"When Kyle and I talked by phone, I'd always remind him that we were praying for him, and he said it just meant a lot—he could feel our support," says Vannatta.



KETTERING ADVENTIST HEALTHCARE NEWSLETTER

Your Healing Ministry



The cherished items remain on display in the Mother/Baby Unit at KMC (below), although Vannatta made her manager promise she could take them home with her upon retirement.

Capt. Moats continues to serve in the military, and he and Kelli are stationed in Arizona, where he works at Luke Air Force Base. "The power of the Mother/Baby Unit's prayers and support didn't just help me, it helped everyone on my base," he notes. "It was a connection to home, and a reminder of why we serve."

"He also really liked the fact that our unit takes care of a lot of military families, including active duty military from Wright-Patterson Air Force Base."

To show his appreciation for Vannatta and her co-workers, Capt. Moats enlisted the help of Capt. Tyler Brewer, a good friend who was co-pilot on a C-130 aircraft. At Moats' request, Brewer kept a small American flag on his aircraft in honor of the Mother/Baby Unit. During a six-week period, he took the flag on 21 missions over the skies of Afghanistan, Iraq, Kuwait and Pakistan.

Capt. Moats didn't tell Vannatta about the flag until he was safely home. When she vis-

ited with him, he presented her with a framed certificate (left) and the flag as a gift to the Mother/Baby Unit.

"I was completely overwhelmed—I couldn't believe he'd done that for us," Vannatta says. "When I shared the framed certificate and flag at my next staff meeting, everyone had tears in their eyes. All of us care so much about the military, and it felt good to know that our thoughts and prayers made a difference for Kyle and the men and women on his base."





Kettering Challenges Employees to Get Healthy

Kettering Adventist Healthcare (KAHC) and area hospitals are banding together to promote healthy living. To inspire employees to choose healthy options, they've organized a six-month GetUp Challenge and even invited friends and family to participate. All are encouraged to consume five servings of fruits and vegetables, cut two hours of leisure "screen time" and exercise for one hour each day. Employees are calling it the "5-2-1 Challenge."



To inspire employees to embrace healthy living, Heater, a local mascot, makes healthy choices at one of Kettering Adventist HealthCare's hospital cafeterias.

U.S. News Ranks Kettering Medical Center No. 1 in Dayton

According to research by *U.S. News & World Report*, three of KAHC's seven hospitals are among the top five best hospitals in Dayton, Ohio. The magazine, which has been publishing an annual list of "best" hospitals and schools, etc., for 22 years, ranked Kettering Medical Center (below) No. 1, Grandview Medical Center No. 3 and Sycamore Medical Center No. 5 out of 14 Dayton-area hospitals. This prestigious ranking is based on the many specialty services that KAHC offers through its hospitals.



Physicians Lead Pain Management Study

To someone in severe pain caused by an amputation, relief can't come soon enough. But a new study,

led by two KAHC physicians, offers hope of eliminating such suffering within a matter of seconds.

Amol Soin, MD (right), medical director for research operations and pain management, and Jon Velasco, MD, a vascular surgeon



and chief of surgery, led a feasibility study on the use of a new high-frequency nerve block technology to eliminate pain caused by amputation.

"Kettering Adventist HealthCare was the first place on the planet—literally—to study the technique on humans," says Dr. Soin.

Stump pain associated with amputation affects about 80 percent of amputees, says Dr. Soin. It occurs because nerves that are cut during the procedure attempt to heal on their own. For some amputees, the pain is bearable and does not affect the wearing of prosthetics. For others, the pain dictates their lives.

To date, stump pain has been treated with narcotics, which cause side effects and possible addiction. The new technology utilizes a "cuff" placed near the neuroma—a benign growth of tissue at the site of the scar—that sends an alternative high-frequency electrical nerve block capable of stopping the pain signal from reaching the brain.

"There's an electrical chemical signal sent to the brain for everything we do," explains Dr. Soin. "That includes movements such as walking. This technology essentially 'closes the gate' that allows pain signals to get through."

He envisions the technology leading to a pacemaker-sized implantable device that users could turn on and off as necessary.

> 3535 Southern Boulevard Kettering, Ohio 45429 (937) 298-4331 www.khnetwork.org



Camp Meeting Attendees Knock on Doors

This summer nearly 50 people visited homes around Pottstown, Pa., putting into practice the evangelism training they received during the Allegheny East Conference (AEC) Camp Meeting. Participants included conference administrators, camp meeting constituents, members of the local Walnut Street Community church and conference and Oakwood University (Ala.) literature evangelists.

Before heading out into the community in groups of seven to 10, participants received training on ministering to those with HIV/AIDS, spiritual gifts discovery, personality discovery and successful soul winning. Using the Walnut Street Community church as their base, some volunteers went to each home in pairs while others remained at the church and served as prayer warriors. Each group distributed packets of door hangers, which



doubled as an advertisement for the local church, a felt-needs survey, an abridged version of *Steps to Christ*, a lifestyle health pamphlet and a flyer for Vacation Bible School.

After one hour, they received hundreds of responses and returned to the church where participants enjoyed a rousing song service, stimulating testimonies and inspired prayer. "It was an exciting time for both the volunteers and the people of Pottstown, as many were more than willing to open their doors, complete the survey and receive the literature," said Vernon Waters, Walnut Street pastor. "We remain optimistic that as we cooperate with our Commander, Jesus Christ, we will see this through and souls will be won to the kingdom."

Camp meeting attendees talk with a resident of the Pottstown, Pa., community.

Liberty VBS Teaches Kids About God's Love

Cour-year-old Joash gave his mother important advice one afternoon as she searched for a lost item: "Mommy, pray. God is listening." Where did he learn this? At Vacation Bible School at the Liberty church in Randallstown, Md. For four weeks this summer, the church ran a VBS mini-camp using the theme "Pandamania—Where God is Wild About You."

Forty children, 10 of whom were visitors from the church's community, participated in Bible stories, crafts and games that emphasized the messages that no matter what, God loves us and is always listening. Bible stories ranged from creation week to Elijah on Mount Carmel to Jonah in the belly of a fish. To help make the story of Jonah come to life, a room-sized whale was constructed using black trash bags, and the children crawled inside to experience what it might have been like for Jonah. In addition, children went on field trips and enjoyed water play two days of the week.

"I really liked the field trips, and I especially like the people," said Kianu Carcamo, 11, one of the first-time participants from the community. His sister, Karianna, 9, said, "I liked the songs, but the pool was my favorite." Her other brother Kimani, 10, agreed that the pool was the best part, and also the movies. Kianu, Kimani and Karianna enjoyed Liberty's VBS camp so much that they all want to return next year.—*Barbara Crawford*



Dejae and Octavia, Vacation Bible School attendees, share a very important lesson.



NEWS

First Church Pathfinder Pioneer Passes Away

When Laertes Gillis (pictured with his wife, Betty) started a Pathfinder club at the Dupont Park and First churches in Washington, D.C., and the Alexandria (Va.) church decades ago, he became the first Pathfinder coordinator in the United States. Impressed that something needed to be done for young people, he served as the Pathfinder director of



those three churches and served the organization for 45 years. A member of the First church, he recently passed away with full Pathfinder and military honors.

A World War II veteran who served as a medic, Gillis was the oldest of five brothers and sisters. He was also a leader of the Young People's Missionary Volunteer Society, now known as the Adventist Youth Society. Gillis loved to sing and was a member of the Dynamic Four Quartet. He played the violin and loved photography.

Shiloh Church Sponsors First Statewide Adventurers Camp

The Shiloh church in Petersburg, Va., recently sponsored their first Virginia Adventurers Camp weekend at Shands Park in Dinwiddie, Va. For the past three years, Shiloh's Hummingbirds Adventurers have participated in an annual camp weekend. However, this year Adventurer clubs from the Calvary church in Newport News, the Ephesus church in Richmond and



the Maranatha church in Fredericksburg joined them.

During the camp weekend, the Adventurers (above) enjoyed scavenger hunts, paddle boat rides and a wagon ride to see farm animals. However, one of the highlights was participating in the Relay for Life Cancer Walkathon at the Petersburg High School. When they headed back to camp, the Hummingbirds culminated the weekend activities with the induction of four new members.

For information about next year's camp weekend, contact George Whitfield, Shiloh's Adventurer director, at debandgeorge13@aol.com. Read more at columbiaunion.org/ShilohAdventur ers.—Deborah Whitfield

Baltimore, Toronto Young Adults Gather for Jesus

More than 750 Seventh-day Adventist youth and young adults from 12 Baltimore-area Adventist churches and the Toronto West church of Toronto, Canada, recently attended The Jesus Gathering. The two-day conference, sponsored by Allegheny East Conference's Baltimore Extended Area Ministerium, encouraged young people to deepen their love for Jesus Christ and "leave committed to live the love of Christ in their communities," explains David Franklin, Berea assistant pastor and one of the organizers of the event. As a result of the conference, more than 100 youth and young adults dedicated or rededicated their hearts to the Lord.

On Sabbath afternoon, more than 200 conference attendees participated in what Berea leaders believe to be the first Christian flash mob (below). "It was a unique way to have young-adult believers work together to evangelize Baltimore's Inner Harbor with the love of Jesus Christ." explained Cara Fuller. Youth Ministries leader at Miracle Temple. The young church members also offered prayer to spectators and distributed literature promoting Jesus' love. Read more at columbiaunion.org/Jesusgathering. -Beth Michaels



PHOTO BY ABENA CASSELL SWABY/WHMG.TV

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Frank Hale, Civil Rights Pioneer, Dies

rank Hale Jr., PhD (below), a beloved member of the Ephesus church in Columbus, Ohio, recently passed away following an extended illness. Serving in the field of higher education for 54 years (1951–2005), Hale held full professorships at Central State University (Ohio), Oakwood College (Ala.) and The Ohio State University. He served

PHOTO BY DAN YOUNT OF THE CINCINNATI HEARLD



as chairman and professor of the Department of English (1959-1966) at Central State University (Ohio).

