

# the Lake Union Herald

November 1992



*The 1992 Lake Union Pathfinder Camporee*

see page 6



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Pictured at the Lake Union Pathfinder Camporee are the Mosaa Ni Con Nin Pathfinder club from South Bend, IN, with Director Kim Amor (right). "Mosaa Ni Con Nin" is the Potawatomi Indiana phrase meaning "Friends Who Walk Together." (photo by Richard Dower, *Herald* editor)



editorial

## A LAKE REGION CONFERENCE REPORT

by Robert H. Carter, president  
Lake Union Conference

NUMEROUS INQUIRIES HAVE BEEN MADE RECENTLY regarding the status of the Lake Region Conference. These questions have no doubt been prompted as the result of a recent article that appeared in the

*Indianapolis Star* newspaper a few weeks ago. The article mentioned a recent judgment that had been made against the Lake Region Conference Association because of its involvement in the Racine Shopping Plaza project in the city of Chicago.

This news alarmed many Seventh-day Adventists throughout the North American Division. Rumors spread that the Lake Region Conference was bankrupt and was being shut down. Some were concerned that higher organizations, or sister conferences, might be held responsible for the guarantee that the Lake Region Conference Association had given several years ago in support of that project. Even local congregations were worried about their assets being jeopardized by this sad turn of events.

It is unfortunate that such a course of events has taken place, for it has discouraged some of the loyal members of this large field. The loyal support of a substantial percentage of the members wavered, and the progress that was being made in getting out of the deep hole that the Lake Region Conference is in slowed. Before the appearance of the article, the conference was experiencing a 14.5 percent gain in tithe receipts for the first seven months of 1992. Conference remittances were being made on a regular and timely basis. Soulwinning was also beginning to soar to new heights again.

I am happy to report, however, that in spite of the recent setbacks, the Lake Region Conference is still operating in a strong manner. President R. C. Brown and his fellow officers are working very closely with the conference executive committee in dealing with the challenges that these recent happenings have presented. The Lake Union Conference and the North American Division of the General Conference continue to monitor the situation as well as offer their counsel. Every effort is being put forth to protect the interests of the Church.

Contrary to some reports there have been no official discussions to dismantle the Lake Region Conference. The conference is a viable segment of the Lake Union Conference and the North American Division, and it continues to recoup its former position of strength. The earnest prayers of every member of the Lake Union Conference family are sincerely requested on behalf of our sister conference. I appeal to the members of the Lake Region Conference to continue their faithful support of God's cause. We look forward to the day when the heavy burden that this conference has been carrying will be removed.

Now is not a time for fragmentation and pulling apart. Instead, it is a time for joining hands and pulling together.





## OUR FINANCIAL HEARTBEAT

by Roy Roberts, assistant treasurer  
Lake Union Conference

A PASTOR STOOD IN THE INTENSIVE CARE ROOM with one of his church members who was terminally ill. The family had requested

for him to be there during these final moments.

Their eyes alternated between watching her labored breathing and following the wavy

line on the heart monitor screen. At last the monitor recorded the final rise, and then the line went flat. She was gone. Cardiac arrest!

For the past few months we have been encouraging you through this column to

faithfully give your tithes and offerings. Week by week you have chosen to indicate your understanding of God's love for you by supporting your Church. The continued giving to support the Church's nurture and outreach ministries indicates a healthy heartbeat, a healthy life.

I'm thankful that God is doing a lot in our world, and He is using people like you and me to help do it. I'm thankful, too, that He has allowed us to help support His ministry financially. I trust that as you have had time to reflect on your decision to support the Church, that each of you feel very good about your support.

It is always sad to see the support line go flat, or even break its steady rhythm. It is well to examine our individual giving pattern once in a while to see that we aren't missing beats here and there that could lead, through carelessness, to cardiac arrest.

The financial life of the Church and the spiritual life of the members are

entwined. No, God doesn't need the money personally, but His Church does. And we need the character building experience of giving; even giving sometimes for things or situations that may not please us. God is a good example in this too, isn't He? Surely, He didn't approve of sin, but gave anyway!

Let's keep the financial heartbeat strong by our continued systematic support. God will bless us abundantly in the very act of sharing when we do it with His kind of love. Love just about always finds a way!

If you have special problems where your pastor or someone else can help, talk with them about it. A family is for sharing and support. The coming weeks and months may not be easy for us financially, but let's all stay close together, and close to the Lord; and let God show us how "love finds a way" through just about any situation. God bless you, each one.

*NOTE: This article was used with permission from the Stewardship Resource Center and the Southwestern Union Conference, P.O. Box 4000, Burleson, TX 76028.*

## SHILOH LAUNCHES DRIVE TO RETRIEVE ITS STRAYING SHEEP

by Herman E. Clayton, Shiloh member  
Lake Region Conference

ELDER MACK W. WILSON, PASTOR OF THE 3,034-member Chicago Shiloh Church, has been delivering a series of impassioned sermons aimed at stimulating the membership to join him in a concerted drive to reclaim its absentee members.

To achieve this, Pastor Wilson proposed a two-pronged approach aimed at anchoring attending members and reclaiming absentee ones. The first approach was to network members into neighborly groups based on the city's zip code; and the second, to encourage voluntary participation in a choice of group activities suggested by the membership.

Members proceeded to form zip code

groups consisting of approximately 12 households placed not more than three blocks from each other.

A captain was chosen for each group of 12. The captain carried the responsibility of encouraging these neighbors into the maximum of interaction — reporting and looking after the sick, looking after transportation needs, studying Sabbath School lessons together, and engaging in largely social visitation, etc.

Within these groupings, and as adjunct to them, members were encouraged by the pastor to suggest group activities that would both involve personal preference and at the same time advance group interaction.

Listed are some of these suggested activities: singing/prayer bands; a tele-

phone prayer line; cards/letter writing to the sick, bereaved and missionaries; counseling; Sabbath School small groups; Bible study groups; support groups; Big Brother/Sister; social events; fellowship dinners; group book readings and discussions; a church newsletter; tape the Sabbath sermons for shut-ins; and volunteering to help children in education.

Thus the groundwork is being laid for total membership involvement in an organized network of fellowship-inducing church activities. Caught up within this network each member hopefully will find social and spiritual acceptance and encouragement.

The Shiloh members are entering into this program with genuine enthusiasm and conviction.



## SPANISH CRADLE ROLL PROGRAM HELPS

**LAKE UNION** — This set of program helps costs about the same as the English version and is great for combined Cradle Roll and Kindergarten Sabbath Schools. There are also two children's songbooks in Spanish for a minimal cost. Soon a user's guide audio tape will be available. Order from 402-486-2519.

## REACHING OUT TO NEW PARENTS IN TOWN

**MICHIGAN** — The Berrien Springs Village Church recently initiated a program to develop relationships with new parents in town, both church members and non-Adventists.

The church will have trained members visit area families. These members will offer the family support as well as a gift packet containing a parenting newsletter and other helpful materials. And, of course, the member will extend an invitation to the family and their new baby to visit the Village SDA Church for a spiritual blessing.

## A SMALL CONGREGATION WITH A BIG HEART

**Indiana** — During a recent prayer meeting in the Hammond Church, members brought up this question, "What can we, a small congregation, do to help the victims of Hurricane Andrew?"

After continuous prayer for God's guidance, and some serious brainstorming, the answer became clear — have a special offering.

On September 5 this special offering was taken. To everyone's surprise almost \$400 was collected, making it possible to send \$1,000 to aid the victims of Hurricane Andrew. With God great things can be done.

*Maria E. Hegedus,  
Hammond communication secretary*



## CONCLUDING THE LAKE UNION VBS'

• **BECAUSE THE PAW PAW (MI) CHURCH** is located on the outskirts of town, transportation of the children to and from Vacation Bible School (VBS) has often been a problem; reports Vicki Shadow, Paw Paw communication secretary. This

year, Pastor Byron Hudson wanted VBS located where children could walk or ride their bicycles to, and where it would reach as many people as possible. As a result, he opened his home to the neighborhood children. Daily attendance averaged 40 children with 10 adult assistants, some from church and some from the community. A Friday evening program was attended by 25 parents/grandparents. This VBS was so successful that future plans include a story hour, craft day and a community picnic.

• **MILWAUKEE (WI) NORTHWEST CHURCH** held their VBS July 20-31. Leader Sylvia Jenkins utilized most of her family and many church members to help; reports Violet Haley, Northwest communication director. On Aug. 1, parents and friends were invited to the Sabbath worship service for the closing program of VBS. This program was well attended, as was the following fellowship dinner. During the two weeks, 61 children attended — 28 were non-Adventists.

• **THE LAKE REGION HAUGHVILLE CHURCH** in Indianapolis held its VBS during the week of August 10, the theme was "Team Up With Jesus"; reports Cheryl Buchanan, Haughville communication secretary. On the first day there were 45 children in attendance, and every day this number increased. VBS staff members were: Rosemary Taylor, Sabbath School superintendent; Elder Mattie Maxwell, VBS director; Anna Brown, teacher; Ida Myers, teacher; Barbara Clark, teacher; and Darcel Jenkins, arts and crafts instructor. Thanks be to God who gave us the victory, and to our pastor, Leroy Logan, who gave us the support.



• **DIRECTING THE BELOIT (WI) CHURCH VBS** was Melissa Briel, who had attended the VBS workshop at Wisconsin Conference; reports Berglot Hamblin, Beloit communication director. Beloit's VBS theme was "Jesus and Me Teaming Up with Kids in the Kitchen." On Sabbath morning a graduation ceremony was held as part of the worship service. Following the program, Mrs. Briel presented the children with a certificate of graduation, a Jesus-and-the-Children poster, a 23rd Psalm booklet, and a Jesus wallet picture. Given to the teachers and assistants were a certificate of appreciation and a white carnation. Guests and members enjoyed a fellowship dinner and craft display at noon.

• **MONTICELLO (IN) CHURCH** had 35 children and 17 adults pooling their talents during the first week of August for VBS — some came 70 miles round-trip to participate; reports Joyce Kusley, Monticello communication secretary. Those children, members and visitors who attended the Sabbath closing program were able to see through video the week's events. A spaghetti dinner was served in the afternoon.







## LAY BIBLE MINISTRY EMPHASIZES NEW MEMBERS

MICHIGAN — A special weekend at Camp Au Sable, under the direction of the Lay Bible Ministry steering committee, included a number of people who have joined the Seventh-day Adventist Church in the past year. Others eligible to attend this special weekend were those responsible for studying with these new members.

Pictured is a choir that was organized and conducted by

Debra Dis, the new witnessing teacher at Great Lakes Adventist Academy in Cedar Lake.

Evangelist Steve Vail spoke for the worship service and conducted classes along with Jay Gallimore, Loren and Linda Nelson, Skip McCarty, Don McClure, Don Dronen and Larry Engel, who also coordinated the weekend.

## CAN I GET A WITNESS?

LAKE REGION — Is shyness, age, or the thought that you maybe don't know enough about the church and its mission holding you back from witnessing? The City Temple Church has made witnessing easier for its members and wants to encourage you to do likewise.

The City Temple department of communication has been striving for everyone to feel comfortable in sharing their faith — no matter what their age. So they created a three-fold brochure explaining facts about the church, including: a picture with address information; the pastor's name; times of Sabbath School, divine worship, Adventist Youth Society meetings, prayer meetings, the soup kitchen and the food and clothing bank, as well as services of the health food store, youth ministry clubs and the church school affiliation of Peterson-Warren Academy.

This brochure contains City Temple's theme, "Preparing A People," as well as their mission statement and goals. It also features 15 facts to answer the question of, "Just What Do Adventists Believe?" Then, the brochure offers a phone number for information as well as areas of interest the recipient can check for follow up.

The sharing of our faith with others can be achieved with a simple brochure. By doing so, no longer should anyone feel reluctant to invite someone to church. No longer should there be a concern for sudden memory loss of those scriptures that tell others what you believe and why you believe it. No longer should apprehension or a struggle for words prevent anyone from telling others about the mission statement and goals of our Church.

With a smile on your face, a warm Christian greeting, and a brochure in hand, you can proudly praise God and invite someone to church by simply passing him/her *your* church information. Just think, someone could be impressed to make a soul-saving decision.

According to Ephesians 4:11 and 12, every member is called to serve the Church in some way. Perhaps your gift may not be that of an apostle, pastor, teacher or evangelist, but everyone can take an active part in evangelism. You can witness by maintaining and promoting Christian principles.

Simply because you took the time to witness, you will become a missionary by spreading God's word and increasing the blessings in your storehouse. How about it? Can I get a witness now?

*Helen C. Bryant, City Temple communication secretary*

EDITOR'S NOTE: For information on developing a brochure for your church, contact Helen Bryant at 313-836-5430.

## "THANK YOU LORD JESUS"

MICHIGAN — July 19 was a grand day for Pastor Frank Haynes of the Metropolitan Church in Plymouth.

Pastor Haynes experienced the privilege of baptiz-



ing both his 72-year-old father, Os-car Haynes, as well as his nine-year-old son, Ryan.

We can be sure the angels were singing as Mr. Haynes was rebap-

tized and is now a member at Niles Westside Church. What a joyous day for the Haynes'; and a reminder that we must continue to pray for missing members.



# Pathfinder CAMPOREE

BY RICHARD DOWER

**SUMMARY:** One thousand six hundred ninety-four Pathfinders plus guests and officials attended the 1992 Lake Union Pathfinder Camporee, held September 10-13 at Camp Wagner in Cassopolis, Michigan. Eighty-three clubs participated in this union camporee which occurs once every five years. On Sabbath, 80 Pathfinders responded to a call for baptism and the union Rose Parade float rider was announced (see Page 8).

