

EDITORIAL
Aromas and Appetizers

FEATURE
Food as Medicine

PERSPECTIVE
10 Scriptures to Pray Over
Your Children

Journal of Adventurer

NORTHWEST ADVENTURISTS IN ACTION

NPUC CAMPOREE 2022

**LET'S GO:
EXPLORE, SERVE
AND SHARE**

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“Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they?”

MATT. 6:26, ESV

CONTENT

NOVEMBER/DECEMBER 2022

AROMA AND APPETIZERS

WE ARE STARVING for a better time and place, but two strategies can help us cope while we wait for the coming feast.

4

Food as Medicine

6

AS THE LEADING CAUSE OF DEATH in America, poor diet is driving development of chronic diseases, 80% of which are preventable.



NPUC CAMPOREE 2022

**LET'S GO:
EXPLORE, SERVE
AND SHARE** 12



NORTHWEST ADVENTIST NEWS

12
NPUC

16
ACCIÓN

18
ALASKA

20
IDAHO

22
MONTANA

24
OREGON

32
UPPER
COLUMBIA

36
WASHINGTON

44
WALLA WALLA
UNIVERSITY

46
ADVENTIST
HEALTH

University Students Explore Careers in Healthcare Administration

46



IN EVERY ISSUE

- 48 : FAMILY
- 52 : ANNOUNCEMENTS
- 52 : ADVERTISEMENTS
- 56 : JUST FOR KIDS
- 58 : PERSPECTIVES

Aroma and Appetizers

WE ARE STARVING FOR A BETTER TIME AND PLACE, BUT TWO STRATEGIES CAN HELP US COPE WHILE WE WAIT FOR THE COMING FEAST.



ALEX BRYAN
Adventist Health chief mission officer



I am hungry, and I suspect you are too; hungry for heaven. Our present, persistent famine is killing us. We, the mortals, find ourselves malnourished. We, the fallen, are famished. Sin, in all its forms, is starving us.

With private anxiety and public malaise, consuming hate and raging war, cruel disease and death's suffocation, we thirst for the river of a better world. We crave the fresh fruit of a new earth. We long for a magnificent marketplace where our grocer God eternally replenishes the shelves with the sweetness of eternal, abundant life.

So what can we do here and now while we wait?

I very much like the proposal of C.S. Lewis, who said, "The doctrine of the Second Coming ... is the medicine our condition especially needs."

Belief in the return of Jesus, Lewis offers, is our best hope. Living into the Second Advent is the only reliable remedy for surviving, and even thriving, in our presently broken and barren world.

How so? I offer two words, my words, stimulated by Lewis' reflection: aroma and appetizers.

When my brothers and I were children, anticipation of the Thanksgiving table or Christmas dinner was almost too much to bear. The same was true of weekly Sabbath lunch. The three Bryan boys nearly always pled hunger, but even more so while waiting for these special feasts to begin. Two coping strategies provided comfort in waiting.

First, attention to the aroma. We smelled the future: seasoning and sauces, potatoes



gleaner

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Digital Editor: Anthony White
Managing Editor: Makena Horton
Copy Editor: Sienna Hubin
Advertising: Sandra Osorio
Design: GUILDHOUSE Group
Design Editor: Brent J. Bergherm

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Images of Creation, p. 2



"Finding Food," in Ukiah, Oregon, by Mark D. Ludwick, of Umatilla, Oregon

and pie. The air prophesied that good food was on the way. Our noses prompted impatience, but also faith. In turn, the Spirit of Jesus, the air of God, provides "a foretaste of glory divine."

The promises of Jesus, the convictions of Peter, the hope of Paul and the crescendo and climax of John's Revelation claim it: There's a banquet on the way. We can smell it. The time of its arrival is unknown to us. The world's weather provides no specifics. The call to gather and "pray for the meal" will sound in the Chef's own time. But in the waiting, we have the scent of the Spirit and the spice of Scripture. I can smell it. Can you? Jesus is coming again.

A second strategy that kept three ravenous boys fortified in our hungry hour: appetizers. Mom or Dad

would offer up a bite of pie, a spoonful of soup or a lone dinner roll topped with butter. We sampled, in advance, the anticipated feast. Adventists, likewise, do more than sniff out tomorrow's hope. Jesus, after assuring his hungry disciples "I will come back" (John 14:3), tells them that His followers "will do the works I have been doing, and they will do even greater things than these" (John 14:12).

His works? Serving portions of heaven on earth. Adventists, Jesus says, *practice* hope. Adventists, at our best, create and share appetizers of the Advent. Pathfinders and summer camps, hospitals and clinics, Sabbath Schools and congregational potlucks, worship services and community services, grade schools, academies, Walla Walla University—all these

and more are forecasts of the future. They are trumpets of joy, clouds of service, elevating buried lives—each a taste of what is to come.

We are hungry. Our world is hungry. We are starving for a better place. Conviction in the promise of the Second Coming of Jesus is our best hope. First, an aroma wafts from God's kitchen where the dinner of our dreams is busy baking. We don't know the hour, but we know the Cook. And second, appetizers formed by the hand of the church, savory hints of heaven, help us feed one another and our communities in faith.

Even so, come, Lord Jesus.

ALEX BRYAN
Adventist Health chief mission officer

Food



as Medicine

TRENDING OUR WAY TOWARD BETTER HEALTH AND LONGEVITY



DEXTER SHURTNEY, M.D., M.P.H.

high blood pressure, cancer and obesity are diet-related and, thus, preventable. The problem is so bad that diet has surpassed tobacco use as the nation's leading cause of death.

Enter the concept of “food as medicine.” Using diet to prevent, treat and even cure health conditions can be traced as far back as early-day practices of indigenous tribes, Hippocrates (the father of modern medicine) and Seventh-day Adventists. Adventist heritage is steeped in a general health message and in the biblical principles of how we should treat our bodies through proper diet.

Today, though, only 2.7% of Americans live a healthy lifestyle, concluded a Mayo

Clinic study. “Healthy lifestyle” is defined as a diet score in the top 40% on the Healthy Eating Index, body fat under 20% for men and 30% for women, seven hours of sleep each night and consistent

moderate to vigorous exercise for 150 minutes a week.

Instead, the standard American diet – appropriately known as SAD – fuels our bodies into a dangerous state of constant, quiet inflammation, setting the stage for chronic disease development. The combination of high-sugar, impoverished-flour, ultra-processed meals, and snacks – ubiquitous in our modern diet – raises insulin levels and inflates blood sugar.

We also consume large amounts of artificial and highly inflammatory foods that contain dyes, hydrogenated oils, trans fat and artificial sweeteners. Often, food is cooked or overcooked at high temperatures, destroying nutrients that would be beneficial if consumed raw and producing changes to protein structure that can spark even more inflammation.

People routinely overestimate how healthy their diets are, but data from the Centers for Disease Control and Prevention show that only 10% of adults eat the recommended servings of vegetables, while 12.3% eat that of fruit.