Before coming to Ohio State, Hale was a British Council postdoctoral fellow in English Literature at the University of London in 1960. He served as president of Oakwood College (now a university) from 1966-1971. From 1971-1978, he was associate dean and chairman of the Fellowship Committee of the Graduate School of The Ohio State University. Hale was appointed vice provost for Minority Affairs in 1978, a position he held until his retirement from Ohio State in 1988. He also served as special assistant to the president of Kenyon College from 1989-1992. In the summer of 1995, he was visiting professor of Communication at the University of Nebraska-Lincoln. He was appointed Distinguished University representative and consultant in the president's office at The Ohio State University from 1999-2005, and has been

named a professor emeritus. Last year he was inducted into the Ohio Civil Rights Hall of Fame.

"The Allegheny West Conference was blessed to have had a stalwart giant in education, civil rights and our denominational community in our midst," said Robert Moore, AWC executive secretary. "There will be a void of his leadership, wisdom and community influence. He will be greatly missed in our conference territory."

Hale leaves behind his wife, Mignon; son, Frank Hale III; and daughters, Ifeoma Kwesi and Sherilyn Wilkins.

-Story Courtesy of Oakwood University Public Relations and Bryant Taylor

Ephesus Church Turns 100

The Ephesus congregation in Columbus, Ohio, recently celebrated its centennial with a weekend full of festivities. Many former pastors returned to help celebrate, including James Washington, Charles Drake, Henry M. Wright, Stephen T. Lewis, Bufford Griffith and William T. Cox. Other guest speakers with



Left to right: Valerie Lee, PhD, Ephesus church anniversary chairperson, reunites with former Ephesus Adventist School staff Purette Bethea-Mills, Cynthia Taylor Warren and Sharon Lewis.

close relationships to Ephesus included Barry C. Black, chaplain for the United States Senate, and James L. Lewis, former Allegheny West Conference president. In addition to spirited preaching related to the celebration's theme, "History, Homecoming & Heaven," choirs and musical groups spanning the last 40 years of the church's history returned to enrich the



worship services. Another high point of the weekend was when attendees took time to honor those families whose ancestors were charter or founding members.

The centennial celebration was made sweeter by the announcement that past and current members had fulfilled their commitment to current pastor Donald L. Burden, DMin (above), to reduce the mortgage on the church's school from \$600,000 to \$120,000 during the two-year period leading up to celebration. The saints accomplished this through sacrificial giving and a range of fundraising projects. Read more about the celebration at ephesus-sda.org.—Valerie Lee



Hilltop Church Uplifts Cincinnati, Columbus Women

A llegheny West women from Ohio churches in Cincinnati and the surrounding greater Columbus area had an "awesome time in the Lord" during Hilltop Community Worship Center's women's day celebration. Sponsored by the church's Ministries Department under the theme "Walking in God's Favor," the special day started with a sermon by Janice Walker, Esq., a member of the Cincinnati Shiloh church. Reading from Genesis 16: 1-9, she titled her message "Favor in the Valley."

Following a Sabbath afternoon meal, Hilltop's "first lady," Crystal Moffett, kicked off afternoon activities with an inspiring and active conversation focused on women's health issues—the importance of having a healthy mind, body and soul and on being connected to Christ as women of God. "God truly showed His presence throughout the day," commented Vanessa L. Mosley, Hilltop Women's Ministries leader.

The special day was one of many being sponsored by Hilltop



Women's Ministries. Moffett presents a "Women of the Bible" program every fourth Sunday and every fifth Sabbath. Carolyn Foster, assistant department head. explains: "It's very important for women at the Hilltop church to be fed spiritually, but it is equally important for us to outreach and evangelize to the women of our community, teaching them about who God is and about the love He has for them. Teaching them also that knowing the Lord can help make them better wives, mothers and friends."-Gregory W. Foster

Debbie Williams, Carolyn Foster, Vanessa Mosley, Janice Walker and Crystal Moffett were all instrumental in making the Hilltop church women's day celebration a blessing for ladies in Cincinnati and the greater Columbus area.

Melrose Avenue Adds Ice Cream, Bible Studies to VBS

The Melrose Avenue church in Roanoke, Va., decided to do something different with their annual Vacation Bible School (VBS) program. This year, to increase VBS attendance and reach out to the community in preparation for an upcoming evangelistic series, the church decided to sponsor an ice cream give away. On Sabbath afternoon, two days prior to the start of VBS, church members geared up to distribute free scoops of ice cream at the nearby Melrose Park and in the Lincoln Terrace community. With generous donations from church members and the community, and with help from the church's Community Services department and Adventist Youth Society outreach team, children of all ages were offered a free cup of ice cream and free Bible studies.

"Most churches publicize their upcoming VBS by simply using bulletin inserts and hanging banners outside their church, but this year we thought that by offering this

> service, we'd not only add that personal touch which makes our community feel extra special but also build an interest in learning more about God by attending other events sponsored by our church," explained Pastor Nathaniel Lyles, Jr.

In the end, the church registered more than 20



Hermania Ferguson (right), the first elder at the Melrose Avenue church in Roanoke, Va., serves free ice cream to a happy youngster.

people for Bible studies and had a church record of more than 65 kids attending VBS each night.

Spirit is published in the Visitor by the Allegheny West Conference 1339 East Broad Street, Columbus, OH 43205 = Phone: (614) 252-5271 awconf.org = President, Fredrick Russell Editor, Bryant Taylor





Our Graduates Impact the World

Washington Adventist Hospital (WAH) recently reported that it was "in the process of building a new, state-ofthe-art hospital to meet the area's growing health and wellness needs. The relocated hospital, together with the continued use of our Takoma Park [Md.] campus, will continue Washington Adventist Hospital's history of strengthening the region's healthcare infrastructure and expanding access to care for all."

For more than 100 years, WAH has impacted the lives of area residents through its healing ministry. So why is this project mentioned in the *Communiqué*? Because Blue Mountain Academy (BMA) had an impact on the project manager, Geoff Morgan. Morgan graduated from BMA in 1978, married an alumna from the Class of 1982, Amanda Price, and currently serves as the vice president in charge of this WAH expansion.

"At BMA, I distinctly recall 'running' from sunup to sundown, shifting from devotion to class, to work, to play and to study, only to turn around and do it all again," recalls Morgan. "Managing these responsibilities at such an impressionable age prepared me for the realities of the world that followed and, ultimately, for the responsibility I now manage for the future of Washington Adventist Hospital."





David Morgan Vice President for Education Pennsylvania Conference

My Journey From Korea

Ver since I was 3 years old, I planned on coming to America to study. Last year my mother began looking for possible schools here for me to attend. I was born in Seoul, Korea, on September 15, 1995, and had only come to America occasionally to visit. I never stayed here longer than three weeks. I really didn't know what school I was going to end up at, but, surprisingly, was not nervous or scared.

Last spring one of my mother's friends recommended that I go to Blue Mountain Academy. After visiting many other schools, my mom told me that BMA was the best choice for me. I thought about it for a long time and agreed to attend for my first year of high school.

January 3 was my first day at BMA, and I was nervous. I was scared about making friends, my schoolwork and starting a new life. I don't know why I was so nervous, but as soon as I arrived at BMA,



everyone was so nice and kind. This made me feel happy. I have so many friends here now, and I feel like God has really blessed me.

I still miss Korea, but when I do, I pray to God for strength. My mom prays for me every day too. I thank God for sending me to BMA, and I am lucky that I get to graduate from here.—*Joon Young Chang ('14)*



Why I Love Working at BMA

Cary Corbin, Math/Physics

Instructor—BMA was my professional goal from the day I started teaching. Both of my girls went through the Blue Mountain Elementary and BMA system. It was a complete, spiritually infused package of home, church and school.



My love for this school was brought home to me recently when I attended graduation at Reading Seventh-day Adventist Junior Academy (RJA) in Reading, Pa. The children of Lee Stahl, RJA's principal, are my students. The graduation speaker was once my student worker. The school board chairman is also a BMA alumnus. I felt a kinship and family.

The BMA experience has helped

many stay strong in the church and draws back those who become disillusioned with resisting God's love. BMA is all about eternal life.

Rosemary Eyer, Administrative Secretary—When I first interviewed for my job at BMA nearly 11 years ago, I had no reservations about the secretarial part of the job. However, I was concerned about my interaction with the students. As time has passed, that has turned out to be the biggest blessing of my job and the part I enjoy the most. The students are so reaffirming, and it is great getting to know them. Nothing lifts my spirits like a hug when they return from break.

Renee Mathis (right), English

Instructor—Adventist education is a powerful ministry that has changed my life. In college I was interested in studying education, but was afraid of choosing it for the wrong reasons. My parents encouraged me to prayerfully choose a profession that I saw as a mission field and not merely as a job.

I love teaching at BMA because it is a lifestyle *and* a mission field.



I am afforded countless opportunities to influence the lives of my students. My being present at meals, worships, weekend events, performances, intramurals, etc., helps the students see that I care not only about what they know, but also about who they are. Adventist education is valuable, and I am thankful every day that God has allowed me to be a part of it.



What I Love About My School

Josh Stahl ('12)—Some of the things I love about BMA, besides my amazing friends, are all the activities. I love the experiences I have going on tours with Bel Canto (the choir) and the string ensemble. They give me opportunities to bond and make friends with people who





share my interests. Other activities I enjoy include Friday night vespers, Student Association events, such as the fall picnic and winter banquet, and outreach events such as Service Explosion Day. These events are a lot of fun and really encourage student interaction.

Tyler Curtis ('12)—If it weren't for the staff at BMA, I probably wouldn't be as good a student as I am now. Before I came to BMA, I didn't know much about God, but all the staff and my friends have taught me about Him, and He has shown how much love He has for me. My time at BMA reveals to me that I can lead others and show them how to live for God.