*A skit preformed for Sabbath's evening vespers program featured the story of two carpenters who build the cross. Mike Knecht, Camp Au Sable's summer program director, is shown as he delivers the finished cross. (photos by Richard Dower)*



Featured during the Sabbath School program were Uncle Dan and Aunt Carole, along with the Story Hour puppets including Thornton "Thorny" Bixby Alexander (shown).



The response to Pastor LeClare Litchfield's worship services throughout this camporee was great. Pastor Litchfield is from Knoxville, Tennessee.



Collecting autographs was a good way to meet other Pathfinders at this camporee.





Receiving a perfect score in the drill team competition was this team from Chicago's Lake Region Shiloh Church.



Theo and Pastor Rick Johnson, a ventriloquist from Nashville, entertained the Pathfinders with stories and helpful tips in Christian living.



In a grand parade on Sunday morning, all of the Pathfinders lined up by clubs and conferences to march past the reviewing stand (shown at left).



Jeremiah "J. J." Jackson of the Anderson (Indiana) Indians Pathfinder club spends a quiet moment in his tent after lunch.





Campers from all conferences strained their muscles in a tug-of-war.



Desire Sandison from Moline, IL, competes in the tire rolling contest.



S. L. Jeffries and Hilman Culp from the Irvington (IN) Church help build the entrance for the Indiana Pathfinder section.



Gordon Atkins, a biology teacher at Andrews University, told nature stories to the Pathfinders.

## Meet the 1993 Lake Union's Rose Parade Float Rider: "A Very Busy Young Lady"

by Richard Dower

Her name is Naomi Soto. She is 11 years old, already has 30 Pathfinder honors, and was baptized at age nine in Rock Lake, Wisconsin. Naomi is in the sixth grade of the home school taught by her mother Jan.

Naomi is a very busy young lady. On Monday she volunteers at a veterinary clinic. On Tuesday she helps abused children in a Headstart program. Wednesday you can find Naomi in her gymnastic class, and on Thursday at her piano lesson. On Friday Naomi volunteers at the Humane Society where she walks the dogs and feeds the cats; then returns home to help clean the house for Sabbath.

Naomi's responsibilities include being treasurer of the Watertown (Wisconsin) Sentinels Pathfinder club, "Care" coordinator for her junior Sabbath School, as well as a junior deaconess for church. She is involved in Ingathering and always takes part in every church witnessing activity. Naomi also helps her mother in the family's adult foster care home.

The Watertown Pathfinder director, Steve Mertins and his wife Carol, are planning to tell the town about Naomi's Rose Parade float ride. They hope that the Watertown community will help provide some of the expenses for the family's trip to Pasadena. Naomi, of course, wants to help with this fund-raising and publicity, and hopes that the community will become more aware of her Seventh-day Adventist Church.

We are very proud to have Naomi Soto ride the Rose Parade Float as our Lake Union Pathfinder representative.

If you would like to contribute to offset the costs of the Rose Parade float, give your contribution to your Pathfinder club, your local church or conference.



Naomi Soto, the only girl in an active five-member Pathfinder club from Watertown, WI, stands with directors Steve and Carol Mertins.





# Youth on Fire for Missions

# GO '92

BY CLARISSA WORLEY

**H**undreds of Adventist youth are expected to gather during the last week of December on the campus of Andrews University. For what you ask? For an international young adult missions conference named GO '92.

This conference, with the theme "Loving the World for Christ," aims to awaken young adults to the needs of the world, and at the same time furnish them with a way to participate. Its purpose is to give youth a vision for missions during a time in their lives when they will be making important decisions about their futures.

This will be the second "GO" conference held at Andrews. Last December, GO '91 drew young adults from across America as well as Canada, Norway and the Philippines, attracting more than 400 youth.

Perhaps the most exciting aspect of the GO conferences is the immediate opportunities available to those who attend. Last December, several accepted calls to mission service while the conference was still in session.

Lauriellen Stankavich is a good example of this. She was enrolled in the Master's program for English as a Second Language at Andrews when she attended GO '91. She met Dr. Davidian of the Korean SDA Language Institute, and before the conference ended she was on her way to Korea to teach.

At the GO '91 commitment service held on New Year's Eve, 256 of the GO

'91 attendees turned in commitment cards, 100 of which committed to short-term missions, and 125 who expressed a desire for life-time careers in mission service.

To date over 35 attendees have already left for overseas mission service or have joined an outreach program here in the United States. Many others will become involved in the coming months.

The intense response of these Adventist youth was a direct answer to the prayers of a small group of "grass-roots" Adventists at Andrews who developed the "GO" idea. This group caught a vision of what youth on fire for missions can accomplish while attending URBANA, an inter-denominational triennial young adult missions conference.

After returning from this event, they gathered each week in different homes to pray and develop a similar conference for Seventh-day Adventist youth.

This year's GO '92 speakers will include: Tony Campolo, a nationally-known youth speaker; Pat Gustin, a long-time missionary; and John Kent, an Adventist Frontier Missions' missionary who, with his family, is currently sharing Christ with a previously unreached tribe in Papua New Guinea.

Presentations will be given on the world's unreached people groups such as Jews, Chinese, Buddhists and Native Americans. There will also be seminars on personal spirituality and personal evangelism. The major focus of each

session will be to show participants how they can become involved in missions, regardless of their immediate or future professions.

Each day will begin with worship followed by joint sessions for all participants. Throughout the afternoon, six different seminar tracks will focus on the various dimensions of missions. This will give the youth opportunity to choose the areas of missions that interest them most.

Interspersed will be social events and free time to talk with over 30 different exhibitors and sending agencies with immediate mission opportunities.

"It was thrilling to see the vigor with which the young adults responded to the call to mission," exclaimed Jon Dybdahl, co-leader of the Institute of World Mission at Andrews University. "We are looking forward to seeing many more catch the flame this December. The time is ripe!"

For those interested in attending GO '92, contact: Jon Dybdahl or Bruce Bauer, Institute of World Mission, Sutherland House, Andrews University, Berrien Springs, MI 49103; 616-471-2522 or 616-471-6159. There is a fee.

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*Clarissa Worley graduated in June from Andrews University with a communication major in international public relations. She participated in GO '91, and is currently teaching English in Mexico.*



# What Is a Triennial Session,

BY MARJORIE SNYDER

*The Nominating Committee, chaired by Elder Robert H. Carter, president of the Lake Union Conference, met to recommend to the delegates names of the officers, department directors and associates that would serve for the next triennium. (photos by Richard Dower)*



*Linda Dickerson, a Mendon Church delegate, voices her opinion during a discussion on the Constitution and Bylaws.*



Some of you may be new members in the Seventh-day Adventist Church. Or, maybe you have been a member all your life—or for several years. Maybe, in all those years, you have never attended a triennial session. Fear not, I have decided to walk you through one; and in doing so, I hope you end up knowing a little more about how your church operates.

The Michigan Conference of Seventh-day Adventists held its Triennial session on September 20 in Cedar Lake, Michigan. Did you know that even if you are never elected as a delegate to attend these sessions, you are still welcome to attend as a non-voting observer?

Planning for the session begins at least a full year before the meeting occurs. Dates must be arranged, legal notices must be printed in the *Lake Union Herald*, reports of the three-year time period must be written and printed, and thousands of tiny details must be cared for before the meeting occurs.

The Michigan Conference operates by a constitution and a set of bylaws. This document states that delegates will be chosen from each church to attend the session according to membership. Each church is entitled to one delegate for each

100 members, plus “one additional member for each 500 members or major fraction thereof.” This means that for Michigan’s 154 churches and three companies, more than 500 delegates attended the triennial.

The Organizing Committee met the night before the session to decide who the Nominating Committee would be. One of

*From left, elected to be officers for the next three years were: Elders Fred Earles, secretary; Jay Gallimore, president; and Hubert Moog, treasurer.*





# Anyway?

the first orders of business, the day of the meeting, was to vote in the Nominating Committee so they could do their work.

This committee of 21 people separated themselves from the general assembly and began the lengthy process of deciding who would be brought before the session as possible elected officials for the Michigan Conference. In Michigan, the leaders elected consist of: president, secretary, treasurer, undertreasurer, as well as directors and associates of the conference departments.

The Nominating Committee brought its first report shortly after lunch. At this time, President Jay Gallimore, Secretary Fred Earles, Treasurer Hubert Moog and Undertreasurer Bryan Stephan, were re-elected for another term. Later in the day, all conference directors and associates were voted back into office, along with a Constitution and Bylaws Committee. These delegates also elected a new Conference Committee.

With the Nominating Committee busy all day, you probably are wondering what the hundreds of delegates did besides just waiting for the reports. I can assure you that they were also busy.

Elders Gallimore, Earles and Moog gave a "State of the Conference" report, then answered questions from the floor. Most of the questions related to conference finance for the triennial period.

A major part of the afternoon session was spent discussing Michigan Advance Partners (MAP) funds and how they could be distributed to better meet the needs of Christian education and evangelism; a proposal to build a new Fitness and Activity Center at Great Lakes Adventist Academy; and another to construct a new kitchen, auditorium, restrooms and sleeping quarters at Camp Au Sable.

These projects will be built when the money is in hand. The Fitness Center project is in the hands of a fund-raising committee headed by Robert Slikkers of

Holland. The committee has already raised about \$300,000 toward the four-million-dollar project and will be stepping up their efforts so the project can be completed soon.

This Fitness Center will also be used as of part of the camp meeting facilities when it is completed, since delegates also voted to reaffirm that Great Lakes Adventist Academy will be the official site for camp meeting when it begins again as a full session.

The Camp Au Sable project has \$325,000 on hand, the remainder will be raised by private donations and soliciting foundations.

Conferences have what is known as a "sisterhood of churches." This includes all official churches in that conference, and they must be voted into the sisterhood by delegates at a conference session. Disbanding a church works the same way, only in reverse.

At this session two congregations, Livingston (formerly Brighton) and Grand Rapids Maranatha Spanish were

voted in as churches. Five churches were disbanded; they are: Bellevue, Carson City, Holt, Howard City and Lawrence. Two of these, Lawrence and Carson City, were reorganized as companies by action of the Conference Executive Committee.

Are you weary? So are the faithful delegates who sit all day in this important session that, happily, only occurs once every three years. I am sure that the Lake Union Conference president, Robert H. Carter, who chaired the Nominating Committee, as well as the conference officers who chaired the general session all day, sighed with relief when it ended. And the delegates who sat all day in the meeting welcomed the closing prayer.

So, basically that is what happens at a triennial session. By the way, a special prayer session was conducted at the beginning of the day; and that is why it went so well.

*Marjorie Snyder is communication director and children's ministries director of the Michigan Conference.*





## HEALTH

## COLD AND FLU SEASON PRECAUTIONS

HINSDALE (IL) HOSPITAL — The arrival of autumn with its dramatic weather changes also heralds the arrival of the cold and flu season. Since medical science still has not discovered a cure for the common cold, following some simple preventive steps can help you avoid catching these bugs.

According to emergency physician Dr. David L. Mayor: "One of the simplest precautions is appropriate handwashing. And stay away from cigarette smoke, which irritates the air passages."

People "catch" colds and the flu from others, and germs can be transferred via handshakes, telephones and other items. The viruses found on these items can remain infectious up to three hours. "If you are suffering from a cold, or around someone who is, wash your hands often," Mayor recommends. "To prevent germs from spreading, try to contain your coughs and sneezes in handkerchiefs or tissues, and keep a safe distance away from others suffering from these respiratory symptoms."

Flu symptoms to watch for include a runny nose, cough and low-grade fever. "For most people, bed rest combined with drinking lots of fluid is recommended. Over-the-counter pain killers, decongestants and cough medicine will help relieve symptoms," says Mayor. "Because of possible complications from Reye's syndrome, aspirin should never be given to children."

Gastroenteritis, commonly called stomach flu, causes nausea, vomiting and diarrhea. Fortunately, this bug rarely lasts more than 48 hours. Treatment consists of drinking fluids (except milk), eating light and waiting until the discomfort passes. "The vast majority of flu cases can be treated at home, but severe symptoms can signal the onset of bronchitis, sinusitis, pneumonia or other complications," cautions Mayor. "If a high fever, rash, shortness of breath or chest pains develop, a doctor should be consulted immediately."

## IDENTIFYING DEPRESSION IS KEY TO TREATMENT

HINSDALE (IL) HOSPITAL — For some 10 million Americans, depression is serious, chronic and debilitating. It's a physiological condition that disrupts lives, and if left untreated, depression can be fatal.

The facts are staggering: One in five adults may experience a depressive illness at some point in their lives; twice as many women than men suffer from depression; and less than one third of those suffering from depressive illnesses receive treatment. If left untreated, depression can last for years, and may result in suicide. The good news is that when help is obtained, over 80 percent of patients respond positively to treatment.

According to psychiatrist Dr. David Baron, chairman of

Hinsdale's psychiatric department, depression is often viewed as an admission of weakness or a character flaw. "Because people suffering from depressive illnesses don't always realize what's happening to them, they often blame themselves and delay getting help. Depressed people cannot just pull themselves together," states Baron. "Only by obtaining treatment from qualified professionals can individuals suffering from depressive illnesses be helped."