These realities contribute to the fact that Type 2 diabetes, found in 1 in 20 people 30 years ago, now strikes 1 in 7 Americans today. Sadly, a growing number of these patients are as young as teenagers, 40% of whom will develop the disease in their lifetime, according to a recent article in *The New York Times*.

The Shift in Food Attitudes

Attitudes about food are changing. According to one study, the primary foods marketed online by grocery stores are of poor nutritional value and resemble candy and treats rather than fresh or highly nutritious foods.

Moreover, ingredient labels can confuse consumers that are more familiar with teaspoons than grams. And manufacturers often “hide” ingredients such as sugar and salt in unsuspected foods such as spaghetti sauce to appeal to – and thus support – America’s renowned sweet tooth and salt cravings.

Portion sizes are wildly out of whack, especially in

IS THE LEADING CAUSE OF DEATH IN AMERICA, POOR DIET IS DRIVING DEVELOPMENT OF CHRONIC DISEASES, 80% OF WHICH ARE PREVENTABLE. TODAY, THE CONCEPT OF FOOD AS MEDICINE HAS AN AVID FAN BASE GOING ALL THE WAY TO THE WHITE HOUSE. WHAT IS “FOOD AS MEDICINE”? WHY SHOULD THE AVERAGE PERSON CARE? WHY IS IT ESPECIALLY IMPORTANT NOW — DESPITE BEING A CONCEPT THAT HAS BEEN AROUND A VERY LONG TIME?

Everyone loves good food, but “good food” often means junk food to Americans loyal to fast food, fries and milkshakes.

Such food may be cheap – both in dollars and nutritional value – but its long-term price is incredibly high. A shocking 80% of chronic diseases such as diabetes,

“The standard American diet — appropriately known as SAD — fuels our bodies into a dangerous state of constant, quiet inflammation.” — Dexter Shurney

restaurants and fast-food outlets, resulting in excessive calories even when the food — such as monster salads loaded with dressing, cheese and bacon bits — may be viewed as a healthy choice by consumers.

Increasingly, though, consumers are connecting diet to health and realizing that food affects their energy, mood, performance and productivity. Generation Z, in particular, has embraced FAM. Nearly 80% of those born between 1997 and 2012 go meatless at least one day a week, and 65% want a more plant-slanted diet. For demographics overall, 62% of U.S. households buy plant-based products, with just under half (42%) purchasing plant-generated milk. Food industry leaders note that “flexitarian” with a heavy emphasis on plant-based products is a growing trend versus vegan or vegetarian.

In addition, a September 2022 survey revealed that 80% of respondents think fresh foods are better for you than packaged or processed “healthy” foods. Most respondents also agreed that certain foods bring “functional wellness benefits such as boosting mental or physical performance (79%), providing preventive (78%) or therapeutic health properties (76%), or serving as the best medicine (75%).”

Those surveyed reported they made food choices around their goals of building

immunity (35%), losing or maintaining weight (43%), managing medical conditions (32%), preventing diseases (39%), improving emotional or mental health (34%), protecting brain health (21%) and improving sport performance (13%). Those are high expectations while walking an average grocery aisle.

In response, the mainstream grocery industry has been transforming. Sales of plant-based foods — especially milk and meat — totaled a record \$7.4 billion in 2021, the fastest of any grocery category, according to the Plant-Based Foods Association, The Good Food Institute and data company SPINS.

With such high demand, grocers are committing more shelf space to plant-based foods, testing and adding new products and offering in-store education about plant-based options such as almond milk, baked chickpeas and vegetable-infused pasta.

Simultaneously, grocers have found a heartier customer appetite for local sourcing from nearby farms, agricultural facilities, beekeepers and other healthy-food vendors, thus strengthening the local economy. Large grocers such as Kroger have partnered with

farmers to create “locally grown” displays throughout their produce sections; added calorie and nutritional information to on-floor signage, websites and apps; and established staffed kiosks so customers can sample unfamiliar produce and ask questions about proper preparation.

Farmers markets have exploded to more than 8,000 nationwide, growing by 63% from 1994 to 2000, according to 2019 National Farmers Market Managers research and the U.S. Department of Agriculture, respectively. Such markets connect rural to urban communities and increasingly serve people in “food desert” zones where access to grocery stores with affordable, healthy options is minimal or nonexistent.

Another trend is that some folks are “micro-farming” themselves. Spurred by 24/7

Food Network programs and health podcasts, they’re creating budget-friendly, container-based “porch gardens” to grow herbs on kitchen counters and tucking indoor horizontal greenhouses into corners or onto balconies. These are great ways to grow high-value foods such as tomatoes, rosemary and microgreens.

Innovations in food access also are opening new paths for FAM adopters. Online grocery ordering, for example, skyrocketed during the COVID-19 pandemic and is expected to double in the next five years. Cook-at-home meal subscription companies such as Hello Fresh and Blue Zones offer healthy meals delivered straight to consumers’ doorsteps with instructions and chef hotlines.

Even food pantries have adopted food-as-medicine





Blue Zones Well-Being Institute: An Emerging Research Incubator Focuses on Health Equity and Lifestyle Medicine

THE BLUE ZONES WELL-BEING INSTITUTE –

a research think tank that is part of Adventist Health – launched a pilot study early in 2022 to examine the impacts of using food as medicine among patients with chronic conditions.

ModifyHealth provides meals, nutritional coaching and operational support, while the nonprofit BZWI conducts research and analysis. Together, they have drawn on Adventist Health's strong California employee base for enrollment participants, finding 313 generous volunteers willing to be studied for up to two years.

The study team divided participants into two "intervention arms." The first arm launched in winter 2022. The group received meals delivered by ModifyHealth, individually tailored 30-minute nutritional coaching and educational resources for 20 weeks. This approach sought to give patients in this group a strong start by providing prepared food alongside personalized coaching, using tools and materials to maintain a long-term dietary-based lifestyle shift.

Volunteers in the second intervention arm received virtual nutritional education in the spring through the Ardmore Institute of Health's free Full Plate Living program. Participants were asked to follow all 16 online lessons within the self-paced program, which helps people add more whole, plant-based foods into daily meals they already eat.

All participants answered surveys and provided lab work and other biomarkers such as weight and blood pressure at set intervals. They will continue to connect with the study team every six months to share labs and progress throughout the two years.

Research like this is only possible with dedicated participants who willingly donate time and personal information for the broader good of helping BZWI test food as medicine interventions on health outcomes. Interested in participating in BZWI research? Stay tuned – more pilots are planned!

KIM STROBEL

Adventist Health project manager for religion, faith and mission

strategies. Working with corporate sponsors, hunger nonprofits and government agencies, food banks are encouraging healthier food donations, distributing client education on healthy eating and adding color-coded labels to products based on nutritional value.

They're also getting creative about partnerships to reach vulnerable, often minority populations with information about the most prevalent diet-based chronic diseases such as diabetes and heart disease.