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THE CHALLENGE chesapeake conference newsletter

SEPTEMBER 2011

You Ain't Seen Nothing Yet!

or the past 27 years, I've had the privilege of watching God at work in the Chesapeake Conference. First, as a pastor, I watched Him at work through incredible, gifted people who were committed, faithful stewards of His grace. Then, as an officer of this conference, I had a broader perspective and time and again witnessed God using dedicated lay leaders and committed church employees to move His work forward in our territory. I look back over the years with a great sense of fulfillment, satisfaction, gratitude and awe.

But while looking back and reminiscing on His blessings, I am reminded of the words of the Lord to the prophet Isaiah to "forget the former things" and not to "dwell on the past" (see Isa. 43:18, NIV), and I am to do so in order to

see the "new thing" that God is doing (verse 19). God is calling us from memory to expectancy. The point is not to forget the past blessings, but to realize that His new blessings will so transcend the past that in effect He is saying, "You ain't seen nothing yet!" We are not so much called to forget the past, as we are called to look to a future that will transcend the past. And more than that, we are called to expect it!

There are incredible things in store for this conference because God has promised to do His new thing. I challenge you to believe this—in your spiritual walk, in the everyday business of home, marriage, job, church or school. And don't just believe it—expect it! And then watch God bless you in ways you have not experienced in the past. I know I'll be watching.



Rob Vandeman Past President

Chesapeake Bids Farewell to President

A fter serving five years as president, Robert T. Vandeman leaves the Chesapeake Conference to join the Columbia Union Conference as executive secretary. "The years spent in Chesapeake will always be the highlight of my ministry. It is difficult to say goodbye to a staff and constituency that we love," says Vandeman. "Judy and I are happy we will be able to remain members of the Chesapeake Conference."



Vandeman has spent the past 27 years in the conference, first as senior pastor of the Spencerville church in Silver Spring, Md., for 12 years, then as conference secretary and ministerial director for 10 years and as conference president for the past five years.

Pastors and office staff acknowledge the positive impact of Vandeman's leadership. David Newman, senior pastor of the New Hope church in Fulton, Md., appreciates Vandeman for his fairness and willingness to help churches and pastors. "He's accessible and a good listener—very important qualities in a conference president," says Newman.

"He's a pastor's pastor," says Phil Hamman, pastor of the Dover First and Harrington churches in Delaware. "He understands our stresses, he relates to us and is not aloof. He really listens and is open to trying new things."

Rick Remmers, conference executive secretary, says, "I have always appreciated Rob's approachability. He's never failed to give me his full attention and address my need. He has a gift for diffusing volatile situations and helping people work together to resolve difficult problems."

Vandeman assumed his new position in late August. His wife, Judy, is a nurse in the short stay surgery unit at Washington Adventist Hospital in Takoma Park, Md.

THECHALLENGE

Nearly 1,000 Kids Attend Summer Camps

Nearly 1,000 kids attended a Chesapeake Conference camp this summer. Mount Aetna Camp and Retreat Center in Hagerstown, Md., capped enrollment at 560



residential campers due to staffing constraints, but several churches and schools offered day camps to serve their constituents and communities.

"Our goal is for every Chesapeake church that can afford it to offer FLAG (Fun Learning About God) Camp each summer," says Carl Rodriguez, conference Youth Ministries director. "If we get 20 churches and schools to do it, and they each get 100 kids, then we're reaching 2,000 kids!"

Day campers check out the panoramic views from a boulder on Sugarloaf Mountain in Dickerson, Md., during a FLAG Camp outing.

Eastern Shore Youth Reach Out to End Violence

A recent rash of shootings in downtown Wilmington, Del., inspired 27 youth and their leaders from three area churches— Chesapeake Conference's West Wilmington and Linthicum (Md.) churches and Allegheny East Conference's Voice of Truth church, also in Wilmington—to begin a "Stop the Violence, Take a Stand" campaign in the community. Three young adults from the Voice of Truth church lost their father, a taxi driver, in one of the shootings.



The youth have been participating in a conference-wide series of witnessing training called CPR (Call, Promise, Release) and were compelled to respond to the violence in their city. They met with civic leaders and gained permission to distribute 500 copies of *Steps to Christ* and Bible study request cards at a community marketplace and in Rodney Square, the city's transportation hub.

Following the event, the young people regrouped for worship. "We heard testimonies from each participant," said Keith Acker, co-pastor of the West Wilmington church, "and saw the excitement in each face as they expressed how God has blessed them to ... minister for Him."—Sharon Klahn

Ron'Shaye Clark, founder of the "Stop the Violence" campaign, and Keith Acker, co-pastor of the West Wilmington (Del.) church, witness in downtown Wilmington. This year four Maryland churches —Baltimore First, Baltimore White Marsh, Frederick and Park (Salisbury)—offered day camps; and two Delaware churches—Dover and West Wilmington—and Atholton Adventist Academy in Columbia, Md., launched their first summer day program.—Randy Myaing

Upcoming Events

September 9-11

Youth Leaders Convention Mount Aetna Retreat Center (MARC), Hagerstown, Md. Featured Speaker: Randy Fishell, Guide Magazine To register, call (410) 995-1910, ext. 2337

October 1

Maryland Men of Faith Conference, MARC

Keynote Speaker: Pastor Fredrick Russell, Allegheny West Conference President *Register online at mmof.org*

October 7-9

Adventist Singles Retreat, MARC Speakers: Kim Logan-Nowlin and Arthur Nowlin Learn more at ccosda.org or call (410) 992-9731

October 14-16

"Designer of our Lives" English/Spanish Women's Retreat, Ocean City, Md. Guest Speaker: Elizabeth Talbot, Voice of Prophecy Guest Artist: Angela Bryant-Brown Register at ccosda.org, or call (410) 995-1910, ext. 2330

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Faithful Stewards Build Strong Finances

My kids love listening to a particularly silly song about three pirates who couldn't agree on what color they should paint their boat. So each one started painting the boat the color they wanted—red, blue and black—but the colors mixed together. They sailed off, never to be seen again, because their ship became maroon(ed). The

2010 Mountain View Conference Expense Categories



song makes me laugh, but it reinforced the very serious lesson that a group of people can accomplish so much more when they work together than when they all pull in different directions. In the Mountain View Conference, it is good to see a unified people, working together to reach those around us for Christ. Because of the commitment of our members, as of June 30, tithe has increased by 7.3 percent compared to the same time in 2010.

Members also faithfully contributed to the Mountain View Mission Offering. When Larry Boggess, conference president, sent out a letter in February seeking \$125,000 to fund this offering, members responded by donating \$132,399. It is amazing to see, in just a few months, what a dedicated group of people can do.

Financial strength is important only in that it helps accomplish the mission of the church. As funds are available, we are able to hire additional Bible workers, pastors, teachers and other needed personnel. For the year ending in 2010, about 83 percent of conference expenses were directly personnel-related with the remaining 17 percent spent on appropriations, evangelism, various ministries, supplies, maintenance, utilities and meetings.

Even with positive financial numbers midway through 2011, we are still at about 63 percent of the recommended level of working capital. This means that we need to continue to effectively and wisely manage the

resources under our care, ensuring ministry moves forward while also committing to be faithful stewards of the time, talents and money God has entrusted us all with. Again, thank you for the various individual ministries you are involved with and for being one of God's faithful stewards!



Victor Zill Secretary/Treasurer

Highland Adventist Teacher Receives Distinction



When a teacher goes out of his way to set up an "archeological dig" in the school's backyard, complete with broken bits of pottery and pieces of plastic skeleton, you don't have to wonder if his students love learning. This is why Brittney L. Robinson, a senior at Highland Adventist School (HAS) in Elkins, W.Va., nominated Jeremy Jacko, ninth- through -12th grade Bible, history and math teacher at HAS, for the National Society of High School Scholars' Claes Nobel Educator of Distinction.

According to the organization, educators selected for this honor must be "an outstanding role model and positive influence, someone who has made a lasting difference in the student's life by encouraging them to strive for excellence." Jacko, who has been teaching for the past five years, has clearly made a lasting impact on Robinson,

who is not a member of the Seventh-day Adventist Church. "It's always encouraging to be recognized, especially when it's by one of your students," he said. "It's already inspiring me to do better."—*Taashi Rowe*

VIEWPOINT

NEWS

After 40 Years of Pastoring, Ministerial Secretary Retires

After 40 years in ministry, Bradley Galambos and his wife, Janice, have retired to Florida. They have pastored all over the North American Division, including in Clinton and Waldorf, Md., and Hackettstown, Tranquility, Toms River and Mt. Holly, N.J. They most recently pastored the Beckley and Valley View churches in West Virginia. Pastor Galambos also



served as Communication director and evangelist for the Alaska Conference and Ministerial director for the New Jersey and Mountain View conferences.

"Mountain View Conference pastoral staff and the conference administration will miss Bradley and Janice as they retire and get the much-deserved and needed time to relax," says Larry Boggess, Mountain View Conference president. "Bradley's wealth of experience as a pastor/evangelist helped him to be a big blessing to our young team of pastors. Our prayers and thoughts go with them."

Cumberland, Frostburg Churches Host Health Expos

Mountain View Conference's Cumberland and Frostburg churches in Maryland recently completed their first health expo at the Country Club Mall in LaVale, Md. For five hours, 25 volunteers taught approximately 60 people about God's natural health laws. They also utilized interactive booths to

92 Attend Summer Camps



Dumisani Ziwoya stands at attention and salutes at the raising of the flag. Originally from Athens, Ohio, he was able to attend Junior Camp because of Campaign for Community funds from the Parkersburg (W.Va.) church.

Makenzie Spitalsky, who attended Adventure Camp, said, "My favorite part about camp was the horses."





encourage positive lifestyle choices. Each booth provided information and literature about one of the eight laws of health: nutrition, exercise, water, sunshine, temperance, air, rest and trust in God.