What are the signs of depression? Persistent sad, empty or anxious moods; loss of interest or pleasure in ordinary activities, including sex; a significant change in appetite and/or weight; insomnia or hypersomnia (sleeping too much); fatigue or loss of energy; lack of concentration or indecision; and thoughts of death or suicide.

"A depressive illness is a whole-person illness, involving your mood, body, thoughts and behavior," explains Baron. "It affects the way you eat and sleep, the way you feel about yourself, and the way you think about things."

"The treatment of depression is psychiatry's number one success story," states Baron. "Once the illness is recognized, it's one of the easiest mental disorders to treat with conventional treatment therapies including psychotherapy and antidepressant medications. Most people treated for depression feel significant relief in a relatively short time."

## HEALTH ADVOCATES HONORED

LAKE UNION — Charlotte Hamlin (professor, public health nutrition), Thelma B. Harris (food editor/columnist, cookbook author, cooking schools), Dr. Alice G. Marsh (research/teaching), Dr. Irma B. Vyhmeister (dietician, professor, administrator), of the Lake Union, and 10 other people were recognized for more than 20 years in outstanding service in education and health outreach at an awards banquet during the Second International Congress on Adventist Nutrition.



*Hamlin receiving her award from Elder Robert L. Dale, vice president of the North American Division and advisor to the health and temperance department.*



*Vyhmeister receiving her plaque.*



## YOUTH



### PATHFINDERS RECORD A WEATHER JINGLE

INDIANA — Recently, five Cicero Pathfinders went to Indianapolis to be heard on the radio.

Two sets of twins, Rachael (third from left) and Norma (third from right) Del Rio, and Sandi (second from left) and Cindi (second from right) Daily, traveled from the Cicero church school to a broadcasting radio school in Indianapolis to record a weather jingle for Country 102-WNSR. They were coached by Jean Thompson (left), and invited to sing for the station by Cicero member Carl Willoughby (right).

Another Pathfinder, Caramia Otto (center), went along and did some disc jockey work in a practice studio. Plans to have the twins record more, and for Otto to do some disc jockey work are in the making. God can use Christian young people in many ways to witness to the world about His love.

*Ramona Trubey, Cicero communication secretary*

### THE AMERICAN FLAG

Freedom for our country.  
Liberty and justice for all.  
All for one and one for all.  
God made us to be happy and free,  
so let's be friends and let racism be.

*Cecelia McCarns, grade 6 in 91-92  
Lake Region Peterson-Warren Academy, Inkster, MI*

### FOCUSING ON CHILDREN'S DRAMATIC TALENT

LAKE REGION — Children from the Chicago Beacon of Joy Church recently presented, "So You Say You Are A Christian."

This one-act presentation by, from left: Kyle Lane, Christopher Owlabi, Say-sha Warren, Elisa Sago and Heather Williams, focused on what it means to be a Christian.



These young people demonstrated that it doesn't matter how old you are, you're never too young to practice Christianity.

"Gloryland Express" was presented later in the month by the Drama club. Margree Taylor is the Drama club leader.

*Tanya Williams, Beacon of Joy communication secretary*

## MEN

### HONORING OUR ROLE MODELS IN DETROIT

LAKE REGION — Brother Alvin Brezzell conceptualized and coordinated the Men's Day program for Detroit City Temple Church. A truly high day in Zion was the blessing shared by all in attendance.

The inspiring Sabbath School was taught by Frank Solomons, Arthur Nowlan, Anthony Bertram and Thomas Smartt. Then, 11 honorees, men of long-time service to the family of Christ, were presented plaques of appreciation.

The honorees were: Anthony Brewer, Lawrence Britton, John Brown, Britt Campbell, Earnest Crockett, Simeon Maycock, William McCalibb, James Ray, Robert Settle, Arthur Wicker and the late Dr. Addison Prince. Together, these men represent more than 300 years of service. The church is proud that it has these men for role models.

As brought out in the sermon, "Role Models Versus Role Players," presented by guest speaker Elder Donald McPhaul

of Inglewood, NJ, everyone needs to focus on the "real thing" and not be fooled by the "counterfeits."

"Role players live righteousness by fake actions: carrying big Bibles, giving long prayers, and having loud mouths — they are often two-bit Christians always complaining. Conversely, role models have religion which is about character — they consistently demonstrate a love for Christ which is akin to the love that Ezekiel had. It is like a fire shut up in their bones; they just can't keep it to themselves," McPhaul states.

To complete this weekend of honoring men, an inspiring seminar was conducted on Sunday by J. A. Brown who presented information on income, employment and opportunity. Again, men were challenged to rededicate and utilize their stewardship for greater service.

We men appreciated this recognition weekend and look forward to next year's spiritual feast.

*Alvin Clavon, City Temple communication staff*



## EDUCATION

From left: Robert Little and Joan Banks of Whirlpool Corporation present a check for \$20,000 to Andrews University president, W. Richard Leshar. (photo by Frank Spangler)



### WHIRLPOOL DONATION

ANDREWS UNIVERSITY — Whirlpool Corporation recently contributed \$20,000 to Andrews University to be used toward building improvements. The contribution marked the final installment of a \$100,000 pledge made by Whirlpool to the university's School of Business.

The check was presented to Andrews' President W. Richard Leshar by Joan Banks, project materials engineer, and Robert Little, manager for corporate recruitment at Whirlpool. Banks and Little have worked as liaisons between the university and Whirlpool since the pledge was made in 1987.

The first \$20,000 installment toward the pledge came in 1988. The funds were earmarked for use in improving Chan Shun Hall, which houses the university's School of Business. Physical improvements made to the building include the Whirlpool Room, a special meeting room designed for use by university or community groups.

*Michael Parnell, newswriter*

- **PLYMOUTH (MI) JUNIOR ACADEMY** celebrated the opening of the school year with a dedicatory service; reports Geoffrey Freeth, Plymouth communication secretary. Principal Fred Goliath welcomed the 21 students, and Pastor Darrel Muehlhauser, of the Plymouth Church, presented the school challenge. The students were urged to do their best with the gifts that God has given them and to prepare themselves for service to others, thus assuring that they have done all they can to prepare for the coming of Jesus.



- **GROUND WAS BROKEN FOR THE NEW CEDAR LAKE (MI) ELEMENTARY SCHOOL, SEPT. 3.** The present school building was completed in 1932 with additional classrooms added later as the need arose. The new structure will have four classrooms, a common meeting room in the center of the building, teacher offices, and ample storage. Phase II of the plan will be the construction of a gymnasium. Those participating in the ground breaking included local church members, Michigan Conference officers, and former teachers and students. If you are an alumnus or other interested person, information outlining progress and needs of the building project are available from Doug Peterson, teacher and building committee chairman.

### NEWS NOTES

- **CORN FREEZING BEE IN INDIANA:** The Indiana Academy faculty



were called together for a faculty party just before school started, and some were surprised at how much fun they had when it turned out to be a corn freezing bee for the cafeteria; reports Ramona Trubey, Cicero Church communication secretary. The academy farm provided sweet corn, and the faculty pitched in to blanch, cool, cut and freeze the corn. After some 200 quarts of corn were frozen, a potluck supper and homemade ice cream topped off the evening. Many hands help make light work and hearts merry.

### PEORIA'S SUMMER MAKE-OVER

ILLINOIS — A crew from Orion Connection TV Ministry along with many other volunteers devoted their summer months to refurbishing the Peoria Elementary Church School, as well as creating a Little Lambs' Learning Center.

Volunteers landscaped the school grounds; painted the building's exterior; positioned new name signs; and painted the interior visitors' lounge, upstairs lobby, offices, classrooms, bathrooms, worship room, arts and crafts room, and nurse's room; installed a new enclosed bulletin board; refinished desks; and painted a mural on the preschool stairway wall. But they did not stop there.

Kitchen improvements included: wallpaper, new doors and new pantry shelves. The gymnasium was thoroughly cleaned and floors polished. The playground was relocated from in front of the school to behind and then completely fenced in; also the play equipment was painted with bright colors. Steve Smith



added to the playground's function and beauty by building a castle play area (pictured at right).

This extensive renovation "makes our school seem like a new one. It looks so nice," remarked Robin Carr, Orion public relations director.

A successful open house climaxed the many long hours of hard work as well as everyone's satisfaction in the completion of this summer project.

*Joi Avante,*

*Illinois communication department*



## LOCAL CHURCH

### LAITY TEAM UP WITH LEADERSHIP

ILLINOIS — Several years ago the Illinois Conference found it necessary, for economic and other reasons, to reluctantly discontinue residential camping services; but for generations, Little Grassy Lake had been the site of year-round conference camping.

This painful transition left a void in children, youth and adult camps, as well as recreational and retreat gatherings. So a plan was established for Illinois youth to camp at neighboring SDA camps. Over a period of four years, though, attendance decreased. Was it time to try to "return camping home" and re-establish an Illinois-based camping ministry?

"Light A Dream" became the slogan for such a quest. During 1990-1991 Illinois camping was held in the Quad-



cities area at a leased Girl Scouts facility. Children began to return to camp. Excitement grew. Enthusiasm for possibly expanding the camping ministry rippled throughout the state.

But in the fall of 1991 conference leaders received word that the Girl

Scouts' facility would be used in an expanded Girl Scouting program — again, Illinois was out of a camping facility. The year-end budgeting process brought more grim news — one of the many necessary cuts to balance the budget included several church ministry services. Camp funding was drastically curtailed. The lit "dream" was threatened with economic extinguishing.

But the Illinois Pathfinder staff were adamant. "We'll do it!" they chorused. Plans were tentatively set to explore a continuation of what had begun at the Girl Scouts' facility.

Under the leadership of Attorney James Newbold and his preschool director wife Mary, members of the North Shore

Church began raising funds for camp; and others joined in. Illinois area Pathfinder coordinators gave strong leadership as laity banded together to "make camp happen."

On Aug. 2-9, camp was held at Camp Tuckabatchee for only one week, but a mighty week it was. The statistics are testimony to the power of the laity: 46 staff, ages 14-60, volunteered their time — some had never been to camp before. Yet their occupational and age diversity quickly welded into a powerful ministry unit that provided an exceptional week.

Campers were between seven and 16 years of age — an age span that would make any camping professional shudder. But 106 campers had the time of their lives. Sixteen different learning opportunities resulted in 90 honors.

Campers enjoyed: a white-water canoe trip, swimming, riding horses, crafts, archery, separate campfire spectacles for younger and older campers, and "Teen Night Caps," an after-hours recreational/social time for campers 13-16.

Above all, camping is a ministry. The age mix, rather than creating division, facilitated a big family atmosphere with older kids looking after the younger ones. Campers spiritually responded throughout the week. Of the 97 respondents, 19 requested baptism, 77 gave special commitments to Christ, and 16 respondents requested a pastoral visit.

The bottom line? "We'll do it again!" Laity already have committed to return — as many years as necessary — until Illinois can again someday host a vibrant camping ministry.

Not every conference has equal funding, facilities and entrenchment of ministries. But every conference does have one common equalizer — dedicated laity. Men, women and youth who are willing, even anxious, to partner with leadership. Together, everyone can do the work that lies in the shadows needing to be done!

*Ken Veal, Illinois church ministries associate director*





## LOCAL CHURCH

## LITERATURE EVANGELISTS BLITZ EVANSVILLE

INDIANA — The Evansville First Church's on-going program "Evansville's Outreach for Jesus," was strengthened Sept. 11-12 by the visit of nine Literature Evangelists and their families.

These LEs, coming from three states, prepared to reach out for Jesus in a two-day blitz of the area. Arriving Thursday evening, the LEs awoke early Friday morning in order to get a full day of visitation in until the Sabbath evening hours.

Their concentration was on following up paid-out accounts and media contacts from all the major media evangelistic programs that blanket the Evansville area. In addition, they made some very valuable contacts with other interests in the city.

Evansville is planning for a full evangelistic series beginning Oct. 24 and continuing through Nov. 23 with Elder John Loor. We are hoping many of these contacts will be joining us for this special event.

*Barbara L. Purdue, Evansville communication secretary*

## EVANSVILLE'S HEART AND HOME SEMINAR

INDIANA — The Evansville First Church hosted a "Heart and Home" seminar presented by world-renown author and home economist Nancy Van Pelt.

This seminar, conducted Aug. 14-16, encompassed all family and individual situations. Friday evening featured singles in the Church; children were the focus Sabbath morning; Sabbath afternoon and evening highlighted parents and teens; and the seminar concluded on Sunday with a women's organizational session, "Seven Steps to Sanity for Busy Women." Van Pelt's program was



Christ-centered, family-oriented and thoroughly enjoyed by all who attended.

Van Pelt has written 17 books, several of which were best sellers. She has traveled worldwide presenting family and home seminars. After leaving Evansville, Van Pelt was planning a seminar in Utah and then taking off for a ten-day to two-week family and home seminar in the former Soviet Union.

She and her husband Harry, a retired pastor, reside in Southern California when they are not traveling. They have three grown children and six very special grandchildren.

We are looking forward to the time when Van Pelt can return to the Evansville area and share with us again how to be better organized, happier in our homes and work places, and live closer to our Lord and Savior, Jesus Christ.

*Barbara Purdue, Evansville communication secretary*



## ORDINATIONS AND TEACHER'S COMMISSIONING

MICHIGAN — Camp meeting was held in four locations this summer. It featured many guests including H. M. S. Richards Jr., Lonnie Melashenko, and the 1962 King's Heralds Quartet (Bob Edwards, Jerry Dill, Wayne Hooper and John Thurber).