DoorDash, for instance, recently announced it would donate \$1 million in gift cards to food banks in 18 cities and pay

dashers to deliver nutritional food to low-income communities in food deserts. Food banks subsidize costs, but the company foots most of the bill.

Amazon, meanwhile, has given major donations to school-based pantries in communities where it has offices or facilities. The goal is to ensure children can access healthy food and produce during the weekends when they are away from free meal programs at schools.

Many such corporate employers also are looking internally to improve the health and, increasingly, the diets of their own employees. As the largest private provider of healthcare insurance in

“Health is produced at home, the office, or in school — not in an hour or two at a physician’s office.” — Dexter Shurney

Dexter Shurney’s “Chill-icious Chili”

This chili pairs well with football and family. This favorite — and filling — vegetarian chili scores every time. It’s especially delicious over brown rice and with cornbread!

INGREDIENTS:

1/2 to 1 tablespoon olive oil
1 yellow onion, diced
2 green bell peppers, diced
3 ribs of celery, diced
3 cloves of garlic, minced
3 carrots, thinly sliced
1 cup white mushrooms, diced
1/2 cup yellow corn (optional)
4 teaspoons Ancho chili powder
1 teaspoon ground cumin
1 teaspoon dried oregano
1/2 teaspoon dried cayenne pepper (optional)
1 teaspoon sea salt (or to taste)
1/2 teaspoon black pepper (optional)
30-ounce can red kidney beans, washed and drained
28-ounce can crushed tomatoes
1 cup vegetable broth (low sodium)

Sauté onions, peppers and mushrooms together in olive oil and season with black pepper. Add garlic once the onions start to caramelize. Add the other ingredients with broth last. Simmer on low for 15 minutes.

Optional toppings: green onions, cilantro, vegan sour cream, vegan cheddar cheese or nutritional yeast.

KIM STROBEL

Adventist Health project manager for religion, faith and mission

America, companies are revising worker wellness programs to expand nutritional coaching, discount weight management programs, offer fruits and vegetables onsite and share nutrition education through their communications.

Research shows these types of investments yield positive health and financial outcomes for both the employer and worker by nudging and empowering the latter to adopt and maintain a healthier lifestyle. Recognition is growing that health is produced at home, the office or in school — not in an hour or two at a physician’s office.

Technology is playing a role in advancing FAM, too. Many employer wellness programs offer apps or wearable devices that can track food and water intake, nutritional values, sleep and movement. These wearables combine convenience, education and even gamification as reinforcement and motivation for healthy choice-making each day.

One barrier to more widespread adoption of FAM, though, is lack of training around food preparation. People won’t buy food they don’t know what to do with; they must learn how to prepare it correctly to optimize taste and nutrition. The pandemic jolted many people stuck at home into experimenting with cooking, often relying on YouTube or TikTok to inspire and teach.

With COVID-19 increasingly manageable, in-person cooking classes have proliferated, and

“teaching kitchens” have gone mainstream at entities ranging from large companies to universities, community centers to online health channels, community colleges to local culinary shops and grocery stores.

All of these trends solidify the need for government, healthcare providers, employers and individuals to commit to widespread adoption of FAM. Our nation cannot sustain high-cost, low-result healthcare systems, nor can companies. Families already pay an average one-third of their median household income for employer-sponsored healthcare insurance (\$22,221 in 2021).

The country also cannot allow health disparities to go unchecked in terms of dollars and lives. America’s most common (and expensive) chronic diseases are each experienced more prevalently by communities of color, people in rural areas and low-resource individuals. This is due to social determinants of health — barriers such as poverty, poor diet and food access, inadequate medical access and care, and lack of education.

Worse, the expensive status quo is unnecessary. While 45 medications treat Type 2 diabetes, for instance, not one is a cure. However, if you’re one of the 12% of Americans with this disease or among the 27% of adults with hypertension, adopting FAM habits such as a plant-slanted diet can stall progression, reduce



complications and even move it to remission.

Almost 60% of America’s adult population experiences at least one chronic health condition. Imagine the impact if FAM is adopted and supported by them and their providers. Now imagine it as a disease prevention tool for all Americans. The potential is mind-boggling and, as President Joe Biden said recently, achievable.

We won’t get healthier collectively or individually unless we change our lifestyles, policies and practices that support good health. Adopting a FAM approach to everyday eating choices will improve the quality and length of your life.

DEXTER SHURTNEY, M.D., M.P.H.

Adventist Health chief health equity, diversity and inclusion officer, and Blue Zones Well-Being Institute president

Grow Your Best Gut

These four actions can help transform your gut “biodome” — the manufacturing center of your immune system and other critical health influencers — into the optimal physical support system it’s built to be.

1. Eat 35 to 40 grams of fiber a day.

Fiber is an important weapon against Type 2 diabetes and heart disease — and a powerful ally if you need to lose weight, since it is filling and satisfying. To get it, eat raw or cook plant-based foods such as vegetables, brown rice, oatmeal, lentils, beans and whole fruits.

2. Dine on a “rainbow” of colorful foods.

This is the fun part of food as medicine! Your body operates best when you ingest vitamins and minerals from a diversity of colorful foods. Fortunately, planet Earth offers a smorgasbord of options that can be easily remembered by creating meals loaded with vibrant rainbow hues. Think blueberries, raspberries, yellow bell peppers, purple grapes, eggplant, green beans and dark, leafy veggies.

3. Ditch highly processed food.

Yes, chips and cookies can taste wonderful for a fleeting moment on the tongue, but their fat and sugar can contribute to long-term problems such as inflammation, insulin resistance, obesity, hypertension and diabetes. Try apple slices cooked with cinnamon, crunchy vegetable sticks with hummus or strawberries covered in dark chocolate instead.

4. Experiment with gut-friendly ingredients.

These include ingredients such as garlic, ginger, onions and shallots. This also adds inexpensive, nutritionally-rich flavor to less flavorful foods.

KIM STROBEL

Adventist Health project manager for religion, faith and mission



Your Power Pantry Checklist

Upgrading the nutritional value of your meals doesn’t take much work when you have the right ingredients handy. Start by packing your pantry with these powerhouse herbs, spices and staples, then develop the habit of adding a few extra shakes, leaves and crumbles to jazz up the flavor of your food — and your health!

Basil

Helps skin, digestion and detoxification thanks to its vitamins A and K, iron, calcium and manganese.

Cilantro

Cuts risk of heart disease, obesity and diabetes while boosting energy and healthy skin and hair.

Ceylon Cinnamon

Acts as an antioxidant superfood to lower your risk of and help manage chronic conditions, such as diabetes and heart disease, while cutting your cancer risk.

Garlic

Revs up your immune system, helps prevent dementia and Alzheimer’s disease, lowers high blood pressure and cholesterol levels and helps prevent cancer.

Ginger

Ranks as one of the healthiest spices in the world for its ability to calm inflammation and gastrointestinal upsets, aid digestion and suppress nausea and stress. A longtime go-to in traditional and alternative medicine, the versatile root can be used fresh, powdered, dried or in a juice or tea. It even fights the flu!