Team members also measured the participants' height, weight, body mass index, body fat percentage, blood pressure and glucose levels. Each booth featured an activity. Heart rates were tested in conjunction with a three-minute step test at the exercise booth. Participants learned of the hazards of drinking alcohol by wearing impaired goggles and trying to walk a straight line. Volunteers demonstrated the benefits of hydrotherapy at the water booth. Cumberland church members Mary Kasekamp (above, left) and Michelle Deetz (right) gave chair massages.

"All members did a great job working together," said Brenda Owens, Cumberland's health and temperance leader as well as a nurse practitioner. "It was truly God's work being done. It was a great day of witnessing for God." Since the first expo, the churches teamed up again and hosted another expo at Cumberland's City Centre Outdoor Mall.—Jessica Martin

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SEPTEMBER 2011

Conference to Reopen Bookstore at Headquarters

New Jersey Conference officers recently signed an agreement with the Review and Herald Publishing Association in Hagerstown, Md., to reopen a bookstore at the conference office at 2303 Brunswick Avenue in Lawrenceville, just outside Trenton. Not only will the bookstore offer the traditional books, Bibles and health food products found in most Adventist bookstores, it will also service a growing literature evangelism program. The branch store at the Tranquil Valley Retreat Center (TVRC) in Tranquility, N.J., will continue to operate on a limited schedule, and there are plans to work with churches and schools in the future to open "mini stores." The Review and Herald took over operations as of July 1. Cleber Machado (right), who speaks English, Spanish and Portuguese, will manage the store at the headquarters and provide oversight to the TVRC branch.





From left to right: Modesto Vazquez, conference treasurer; Jim Greene, conference executive secretary; José H. Cortés, conference president; Mark Thomas, Review and Herald president; Graham Barham, Review and Herald CFO; and Dwight Hall, Review and Herald vice president for marketing; sign the agreement.

NEWS

New Youth Ministries Director Elected

Pastor Paulo Macena has been named the new Youth Ministries director for the conference. He replaces Pastor Laffit Cortés who went on to serve as chaplain at Pacific Union College (Calif.). Macena has served as the pastor of the Luzo-Brazilian church in



Paulo and Cristina Macena (pictured with their daughters Luisa and Paula, in front) will lead the conference's Youth Ministries department.

Newark, and of the Waldwick and Wayne district churches. He also served as the Children's Ministries director for the conference. Macena is transitioning to the conference office where he will serve as the full-time director for Youth and Children's ministries. His wife, Cristiana, will continue to provide support to the Children's Ministries program. "We are pleased to

have such an excellent and energetic leader," José H. Cortés, conference president, said of Macena. "I know that he will continue a good, strong youth ministry program in our conference."

Cortés Honored for His Service as Youth Director

Former Youth Ministries director Laffit Cortés and family were honored at camp meeting for their 8.5 years of service. "We will miss Pastor Laffit and his lovely family," President José Cortés said as he gave them special recognition during the worship service.



Pastor Laffit Cortés, his wife, Lynda; daughter, Raylyn; and son, Caleb, were brought to the stage in recognition of their service to the New Jersey Conference.



People in Transition

Pastor Jeddy Hooker is retiring after 46.5 years in ministry. He served in the Inter-America Division the first 26 years of his service and then came to the New Jersey Conference in 1991. He most recently pastored the Port Elizabeth Spanish and Morristown English churches. "We wish Jeddy and Carmen many happy years in their retirement," said José H. Cortés, conference president. The Hookers will retire to Maryland where they will live near their daughter and grandchildren.



Jorge Coxaj (below) joins the pastoral team as pastor of the Hackettstown, Phillipsburg and Rockaway districts. Coxaj most recently served as the youth pastor of the Westchester Korean church in the Greater New York Conference,



and is a graduate of Antillean Adventist University in Puerto Rico.

"I'm really excited about working in New Jersey," says the young pastor who has already set a goal of 2,000 Bible studies by this time next year. "I think the mission we have here is really beautiful. There aren't a lot of churches here so we'll be breaking new ground. I love being in places where I know the ministry can expand. People may limit their dreams, but I always ask, 'Are we limiting God to *our* aspirations?' Let's dream big!" He recently married the former Alfredina Garcia.

Pastor Abdiel Hernandez, along with his wife, Yurdiana, comes to the New Jersey Conference from



Cuba. Pastor Hernandez has served as a pastor, youth director and conference treasurer in Cuba. He will be pastoring the Edison, Plainfield and Port Elizabeth Spanish district.



September

11	Children's Ministries Training Conference Office
18	Prison Ministries Training Conference Office
23-25	Couples Retreat Weekend <i>Florham Park</i>
24	Youth Ministry Zone Training
October	
1	Newly Baptized English Members Training <i>Conference Office</i>
1-8	Women's Evangelism Local Churches
7-9	Master Guide Backpacking Trip
14-16	Fall Singles Ministry Retreat
21-Nov. 5	ShareHim Evangelism Local Churches

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Anniversary Celebration to Focus on Book of Acts

t has been 2,000 years since the biblical book of Acts was written. It has been 100 years since Ellen White's Acts of the Apostles was published. Millennia later, a century later, the Holy Spirit is still opening doors, breaking down walls and transforming lives. All are invited to revisit the story and be inspired and challenged by its current implications at "ACTS 2011." This gathering will recognize the movement of the Spirit of God in advancing His kingdom. This year also marks 150 years since the organization of the Ohio Conference.



Be inspired by presentations focusing on the "acts" of the Holy Spirit expanding the mission of the church around the world. Guest speakers will be (pictured, clockwise) Ted N.C. Wilson, president of the General Conference; Rebekah Liu, PhD (ABD), pastor in the 400-church district Sichuan Province, Southwest China; and Ganoune Diop, PhD, the Adventist Church's new liaison to the United Nations. Enjoy a special musical concert by the Kettering Praise Orchestra under the direction of Donald Huff. Special programs with guest presenters and musicians will bless the children and youth.

The Ohio Conference invites you to this national gathering of Seventh-day Adventists at the Roberts Centre in Wilmington, Ohio, October 22, 9:30 a.m.-5 p.m. Register no later than Friday, October 14, for a complimentary lunch. Families or individuals may register online at ohioadventist.org, or call (740) 397-4665, ext. 111. To register your group, call Heidi Shoemaker at (740) 397-4665, ext. 165. For housing, hotel reservations can be made directly with the Holiday Inn at the Roberts Centre by calling (937) 283-3200.

Medina Celebrates 50th Anniversary With Prayer Garden

The Medina church celebrated their 50th anniversary by dedicating their new "prayer garden ministry" to the community. The garden was designed to bless those passing the church en route to the new Summa Hospital, located behind the church.

Present for the ceremony with Pastor Chester Hitchcock were Raj Attiken, Ohio Conference president; Dennis Hanwell, mayor of Medina; and Sally Gardner, representative of Medina Township. "Plans are to turn the entire church grounds into an area where neighbors frequent to pray, meditate, relax or even have lunch at a future picnic shelter," explains Hitchcock. Since beginning the project 18 months ago, church attendance has increased 25 percent and tithe by more than 40 percent.

> Raj Attiken (right), conference president, joins Pastor Chester Hitchcock in unveiling a new prayer garden on the Medina church grounds.



Campus Ministries Takes Off in Ohio

ast fall the Ohio Conference sponsored Campus Ministries programs at Ohio University (OU) in Athens, The Ohio State University (OSU) in Columbus and Wright State University in Dayton. How did the Adventist Christian Fellowship (ACF) chaplains fare during their first year? Here are their stories:

Thurbers Offer "Christian Spirit" at OU

A little daunted by the task of attempting to reach a student body of 21,303 students, Ohio University ACF chaplains Darrin and Beamy Thurber started the school year with a prayer walk through the campus. Then the Thurbers hosted a backto-school barbecue for students and community members. The 2010-11 school year marked the



Adventist Christian Fellowship chaplains connect to share ideas on how to witness and spiritually engage students on college and university campuses.



beginning of ACF as a recognized student group on campus, the start of a weekly campus Bible study, a weekly campus prayer time and other social and spiritual events.

One of ACF's non-Christian international student members remarked that he is thankful he got involved with ACF as he "had a lot to learn from the Christian spirit of love and service." One of the university's student leaders also commented, "Students appreciate that ACF is a [positive] alternative, especially since OU is known to be a party school, ranking fifth in the nation for party schools."

Helbleys Engage OSU Students

Gina and David Helbley did not let impending parenthood slow down their efforts at OSU. In between re-establishing an ACF group on campus, creating a website for their group (acf.org.ohiostate.edu), weekly Bible studies led by ACF students, connecting community members with opportunities to engage the campus in fun, inspirational events, the Helbleys had their first child, Anna Journey. Gina also speaks at area churches to promote campus ministry.

Araiza Finds Disciples at Wright State

According to Chaplain Sabrina Araiza, "Wright State ACF really had a great kickoff!" As the campus was bustling with 19,793 students, "we were eager to find excited Adventists and other Christians on campus who would want to grow as disciples on a public campus," she added. And that is just what she and her team did through Bible studies, multiple social events and community service projects in the Dayton area. A praise band is

Students at The Ohio State University in Columbus attend an ACF Bible study.



Wright State University students in Dayton, Ohio, enjoy a campfire and Friday night vespers program.

already in place for Friday night vespers for the coming school year. Araiza says one student who was not an Adventist shared with her how difficult it was for her to share her faith but felt that at ACF she finally had "a place where I can talk about God freely and … feel comfortable going out and sharing God with others."

After having one-on-one meetings with the most active members, Ohio ACF chaplains have seen student leaders take charge of their campus organizations. ACF leaders from the three campuses are now planning "Engage Ohio 2011," a statewide conference for students throughout all public universities.

Read more about all of the campus ministries at ohioacf.blogspot.com. To learn more about this outreach, contact Steve Carlson at the Ohio Conference at (740) 397-4665, ext. 122, or email youth@ohioadventist.org. Provide financial support by sending contributions to the Ohio Conference of Seventh-day Adventists, c/o Campus Connections, P.O. Box 1230, Mount Vernon, OH 43050.