A highlight of each camp meeting was the special Sabbath afternoon Teacher's Commissioning and Ordination Service. The Teacher's Commissioning service was a first for Michigan. This service set apart Adventist school teachers in a special way as spiritual leaders for the children they teach (standing are some of the teachers commissioned in Battle Creek). It was decided that the Teacher's Commissioning service will become an annual occasion at camp meeting.

Pastors ordained at camp meeting this year included: David Buttrick, Michael Davis, Robert Joseph, Tarsi Lee, Wayne Miller and James Simonds.

*Marjorie Snyder, Michigan correspondent*

## HENRIETTA BLANCHARD

LAKE REGION — On Community Guest Day this year, Chicago's Hyde Park Church honored Sister Henrietta Blanchard as one of Hyde Park's 1949 founders.

Sister Blanchard has served the church in many capacities, some being: various Sabbath School department levels including secretary, assistant treasurer, Pathfinder worker, church board and building committee member, church treasurer; and at present, she is the personal ministry secretary, community service assistant and once again the assistant treasurer.

Sister Blanchard was presented with some roses and a plaque of appreciation for her 36 years of service in the Lake Region Conference.

*Cynthia A. HartKnott, Hyde Park communication secretary*





## NEWS NOTES

• *JULY WAS A BUSY MONTH FOR THE LAKE REGION BEACON OF JOY CHURCH IN CHICAGO:* Over 100 food baskets were distributed to area families on July 15; reports Tanya Williams, Beacon communication secretary. On July 18 the choir presented a mini concert at the Windmill Nursing Home in South Holland. On July 19 the Sabbath School department picnic was held, and later that evening choir members were guests at the Tabernacle Missionary Baptist Church in Chicago. On July 25 communion was held. On July 28 the Adventist youth department began hosting monthly prayer meetings.

• *CICERO (IN) CHURCH TOOK A REAL STEP FORWARD* in making needed improvements to their church and school; reports Ramona Trubey, Cicero communication director. Under the direction of Jack Cain, chairman of the maintenance committee, new flashing was placed around the church to the stop water leakage that had become a real problem. Then the parking lots of the church and church school were resurfaced by church members. Also, the church school walls were scraped and repainted (pictured



from left are Principal Bill Hicks and Pastor Lyle Davis scraping paint), carpets cleaned, and other odd jobs were taken care of before school started. Our cost was kept low because all the labor was done by members; and the women furnished hardy meals for this work bee.

• *THE FELLOWSHIP HALL OF URBANDALE CHURCH IN BATTLE CREEK, MI,* was dedicated at a ribbon-cutting ceremony on Sept. 13; reports Connie Harrison, Urbandale communication secretary. This structure was initially made possible because of a member's cash gift to the church. Members then contributed labor while local businesses supplied materials at a reduced cost. Other members' financial contributions and assistance from the Michigan Conference special projects fund, helped to make possible this debt-free dedication. Pictured cutting the ribbon with Pastor Ivan Blake is the supervisor of Bedford Township, Bess Jordan.



• *SEVERAL SDA FAMILIES OF GREEK DESCENT* gathered Aug. 21-23 in Berrien Springs, MI. They came from Detroit, Illinois, New York, New Jersey, Canada and California to join six local Greek families



for a spiritual retreat at Elly Economou's home. The meetings, presided over by Elder Nicholas Germanis from California, a former missionary in Greece and Cyprus for 35 years, were informative, inspiring and stimulating. A second similar fellowship, to be held in California, has already been organized.

## WORLD CHURCH

### GLOBAL VILLAGE '92

LA SIERRA UNIVERSITY, RIVERSIDE, CA — If you thought that "campus concern" for issues such as world hunger and poverty went out with the 60s, consider this: Global Village '92 is perhaps the largest, most ambitious world hunger and social action event yet planned by Adventists.

Oct. 22-Nov. 1 students at the university will live in life-size habitats, designed by Hollywood set designers and constructed by students, representing disadvantaged areas of the world: an African Masai kraal and outdoor school, an Asian bamboo stilt house, a Brazilian tin and cardboard favela, a South American floating reed house, a Southeast Asian refugee boat, an inner city tenement, a refugee camp dwelling, and an American homeless family living in a car.

While students are living in these habitats, they will be eating the same foods and quantities as the indigenous people eat. Learning first-hand what it's like to subsist on a bowl of rice

a day — if you're lucky.

"Global Village '92 was developed to help people become more aware and sensitive to the needs of the larger world," says Charles Teel, religion professor at the university and director the university's Stahl Institute for World Mission. "We want to encourage compassion for the disadvantaged, to explore shared human values, and to inspire participants to realize that we are all citizens of the larger world."

Events surrounding the exhibit will include lectures, art exhibits, a concert series, and a drama and film series. Visitors may actively participate by bringing non-perishable food items, clothing and other relief supplies. It has been arranged that more than 5,000 fifth- and sixth-graders will visit Global Village '92, and have a chance to help pack "care packages" of food and clothing for distribution in disadvantaged areas.

The village is open to the public free of charge. This humanitarian project is sponsored by the Adventist Development and Relief Agency.



## BOOKS

• *A Child's Step to Jesus* is based on the principles in *Steps to Christ*, and written in language and situations children can understand by Linda Porter Carlyle. This unique set of hard-cover picture books helps children ages 4-7 begin a lifelong friendship with Jesus; and the parent's guide in each book will help you show your child how to apply the principles to his or her life.



• *A Woman's Place: Seventh-day Adventist Women in Church and Society*, just released by the North American Division office of human relations, is a 200-page collection of essays authored by 14 well-known Adventist scholars and writers who explain where women fit in the Adventist Church, and where they must fit if the Church is to reach its full potential.

• *Sometimes I Don't Like Myself* is an intensely personal look into author Candace Schap's pursuit of a love and respect she feared would never be hers — and how she found it. If you read her previous book, *Sometimes I Don't Like My Kids*, you know that this author's words are practical and down-to-earth. Listening to her counsel will help you see yourself with new eyes.

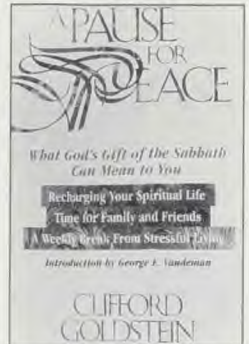
• *The Crisis Of The End Time*, authored by Marvin Moore, is a forceful yet easy-to-understand explanation of the vital issues our Church and our world are about to face. The book simplifies tough concepts like the "Sealing," "Close of Probation," and the "Time of Jacob's Trouble," and, even more importantly, shows us how we can keep our relationship with Jesus during earth's darkest hour. It is an excellent book for small-group Bible studies, prayer meeting studies, etc. (study guide is available).



• *With My Mom, With My Dad*: When two parents in one home become two parents in two homes, a young child's security can shatter. At a time like this, a child needs to be reassured over and over again that though many things change with divorce, a parent's love is forever the same. Let Meribeth Boelts' book help both parent and child talk about what hasn't changed — their love for each other.



• *A Pause for Peace*, by Clifford Goldstein, is a powerful book that lovingly presents the Sabbath truth as God's answer to our overstressed and unfulfilled lives. For those who are no longer sure that Sabbath matters or that it brings a blessing, this book can bring about personal spiritual renewal. This is the 1993 Book for Sharing.



• *When You're Serious About Love* is a new book for single young adults by Dr. Kay Kuzma. This book deals with what to look for and watch out for in a potential date, how to understand the difference between romantic illusion and true love, how to break up and remain friends, topics to discuss before considering marriage, and much more. Order from Family Matters, 615-339-1144.

• *A Table Before Me*, authored by Pauline Cramer, is a daily devotional book for overeaters who crave the power of God. These devotions reach beyond those who struggle daily with overeating, to those whose self-esteem needs a daily boost.



• *Kids, Teens & Wives*: How to live with them ... and love them, is a 156-page paperback on family life aimed at men, authored by Dan Day. The 16 chapters on parenting, stress, teaching values, sexuality, money, etc., from a Christ-centered perspective are very practical.

• *Love God And Do As You Please*, by Morris Venden, helps to demonstrate that the life of faith doesn't negate obedience. This book will illustrate the importance of a real relationship with Christ while you discover the importance of church standards, the problem with situation ethics, and the trap of righteousness by habit.



• *Too Much Is Never Enough*, authored by Dr. Gaylen Larson with Marita Littauer, is a Christian's guide to recognizing and overcoming addictive behavior, even in such normal activities as shopping, watching sports, eating or even preaching. It speaks to the person whose life is out of balance with too many good things and offers assistance to those who just can't say no. This book gives help and hope to guilt-ridden Christians — it offers them a way to see past what they do, to determine why they do it, and the steps for recovery.





# CREATIVE PARENTING

*The Christian perspective for a happier, healthier home life*

## Stress: Is It Contagious?

Susan E. Murray

We hear a lot these days about stress. However, stress is not a very precise word, and most people aren't completely sure what it all means. The focus of this insert is on stress. Perhaps it will add to your understanding of stress and give you some tools to use in stress-proofing your family.

Some stress is inevitable and even necessary in every day life. It helps us to be alert and respond appropriately. But problems begin when ordinary stress becomes *too much* stress. The essence of the stress problem is overarousal of the adrenal system. The saying, "too much of a good thing" is appropriate in this context. Too much stimulation, too many choices, too much involvement in good activities can contribute negatively to our children's stress levels.

According to Christian author Archibald D. Hart in his book, *Stress and Your Child*, we can have an active role in "stress-proofing" our children so they can live fuller and richer lives. He suggests that stress has a "circular" effect. Stress tends to build on itself so that any experience of stress will set up consequences that will produce

more stress.

Hart suggests that there is much a parent can do to help children build happier and less stressful lives. For instance, give them support through stressful periods and teach them coping skills. Children who are able to identify and control their stress at a young age will be better equipped to grow up happy and healthy.

Some important resources are: caring, involved and supportive parents; a caring and loving extended family; a safe and abuse-free environment; supportive and understanding schools and teachers; esteem-building activities; and a supportive and caring church. It is no accident that the findings of the "Value-genesis" study confirms these needs of the youth in our own Church.

Children suffer from depression at an earlier age than ever before: the suicide rate for teens continues to rise; children as young as five years old are developing ulcers; cholesterol levels in children are now skyrocketing, preparing the way for early heart disease. Accidents are the number one killer of stressed adolescents, who are two-and-a-half times more likely to have an accident. These

statistics don't mean that every child who experiences stressful situations will become sick, severely depressed or commit suicide. But as Hart says, it does point to the fact that stress has consequences, and our kids are experiencing them more and more in our stressed-out society.

Every home has its own "personality." It's a corporate personality comprised of individual personalities and temperaments of those living there. But it is primarily the parents who determine the

tone and character of the family. When this tone is disruptive, overly sensitive, repressive, inconsistent, unsupportive and conflicted, the stress level in that family escalates. Hart suggests that

parents should carefully review their family patterns to see how they contribute to stress in their children. The tone parents set can make the difference in how much stress a child feels.

I saw a sweatshirt recently

that read, "When mama ain't happy, ain't nobody happy." There's a lot of truth to that message. The women do, to a greater degree, set the emotional tone of the family. Does this mean that men have no responsibility? Of course not. God's plan for a man to support and nurture his wife makes a lot of sense here.

Also, attitude is all-important in parenting. If you are pain-ridden, confused and overwhelmed by your parenting responsibilities, not only will your children sense that and experience a lack of



security; but likely you won't have the resources to handle your own stressful situations, and that in turn deeply affects your children.

Research has shown that

*(continued on following page)*

### Creative Parenting

*Creative Parenting* is a bimonthly newsletter designed to bring practical parenting resources to the fingertips of Christian parents. Yearly subscriptions are \$9.95 and can be ordered by calling 800-253-3000, or writing to: P.O. Box 126, Cedar Lake, MI 48812. Substantial savings for schools and churches are available. Contact Cari at 517-427-3062.

Editor, Cari Haus; Associate Editor, Susan E. Murray;  
Associate Editor, Krystal Tavasci

**Editor's Note:** This feature page is designed as a resource that you are welcome to clip out. We at *Creative Parenting*, are committed to provide you with specific and helpful information that will be appropriate for various ages and developmental stages of family members. Your input is important — let us hear what you need!



## Kids' Top Stresses

According to a study of children ages nine to eleven from six countries around the world, kids agree that the loss of a parent is the most devastating and stressful life event — and the least upsetting event is the birth of a sibling. Also highly stressful to children are parental fights.

Children revealed their sensitivity to stressful situations by: wetting their pants, being caught in a theft, or being ridiculed in class. Although many students like school, it is also a source of anxiety, frustration and unhappiness, with worry about grades, being retained, or making mistakes.

Adults may be surprised at their child's sensitivity to embarrassing situations and their concern about school. This study illustrates that children have a different perspective on life that is not always immediately apparent to parents.

K. Yamamoto, et. al.

*Journal of Child Psychology & Psychiatry*, 28:857

(cover story continued)

continual parent conflict is one of the most stressful situations for children. Children are excellent recorders but poor interpreters, and they often feel a burden of being responsible for their parents' happiness. But remember that little people are not to take care of big people — big people are to take care of little people. Therefore, the best insurance for less-stressed children is less-stressed parents.

And take heart, God is the blessed Controller of all things. He does not expect us to be perfect parents, it is okay for us to make mistakes. The important thing is to consider what we can learn from our mistakes, make the necessary changes, and do the best we can.