Mint

Grows easily in kitchen herb gardens and can suppress cold symptoms, boost brain function and energy, reduce bad breath and address irritable bowel syndrome and indigestion.

Onions

Adds punk to recipes when raw and a mellow flavor when cooked. Renowned for inflammation-suppressing antioxidants, it lowers triglycerides, high blood pressure and “bad” cholesterol levels (thus, lowers heart disease risk), and it improves gut and bone health.

Oregano

Helps digestion, speeds wound healing, addresses viral infections and may even reduce coughing. Its well-known antibacterial properties and high antioxidant level are beneficial whether eaten dry or fresh.

Rosemary

Improves blood circulation, strengthens the immune system and “neutralizes harmful particles called free radicals,” according to *Medical News Today*. A member of the mint family, rosemary is a wonderful source of vitamin B-6, iron and calcium (plus it smells wonderful).

Sweet Potatoes

Fills you with fiber which promotes gut health, stabilizes blood sugar and satisfies hunger. Research credits the tuber with supporting eye health, fighting cancer and serving up plentiful calcium, beta-carotene, potassium, iron and vitamins A and C.

Thyme

Reduces acne, disinfects wounds, lowers blood pressure and improves both your mood and immunity. It also can help treat yeast infections and prevent pests such as mosquitoes from biting.

Turmeric

Offers anti-inflammatory and other capabilities that increase memory, soothe joint pain, lower blood sugar, support digestive health and fight inflammation.

KIM STROBEL

Adventist Health project manager for religion, faith and mission



LET'S GO: EXPLORE, SERVE AND SHARE

NPUC CAMPOREE 2022



THE NORTH PACIFIC UNION PATHFINDER CAMPOREE WAS HELD IN KALISPELL, MONTANA, AT THE NORTHWEST MONTANA FAIRGROUNDS SEPT. 21–25. 1,653 PATHFINDERS, ADVENTURERS, MASTER GUIDES AND PARENT VOLUNTEERS FROM ALL SIX CONFERENCES REPRESENTED BY THE NPUC CAME TO EXPLORE, SERVE AND SHARE.

Day one was rainy and cold, but that didn't phase any of the Pathfinders, Adventurers or staff. Luckily, rainfall was heaviest in the morning when the activities were designed to be indoors.

The Adventurers learned fire safety, made their own bear paw print makers out of flip-flops, crafted ornaments from clay and learned about bears.

They also helped fill Adventist Community Services Disaster Clean Up buckets. Gabriele Laub, Montana Conference Adventist Community Services coordinator, said they hoped to fill 120 buckets to replenish their supply. Recently, they distributed more than 150 buckets to people in eastern Montana who were affected by flooding.

Pathfinders, greeted in the honors building by two larger-than-life inflatable Pathfinders wearing full Class A uniforms, had 25 choices of honors to work on. New honors piloted at the camporee include: Dams and Hydroelectricity, Wildfire Preparation and Prevention, Land Surveying, Search and Rescue, and Glaciers. The space was filled with the sound of pounding nails from those working towards their String Art honor, while other Pathfinders concentrated on learning various details needed for each honor.

Addie, from Golden Eagle Pathfinder Club, said her favorite thing about the camporee was the people. Julisa, from Meadow Glade Pathfinder Club, said the best thing was seeing people and completing the honors. Alynna, from Meadow Glade Pathfinder Club, said her favorite thing about Pathfinders is that she gets to go places she probably never would have gone.

In the afternoon, the rain slowed in time for outdoor activities. The Mountain Man Village introduced Pathfinders to a trapper, an Indian arrowhead maker and a leather worker, and it gave them a chance to throw a tomahawk at a tree stump. Additional outdoor activities included an air-filled maze race, a volleyball toss into barrels, ladder ball and a blow-up hatchet throwing game.

Inside, Danielle Oyler from the Montana Fish, Wildlife & Parks department taught Pathfinders how to be safe around bears and the differences between black bears and grizzly bears. One fact they learned turned into a safety lesson: bears can run up to 35 mph, so don't try to run from them!

Stan Hudson, NPUC creation ministries director, shared the reasoning for creation in his presentation. He provided facts, including

that dinosaurs were real. He believes God created dinosaurs and mankind bred some to be aggressive to use as hunters or warriors.

Archery was another indoor activity. Pathfinders discovered if they were left-eyed or right-eyed. Even if they were left-handed, they could be right-eyed. That determined which bow they used and how they stood.

Everyone enjoyed visiting the Pathfinder Museum to see memorabilia. Dixie Plata has been running the museum for over 40 years. A young Pathfinder surprised her by giving her a Montana pin for this year's camporee exhibit.

The evening program had music, a story by a mountain man, prayer and a talk by Ron Whitehead, International Pathfinder Camporee executive director, about Abraham's friendship and journey with God. Sierra and Anniston, from Puyallup Pioneers Pathfinder Club, enjoyed the music and thought the Mountain Man was hilarious.

Day two started as fog burned off and the sun peaked

through, and Pathfinders and Adventurers walked with more bounce in their step.

The Adventurers had a surprise guest during their morning program. Smokey Bear and a ranger showed up! The ranger asked questions about fire safety because the Adventurers were learning to be Junior Rangers. When asked how to put a fire out, one boy



responded with the correct response—pour water on it until it's completely out.

Honor rotations continued with many Pathfinders pursuing self-guided ones, allowing them to earn several honors in a short period of time.

NPUC CAMPOREE 2022

Aubrey, from St. Maries Seekers Pathfinder Club, did the Search and Rescue honor. She said she was doing all the pilot honors to make sure there was enough participation for them to be considered as new honors in the NAD.

Bradley and Zach, from Sandpoint Northern Lights Pathfinder Club, took the Land Survey pilot honor. Once it's accepted as a new honor, they will get a special patch for being part of the piloting process.

The Tombstones honor was another being piloted at the camporee. Emma, from Cascade Eagles Pathfinder Club, said it was interesting to learn about the different materials used to make tombstones and see the variety of epitaphs engraved on them.

While many clubs were working on their honors, Sandpoint Northern Lights Pathfinder Club went to Lawrence Park and spread mulch on the trails as a service project. They did their part to leave Kalispell better than they found it, an unofficial motto of Pathfinders. Several

other clubs left their mark on Kalispell as well.

Afternoon activities included the indoor venues: Wildlife Bear Show, Creation Show, Pathfinder Museum and Camporee Store. Mr. Dillon from the Montana Fish, Wildlife & Parks department came to share about bears and bear safety for day two. Sam, from Wheatland Coyotes Pathfinder Club, said he really enjoyed the bear spray video and thought the grizzly bear skull on the table was interesting as it could open.

Wendy Wolfswinkel da Silva began a project of listing every club on Pathfinder flags back in 2004. She is now up to three flags. Many Pathfinders tried to find their club's name on the flags.