Mission Ohio is published in the Visitor by the Ohio Conference P. O. Box 1230, Mount Vernon, Ohio 43050 = Phone: (740) 397-4665 ohioadventist.org = President, Raj Attiken = Editor, Heidi Shoemaker



Middle School Students Join Adults to Preach

Taylor Fulmer, Caleb Holt and Kayla Pryor (below), three Mountain View Christian School (MVCS) students, recently got a taste of ministry when they preached in a ShareHim series at the Williamsport church. The series spanned three weekends and included 11 meetings. Fulmer (fifth-grader), Pryor (sixth-grader) and Holt (seventh-grader) each preached one sermon. The topics they covered included Sabbath, salvation and the



state of the dead.

Students of Equipping University, a Pennsylvania Conference training program that helps members of the Seventh-day Adventist Church better share the Bible with others, preached the remaining meetings. Various students from MVCS presented special music each night. Approximately 20 people attended each meeting, and MVCS parents who are not Adventist have since shown interest in what the church is teaching.

"I was so impressed that these students decided to be used by God to preach His Word," said Thomas Grove, pastor of the Williamsport church at the time. "I am thankful that their teacher had a vision to involve her students in service and to use the school environment to not only teach academics, but also to encourage her students to be used by God to reach others."—*Ashley Richards*

Laurel Lake Attendance Breaks Records

t was a record-breaking summer at Laurel Lake Camp in Rossiter. More than 300 campers enjoyed go-karting, horseback riding, canoeing, sports, crafts, learning about nature and survival skills, archery and swimming. It is the highest attendance at summer camp since they began keeping records in 2005 and more than double last year's attendance!

What made the difference? Fifty-three Pennsylvania Conference churches caught the vision for using Laurel





Lake Camp as a mission opportunity and provided scholarships enabling approximately 60 community children to enjoy a week of summer camp.

Each evening the summer camp staff portrayed a different scene from the life of John the Baptist as they helped campers discover what it means to live a life "On Fire for Jesus." Check out the conference Facebook page for pictures from camp!



Conference Hosts Seminar for Church Treasurers

A mong the many things local church treasurers learned at a recent one-day seminar sponsored by the Pennsylvania Conference treasury staff, was how to avoid jail time. Held at Laurel Lake Camp, the information- and resource-packed event focused on issues that local church treasurers often face.

Attendees appreciated Pennsylvania Conference Trust Services director Floyd Dare's discussion on the importance of having a will and medical power of attorney. Gertha Martinez (right), Adventist Risk Management field representative, shared the importance of having the right coverage for building and liability insurance and revealed how churches can receive a 10 percent discount on their insurance premium. Karen Schneider, conference associate treasurer. shared how the treasurers can avoid personal fines and jail time. She also talked about local employee hires-an important topic for churches and schools. Harold Greene, Columbia Union Conference director of IT Services. provided advanced training in LUCIS, the financial management software system most churches use, while Rodney Brown, financial liaison for churches and schools in the Pennsylvania Conference, showed a video about the Columbia Union Revolving Fund (columbiaunion.org/videos).

"Church treasurers quietly volunteer many hours every week. [They are] truly unsung heroes," said Ron



Christman, conference treasurer, as he thanked the treasurers for everything they do.

The event will be repeated in the fall at Blue Mountain Academy in Hamburg. For more information, contact Brown at (240) 997-4079. —*Rodney Brown*

Pennsylvania Conference Fall Women's Retreat October 7-9, 2011 Laurel Lake Camp Rossiter, PA

His Heart to Yours

Come away from the daily demands of life and enjoy a weekend designed just for you—and your heart. Join our team as we explore how we can open our hearts to all God longs to give us—healing, joy, courage, and above all else, an intimate relationship with the One who loves us fiercely and longs to rescue our hearts and release us to live as women, fully alive. This retreat will lead you to experience God through inspiring worship, periods of silence as we listen for His voice, life-changing testimonies and powerful presentations.

For more information, contact Tamyra Horst, thorst@paconference.org or at 610.374.8331. Register online atwww.paconference.org, click on "Ministries" and then "Women's Ministries."

Pennsylvania Pen is published in the *Visitor* by the Pennsylvania Conference = 720 Museum Road, Reading, PA 19611 Phone: (610) 374-8331, ext. 210 = paconference.org = President, Ray Hartwell = Editor, Tamyra Horst

Potomac People

The Wind and Rain Still Obey Him

Watching God at work, even in situations we might consider simplistic, is always awe-inspiring. Such was the case at the 2011 Pathfinder Fair, hosted jointly on the Takoma Park, Md., campuses of Sligo Adventist School and Takoma Academy.

The fair allows the Pathfinders to demonstrate the various skills they learned throughout the year and celebrate their growth. There are many other facets to the fair—earning honors, drill and marching competitions and food booths sponsored by the various clubs.



Perhaps the most memorable aspect of the 2011 fair was something unrelated to Pathfindering altogether—the weather. For days prior to the event, the forecast called for

Grace Amoh and Ashley Affum from the Washington Ghanaian Trailblazers Pathfinder club, based in Hyattsville, Md., offer refreshments at their booth. Archery was the featured skill at this year's Pathfinder Fair.

a high probability of rain showers and thunderstorms. At 1 p.m. the day of the fair, a big weather cell was seen approaching, and I thought for sure it was going to put an end to the day's events. But, no weather was ever



manifested on campus. It wasn't until I headed home that the rain came pouring down.

Of course, I was excited to see the record-breaking

attendance, and I'm grateful for the many dedicated volunteers who give hundreds of hours of their time in ministry to our youth, but I'm most appreciative of a loving God who finds pleasure in caring for the little things. He is still Lord over the wind and rain.



Denny Grady Youth Ministries Director

During Sabbath services at Potomac Conference's Hispanic Camp Meeting, more than 1,200 brothers and sisters, 300 youth and 300 children gave glory to God in their various worship areas. They worshiped under the event theme "Divine Rest for the Remnant."

During Sabbath's morning hours, there was a home church festival where more than 300 small group leaders went on stage wearing shirts printed with the Bible verse Exodus 28:12. Every home church leader assumed the responsibility of praying daily for their home church members; every pastor was asked to pray for all of their home church leaders; and conference administrators were asked to pray daily for their pastors. That afternoon 22 people gave their lives to Christ through baptism, some of which took place in the Shenandoah River and others in the huge baptistery

set up in front of the boys' dorm.

The graduation ceremony for the School of Theology for Discipleship took place in the evening. Fifty-seven students graduated as assistants to the pastor, seven as evangelists, 21 as Bible instructors and eight as home church leaders. The day ended with a concert by Kelly Marchena of Orlando, Fla., and the group Emmanuel from Montemorelos, Mexico.—Jacqueline Sanchez



Nearly 100 people graduated from the School of Theology for Discipleship during the Potomac Conference Hispanic Camp Meeting.

Potomac People

Virginia Churches Spread Gospel at City Events

Pastors from 10 northern Virginia (novasda.com) churches and many of their members planned and organized four themed booths for a two-day community street fair titled "Viva Vienna." Rick Jordan, pastor of the Woodbridge (Va.) church,



Community Praise Center members help celebrate Alexandria, Va.'s birthday by distributing literature at their booth.

reports that members spent more than a year preparing for the event.

Church volunteers manned a booth for children and youth that provided activities and drawings for discounts to Camp Blue Ridge in New Market, Va.; a health booth where they distributed literature and sold organic plants; and a family booth where they gave away family-themed baskets. At the booth for nearby Vienna Adventist Academy, volunteers circulated school information.

Even Washington Adventist University's radio station, WGTS 91.9, based in Takoma Park, Md., got involved. When "Morning Show" hosts "Brennan and Amanda" visited, many residents learned that the station is affiliated with the Seventh-day Adventist Church.

Hundreds of visitors filled out interest cards and received information about Adventism and where to find a church in northern Virginia.

Deaf Literature Evangelist Shares God's Love for 45 Years

Being a literature evangelist requires a unique skill set: someone who is very comfortable with people, can regularly take rejection and has a passion to keep going no matter what the circumstances. Lee Roy McKinney (right), a Radford (Va.) church member, has all three.

"Even though he is deaf, he won't stop trying to win souls for Jesus," comments Rhonda Poff, his daughter. "For more than 45 years, he has been going door to door selling everything from small paperback editions of *Steps to Christ* to books like *The Great Controversy*."

McKinney uses flashcards to explain his work and a notebook to write out answers to questions. He also gives away small tracts and Bible correspondence cards to almost everyone he meets. He is



not afraid to approach anyone. "Only in heaven will we know how many people he has reached through the wonderful ministry of literature evangelism," adds Poff.

McKinney's testimony is simple: "There are many blessings in working for God. I want to give this wonderful truth to everyone. Jesus will come soon and I want to help finish the work."—Dan Jensen



Church volunteers give away familythemed baskets at a street fair.

"We don't know what the results will be, but we were able to talk or connect in some way to hundreds of people," comments Pastor Jordan.

Another Virginia church, Community Praise Center based in Alexandria, helped its hometown celebrate their 262nd birthday (as well as the United State's 235th birthday) by sharing freebies with participants at a booth on Sabbath afternoon. Members shared information on healthy living and cooking and distributed tracts, *Steps to Christ*, copies of *Visitor* magazine, sermons on CD and other information.

According to member Hank Branch, Personal Ministries director, more than 200 people visited. "This is the second year we have participated in this event," shares Branch. "We are delighted to share God's Word and seek souls for the kingdom."—Adrienne Suarez

> Don't miss Richmond Adventist Academy's centennial celebration, October 14-16! Visit rasda.org.

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



The Dream is a Reality

Moving into a beautiful, new building is so exciting! Although the journey was long and many in the community worked and waited for nearly 12 years, the Lord quietly worked through the delays and discouragements. Spencerville church members, through sacrificial giving and a vision for the future, made this dream a reality. We are so grateful for their dedication and sacrifice! Spencerville Adventist Academy (SAA) is now a state-of-the-art, 100,000 square-foot, pre-K through 12th grade educational facility with capacity for 450 students.