Hart suggests that above all, we must remember that our children are gifts from God on loan to us for a period of our lives. Each child is unique and should be permitted to become who he or she really is. Our responsibility is not to turn our

children into something of our own design but to help them become who God created them to be. Just knowing this can save us much stress, because trying to break a child's spirit or make a child fit into a mold that doesn't fit causes more ongoing stress than almost anything else when it comes to rearing our children.

And so, is stress contagious? The answer is "yes." And too much of it is destructive emotionally, intellectually, physically and spiritually. So let us be committed to giving the youth of our Church the support they need, and the opportunities to develop coping skills so they can enjoy the blessings of a rich life on this earth as well as the promise of a life for eternity.

If you are interested in some specific strategies for stress-proofing your child, I suggest Dr. Hart's book, *Stress and Your Child: Know the Signs and Prevent the Harm*. And I offer you a promise from Isaiah 26:3, "Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee."

For more details on stress write to: National Mental Health Association, 1021 Prince St., Alexandria, VA 22314-2971; The American Institute of Stress, 124 Park Ave., Department B, Yonkers, NY 10703; or The Hardiness Institute, 19742 MacArthur Blvd., Suite 100, Irvine, CA 92715-2408.

## How Children Respond to Stress and Fear

### Birth to Three

Regression; Toilet Training;  
Whining; Tearfulness  
Increased Separation  
Anxieties  
Sleep Problems  
(new or increased)  
Increased Tantrums  
Aggression  
Passive-Aggressive Behavior  
Increased Possessiveness  
(toys, belongings, people)  
Withdrawal or Apathy  
Increase in Biting  
(Note: biting at this age is common)  
Screaming  
(that is not connected with play or a game)

Longing for the Past  
Phobias and Compulsions  
During Child Care: restlessness, distractibility, fears of failure, poor peer relations, biting, screaming (especially in place of words), loss of confidence  
Excessive Daydreaming  
Headaches, Urinary and Bowel disorders  
Poor Sleep Patterns  
Frequent Upset Stomach

### Six to Twelve

Open Suffering  
(sadness and grieving)  
Worry and Fear About Present and Future  
Poor Sleep Patterns  
Frequent Upset Stomach  
Headaches; Urinary and Bowel Disorders  
Guilt  
Anger  
(expressed or unexpressed)  
Taking Matters into Own Hands by Trying to Solve Adult Problems  
Stuttering  
General Behavioral and Discipline Problems

### Preschool

Irritability; Whining;  
Tearfulness; Babyish Ways  
"Too Good" Behavior  
Passive-Aggressive Behavior  
Increased Fantasy  
(thinks things are as they used to be or as they want them to be)  
Increased Need for Physical Contact  
Despondency; Sadness;

## Adolescents Who Work

It's important to balance the advantages of teens working with the possible disadvantages.

It was found that teens who have high-stress jobs are more likely to be absent from school, to use alcohol, cigarettes and marijuana. A stressful job puts strain on the adaptation reserves of adolescents just as it does on adults.

Teens who work too many hours don't have leisure time to explore and develop their interests; nor do they have solitude to think about their lives and to consider their future.

The cynicism that can develop from poor work experiences can have negative life-long consequences.





## Easing Up in the Fast Lane

Here are some tips for taking the fast lane a little more slowly:

1. Do the most important things first. You might want to make a daily list of things you need to do, and then number them in order of importance. If you don't get through your list, at least you have completed the most important things. At the end of the day, transfer anything undone to a new list for tomorrow. Then you can tear up your old list.
2. Group your related activities together. For example, if you're out grocery shopping you might as well fill up the car with gas.
3. Divide big jobs into workable steps.
4. Use a timer to see how much you can accomplish in 15 minutes.
5. Do all you can to finish a job completely, but don't feel like a failure if you don't get everything finished.
6. To avoid fast-lane trauma, learn when to say "no."

Don't get so busy that you can't smell the flowers along the way. Life is too enjoyable to hurry through it!

*60 One-Minute Family Builders* by Dave & Claudia Arp, Wogelmuth & Hyatt Publishers Inc., 1989.

## Situations and Events That Cause Children to Respond With Stress and Fear

<i>Toddlers &amp; Preschoolers</i>	
Sleep Problems (not sleeping through the night, unable to put self to sleep)	Being Left Alone (before or after school)
Toilet Training	Pressure to Perform Academically
Sharing	Being Teased and/or Excluded
Being Disciplined (accepting "no")	Parents Constantly Arguing
Separation from Parents	Threat of Violence;
Divorce	Living in Dangerous Neighborhood;
Parents Constantly Arguing	Things Seen on TV;
Animals, People, Noises	Parents Traveling
Taking Orders	Threats of Nuclear War
Cooperating	Responsibilities
Not Being Understood When Still Learning to Speak	Brothers and Sisters
Getting Angry; Acting Impulsively	Getting Hurt or Injured
New Siblings	Teachers Getting Angry
Moving	Tests
Bedtime	Fear of Death
Being in Child Care	Deadlines for Assignments
Hospitalization	Starting Something New
	Being Ignored
	Failing in School or Other Activities
	Child Abuse
	Hospitalization
	Divorce
	Family Money Worries

### *Ages Six to Twelve*

Competition; Sports

## Stress Relievers

Even though all adults and children feel stress in their lives, children are more vulnerable to stress than adults. They lack the ability to understand the reasons behind their stress and/or have little opportunity to do anything about it. Here are some tips to reduce stress in your family:

**Show affection:** Let your children know that you love them. Give them a hug even though you may be so stressed you don't feel like giving affection. Remember that children see the situation only from their point of view, and they need affection from you.

**Be a role model:** Parents are the key to teaching children how to cope with stress. Examine the ways that you handle stress — and when you find good ways, share them with your children. Let children know verbally and specifically how you rely on God.

**Talk about changes or problems that are affecting to your children:** Explain how you feel about situations such as moving, illness, divorce, unemployment; then listen as the children tell you how they feel. Don't burden children with inappropriate details or give the impression that they need to make you feel happy in difficult times.

**Use humor and empathy:** Using orders, anger or sarcasm when asking children to do something for you creates more stress. Don't take your troubled feelings about something else out on them.

**Provide children with a feeling of security:** Shelter children from undue concerns such as family financial worries, job uncertainties and other economics realities that create a threat to their basic security. Provide security by keeping daily routines and taking time for a special meal or bedtime story together.

**Remember that children have problems too:** What may seem like a small problem to you may be a huge problem to them. Don't discount their fears and worries as silly. Don't burden them with your big problems when they don't have any power to change things.

**Let children know that God is the blessed Controller of all things:** When we undergo stressful times, we have a special opportunity to put our trust in Him. Claim a special family Bible promise or memorize a short inspirational quotation and say it out loud when times become stressful. Romans 8:28 reassures us that, "... we know that all things work together for good to them that love God, to them who are the called according to His purpose."

Do you like



Yes? Then get all 6 issues of *Creative Parenting*. Send just **\$7.95** — \$2 off the regular subscription price of \$9.95 — to: *Creative Parenting*, Box 126, Cedar Lake, MI 48812. Send gift subscriptions too!



## Holidays: Special or Stressful?

The covers of magazines we see at the checkout counter in the grocery store and the expectations we bring from our own families, often set us up for unrealistic expectations in celebrating holidays.

As you and your family are contemplating the

upcoming holiday season, consider these things:

1. Choose one or two family traditions/rituals that are especially important and make plans to enjoy them. Don't assume that you need to make the usual six pumpkin pies, ask! Maybe someone would like to start a new tradition.
2. Decide on a budget for entertaining, special food purchases, decorations and gifts. Focus on what's most important to your family and then budget your money accordingly. Don't go into debt for any holiday purchases!
3. Remember that for little ones, too many changes and celebrating only adds to their stress. Keep the holidays simple for them!
4. Resist thinking and feeling for your children. Just because they receive a certain gift doesn't mean they have to love it. What they need to do is show appropriate appreciation for receiving it.
5. Decide on at least one church or community holiday program you want to attend as a family. Be clear and direct with all family members about what your desires are and have each member mark it on their calendars. Then give the older children some other reasonable options in deciding where else they must go with you.

6. Remember that long after the food is eaten and the presents are put aside, what remains are the memories. Do you want them to be warm, happy and comforting ones? If so, you can have them. But it takes planning, commitment (which sometimes means saying "no" to relatives and church friends) and love!
7. Some post-holiday depression is normal. If you recognize it as that, you will be better equipped to handle it.



## Dos and Don'ts for Adults When Relating to Single-Parent Families

- DO be supportive of the parents' situation.
- DON'T refer to the child as being from a "broken home."
- DO be aware of your own attitude and feelings.
- DON'T break a child's confidentiality.
- DO be sensitive when making or giving gifts.
- DON'T get involved in custody battles.
- DO be sensitive when addressing invitations sent home.
- DON'T make light of the situation.
- DO acknowledge that children have two parents, even though they may live with one.
- DON'T give advice and suggestions unless asked.

## Dinner Anyone?

A *New York Times* article reports that children who come from homes where family dinners and other rituals are carried on despite a parent's heavy drinking, are less likely to become alcoholics or to marry alcoholics.

Researchers are not willing to say whether the rituals themselves are important, or whether they are a sign of family stability despite an alcoholic disruption.

But the study does point out that rituals and traditions prove beneficial to children in general. They teach children that it is important to make plans and to follow through despite chaos in other areas of their lives.

## Are Your Credit Cards Stretched to the Max?

Children are distressed when their parents fight about money. Kids are confused when they are aware of financial concerns at home and yet there appears to be money to buy what mom or dad wants.

Sometimes, when the family goes shopping the adults say yes to buying a new Nintendo game, but when the children ask for a favorite cereal they are told there isn't enough money.

Here's some advice from Tama McAleese, a certified financial planner. Beware when:

1. You don't know just how much you owe, and you are afraid to add it all up.
2. You are usually late paying some or all of your bills.
3. This month's credit balances are consistently higher than last month's.
4. You have drawn from savings just to pay regular bills.
5. You don't have an emergency fund to cover 3-6 months' expenses.
6. You postdate checks so they won't bounce.
7. You hurry to the bank on payday to cover checks already written.
8. You hide the bills from your spouse until a "good time."
9. You're giving less in contributions than you did a year ago, because you "just can't afford it."





## A LOOK BACK

## 84 YEARS AGO

Nov. 4, 1908: [This first] publication of the *Lake Union Herald* is for the purpose of filling a long-felt need; to aid in unifying the work; and to keep the members of the churches throughout the Union informed as to advance methods of conducting missionary work. The paper will be an eight-page weekly, and will cost only fifty cents a year.

Nov. 4, 1908: The church school in the First Springfield [IL] church opened September 7th, in a neat, though small, room in the church building. Only two were in attendance the first day, but our number has increased until now, after six weeks of school, there are six in regular attendance.

Nov. 4, 1908: A brother who has recently accepted the truth at Beverly, near Grand Rapids [MI], writes: "There is a little empty school-house a short distance from us, and I have rented it for Sunday night meetings, and pay two dollars a night. It is well seated, and there is also a good

piano. Oh! if I may see one dear soul accept the truth, I shall be so happy."

## 64 YEARS AGO

Nov. 14, 1928: The Wyandotte church still leads the [East Michigan] conference per capita in the Harvest Ingathering with \$34.35.

Nov. 21, 1928: In all the history of the history of Harvest Ingathering plans, we [Indiana Conference] have never had such a campaign as the one just closing. A few days ago on Sabbath morning a certain Missionary Volunteer, whose identity is better known in the local circles where the deed was done, placed a crisp new thousand dollar bill in the hands of her pastor, the result of her Ingathering. She earnestly worked to demonstrate what may be done.

## 44 YEARS AGO

Nov. 2, 1948: "Elect a Press Secretary" — Our active church press secretaries are doing a service that cannot be measured in its influence for good. Due to their faithful ef-

forts the SDA church in many communities is becoming more favorably known. Prejudice is breaking, interests are developing, and the way is opening for the program of the church to make more rapid progress.

Nov. 2, 1948: "Progress on Wisconsin Dormitory" — In a few days the brick work will all be finished and the roof will be completed on the east wing of the dormitory which will mean that the entire building will be under roof. In just a few days now the window frames will be set and the glass will be installed. The plumbers and electricians are also at work. So there is a hum of activity at the New Academy building.

Nov. 16, 1948: A very successful [Lake Region] rally was held at the little Morgan Park church [in Chicago]. The auditorium was packed to capacity with energetic participants and listeners. The churches of the Chicago area, including Evanston, Chicago Heights, Gary, Robbins, Shiloh, and West Side were present in large numbers, contributing to the success of the day.

Nov. 23, 1948: The inevitable has come. The pronouncement has been made. Hospitalization is not a matter of choice, it is imperative. Following hurried counsel, the move is made to the Hinsdale Sanitarium and Hospital. And so they come—all kinds of races and faces.

## 24 YEARS AGO

Nov. 26, 1968: The highlight of the evening was the announcement by Elder R. W. Bates, Lake Region lay activities secretary, that the conference has now acquired its own van, which has such features as an emergency power source, emergency feeding capability, and a water tank able to serve 5,000 people.

Nov. 26, 1968: A minor in journalism is being offered this year for the first time at Andrews University.

## FOUR YEARS AGO

November 1988: Hinsdale Hospital in Illinois recently received state approval to perform open-heart surgery.

# If life has become empty, perhaps there's a peace missing.

Put the peace back in your life with Clifford Goldstein's **A Pause for Peace**—the 1993 Book for Sharing.