Outside activities continued with the addition of a dunk tank. A long line of Pathfinders and staff waited to dunk each other. An obstacle course included a tire run, large round bales of hay to climb and run across, a log walk and a tube to crawl through.

Two other popular activities were human foosball and the



cave maze. During human foosball, players held onto a PVC pipe on a rope. They had to help their team make a goal without letting go of the pipe. The cave maze was brought by Oregon Conference, who converted their semi-truck trailer into four mazes, ranging in skill level from easy to very difficult. Most of the kids were lined up for the two more difficult mazes.

Malea, from a local 4-H club, brought animals to show the Pathfinders. Her two sheep, horse named Ranji, Nigerian/Alpine hybrid

milking goat named Peaches and Peaches' two kids all met the Pathfinders inside a fenced area and were happy to be pet or pose for a photo.

The Big Show, which had been canceled due to rain on day one, was rescheduled for day two. Bert and Frannie Davis and The Muttley Crew presented a dog show and rodeo. They showed how they taught their dogs to barrel race. Four dogs ran, two at a time.

Bert then invited two boys and two girls to run the barrels. The corral was quite muddy and thick, and while it was not soupy, it did make it difficult to run. Malachi, from Wheatland Coyotes Pathfinder club, was the fastest. Bert then pitted Malachi against Glory, one of the dogs. It was close, and they both turned the last barrel about the same time. Glory looked over to see how close Malachi was on her tail as he kicked it into high gear right across the finish line.

After dinner, every club marched in the Grand Parade toward the nightly program building. They marched in their Class A uniforms and, if they didn't have those uniforms yet, in their field uniforms. It was a great way to welcome the Sabbath. More



LET'S GO: EXPLORE, SERVE AND SHARE

singing, more Mountain Man and more on God's friendship with Abraham engaged the Pathfinders on Friday evening.

Whitehead explained how growing a friendship with your best buddies is the work of a lifetime, just as a friendship with God takes a lifetime. He talked about traps to avoid when developing friendships, and shared that avoiding those traps applies equally to friendship with God.

Day three started bright and early for clubs that wanted to go to Glacier National Park. It was National Park Day and entrance into the park was free.

Golden Eagles Pathfinder Club were among the clubs that left at 5 a.m. with sack breakfasts and lunches packed.

Nampa Zephyrs Pathfinder Club had a more reasonable time of 7:30 a.m. set for their departure from the Northwest Montana Fairgrounds. They stopped at the Glacier National Park sign for an obligatory photo.

Their first planned stop was the Logan Pass Visitor Center. The parking lot was full, so drivers dropped off kids and staff at the center and found parking two off-road parking areas away.

Golden Eagles and Sandpoint Northern Lights Pathfinder Clubs had already finished their hikes when Nampa Zephyrs Pathfinder Club arrived. Golden Eagles Pathfinder Club was headed to St. Mary Lake, and Sandpoint Northern Lights Pathfinder Club headed up to the Continental Divide sign for a group photo.

Once everyone was assembled, some of the group decided to hike to the Hidden Lake Outlook, a 1.5-mile one-way hike, mostly uphill on wooden boardwalks.

Along the way, other clubs passed by. Sunnyside Spanish Exploradores de Jesus Pathfinder Club hiked all the way to the outlook sporting their bright orange hoodies.

Cascadia Eagles Pathfinder Club and Wheatland Coyotes Pathfinder Club also made the trek to the outlook and said the view was fantastic. Puyallup Pioneers Pathfinder Club went to Flathead Lake and enjoyed kayaking and swimming.

Otis Orchards Pathfinder Club went to Glacier and saw a grizzly bear.

They even had video to prove it! Members of Boise Ponderosa Pathfinder Club also saw the grizzly bear.

Tacoma Central God's Northern Lights Club also went to Glacier. They had a great time, skipped stones on one of the lakes, hiked and had lunch.

One very special thing that happened in Glacier was the baptism of two Pathfinders. That's what Pathfinder Camporees are all about!

Later in the afternoon back at the fairgrounds, Montana Wild Wings gave a bird demonstration. They showed a variety of falcons, hawks and owls. The volunteers shared that the birds they brought with them were on loan from Montana Fish, Wildlife & Parks and are unable to be released into the wild due to the injuries sustained.

During the last nightly program, Idaho clubs assisted with a flag burning to respectfully retire a flag.

Pathfinders joined in singing "God Bless America" as the flag was being burned.

Whitehead extended an invitation to the Pathfinders to choose Jesus to be their friend, just like Abraham. Some recommitted to Jesus, and 236 attendees made decisions for baptism.

While Pathfinders is a lot of fun, that fun wraps around experiencing Jesus. Without that emphasis, Pathfinders would be just another youth group.



Some clubs packed up and left after the nightly program, especially those with a long way to travel. Others planed to leave the next morning.

Even though day one's weather was a total washout, the "Let's Go" NPUC Pathfinder Camporee was a great experience. Looking back, Pathfinders and Adventurers were able to learn a lot, earn honors and awards and get to know kids from other clubs.

EVE RUSK
*Idaho Conference
communication director*

VIVE: Illuminating Lives With the Gospel

“CHRIST’S METHOD ALONE WILL GIVE TRUE SUCCESS IN REACHING THE PEOPLE. THE SAVIOR MINGLED WITH MEN AS ONE WHO DESIRED THEIR GOOD. HE SHOWED HIS SYMPATHY FOR THEM, MINISTERED TO THEIR NEEDS AND WON THEIR CONFIDENCE. THEN HE BADE THEM, ‘FOLLOW ME.’”¹

No doubt, Christ’s method is infallible and well known. The inevitable question is: Why do so many sincere sisters who wish to lead souls to Christ not do so? The answer may lie in the fact that many times they have not found the inspiration, the motivation and, above all, the adequate training to empower them to put it into practice. As Bill Hull said, “The most effective way to abort the future of enthusiastic believers is to inspire them and *not* train them.”²

Every disciple knows they must testify of the love of Christ. However, it is easier to get involved in the mission when one is part of something that God is already doing and that one wishes to be a part of. VIVE was born in response to the need to mobilize the women in our churches in mission-focused witnessing.

“For God, who commanded the light to shine out of darkness, hath shined in our hearts to give the light of the knowledge of the glory of God” (2 Cor. 4:6).



VIVE is a personal evangelism plan which consists of inviting women to commit to sharing the Good News with a friend or relative, applying the method of Christ. Participating women are invested with a handkerchief and equipped with various tools which will aid them in progressing through a specific progression that will help them lead a friend to Jesus. Women are guided through the following suggested mission-focused, friendship steps:

- » Pray intentionally for your friend.

- » Call her to offer a listening ear.
- » Text her hope-filled Bible verses or short biblical reflections.
- » Give her something she needs; something useful for her, personally, or for her children or work etc., or share something you’ve prepared at home.
- » Be ready to offer a Bible study to a friend who wants to learn more about Jesus.