Though the building is beautiful, none of it would matter if it were not filled with Christ-centered teachers and administrators. Each day that students enter this building, they will encounter Christ. He will be revealed in the curriculum, students, teachers and hallways. The world is pulling our students away from Christ, but at SAA, it is our goal that each student will "Love to Learn, Live to Serve, All for Christ."



Brian Kittleson Principal

Principal Brian Kittleson is excited for students to learn in the fully equipped high school science lab. Additionally, there are two computer labs in the building, and each spacious classroom has a SMART Board and student computers. There is a courtyard in the center of the building where students can sit and be surrounded by the beauty of nature.



The large gymnasium comes equipped with expandable bleachers for athletic events. Additional gym space is available in the nearby multipurpose room.



SAA's new Cisco Wi-Fi infrastructure is designed to support every person in the building with room for expansion.



The beautiful performing arts auditorium has a state-of-the-art sound system, elevated stage and an orchestra pit. Spiritual programming; band, bell and choir performances; as well as the yearly musical drama performances will take place here.

Make sure to visit our Facebook page to see more photos of the new building.



Business Office Hires Two Staffers

Two new staff members recently joined the SAA family. Andrew Choi (pictured, left) joins the administrative team as the new business manager while he continues to also serve as associate treasurer for the Chesapeake Conference and business manager for Highland View Academy in Hagerstown, Md. Choi will be on-site at both academies on specified days of the week. While this may seem like a daunting task, Choi says, "I'm very excited about the new possibilities and know God will continue to bless SAA."

Bradley Child, who has been serving the school in an interim position, joins the business office full time as assistant business manager. A recent graduate of Southern Adventist University (Tenn.), Child attended SAA from second through eighth grade and his wife, Candace, attended from kindergarten through her senior year. "I look forward to serving the SAA constituency and am excited to be a part of the school family again," he says.



Facility Manager is "The Bond That Ties"

en Roe, facility manager, has been a fixture at SAA for more than seven years and has quite literally been the bond that held together the 1940s, vintage building that was once called SAA.

From fixing leaks to addressing electrical power outages, shoveling snow from the roof, setting up for events, refinishing gym floors and driving students on fieldtrips, Roe does it all. One might think

> that such is the upkeep of an ordinary facility, but Roe is not an ordinary facility manager.

After growing up in India, he went to work on oil rigs in the Persian Gulf and eventually maintained one of Silver Spring, Md.'s top hotels. However, Roe said he found his calling at SAA where he leads by example and creates a bond between his colleagues and the students.

You won't just find him doing his regular job. In his youth, Roe played soccer on the India National Soccer Team and has taken those talents to the field as a coach for the SAA soccer team. "He has brought the team from its infancy to a credible team on the field that demonstrates the positive aspects of an organized, Christian sports team," states Marty Cooksey, athletic director.

Each school year, student workers help in the daily maintenance of the building and Roe teaches them valuable skills. Not surprisingly, Roe is often recognized as one who has made a purposeful and positive impact on the lives of many SAA students. "Mr. Roe is a great example in so many areas. He taught me many things, from fixing a toilet to keeping God first in every aspect of life," shares Cedric Schaebe, a recent graduate. "He really makes me want to be a better person and enjoy life with all its ups and downs."

Spotlight is published in the *Visitor* by the Spencerville Adventist Academy 2502 Spencerville Rd., Spencerville, MD 20868 = Phone: (301) 421-9101 spencervilleacademy.org = Principal, Brian Kittleson = Editor, Heidi Wetmore




Making an Eternal Difference

have heard it said that being a principal of a boarding school is one of the hardest jobs. There have been a few times when I might have found that true and wanted to throw in the towel, but I have learned that the rewards far outweigh the difficulties. I love watching our seniors walk across the stage each year to receive their diplomas, and there is nothing more affirming than to talk with a former student and hear how attending a Seventh-day Adventist academy made such a positive difference in their life.

As we launch into another school year, I want each of you to know that we are here because we want to make that positive difference in the lives of your children. We love and cherish them all and are eager to watch them grow. Touching their lives for eternity is a wonderful opportunity and a tremendous responsibility. One of the most important functions I fulfill as principal is hiring teachers, deans and other staff. I want everyone to know that I am thrilled with the additions we have made this year to our team. As you read about some of them, please offer up a prayer for them as they begin their ministry at Shenandoah Valley Academy and make a difference for eternity.



Spencer Hannah Principal

Reunions Keep Alumni Connected

Shenandoah Valley Academy (SVA) held a mini alumni reunion reception on campus during Potomac Conference Camp Meeting and was pleased to have more than 50 attendees. This event started five years ago and has become a tradition with



increasing attendance every year.

This year a drawing for \$500 toward tuition at SVA was held for students considering attending SVA for the 2011-12 school year. Chelsea Campbell (left), daughter of Dennis and Shellie (Shanko) Campbell from Asheville, N.C., was the winner. Campbell is a junior and follows in her

mother's footsteps, a member of the Class of 1976. Campbell also joins two cousins at SVA—Randy Wiedemann, a junior from nearby Luray, Va., and Katie Koliadko, a senior from Palmer, Ala.

> Bridget Meadows Shull ('98), with her son, Ethan, was happy to reconnect with her friend and SVA roommate Rebecca Wheatley Wilson ('97), with daughter, Sadie Jean.

The reunion is a very informal get-together of current and former students and staff and is a great time to connect. Other SVA alumni reunions are tentatively scheduled this year as follows:

- North Carolina, Friday Evening, October 21
- New Jersey, Saturday Evening, November 19
- Washington, D.C., Sunday, January 8
- Florida, Sunday, January 15
- Tennessee, Sunday, February 19
- Southern California, Sunday, April 1

Alumni are encouraged to attend the reunions held in their area and enjoy the fellowship of other SVA graduates. For more details, contact the alumni office at (540) 740-2202.



HAPPENINGS

New Staff to Expand School Influence

Sto its team. Read what brought them here:

After completing his student teaching last fall and then helping in various positions during the second semester, **Desmond Suarez** (below) now serves as a full-time teacher. Suarez is a recent graduate of Southern Adventist University (Tenn.) and brings some great skills and training with him. Among them is his expertise in information technology



as well as his comfort in relating to our students. He will be teaching United States History and geography and assisting Drew Rester in growing the ESL department.

Todd Coulter (right) joins parttime as registrar and guidance counselor. Coulter has been teaching in the Potomac Conference at the Yale Adventist Elementary School in Yale, Va., for the past six years. While his experience is at the elementary level, Coulter is excited to work in the secondary setting. He will also serve SVA as work



coordinator. Coulter's other interests include outdoor education, hiking, photography and building things. His wife, Sarah, a 1997 SVA alumna, will be teaching at nearby Shenandoah Valley Adventist Elementary.

After proving himself a valuable team member last school year, **Andrew Smalls** (above) made the transition from assistant to full-time associate boys dean. Smalls has the ability to connect with the guys through an exceptional balance of



School Website Offers New Features

Parents, students, alumni and any others interested in keeping abreast of Shenandoah Valley Academy happenings are now greeted by an updated, fresh website. The home page includes links to the most relevant sites and information as well as current news and events. With the Virtual Tour link, visitors can now get a 360-degree view of the campus, and the SVA Broadcasting link shows sports events and other programs in real time and also offers archived videos.

Newly created alumni pages invite graduates and attendees to register and stay in touch as well as request transcripts. Another link makes it easier to donate online. Great care was taken to make the website informative and navigation clear and direct. Visit today for a complete tour: shenandoahvalleyacademy.org. respect and friendship. Whether playing basketball, lifting weights or sitting around talking cars, he regularly forms great relationships.

Kim Twomley (below), the new recruiter, has some rich experience in recruiting, first at Bass Memorial Academy (Miss.) and then helping SVA last year. She has been actively visiting churches, schools and even nearby Camp Blue Ridge in an effort to get to know the conference's young people. Many of you have already had the pleasant experience of meeting and getting to know Twomley and her husband, Jeff, the business manager.



Calendar

September				
19-23	Fall Week of Prayer			
October				
6-11	Home Leave			
November				
8	Nat. Honor Society Red Cross Blood Drive			
11	Senior Recognition			
12	Senior Extravaganza			
13	Parent/Teacher Conferences			
22-28	Thanksgiving Home Leave			

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

THE ateway WASHINGTON ADVENTIST UNIVERSITY

SEPTEMBER 2011

Filling the Cup

A tWashington Adventist University (WAU), we take the responsibility of stewardship seriously. Finance and growth are two of our six operational pillars to institutional excellence. This means that every member of our learning community has financial responsibilities. In a recent report to the WAU constituency, Patrick Farley, executive vice president of Financial Administration, said, "Years ago I told our constituency meeting [attendees], we have a cup, it's empty and there is a hole in the bottom. That represented our financial situation at the time. Today the cup is three-quarters full and we have plugged the hole in the bottom." He continued by saying, "I have been here nine years, and I can say for sure that we are in the best financial position and performance situation."

Ellen White wrote, "Heaven is watching to see how those occupying positions of influence fulfill their steward-

ship" (*Gospel Workers*, p. 495). We are continuing our partnership with the Lord in fulfilling the mission of engaging minds and transforming the lives of our students. We continue to have challenges, but we are confident the Lord will continue to bless us with the resources we need to fulfill WAU's mission. With great emphasis, we treasure your contributions for scholarships, buildings, program development, mission trips, faculty development and physical renovations. Thank you for your continued support of our mission and for your financial contributions. Without you we cannot be successful. This is Washington Adventist University!



Weymouth Spence President

Music Building Scheduled for Fall Completion

The construction of the new Music Education Center on campus, the campus' first new building in 40 years, is scheduled for completion during the 2011 fall semester. The center will be located on Greenwood Avenue across from Sligo church.