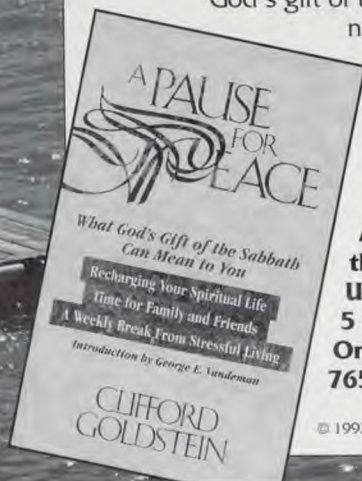
This compelling book presents the Sabbath as God's answer to our overstressed and unfulfilled lives. In practical and loving terms, Goldstein shows how

God's gift of time can penetrate our busyness and return us to our first-love experience.

Additionally, the Christ-centered approach and low cost make **A Pause for Peace** perfect for sharing.

**Available now at your ABC at the sharing price of only US\$1.95/Cdn\$2.45. Package of 5 only US\$8.95/Cdn\$11.20. Or order by phone! Call 1-800-765-6955.**

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## ANNOUNCEMENTS

Announcements for publication in the *Herald* should be sent to your local conference office. Readers may want to verify dates and times of programs with the respective sources.

## LAKE UNION

**Steps to Christ Available in Large Print:** Christian Record Services has produced this book by Ellen G. White in 22-point type. The book is free to anyone who is visually impaired (no better than 20/200 vision with corrective lenses). For more information contact: Christian Record Services, 4444 S. 52nd St., Lincoln, NE 68516; 402-488-0981.

**The next ASI convention will be Aug. 25-29, 1993,** in the Western Harbour Castle Hotel in Toronto, Ontario, Canada.

**In Need of Current True Stories:** Dr. Leslie Harding, former pastor, teacher and administrator, is seeking stories of people living today who have had providential leading in keeping the Sabbath and accepting the Seventh-day Adventist Church. Write in a comprehensive, factual manner of the experience you or someone else had, and send it to: 619 Ripley St., Santa Barbara, CA 93111.



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**Correction:** In the September issue we stated in an article that the Hispanic work started in Indianapolis under the leadership of Rubén Rivero, pastor for the Detroit and Lansing Spanish churches. In reality, the leadership came from Rubén Rivera, a pastor from the Dominican Republic who has moved into this area and is working toward the development of the Hispanic work in Indianapolis.

**Correction:** In the September tithe chart a total figure for the first 26 weeks of 1991 should have been printed as \$15,627,712.16 — not \$25,627,712.16.

## ANDREWS UNIVERSITY

**Adventist Engaged Encounter** will be Nov. 13-15 on the campus. Sponsored by Andrews' campus ministries, this weekend is designed for engaged or newly married couples who want to improve their relationship and communication. If you want to deepen your relation-

ship, please call campus ministries at 616-471-3211 to register by Nov. 6. There is a fee.

**Homecoming, April 22-25, 1993:** "What A Difference!" will focus in on the valuable differences between men and women. Special reunions are planned for the classes of: 1933, 1943, 1953, 1963, 1968, 1973 and 1983. For more information contact: Alumni House, Andrews University, Berrien Springs, MI 49104; 616-471-3591.

**A scholarship fund to assist students** attending Andrews whose parents are alumni of Andrews University has been established by the Andrews University Board of Directors. Those eligible should apply by March 15, 1993. Applications are available by writing: Alumni House, Andrews University, Berrien Springs, MI 49104.

**Department of Music Events Schedule:** Nov. 8, "Faculty Recital — Piano Quartet," Carla Trynchuk,

Laurie Cooper, Arleen Kuiland and Peter Cooper, 8 p.m.; Nov. 14, "Masterworks Series Concert I," Geane Helfrich and the Michiana Symphony Orchestra, 8 p.m.; Nov. 21, "Wind Symphony," the Fall concert, 7:30 p.m.; Dec. 5, "Choral Concert," university choirs, 4 p.m.; Dec. 6, "Faculty Recital" Carla Trynchuk and Eileen Hutchins, 8 p.m.; and Dec. 11, "Friday Festival of Faith/Masterworks Series Concert II," Julia Lindsay, Bruce Rasmussen, Stephen Zork, Berrien Springs Elementary Schools Chorus, Andrews University Festival Chorus, and the Michiana Symphony Orchestra, 7:30 p.m. Call 616-471-3555 for more details.

## WISCONSIN

**Wisconsin Academy Class of 1952** is looking for: Robert Abiera, Kathleen Buck, Priscilla Jacobson (Mrs. James Ruff), Agnes Johnson (Mrs. Norlan Harke), and Hyla Sorum (Mrs. Jerry Lawson). If you have any information on these people, please contact: Mrs. Shirley (Forrest) Zerrenner, 1485 Brentwood Dr., St. Joseph, MI 49085; 616-428-2275.

## WORLD CHURCH

**Damascus (MD) Church 50th anniversary, Nov. 21-22:** If you were a member, pastor, student or friend who ministered to Damascus from 1942-1992 please contact: Damascus Church, 8425 Damascus Road, Damascus, MD 20872; 301-253-5276.

**Redlands (CA) Church 90th anniversary, Nov. 27-28:** Join in the 90th anniversary of this church. Planned are: Friday night church, two Sabbath morning worship services, potluck lunch, afternoon multimedia presentation of the church's history, and a Saturday night talent program.

**Ohio Chapter of Adventist Singles Thanksgiving retreat, Nov. 27-29:** To be held at Camp Mohaven in Danville, OH. For information call Dagmar Ott at 216-723-7408.

**Adventist Singles Ministries Southern Union Thanksgiving retreat, Nov. 27-29:** To be held at

## Attention Photographers!

The *Lake Union Herald* is looking for transparencies for its covers that feature the seasons. Due to our format change, we will print only four to six nature covers in 1993.

With your entry, please include your name, phone number and camera information (brand, lens, film). You may send up to 10 original vertical slides, 35 mm or larger. All photographs must have been taken in the Lake Union territory.

The chosen photographs will receive \$50. Deadline for submissions is December 7. Send entries to: Lake Union Herald, Cover Photos, P.O. Box C, Berrien Springs, MI 49103.

All photos will be returned.



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Cohutta Springs Convention Center in Crandall, GA. For details call Carol Coppock at 404-925-4495, or Marge Gantt at 706-629-7870.

**National Single Adult New Year's retreat, Dec. 30-Jan.3:** To be held at Camp Kulaqua in High Springs, FL. For information contact: Adventist Singles Ministries, 4467 King Springs Road, Smyrna, GA 30082; 404-434-5111.

**Adventist Singles Ministries New Year's retreat:** Celebrate the New Year with hundreds of singles while cruising the moonlit waters of the beautiful San Diego Harbor on the yacht Entertainer. This is just a part of the four-day New Year's National Single Adult retreat at Grosvenor Inn in San Diego. For details contact: Adventist Singles Ministries, 4467 King Springs Road, Smyrna, GA 30082; 404-434-5111.

**Winter Ski Festival, March 1-12, 1993:** Held in Breckenridge, CO, this event is sponsored by the Rocky Mountain Conference youth department. Join the anticipated 700-900 participants in Christian fellowship and fun. For details contact the youth department at: 2520 S. Downing, Denver, CO 80210; 303-733-3771.

**Southwestern Adventist College homecoming, April 7-11,**

**1993:** This year's honor classes are: 1913, 1918, 1923, 1928, 1933, 1938, 1943, 1948, 1953, 1963, 1968, 1973, 1978 and 1983. For more details call 817-556-4731.

**"It Is Written" schedule:** Nov. 8, "The Footsteps of a Beast," is laying the groundwork for the rise of the antichrist. Nov. 15, "Surviving the Lion's Roar," is taken from the antichrist's decree of Revelation 13. Nov. 22, "The Day After the Day After," is the climax of history. Nov. 29, "Death By Design," a contrast of JFK's assassination with Jesus' death. Call 805-373-7733 for area viewing information.

**"Lifestyle Magazine" schedule:** This month's topics include Nov. 8, vegetarianism; Nov. 15, impulse control disorders; Nov. 22, surviving infidelity; and Nov. 29, divorce recovery. Call 805-373-7684 for area viewing information.

**"Voice of Prophecy" schedule:** Nov. 2-6, "A Leader You Can Trust." Nov. 8-13, "Hell's Two Unanswered Prayers" (Sunday), followed by "The Horror of Ritual Abuse - 2." Nov. 15-20, "Four Reasons Not to Worry" (Sunday), followed by "Stress: The Silent Killer." Nov. 29-Dec. 4, "When God Is Hidden" (Sunday), followed by "On Divine Assignment." Call 805-373-7611 for area listening information.

## Some people just can't say No!

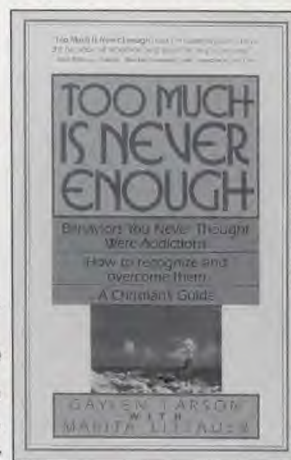
When do normal activities like shopping, watching sports, eating, or even preaching become addictions? How? What are the steps to recovery?

*Too Much Is Never Enough* is a Christian's guide to recognizing and overcoming addictions. It speaks to the person whose life is out of balance with too many good things and offers help for those who just can't say No.

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**STATEMENT OF OWNERSHIP, MANAGEMENT AND CIRCULATION** as required by the Act of Aug. 12, 1970: Section 3685, Title 39, United States Code, of the *Lake Union Herald*, published monthly, for November 1991.

The location of known office of publication and the location of headquarters or general business office of the publishers is: Lake Union Conference of Seventh-day Adventists, 8903 S. U.S. 31 Hwy., Berrien Springs, MI 49103.

The names of the owner/publisher, editor and editorial assistant: Owner/Publisher, Lake Union Conference of Seventh-day Adventists; Editor, Richard C. Dower; Editorial Assistant, Wendy Cao.

The address of the publisher, editor and editorial assistant is: Lake Union Conference of Seventh-day Adventists, 8903 S. U.S. 31 Hwy., Box C, Berrien Springs, MI 49103.

The known bondholders, mortgagees and other security holders owning or holding one percent or more of the total amount of bonds, mortgages or other securities: None.

The average number of copies of each issue of this publication sold or distributed, through the mails or otherwise, to paid subscribers during the 12 months preceding the date shown above: 27,655.

I certify that the above statements made by me are correct and complete.

(Signed) Richard C. Dower  
Editor



## CLASSIFIED ADS

All ads must be sent to your local conference for approval. No phoned ads will be accepted; allow six weeks for publication. Fifty words maximum. No limit of insertions. Rates: \$15 per insertion for Lake Union Conference church members; \$21.50 per insertion for all others. Ads must be paid in advance of printing. Money orders and checks should be made payable to the Lake Union Conference. There will be no refunds for cancellations. The Herald cannot be responsible for advertisements appearing in its columns, and reserves the right to edit ads in accordance with editorial policies. The Herald does not accept responsibility for typographical errors.

**PAULSON REHAB NETWORK:**

Opportunities for physical therapists and occupational therapists. Flexible work schedule, compensation package, medical benefits, and child-care reimbursement! Be a part of this recognized, quality-care team. Call Karen King, 708-323-5656, for details. --3393-1

**SINGLES:** Now you can meet and date other Adventists throughout the U.S. Discreet, confidential, exclusively Adventists. Magazine format with enlightening, profitable articles. If you are 18-85, and want friendship and fellowship, mail stamped, self-addressed large envelope to: Discover, 1248 S. Floral Way, Apopka, FL 32703. --3422-4

**CONDO/CHALET FOR RENT** in Gatlinburg, TN. Mountain view, 2-3 bedrooms sleep 6-10, 2 baths, fireplace, kitchen, dining room, 2 decks, heart-shaped jacuzzi, TVs. Ski, hike, golf, Dollywood, relax in Great Smoky Mountains. Reserve early, call Johnny or Lois Steinkraus at 615-428-0619. --3466-12

**SINGLE? WIDOWED? DIVORCED?** New SDA singles publication. Get listed free/confidentially/continually, till you cancel! And, more benefits! For application, send S.A.S.E., or \$15 for catalog: Friendship Finder, Box 465, Shannon, GA 30172. --3491-12

**MUSIC POSITION** requires: doctorate; field research; strong piano/

organ performance background, advanced piano teaching, and music history; and teach within the SDA context. Send curriculum vitae to: Vice President for Academic Administration, Canadian Union College, Box 430, College Heights, Alberta, T0C 0Z0. --3512-11

**FLORIDA RETIREMENT** at Orangewood Acres in Avon Park: 2-bedroom, 2-bath, 2-car garage, 1,800 square feet total area. Five-minute walk to 900-member church and 100-bed hospital. Choose from 20 floor plans or design your own. \$59,500 including lot until January 1, 1993. Call 800-338-0070 for an information kit. --3513-12

**FLORIDA VACATION GET-AWAY:** Brand new, fully-furnished, fully-equipped, 3-bedroom/2-bath villa, with private screened-in pool, all appliances, utensils, linens, washer/dryer, central air, cable TV, garage, tennis courts, free local calls. Just 4 miles from Disney theme parks. Weekly/monthly rentals. Call 800-788-4821. --3514-11

**CHRISTIAN CERTIFIED NURSE MIDWIFE:** Join a progressive, two-OB/GYN practice near Andrews University and Lake Michigan. Deliver 6 to 10 babies per month; develop a holistic health education program. B.S.N./M.S.N., five years' OB experience preferred. Call 800-882-7327. --3515-11