To enrich the personal work of each sister, a fellowship activity called “Tea With Friends” is carried out monthly. At this tea gathering, sisters and their friends enjoy Christian camaraderie. They fellowship through conversations, food, gifts and shared testimonies. Special moments of prayer and a reflection on Scriptures is shared that points them to Jesus as the solution to their problems.

These teas are informal, spirit-led gatherings. At the end of each gathering, friends are invited to study the Bible. It is beautiful to see how through these gatherings, prejudices are destroyed, friendships are enriched and the love of Jesus is intentionally sown.

This ministry has been a blessing for the local church because:

1. Fulfilling Christ’s mission revitalizes our spiritual lives.
2. Participating in a defined plan generates enthusiasm, expectation, motivation and unity.
3. Teamwork is promoted, there is a decrease in interpersonal conflicts and it brings joy to be a part of salvific miracles.
4. When our members get involved with activities that reach others, Christ’s mission is fulfilled, and we become relevant in our hurting communities.

¹Ellen G. White, *The Ministry of Healing*, p. 143

²Bill Hull, *The Disciple-Making Pastor*, p. 137

JUAN CANCINO
*Washington Conference North
Hispanic district pastor*

CARLA ORTEGA DE CANCINO
wife of Juan Cancino

More online at NWADVENT.ST/117-7-HSP-95





IGLESIA



VIVE: Iluminando Vidas Con El Evangelio

un pañuelo y equipadas con varios materiales.

El proceso se desenvuelve en acciones concretas que acercan a la persona a Dios. Es un verdadero "acompañamiento espiritual" y las acciones sugeridas son las siguientes:

- » Orar constantemente por la amiga.
- » Llamarla por teléfono para escucharla.
- » Enviarle versículos esperanzadores de la escritura o reflexiones Bíblicas cortas.
- » Compartir algo que ella necesite. Algo útil para su vida, sus hijos, su trabajo etc., o compartir algo preparado en casa.
- » Dar el Estudio Bíblico a quienes hayan aceptado tomarlo.

Para enriquecer el trabajo personal que cada hermana, se realiza mensualmente un programa denominado "Té entre amigas." En este encuentro, las hermanas y amigas comparten la camaradería Cristiana. Ahí ellas se conocen, conversan, comen, reciben regalitos y se comparten testimonios. Hay momentos especiales de oración y una reflexión de la palabra de Dios, mostrando a Cristo como la solución a los problemas. Es un encuentro informal pero espiritual. Al

final de cada encuentro, las amigas son invitadas a estudiar la Biblia. Es hermoso ver como a través de estas actividades se destruyen prejuicios, se acercan personas y se siembra el amor de Dios de forma intencionada. Esto ha sido una bendición para la iglesia local porque:

1. Cumplir la misión de Cristo revitaliza la experiencia espiritual de las personas.
2. Participar de un plan definido genera entusiasmo, expectativa, motivación y unidad.
3. Promueve el trabajo en equipo, disminuye los conflictos interpersonales y trae alegría al ser parte de milagros de salvación.
4. Cuando nuestros miembros se involucran con actividades que llegan a otros, la misión de Cristo se cumple y nos volvemos relevantes en nuestras comunidades.

"EL MÉTODO DE CRISTO SERÁ EL QUE DARÁ ÉXITO PARA LLEGAR A LA GENTE. EL SALVADOR TRATABA CON LOS HOMBRES (Y MUJERES) COMO QUIEN DESEABA HACERLES BIEN. LES MOSTRABA SIMPATÍA, ATENDÍA A SUS NECESIDADES Y SE GANABA SU CONFIANZA. ENTONCES LES DECÍA: 'SÍGUEME.'"¹

Sin duda, el método de Cristo es infalible y muy conocido. La pregunta inevitable es: ¿Por qué motivo tantas hermanas sinceras que desean ganar almas para Cristo no lo practican concretamente? La respuesta puede estar en que muchas veces ellas no han encontrado la inspiración, la motivación y sobre todo la capacitación para ponerlo en práctica. Como bien dice Bill Hull, "La forma más efectiva de abortar el futuro de los entusiastas creyentes es inspirarlos y no entrenarlos."²

Cada persona sabe que debe testificar del amor de Cristo, pero a veces puede sentirse difícil hacerlo solo.

Es más fácil involucrarse en la misión cuando uno elige unirse a algo que Dios ya está haciendo. VIVE nace en respuesta a la necesidad de movilizar a las hermanas de la Iglesia hacia la misión de testificar para Dios.

"Porque el mismo Dios que mandó que la luz brotara de la oscuridad, es el que ha hecho brotar su luz en nuestro corazón, para que podamos iluminar a otros" (2 Co. 4:6).

VIVE es un plan de evangelismo personal que consiste en invitar a las mujeres a comprometerse a compartir el Evangelio con una amiga o familiar, aplicando el método de Cristo. Ellas son investidas con

¹Elena G. White, *El Ministerio de Curación*, Pág. 102

²Bill Hull, *El Pastor Hacedor de Discipulos*, Pág. 137

JUAN CANCINO
Pastor del distrito Norte de la Conferencia de Washington

CARLA ORTEGA DE CANCINO
esposa de Juan Cancino

Sitka Adventist School Holds 'Life Skills Day'

“WHEN WILL WE EVER USE THIS IN REAL LIFE?” IS A QUESTION THAT STUDENTS OFTEN ASK THEIR TEACHERS. ALTHOUGH THE INFORMATION AND SKILLS THEY LEARN IN SCHOOL ARE APPLICABLE TO LIFE IN ONE FORM OR ANOTHER, SOMETIMES IT CAN BE DIFFICULT TO RECOGNIZE IN EXACTLY WHAT WAYS.

To address this common question from students more directly, Sitka Adventist School has begun a monthly Life Skills Day. During one day every



• Guest Wes Carle teaches vehicle tire basics.



• A sixth-grade student checks the pressure of a tire during Life Skills Day.

month, students practice skills that are undoubtedly practical to life. Students' excitement for Life Skills Day is obvious well in advance.

September's Life Skills Day began with a lesson on how to write checks. As students practiced this skill, they realized why math books gave them questions about writing numbers in word form. Therefore, students were able

to confirm and understand that this skill was indeed applicable to life. They also developed a personal signature during this activity. Big smiles and giggles were observed as students ran to give a check addressed to their parents at the end of the day.

Another favorite skill students learned was how to check tire pressure and add air to tires. Each student used the tire pressure gauge to check the tire they were working on and determine how much air was needed. Then, the students filled up their assigned tire while checking the pressure consistently to reach the designated amount.

Last, students practiced kitchen skills as they baked snickerdoodle cookies. They began by making a grocery list

and picking up the necessary ingredients at the grocery store, paying close attention to price and quality. Then, students practiced setting the oven temperature, using kitchen utensils, following a recipe and cleaning the dishes afterwards in the cookie making process.

Life Skills Days in future months will include skills pertinent to our fishing community such as water safety, compass directions, knot tying and more.