The center will be a three-story building with SMART classrooms,

practice rooms, libraries, studios and a large practice/recital room. It will also house a permanent exhibit recognizing the six-decade musical career of Virginia-Gene Rittenhouse, DMA, who leads the university's New England Youth Orchestra.

The cost for the project is approximately \$6 million, and the



university is inviting continued financial assistance to ensure its success. The state of Maryland has contributed \$2.2 million and \$1 million was recently received from an individual donor.

The center will support the students and faculty of the Music Department who have performed both nationally and internationally under the leadership of Music chair, James Bingham, PhD. "The Music Department is thrilled at the prospect of having a new facility, and we watch it grow daily with great joy and anticipation," he says. "This facility ... should help bring more recognition to the music program throughout the [Seventh-day] Adventist educational system and the local area. We are hoping that the building will help us obtain the accreditation that the department deserves and, therefore, place it in a position to better serve Adventist young musicians and others who want a Christian education."

Gateway

Edwards Takes Helm as Graduate School Dean

ude E. Edwards, DIBA, was recently named dean of WAU's School of Graduate and Professional Studies (SGPS). Edwards, who has been teaching at WAU since 2007, brings to the position a rich background in business and government. Prior to his work on the campus, he amassed more than 40 years of corporate experience with companies and federal agencies that include, IBM, Raytheon, Lockheed Martin. NASA and the Federal Aviation Administration. He developed and taught courses in business, information technology, and healthcare informatics and administration in the "grounded,"

"hybrid" and "online" formats.

Edwards received his bachelor's and master's degrees in information systems and computer "science and telecommunications system management, respectively, from the University of Maryland. He received his Doctor of Business Administration in International Business from the H. Wavne Huizenga School of Business and Entrepreneurship, Nova Southeastern University (Fla.), in 2003 where he was named outstanding graduate of the year. His current research includes healthcare informatics, knowledge management, business development



and public policy. A member of Potomac Conference's Burnt Mills church in Silver Spring, Md., Edwards says he is eager to push SGPS to its maximum potential.

Sophomore Heads to Tanzania

This summer 35 WAU students went overseas for short-term mission trips. However, in August Kellie Dehm became the university's first long-term missionary in over six years. Dehm left for Arusha, Tanzania, on August 23. She will be spending one year as a student missionary working at the Havilah Village Orphanage. Allegheny East Conference's Emmanuel-Brinklow church members in Ashton, Md., built the orphanage.

"I decided to go to Africa because I wanted to step out on faith and do what I felt God was



impressing me to do," Dehm shared. "I know that while I am there, I will be God's vessel as He touches lives through me. I am looking forward to living and growing with the people of Arusha, as well as teaching them about the God I've come to know and love."

Baraka Muganda, vice president for Ministry, points to the university's motto "Gateway to Service," and says he hopes these experiences will "challenge students to move beyond academic learning to changing lives. This is just the beginning of a new day in student missions here at the university. I am committed to working with our young people and exciting them to participate in the mission of the church."

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

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GREAT CONTROVERSY PROJECT

The Great Controversy Project (GCP) is a Spirit-filled witnessing opportunity of the Seventh-day Adventist Church. The purpose of GCP is to spread the life-changing message of *The Great Controversy* (*The Great Hope*), by Ellen G. White, around the world. Members are personally invited to join with their Division, Union, Conference and church as each makes plans for mass distribution of this powerful volume.



Phase One: Personally Read It. Allow the Holy Spirit to revive and reform you as you read and study it during 2011 and beyond. Phase Two: Personally Share It. Purchase multiple copies and distribute to family, friends and strangers throughout 2012 and 2013.

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Bulletin Board

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First-time advertisers must submit a letter of recommendation from their pastor or local conference leadership.

Payment must accompany all advertisement(s). We do not bill for classified or display advertising and tear sheets are not provided unless prior arrangements are made. Checks and money orders are accepted. Make checks payable to Columbia Union *Visitor* and mail together with classified advertisement and recommendations (if applicable) to Sandra Jones, Columbia Union *Visitor*, 5427 Twin Knolls Rd., Columbia, MD 21045, and display advertising to Beth Michaels at the same address.

Rates for classified advertising are calculated on a per insertion basis in our 12 issues. Minimum charge is \$47 for 50 words or less for ads originating within the Columbia Union Conference, and \$52 for all others. Additional words: 60 cents each. A 15 percent discount is given for 12 insertions, a 10 percent discount for six insertions, and a 5 percent discount for three insertions. A box ad (classified ad in a box) is \$120 inside the union and \$140 outside the union, with a maximum word count of 75. Ads must be placed a minimum of four weeks before the issue date, which is the first of every month. For more information, email sjones@columbiaunion.net or call Sandra Jones toll-free (888) 484-7486, or local 410-997-3414, ext. 571.

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ANNOUNCEMENTS

THE ADVENTIST LAWYERS ASSOCIATION OF GREATER WASHINGTON will be hosting an

attorneys' weekend, October 1-2, for Adventist lawyers, paralegals, law students, pre-law students and other legal professionals in the Columbia Union Conference. The weekend will consist of Sabbath worship at Sligo church, Sabbath lunch, bowling Saturday evening, and closing Sunday with the third annual Attorney Dinner. Events for the weekend are being sponsored by the Offices of the General Counsel at the General Conference of Seventh-Day Adventists and the Columbia Union Conference. For more information and registration, please visit alagw.org.

ASSOCIATION OF ADVENTIST WOMEN'S ANNNUAL CONVENTION, La Sierra

University, October 13-16, "Total You—Body, Mind and Spirit"; Chris Oberg, keynote speaker. For registration information, visit aaw.cc.

MARYLAND MEN OF FAITH 2011 Conference

"Who Shall I Send?"

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Sunset Calendar

	Sep 2	Sep 9	Sep 16	Sep 23	Sep 30
Baltimore	7:36	7:25	7:14	7:02	6:51
Cincinnati	8:07	7:56	7:45	7:34	7:23
Cleveland	7:58	7:47	7:35	7:23	7:11
Columbus	8:02	7:51	7:39	7:28	7:16
Jersey City	7:27	7:16	7:04	6:52	6:40
Norfolk	7:32	7:22	7:11	7:01	6:50
Parkersburg	7:56	7:45	7:33	7:22	7:11
Philadelphia	7:31	7:20	7:08	6:57	6:45
Pittsburgh	7:51	7:39	7:28	7:16	7:04
Reading	7:34	7:23	7:11	7:00	6:48
Richmond	7:38	7:27	7:16	7:06	6:55
Roanoke	7:48	7:37	7:26	7:16	7:05
Toledo	8:06	7:54	7:42	7:30	7:18
Trenton	7:30	7:18	7:07	6:55	6:43
Wash., D.C.	7:37	7:26	7:15	7:04	6:53

Richmond Academy (RJA) Alumni and Friends

Please Join us for our

Centennial Celebration October 14-16, 2011

<u>Friday</u> 5 pm Registration 6 pm Dedication 7 pm Vespers

Saturday 10 am Worship Service 12:30 pm Fellowship Luncheon 2 pm Alumni Socials 6:30 pm Banquet & Program*

<u>Sunday</u> 9:00 am Walk, Run, Bike-a-Thon 12:00 pm Picnic & Farewell

For Registration & Ticket Information please visit <u>www.rasda.org</u> or contact the school office at (804) 353-0036 or email *alumni@rasda.org*

*Tickets are required for Banquet attendance

Bulletin Board

OAK PARK ACADEMY ALUMNI

REUNION, October 7-8. Meet with classmates and friends at Gates Memorial Hall, 825 15th Street, Nevada, Iowa. Honor Classes: '36, '41, '46, '51, '56, '61, '66, '71, '76, ('81,'82,'83). For additional information, go to opainiowa.com.

ANDREWS ACADEMY HOME-

COMING WEEKEND: Oct. 14-16. All alumni of Emmanuel Missionary College Academy, Andrews University Academy, and Andrews Academy plan now to join us for special services on Friday evening and all day Sabbath. Honor classes are '37, '42, '47, '52, '57, '62, '67, '72, '77, '82, '87, '92, '97, '02 and '07. For more details, contact the Academy Alumni office: (269) 471-6140, or email: acadalum@andrews.edu.

SHEYENNE RIVER ACADEMY/ DAKOTA ADVENTIST ACADEMY ALUMNI WEEKEND:

Sept 30-Oct 2 at the Dakota Adventist Academy, 15905 Sheyenne Circle, Bismarck, N.D. Come renew your friendships! Honor Classes: '42, '47, '52, '57, '62, '72, '82 '87, '92, '02 and '07. For more information, call (701) 258-9000, ext. 236, or visit our website, www.dakotaadventistacademy.org/alumni/alumnievents.

GREATER BOSTON ACADEMY (GBA) ALUMNI WEEKEND:

October 14-15, at the Stoneham Memorial Church, 29 Maple St., Stoneham, Mass. There will be a light supper at the church Friday evening at 6 p.m., followed by vespers at 7:30 p.m. Sabbath worship service at 10:45; guest speaker from the Class of 1961. Fellowship luncheon follows at 1 p.m. at GBA, followed by activities Saturday night: class reunions and alumni basketball game. For more information, call Tom Giampa, (508) 243-7458.

OBITUARIES

ANTISDEL, Rachel, born April 20, 1982, in St. Louis Park, Minn.; died March 13, 2011 in New Market, Va. She was a member of the New Market church. She is survived by her parents, Donald and Beatrice Antisdel; her sister, Esther (Joe) Lipscomb; and her grandparents, Don and Vera Antisdel and Anna Mae Halvorsen.