**COLORADO VACATION?** Yes,

for you and the family. Come to Filoha Meadows near historic Redstone. Enjoy mountain splendor high in the Rockies. Fabulous snow skiing, abundant wildlife, blue ribbon trout fishing, private natural hot mineral springs, jeeping, hiking and biking trails. Kitchenette apartments. Very affordable. Call 800-227-8906. --3516-11

**BARHI DATES:** \$32 for 12 pounds shipped UPS (lower 48 states). Available approximately Nov. 9. Send check with order to Cloverdale SDA School, 1081 S. Cloverdale Blvd., Cloverdale, CA 95425. --3529-12

**ADVENTIST CONNECTION**

**FOR SINGLES:** Easy and fun voice mail service helping Adventists meet Adventists. Dial 800-944-7671 to record message free, or 900-446-3400 to hear messages at \$2 per minute. Send stamped envelope to: Adventist Connection for Singles, P.O. Box 643, Gresham, OR 97030 for free information. --3530-11

**GULF SIDE, HALF DUPLEX FOR RENT**

in Crystal Beach, FL. Enjoy beautiful sunsets and the beach front; a birder's paradise. One bedroom, full bath, kitchen and living room, fully furnished; ground floor. Now accepting immediate reservations. Call 517-787-5731. --3531-11

**IN 1994 PARADISE VALLEY**

**HOSPITAL** will celebrate 90 years of healthcare history. To commemorate this special event we are gathering documents, photographs and memorabilia. If you have a story about PVH, a picture or an item of interest from PVH, we want to hear from you. All donations will be acknowledged. To share in this project please contact: Fred Harder or Rhonda Darnell, Office of the President, Paradise Valley Hospital, 2400 E. 4th St., National City, CA 91950; 619-470-4110. --3547-12

**RETIREMENT AGE?** Enjoy SDA environment at a Florida retirement

community. We offer rental rooms and buy-in apartments. Lots of extras! Only 20 minutes from Orlando. Church on premises with 13 area churches close by. Call Sharon Craig at 800-729-8017. --3548-2

**GOLDEN OAKS GROUP HOME FOR 15 ELDERLY:**

Shouldn't live alone, nursing home not right? SDA nurse-owned/operated, near Milwaukee, WI. Ranch home with seven parklike acres, one block to SDA church. Family atmosphere, 24-hour supervision, meals, laundry, house-keeping, medication/bathing assistance, recreational activities, companionship, safety, security, affordable rates. 414-282-1681. --3549-1

**HOME HEALTH CARE DIRECTOR:**

Manage our home care agency in Stevensville, MI. Health professionals with home care and management experience preferred. Competitive salary and benefit package. Respond by sending résumé and cover letter to: Search Committee, Health Care at Home Management Corp., 9047-2 U.S. 31, Berrien Springs, MI 49103; fax 616-471-7073. --3550-1

**HOME HEALTH CARE CLINICAL SUPERVISOR**

for home care agency in Stevensville, MI. BSN with home care and management experience preferred. Competitive salary and benefit package. Respond by sending résumé and cover letter to: Search Committee, Health Care at Home Management Corp., 9047-2 U.S. 31, Berrien Springs, MI; fax 616-471-7073. --3551-1

**TENURE-TRACK POSITION IN MATHEMATICS AND STATISTICS**

available September 1993. Should have Ph.D. in mathematics or statistics and commitment to teaching. Interested Adventists contact Dr. Ken Wiggins, Mathematics Department, Walla Walla College, College Place, WA 99324; 509-527-2088, fax 509-527-2253. --3552-12

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**SERIALS LIBRARIAN** position beginning July 1993. Should have ALA accredited MLS and strong interest in collections development, public access for periodicals, computer skills and new technologies. Interested Adventists contact: Director of Libraries, Walla Walla College, College Place, WA 99324; 509-527-2133. --3554-12

**DESKTOP PUBLISHING SUPERVISOR NEEDED:** Two years' experience in graphic arts and management skills necessary. Must be qualified in Macintosh hardware and software, PageMaker, Quark, Illustrator, Photoshop, Ethernet. Send inquiries to: Personnel Department, Review and Herald Publishing Association, 55 West Oak Ridge Drive, Hagerstown, MD 21740. --3555-11

**ANDREWS UNIVERSITY DEPARTMENT OF NURSING** seeks a teacher of maternal-child nursing (obstetric emphasis). Master's degree and appropriate experience required. January or March opening. Adventists send résumé to: Dr. Catherine Knarr, Acting Chair, Department of Nursing, Andrews University, Berrien Springs, MI 49104-0200. --3556-11

**AN ADVENTIST BED AND BREAKFAST:** 9127 North Bay Blvd., Orlando, FL 32819; 407-876-5749. --3557-11

**ORNURSES:** Immediate openings in growing general OR. Full-time positions open for experienced operating room nurses. Contact: Dorene Redfern, RN, VP, Walla Walla General Hospital, P.O. Box 1398, Walla Walla, WA 99326; 509-525-0480, ext. 504. EOE. --3558-11

**KAWAI GRAND PIANO** in good condition, for sale to best offer from the Elmhurst (IL) Church. For in-

formation call 708-530-0600, or write: 246 W. Butterfield Road, Elmhurst, IL 60126. --3559-11

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**REGISTRAR NEEDED.** Qualifications: keep academic records, prepare statistical reports, evaluate academic credit, oversee academic advising, be familiar with broad spectrum of undergraduate program, possess computer-user skills. Graduate degree required. Send vitae to: Dr. Floyd Greenleaf, Vice President Academic Administration, Southern College, P.O. Box 370, Collegedale, TN 37315. Deadline Dec. 1. --3568-11

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## MILESTONES

## ANNIVERSARIES

## Lester and Naomi Trubey cel-



brated their 60th wedding anniversary at the Noblesville (IN) Church on Aug. 29; reports Ramona Trubey, Cicero communication secretary.

The couple were married Sept. 4, 1932, at Naomi's home in Guthrie Center, IA. They spent a few months at Union College and then moved to Ohio where Lester farmed, taught school and worked in factories; and Naomi taught school. In 1959 they moved to Wisconsin Academy where Lester worked as a night watchman and Naomi taught elementary school. In 1969 they moved to Indiana Academy where Lester did purchasing for the school, helped with supervision, and worked on the farm with his son.

After 50 years Naomi retired from teaching, but continues to go daily to the Cicero (IN) Elementary Church School and assist. Lester also is still very active at the academy helping his son on the farm and supervising students in the cafe.

Their four children were present for this celebration: Eva Stilwell, Orlando, FL; Charles Trubey, Cicero, IN; Edward Trubey, Coldwater, MI; and Jeanette Bissell, Portland, OR. After enjoying refreshments and fellowship, their children and grandchildren put on a Sabbath evening vespers in honor of their parents. The couple have 13 grandchildren and 7 great-grandchildren.

## Eugene Sr. and Frances Hughes celebrated their 50th wed-



ding anniversary at the Lake Region Eastside Church in Indianapolis; reports Shirley Ann Wimsatt, Eastside communications secretary.

The couple were baptized after taking a year of Bible studies in 1954. They reared eight sons and sent them all to church school. The couple reaffirmed their love by again exchanging vows in a service conducted by their son, Pastor William E. Hughes, who traveled from the mission field of Tanzania, East Africa, for this occasion.

At the reception Brother Hughes Sr. spoke about Christian education and the Branch Sabbath School that he and Sister Frances had started in their garage — which later became the Eastside Church Mission. The Hugheses have served throughout the years in various church offices.

The couple's many children and grandchildren made this a very happy occasion; although one of their sons, Robert C. Hughes, passed away in April.

## WEDDINGS

**Lisa Annette Ahlberg and David Winslow Randall** were married Sept. 6, 1992, in Battle Creek, MI. The ceremony was performed by Elder A. Gordon Zytoske.

Lisa is the daughter of Mr. and Mrs. Donald E. Ahlberg of East Le Roy, MI, and David is the son of Bernadette Randall of Torrence, CA.

The Randalls are making their home in Davis, CA.

**Cindy Lynn Brown and Leon Donald Bunker** were married May 10, 1992, in Green Bay, WI. The ceremony was by Pastors Frank Bacchus and Wendell Springer.

Cindy is the daughter of George and Barbara Lee of Naperville, IL, and Leon is the son of Donald and Patricia Bunker of Green Bay.

The Bunkers are making their home in Green Bay.

**Tracy Anne Burtch and William Kirk Nickless** were married June 14, 1992, in Terrace, British Columbia, Canada. The ceremony was by Pastor Michael L. Nickless.

Tracy Anne is the daughter of Dean and Darlene Burtch of Terrace, and William is the son of Michael and Lynne Nickless of Waterford, MI.

The Nicklesses are making their home in Bolingbrook, IL.

**Monique Adele Dower and Giuseppe Sarcona** were married Aug. 30, 1992, in Berrien Springs, MI. The ceremony was performed by Elder N. R. Dower.

Monique is the daughter of Mr. and Mrs. Richard C. Dower of Berrien Springs, and Giuseppe is the son of Antonia Sarcona of Berrien Springs.

The Sarconas are making their home in Berrien Springs.

**Deborah Sue Mullen and Corey Lee Busch** were married Sept. 20, 1992, in Battle Creek, MI. The ceremony was performed by Pastor Kenneth Wilson.

Deborah is the daughter of Mr. and Mrs. Patrick Mullen of Burlington, MI, and Corey is the son of Mr. and Mrs. Nick Bikichky of Berrien Springs, MI, and Mr. and Mrs. Paul Busch of Grand Rapids, MI.

The Buschs are making their home in Berrien Springs.

**Barbara J. Roush and James R. Rutledge** were married March 28, 1992, in Urbandale, MI. The ceremony was performed by Elder Ivan Blake.

Barbara is the daughter of Noble and Flora Sackett of Hastings, MI, and Maurice and Edith Harrison of Yakima, WA; and James is the son of the late Joseph and Nellie Rutledge of Madera, CA.

The Rutledges are making their home in Hastings.

**Harumi Naomi Shepherd and Jesse Henry Burns III** were married Sept. 26, 1992, in Niles, MI. The ceremony was performed by Pastor Ken Schander.

Harumi is the daughter of Alexander and Emiko Shepherd of Berrien Springs, MI, and Jesse is the son of Lyle and Midge Cochran of Roseburg, OR.

The Burnses are making their home in South Bend, IN.

**Karlin Vetne and Gary Sewell** were married Aug. 30, 1992, in Battle Creek, MI. The ceremony was by conducted Pastor Alger Keough.

Karlin is the daughter of Dr. and Mrs. Erik Vetne of Battle Creek, and Gary is the son of Mr. and Mrs. Mike Sewell of Torrence, CA.

The Sewells are making their home in Benton Harbor, MI.

## OBITUARIES

**AMEN, Mabel M.**, age 77; born March 22, 1915, in Carthage, SD; died Sept. 2, 1992, in Noblesville, IN. She was a member of the Berrien Springs (MI) Village Church.

Survivors include: a brother, George A.; and 2 sisters, Irene Wilson and Myrtle Ann Gardner.

Services were by Pastor Larry Lichtenwalter, and interment was in Rose Hill Cemetery, Berrien Springs.

**BALL, Harold F. Sr.**, age 79; born June 25, 1913, in Bellevue, MI; died Aug. 25, 1992, in Battle Creek, MI. He was a member of the Kalamazoo (MI) Church.

Survivors include: his wife, Dorothea C. (Jackson); 3 sons, Harold Jr., Lawrence and Donald; a sister, Alice Thompson; 2 brothers, Earl and Neil; and many grandchildren and great-grandchildren.

Services were conducted by Pastor A. Royce Snyman, and interment was in Floral Lawn Memorial Gardens, Battle Creek.

**DAVIS, Gladys M.**, age 90; born Oct. 27, 1901, in Madison, WI; died Aug. 14, 1992, in Plainwell, MI. She was a member of the Kalamazoo (MI) Church.

Survivors include: a daughter, Joann Botimer; 4 grandchildren; and 4 great-grandchildren.

Graveside services were conducted by Pastor A. Royce Snyman, and interment was in Rose Hill Cemetery, Berrien Springs, MI.

**DAWSON, Thomas Jr.**, age 67; born March 13, 1925, in Detroit; died July 12, 1992, in Detroit. He was a member of the Conant Gardens Church in Detroit.

Survivors include: his wife, Ardell; a son, Thomas III; a daughter, Yvonne; and 9 grandchildren.

Services were conducted by Pastors John Grier and Zadock Reid, and interment was in Evergreen Cemetery, Detroit.

**ELLIS, Betty J. (Peterson)**, age 52; born Jan. 10, 1940, in Detroit; died July 21, 1992, in Detroit. She was a member of the Conant Gardens Church in Detroit.

Survivors include: 2 sons, Sebastian and John Butler; 3 daughters, LaJean Peterson, Betty Jones and Sheila Pitts; 8 grandchildren; and 2 great-grandchildren.



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Services were conducted by Pastors John Grier and J. P. Lewis, and interment was in Detroit Memorial Park, Warren, MI.

**GATTEN, Willis M.**, age 77; born Feb. 27, 1915, in Galena, OH; died June 19, 1992, in Fredericktown, OH. He was a member of the Fredericktown Church.

Survivors include: his wife, Anna; 4 sons, Willis J., Jim Lee, Eugene and Don; 2 brothers, Joe and Alonzo; 3 sisters, Mildred Jones, Emma Maier and Rebecca Edwards; 20 grandchildren; and 22 great-grandchildren.