RACHEL CARLE
Sitka Adventist School head teacher

More online at NWADVENT.ST/117-7-AK-08



MISSION AND OUTREACH

The Gospel Goes to Kasigluk

JOY ANDERSON AND COLETTE REAHL, BETHEL ARCTIC MISSION ADVENTURE WORKERS, ARE EXAMPLES OF HOW GOD IS USING BELIEVERS TO TOUCH UNREACHED VILLAGES IN ALASKA. REAHL SHARED HOW THIS HAS HAPPENED IN KASIGLUK, 25 MILES FROM BETHEL, WHERE SHE TRAVELS AT LEAST FOUR TIMES A YEAR.

One day, Reahl treated a child in the Bethel clinic who was from Kasigluk, staying late to address her medical condition. Later in the month, when visiting the village, Reahl went for a walk when the child she had treated recognized her and was very excited to see her. She introduced Reahl to her friend and told her mom Reahl was in the village.

Her mother made a follow-up appointment for her child, which provided an opportunity for Reahl to share the AMA ministry and the wish to have programs in villages. The girl's mom thought it would be well-received in Kasigluk and volunteered to help.

The mother arranged everything for the AMA

visit, and a group started out by boat. But Satan was at work and the boat ended up stuck on a sandbar for three hours. Although delayed, God impressed the crew to continue.

Due to the late arrival, the program had to be shortened and focused primarily on the kids' program. Announcements were made on the VHF radio, but only a few kids showed up. Fifteen minutes later, there were 50 kids waiting for the program to start! A few parents attended, and three adults filled out contact cards wanting prayer or to connect with the workers.

"We pray that with introducing ourselves to Kasigluk through our programs, we will build lasting



The Bethel Outreach team prepares materials for the children's program.

relationships with those we meet there and plant churches as opportunities arise and God leads," said Reahl.

AMA is an outreach ministry of Alaska Conference. Currently, pastors and/or volunteers live in Alaska Native Bush communities with the goal of integrating into village life and building relationships through ministries that meet the needs of both old and young. Their sole priority is to present Jesus through transformative evangelism.

The goal of AMA is to develop Centers of Influence in the nine Alaska Native hubs, like Bethel, that would include hub-to-outlying village support through radio, dedicated Bible workers, parsonages, day camps, food and clothing programs, and sound spiritual support.

TANDI PERKINS
*Alaska Conference
director of development*

More online at [NWADVENT.ST/117-7-AK-10](https://www.nwadvent.org/st/117-7-AK-10)



ARCTIC MISSION ADVENTURE

Fostering Hope & Healing in Alaska Native Communities



Baby Box Ministry



Food Pantries



Church Evangelism

www.arcticmissionadventure.org

Through your year-end gift, Arctic Mission Adventure (AMA) can continue ministries like baby boxes, food programs and church evangelism throughout villages in Alaska. Support AMA December 31st at your local church or online at AdventistGiving.com as part of the NPUC annual AMA Offering.

December 31, 2022

NPUC Annual Offering supporting AMA

MISSION AND OUTREACH

It Is Written brings Road SALT to Idaho Conference

IT IS WRITTEN IS PARTNERING WITH IDAHO CONFERENCE AND NORTH PACIFIC UNION CONFERENCE FOR OPERATION EXPONENTIAL GROWTH 2023.

John Bradshaw, IIW president, will present a series in the Treasure Valley (Boise Metro area) April 14–May 13, 2023, which will be livestreamed across the conference. In partnership with Southern Adventist University, IIW has developed a course called SALT – Soul-winning And Leadership Training.

IIW took SALT on the road. Road SALT was a one-week evening course to start a group of church members on the path to becoming Bible workers. In just a week, Eric Flickinger, IIW associate director, and Jack Phillips, IIW outreach coordinator, led the group of 45–60 members through how to set up an evangelism team, how to solicit Bible studies by knocking on doors and how to respond to Bible study cards that are returned to IIW and then shared by ZIP code with the churches.

On the first Sabbath afternoon, attendees went out in pairs and knocked on doors, resulting in a few Bible study requests.

The last Friday evening, Flickinger and Phillips began the meeting with seven minutes of sharing prayer requests and praying in small groups. This modeled how



EVE RUSK

Each night the fellowship hall was filled nearly to capacity.

churches' evangelism teams should begin their weekly meetings.

The evangelism teams will follow up with Bible study requests, meeting for no more than an hour each week. There is a specific process IIW teaches on how to deal with Bible study request cards. First, take a photo of the card so it won't get lost. Second, pray with your partner. Always go out in twos—it's biblical!

Next, just go and knock on the door of the card or cards for that week. Don't call; don't give the person an excuse to not visit with you. Always have the following: name tag, Bible lesson, perhaps a gift, a Bible (not an online one) and extra supplies like an extra Bible and pens. A complete guide with all the steps listed, resources and video tutorials are available at SALT365.org.

Members practiced their opening canvass, how to deal with rejections and how to set up the next appointment for those who were receptive. They also spent time learning to prepare their personal

testimonies on how they met Jesus and what a difference He has made in their life. This step was difficult, especially for long-time Adventists. The emphasis on a personal testimony is not how one became a Seventh-day Adventist, but on how Jesus came into their life. There is a difference.

Norval Rios, one of the regular attendees, shared how this week of training affected him. He said, "When Lee Venden gave a series of talks last year in Nampa Adventist Church, he stated that the Christian life was likened to a three-legged stool. Each leg representing a duty, should one want to follow Christ: read, pray, share. My challenge was sharing. With the IIW program, SALT facilitates the function of the third leg, witnessing for Him."

Members ended the week on Sabbath with more neighborhood visitation. Many of them are looking forward to March 12, 2023 when SALT is back to prepare more Bible workers in the Treasure Valley.

EVE RUSK
Idaho Conference
communication director



More online at NWADVENT.ST/117-7-ID-13



EVE RUSK

CHURCH

Women Pray Together at Annual Idaho Conference Women's Retreat

DURING THE WEEKEND AFTER LABOR DAY, WOMEN FROM AROUND IDAHO CONFERENCE (AND BEYOND) GET TOGETHER AT CAMP IDA-HAVEN FOR A TIME OF RETREAT, STUDY, INSPIRATION, GREAT FOOD (THAT THEY DON'T HAVE TO MAKE) AND FUN. THIS YEAR WAS NO EXCEPTION.

The retreat returned with greater numbers, even though attendance was still capped at 100. For the first time in recent memory, the retreat sold out before the end of July.

Brenda Walsh was the guest speaker, and this year's theme was "Keep Calm and Pray On." The decor was a pajama party atmosphere, symbolizing the intimacy that prayer brings. On Sabbath morning, Joyce Biggs brought her portrayal of Hannah.

Sabbath afternoon usually has breakout sessions. One of them this year was given by Laqueta Tomlinson, former women's chaplain at a women's prison in the Boise area. She has a passion for opening a transitional house for women who have been newly released from prison, to help them develop the skills they need to thrive in the world. Without places like that, many women end up returning to prison. The mission emphasis this year was to assist Tomlinson with funding for this passion.