COFFEE, Dorothy (Votaw), born October 26, 1924, in Hanover Township, Ohio, to the late Clarence and Lucille (King) Votaw; died March 18, 2011, at the Blossom Nursing and Rehabilitation Center in Salem, Ohio. She was a homemaker and member of the Evergreen church in Boardman, Ohio. She was also a member of the Church Women United, the Parkinson Support Group and started the Alzheimer's Support Group in Salem. Surviving: her children, Garv Coffee of Salem, Tim Coffee of Winona and Tom (Renee) Coffee of Gables, Mich.; siblings, "Shorty" Clarence and wife, Marty, Votaw of Greenford, Ohio, Leta Fae Wright of Mansfield, Ohio, Dean (Darlene) Votaw of Leetonia, Ohio, Ila (Jack) Meier of Salem, Audrey (Jack) Firth of Salem and Karen (Roger) Zeigler of Salem; grandchildren, Natalie (Steve) Lucky, Todd (Amanda) Wright, Stacy Coffee and Gregary (Charleen) Coffee; 13 great-grandchildren; and her son-in-law, Johnny Wright of Kensington, Ohio. In addition to her parents and husband, she is preceded in death by daughter Jean Wright; siblings, Dwain Votaw, Alfreda Zimmerman and Ruth Zimmerman; and a grandson, Troy Alan Coffee.

COON, Roger W., born July 22, 1927, in Pittsburgh, Pa., to Miles Roy and Armina Lela (Logway) Coon; died February 2, 2011, in Berkeley Springs, W.Va. He was a member of the Berkeley Springs church. After graduating from Glendale Union Academy (Calif.) in 1945, Roger attended La Sierra College (now University), and received his BA in History and Religion in 1948. While at La Sierra College (Calif.), he met his future wife, Irene Strom, whom he married in 1948. He received his MA in Religion at Potomac University (now Andrews Theological Seminary) in 1959, and a PhD in 1969 at Michigan State University and pastored the East Lansing (Mich.) church while a student. Elder Coon entered denominational employment as an assistant chaplain at Glendale Medical Center and pastor of the Edendale church in Los Angeles. From there he pastored the Hawthorne and Compton churches and served as the first director of Public Relations for the conference. He was ordained into the gospel ministry in 1952. With his wife, Irene, he served four terms in Nigeria, two as West African Union Radio-TV director, while operating the West African branch of The Voice of Prophecy Bible School (1953-58). In 1959 the Coons co-founded what is now Babcock University in Nigeria, which now enrolls some 8,000 students. At Pacific Union College he served as director of College Relations (1967-70) and professor of religion (1970-78). Following a three-year stint as senior pastor of the Takoma Park (Md.) church, he concluded his denominational service as an associate director of the Ellen G. White Estate (1981-93) at the General Conference world church headquarters in Silver Spring, Md. Most of Dr. Coon's nearly 41 years of ministry has been devoted to theological education in the classrooms of 40 campuses of higher learning on all six continents, taking him to 105

nations/international territories. His first book, A *Gift of Light*, sold more than 100,000 copies in English. His writings have appeared in many periodicals and journals worldwide and have been translated into 12 languages. Surviving: his wife of 62 years, Irene Coon, of Berkley Springs; a son, Donald (Marietta Pestrak) Coon, of Longmont, Colo.; a daughter, Susan McDaniel of Chestertown, Md.; and five grandchildren.

GRIMM, Kent S., born December 19, 1991, in Winchester, Va.; died April 14, 2011, in Timberville, Va. He was a member of the New Market (Va.) church. He was a senior at Shenandoah Valley Academy. His death was the result of a motorcycle accident. Surviving: his parents, Jonathan D. Grimm and Deena Marstaller Foltz; his brothers, Dustin Grimm and Trey Foltz; paternal grandparents, Charles and Betty Grimm; and his maternal grandparents, Paul and Dolores Marstaller.

LaROSA, Salvatore R., born June 6, 1921, in Little Ferry, N.J., to the late Sebastian and Angelina (Governalli) LaRosa; died February 12, 2011, at the Hospice Care Center in Chattanooga, Tenn. He earned his Bachelor of Theology degree from Atlantic Union College, in South Lancaster. Mass., and was a pastor in the Greater New York, New Jersey, Ohio and Michigan conferences. He was a member of the Brayton Road church in Dayton, Tenn. He served in the U.S. Army Air Corp during WWII. Surviving: his wife of 69 years, Laura Natalie (Meliti) LaRosa of Dayton, Tenn.; a son, Julius D. LaRosa of Camp Hill, Pa.; his daughters, Carol Anne Buhler of Harpster, Ohio, and Susan L. Maehre of Calhoun, Ga.; five grandchildren; and 11 greatarandchildren.

LOVERIDGE, Ardyth Jean, born November 22, 1921, in Newark, Ohio; died February 20, 2011, in Newark, Ohio. She was a lifelong member of the Newark (Ohio) church, where she was the church organist/pianist and Sabbath School teacher for over 70 years. She was also a member of Maranatha International and traveled with her husband, John C. Loveridge, around North America to build churches and schools. Surviving: her husband, John; her son, Mark (Linda) Loveridge of Newark; her daughter, Linda (Robert) Megale of Newark; grandchildren, Aaron Megale and Sarah Loveridge; and a nephew, Joseph (Diedra) Uffner. In addition to her parents, the late Arthur and Isabelle (Gatten) Uffner, she was preceded in death by one grandson, John Megale; a brother, William Uffner; and sisters, Josephine Uffner Rizzo and Frances Uffner McClintock.

MORRIS, Sheila Ann, born

October 28, 1949, in Chester, Md.; died February 3, 2011, in Frederick, Md. She was a lifelong member of the Grasonville (Md.) church. Sheila was a graduate of Shenandoah Valley Academy in New Market, Va. She enjoyed quilting, reading, homemaking and witnessing her faith to others. She is survived by her parents, Sonny and Helen Marie Golt; her twin sister, Sharon Ward; her brother, Keith (Reva) Gold; her sons, Gary and Daniel Morris; and her daughter, Michelle Hale.

CORRECTION:

WHITE, Rita Joan Spires, born July 5, 1939, at Kyger, Ohio; died October 15, 2010, at the Hospice House at Huntington, in W.Va. She was the daughter of the late Dennis "Bud" Spires and Muriel Athev Spires. Also preceding her in death were two brothers, Meredith Allen Spires, who died in infancy, and Rodney Ellis Spires, Sr.; two brothers-in-law, Mayo Bales and Walter Zwies: a sister-in-law. Marie Spires: mother-in-law, Alice White; and two nieces, Ruth Ann Zwies and Denise Spires Sexton. At age 13, Rita accepted Jesus as her personal Savior, was baptized and united with the Pomeroy (Ohio) church, where she maintained her membership throughout her life. Through the years, she held various offices in her church and was serving as church clerk, Adult Sabbath School teacher and pianist at the time of her death. Her goal was to make heaven her home and help and encourage others along the way. On July 30, 1973, she married Joseph (Junior) White, who survives. They both loved music and were well known for their musical talent. Until their health began to fail, they had entertained at various functions, also volunteering their time playing music at area nursing homes. They also ministered through music at many churches in Ohio and West Virginia. Besides her husband, she is survived by two sisters, Irma Bales of Middleport, Ohio, and Ardath Zwies of Pensacola, Fla.; a brother, Dennis M. Spires of Cheshire, Ohio; six nephews; four nieces, several great- and great-great nieces and nephews; several cousins; two sisters-in-law, Patsy Spires of Kyger, Ohio, and Ruth Robinson of Orlando, Fla.

For information on placing an obituary in the Visitor, call Sandra Jones at (888) 484-7486 or download a submission form at columbiaunion.org/ communication.

Obituaries are placed in the order they are received.

Whole Health

LILLY TRYON

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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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WASHINGTON ADVENTIST UNIVERSITY: Weymouth Spence, President; (vacant), *Visitor* Correspondent; 7600 Flower Ave., Takoma Park, MD 20912. Tel. (301) 891-4000 = wau.edu

HEALTHCARE SYSTEMS

ADVENTIST HEALTHCARE: William G. "Bill" Robertson, President & CEO; Thomas Grant, *Visitar* Correspondent; 1801 Research Blvd., Suite 400, Rockville, MD 20850. Tel. (301) 315-3030 adventisthealthcare.com

KETTERING ADVENTIST HEALTHCARE: Fred Manchur, President & CEO; Christina Keresoma, *Visitor* Correspondent; 3965 Southern Blvd., Kettering, OH 45429. Tel. (937) 395-8167 Khnetwork.org

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Volume 116 = Issue 9

Surrender

Surrender: to give up, admit defeat, forgo to the power of another. It's not the strategy one would find in the average self-help book for improving our health. More often we are encouraged to look within, recognize our potential and take control. The concept of surrender, however, is an important overlooked first step in positive lifestyle



change. In fact, a number of recovery programs depend heavily on surrender as a critical component of overcoming addiction. In the process of surrender, we give up trying to do it on our own. We stop resisting God's authority in our lives. We cease questioning His plan and His ways.

Are you discouraged from past failed attempts at losing weight, starting an exercise program or avoiding the fast food drive-thru?



Real change isn't something we can muster on our own through will power or trying harder. Paradoxically, it's the attitude of "I can't" that brings about change as we turn to the One who can.

Hence, our health is simply a by-product of our relationship with God as His divine power gives us everything we need to follow His blueprint for a healthy lifestyle.

The truth is, by surrendering we win the very thing we are trying to achieve.

REFLECT - In which areas of my health am I trying to do it on my own? Where in my life do I need to admit defeat? What would surrender look like?

RESPOND - Lord God, I give up. I place my health into Your hands, ready for You to lead and direct me in achieving a healthy lifestyle. Amen.

RELATE - I choose to stay fully surrendered to God and allow Him to bring about change in my life.

REMEMBER - "Not My will, but Yours, be done" (Luke 22:42, NKJV).

RESOURCES - Watch Linda Farley, chaplain of Kettering Adventist HealthCare in Kettering, Ohio, talk more about this topic at youtube.com/user/ColumbiaUnion.

Wellness coach Lilly Tryon is the principal contributor for the 2011 Visitor Calendar, *expounded upon here each month.*

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