Services were by Pastors Bill Cochran and George Pangman, and interment was in Memorial Gardens, Mount Vernon, OH.

**GILBERT, Addie M.**, age 89; born Sept. 20, 1902, in St. Charles, MI; died Aug. 16, 1992, in Owosso, MI. She was a member of the Owosso Church.



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Survivors include: a son, Jack; a daughter, Jane; 2 sisters, Jeanette Spyogell and Georgia Tubbs; 8 grandchildren; and 13 great-grandchildren.

Services were by Pastor Robert B. Stephan, and interment was in Pine Tree Cemetery, Corunna, MI.

**GLUCK, Thomas "Tommy" A.**, age 12; born Aug. 12, 1979, in Traverse City, MI; died July 31, 1992, in Ann Arbor, MI. He attended the Traverse City Church.

He is survived by his parents, Christopher and Karen; and a brother, Michael.

Services were conducted by Pastors Gary Russell, Arthur Covell, Robert Joseph and David Yeagley, and interment was in Linwood Cemetery, Traverse City.

**HILDEBRAND, Anna**, age 91; born July 4, 1901, in Wisconsin; died Aug. 7, 1992, in Ukiah, CA. She was a member of the Clearwater Lake (WI) Church.

Survivors include: 2 sons, Eugene and Werner; 2 daughters, Ione Hamstra and Lolita Falconer; 12 grandchildren; and 14 great-grandchildren.

Services were in California and interment was in Green Bay, WI.

**KIRKBY, Gerald F.**, age 79; born July 7, 1913 in Sigmud, MI; died Sept. 7, 1992, in Lowell, MI. He was a member of the Ionia (MI) Church.

Survivors include: his wife, Frances; a son, John; a foster daughter, Patricia Edwards; a brother, William; a sister, Kathleen Noller; a grandchild; 3 foster grandchildren; and a foster great-grandchild.

Services were conducted by Pastor Robert Joseph, and interment was in Chapel Hill Memorial Gardens, Grand Rapids, MI.

**MOASE, Esther M.**, age 82; born Oct. 22, 1909, in Philadelphia, PA; died Aug. 30, 1992, in Berrien Center, MI. She was a member of Berrien Springs (MI) Village Church.

Services were conducted by Pastors Larry Lichtenwalter and Jerry LaFave, and interment was in Rose Hill Cemetery, Berrien Springs.

**OWEN, Howard A.**, age 87; born July 16, 1905, in Riverside, IA; died Aug. 27, 1992, in Tomahawk, WI. He was a member of the Tomahawk Church.

Survivors include: 3 daughters, Beverly Raikos, Mary Lou Roberds, and Donna Jones; a brother, Leonard; 8 grandchildren; and 5

great-grandchildren.

Services were by Pastor Jess Nephew, and interment was in Greenwood Cemetery, Tomahawk.

**McDERMOTT, E. Nadine.**, age 78; born July 5, 1914, in Mattoon, IL; died Sept. 15, 1992, in Decatur, IL. She was a member of the Mattoon Church.

Survivors include: a son, Max; 2 daughters, Bobbie Ann Phillips and Becky Wrigley; 2 sisters, Maud Waters and Catherine Crum; 6 grandchildren; and 3 great-grandchildren.

Services were by Chaplain Dan Spruell, and interment was in Dodge Grove Cemetery, Mattoon.

**ROGERS, Richard K. Jr.**, age 36; born May 18, 1956, in Frankfort, IN; died Sept. 11, 1992, in Indianapolis. He was a member of the Cicero (IN) Church.

Survivors include: his wife, Charlene (Kalvoda); a son, Adam; a daughter, Caressa; his parents, Richard and Edith; a brother, James; and 2 sisters, Linda Price and Cheryl Komorowski.

Services were by Pastors Lyle Davis and Lou Toscano, and interment was in the Cicero Cemetery.

**SPAULDING, Dorothy E. (Case)**, age 85; born Jan. 28, 1907, in Battle Creek, MI; died Sept. 1, 1992, in Hastings, MI. She was a member of the Battle Creek Tabernacle.

Survivors include: 2 sons, G. William and Robert Earl; 2 daughters, Helen Jane Holcomb and Clara Louise McKelvey; a stepson, William Norman; 13 grandchildren; 25 great-grandchildren; 19 great-great-grandchildren; 10 stepgreat-grandchildren; and 13 stepgreat-grandchildren.

Services were by Pastor Wayne E. Olson, and interment was in Wilcox Cemetery, Nashville, MI.

**STOVER, Leonard A.**, age 88; born Aug. 16, 1904, in Colorado Springs, CO; died Sept. 6, 1992, in St. Johns, MI. He was a member of the Lansing (MI) Church.

Survivors include: a daughter, Bonnie Costerisan; 2 grandchildren; and 4 great-grandchildren.

Services were conducted by Pastors Alger Keough, Wayne E. Olson and Steve Veres, and interment was in Floral Lawn Memorial Gardens Mausoleum, Battle Creek, MI.

**TAYLOR, Kermit K.**, age 72; born Nov. 10, 1919, in Concord, KY; died Sept. 28, 1992, in Indianapolis. He was a member of the Indianapo-

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lis Glendale Church.

Survivors include: his wife, Flora B. (Harrison); a son, Leslie; a daughter, Carolyn Smith; 2 brothers, Henry and Clifford; and a sister, Jacquelyn Gair.

Services were conducted by Pastor Lou Toscano, and interment was in the Memorial Park Cemetery of Indianapolis.

**VANDEVERE, Minnie L.**, age 94; born Aug. 21, 1897, in Lenora, KS; died June 20, 1992, in Keene, TX. She was a member of the Burlington (MI) Church.

Survivors include: a son, Earl; 2 daughters, Verla VanArsdale and Arleen Herr; 7 grandchildren; and 13 great-grandchildren.

Services were conducted by Pastor Harold DeWitt, and interment was in Sherwood (MI) Cemetery.

**WEBSTER, Irene M.**, age 64; born July 31, 1927, in Jackson, MI; died May 30, 1992, in Coldwater, MI. She was a member of the Coldwater Church.

Survivors include: her husband, Bob; a daughter, Jackie McDonald; 4 grandchildren; and 2 great-grandchildren.

Services were by Pastor Harold DeWitt, and interment was in Whig Center Cemetery, Quincy, MI.

**WHITEZEL, Esther**, age 92; born June 4, 1899, in St. Paul, MN; died May 13, 1992, in Chicago. She was a member of the North Shore Church in Chicago.

She is survived by her son, Jim. Services were conducted by Pastors Ron Peyton and Jerry Coyle, and interment was in Rosehill Cemetery, Chicago.



## THE WAY I SEE IT

### TEMPERANCE IN MUSIC

The power of music is very amazing and has a strong hold on people.

Neurologist Oliver Sacks believes the right kind of music may be of special benefit to people with neurological disorders and music can even move some to walk, sing and remember things forgotten.

There should also be temperance in music. Intense sustained sounds can damage nerves and hearing. Music should have beauty, pathos and power.

Music therapists admit they don't know precisely why music produces such powerful effects, but they contend the benefits are unmistakable.

Inspired writings say when turned to good account, music is a blessing; but when it is put to wrong use, it is a terrible curse. It is often one of Satan's most attractive agencies to ensnare souls. It should not be allowed to take the place of devotion and prayer.

There must be temperance in music. He that striveth for the mastery must be temperate in all things, even music.

References made from: *Testimonies for the Church*, Vol. 1, Pages 497 and 506;

*Science of Musical Sounds; The Amazing Power of Music.*

Ruth Jessup  
Detroit, Michigan

### WHAT DOES GOD MEAN TO YOU?

This summer, I decided to do the Youth Challenge in Grand Rapids, MI — I wanted to do my part in hastening Christ's coming. I tried very hard not to think of the money I was making so I wouldn't become greedy; I just prayed that the Holy Spirit would go with me.

I canvassed a man sitting in his van inside a trailer park. He bought a cookbook and *God's Answers*. While making out his receipt, I asked him for his address.

"I live in this van. I don't have a home," he replied.

This homeless man slept on a pile of tools. His van was almost ready to fall apart. He had no luxuries. But, in his van, I noticed a \$100 leather Bible. I was impressed that God was more important to this man than any other luxury he could possibly have.

Ethan J. Muse

Great Lakes Adventist Academy

### Tithe Income Through August 31, 1992

(THIRTY-FIVE WEEKS)

	1992	1991	Gain or Loss	% of Increase
Illinois	4,327,852.58	4,135,692.73	192,159.85 G	4.6%
Indiana	2,488,257.56	2,385,090.66	103,166.90 G	4.3%
Lake Region	3,453,017.22	3,158,985.86	294,031.36 G	9.3%
Michigan	10,425,289.61	9,759,932.32	665,357.29 G	6.8%
Wisconsin	2,219,271.01	2,149,509.49	69,761.52 G	3.2%
TOTAL	22,913,687.98	21,589,211.06	1,324,476.92 G	6.1%

### SUNSET CALENDAR

	November 6	November 13	November 20	November 27	December 4
Berrien Springs, MI	5:34	5:26	5:21	5:16	5:14
Chicago	4:39	4:32	4:27	4:22	4:20
Detroit	5:21	5:14	5:08	5:04	5:02
Indianapolis	5:38	5:31	5:26	5:23	5:21
La Crosse, WI	4:49	4:41	4:35	4:31	4:28
Lansing, MI	5:25	5:17	5:11	5:07	5:05
Madison, WI	4:43	4:36	4:30	4:25	4:23
Springfield, IL	4:51	4:45	4:39	4:36	4:34

## the Lake Union Herald

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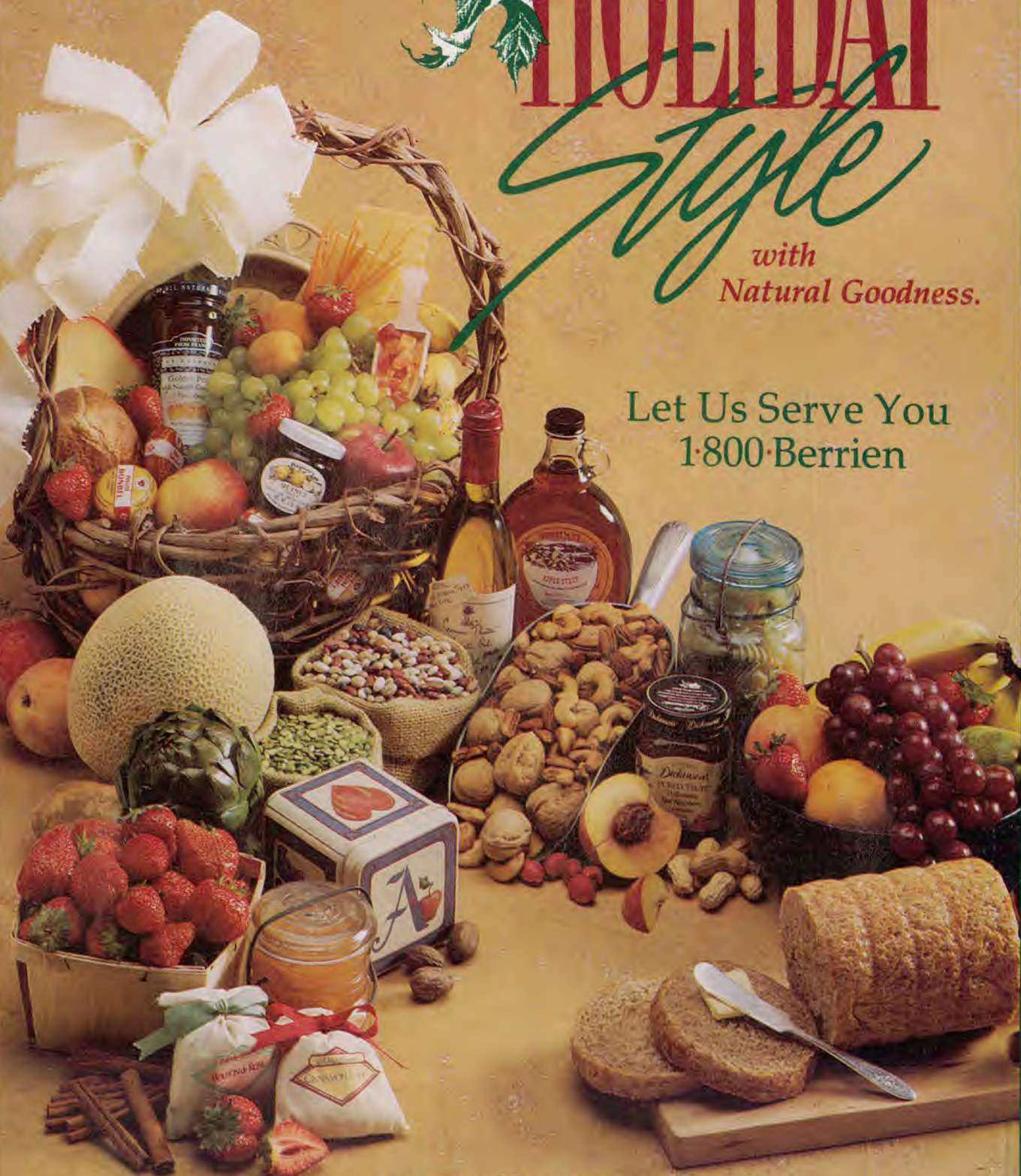
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