Saturday night had a variety of activities. For those brave enough or who wanted to see others being silly, there was a pajama parade. Fifteen ladies participated. Pajamas ranged from comfy flannels to



EVE RUSK

100 ladies attended the retreat with Brenda Walsh.

cute teddy bears and even hair rollers and avocado face masks, reminiscent of the '50s. It was great fun. Before the pajama parade, two ladies surprised their friend with 50 gifts brought by several of the ladies in honor of her 50th birthday.



EVE RUSK

Brenda Walsh shared her passion for prayer with the Idaho Conference 2022 Women's Retreat.

The evening ended with Walsh signing copies of her newest book, *Strength for Today*.

Brenda Walsh had given everyone a homework assignment on Friday evening. The ladies were to write a prayer request on a piece of paper and fold the paper in half three times. There was a box to collect these prayers. No one would see them, except God.

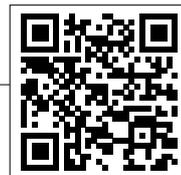
Following the last meeting on Sunday morning, everyone gathered around the campfire in the cabin circle. Daniel Jenks, camp operations manager, helped burn the box

of prayer requests. While the ladies knew that they didn't have to do something like that to get God's attention, it was a great way to symbolize the release of those requests and unburdening by visually giving them to God, similar to the ascending of incense in the Old Testament tabernacle.

EVE RUSK
Idaho Conference
communication director

More online at
NWADVENT.ST/117-7-ID-12





Mount Ellis Academy Introduces Trade Programs with Certification

ONE OF OUR CORE MISSIONS AT MOUNT ELLIS ACADEMY IS TO HELP OUR STUDENTS DEVELOP THEIR GOD-GIVEN GIFTS.



For some of our students, this means preparing them for the academic rigors of college. For others, it means preparing them for the workforce. With the significant labor shortage around the country across all trades and the rising cost of college education, there is an increasing need to equip our young people with usable skills to enter the workforce.

For this reason, we have taken the first step in developing our trade programs to fulfill our mission to develop all our students' God-given gifts so that they may be more prepared to launch into adulthood and serve in His Kingdom.

MEA has launched its first cohort of heating, ventilating and air conditioning training. Today, there are fewer than 100 Certified Master HVAC Educators around the country,

and MEA has partnered with Montana Trade School to offer dual-learning opportunities for our students.

Program participants will work toward their high school graduation and Environmental Protection Agency certification. Students will learn advancements in technology to enhance HVAC training, skills and marketability to employers. Upon completing this two-year program, students will receive EPA certification, enabling them to enter the workforce as level 1 technicians with a starting wage of \$25 to \$30 per hour.

The junior and senior level course is taught by Framo Rimoni, an RSI HVAC/R graduate with over 31 years of experience in residential, commercial and industrial HVAC service. He is assisted by Randy Wright, a licensed

general contractor with over 35 years of experience in the industry. The six students in this first cohort (four boys and two girls) meet four afternoons per week on campus as they gain practical knowledge for their certification.

As we look to the future, we recognize the need to continue offering various training opportunities so that our students can be prepared to enter college or, if they choose, to further their training in a trade. Some future ideas we are looking to develop include auto mechanics, welding, electrical, coding, construction sciences and plumbing.

To learn more about how you can support MEA's trade programs, call 406-587-5178.

KEBRINA VINGLAS
Mount Ellis Academy development
and alumni relations director



PHOTOS BY MARK BOND

BIBLE READINGS for November

Follow the daily plan to read the entire Bible in a year.

S	M	T	W	T	F	S
		1 Matthew 24-25; Mark 13; Luke 21:5-38	2 Matt. 26:1-5, 14-35 Mark 14:1-2, 10-31; Luke 22:1-38; John 13	3 John 14-17	4 Matt. 26:36-75; Mark 14:32-72; Luke 22:39-71; John 18:1-27	5
6 Matthew 27:1-31; Mark 15:1-20; Luke 23:1-25; John 18:28-19:16	7 Matt. 27:32-66; Mark 15:21-47; Luke 23:26-56; John 19:17-42; Psalm 22	8 Matthew 28; Mark 16; Luke 24; John 20-21	9 Acts 1-4; Psalm 110	10 Acts 5-8	11 Acts 9-11	12
13 Acts 12-14	14 James 1-5	15 Galatians 1-3	16 Galatians 4-6	17 Acts 15-16	18 Acts 17:1-18:18	19
20 1 Thessalonians 1-5	21 2 Thessalonians 1-3	22 Acts 18:19-19:41	23 1 Corinthians 1-4	24 1 Corinthians 5-8	25 1 Corinthians 9-11	26
27 1 Corinthians 12-14	28 1 Corinthians 15-16	29 2 Corinthians 1-4	30 2 Corinthians 5-9			

Our 2022 Bible reading plan is laid out chronologically with Sabbaths off. Sign up for our newsletter and get the entire 2022 reading plan as a free gift.

nwadvent.st/FreeBiblePlan

Oregon Continues Moving the Mission Forward

ON SUNDAY MORNING, SEPT. 18, DELEGATES FROM ACROSS OREGON CONFERENCE ARRIVED AT PORTLAND ADVENTIST ACADEMY IN PORTLAND, OREGON, TO CONDUCT CHURCH BUSINESS. THE 59TH REGULAR CONSTITUENCY SESSION MARKED THE FIRST SESSION SINCE 2017, WHEN DELEGATES LAST MET AND VOTED TO INCREASE THE AMOUNT OF TIME BETWEEN REGULAR CONSTITUENCY SESSIONS FROM FOUR TO FIVE YEARS.

As delegates and members arrived, the gymnasium quickly filled with the lively chatter of those engaged in greetings and conversations. For many, this was the first time in two years seeing friends from around the conference. It was clear that the more than 450 delegates were present with a profound desire to see God continue to move in the conference and participate in this important church forum.

ENGAGING IN BUSINESS

The delegates quickly moved through the session procedures and guidelines. Eager to tackle the proposed bylaw changes, the day's agenda received active discussion and, ultimately, a motion to proceed with bylaw changes first. This vote failed by 1%.

God greatly moved and grew His flock in the last five years, and the body warmly

welcomed the following into the sisterhood of churches in Oregon Conference:

- Rivers Edge Adventist Church (McMinnville, Oregon)
- Oromo Adventist Church (Portland, Oregon)
- Beaverton Spanish Adventist Church (Oregon)
- Portland Spanish Adventist Church

RECOMMENDATION OF OFFICERS

The nominating committee then presented its recommended report to the body for filling the officer roles. First presented was Dan Linrud to continue serving as president. After a failed motion request to refer the entire committee's report back, Linrud was reaffirmed as president with 73%.

Recommended next was Kara Johnsson, Oasis Christian Center pastor, to fill the role of vice president for administration/secretary. She was voted in with an 85% approval. She becomes the first female in Oregon Conference history to serve in this role. There are now three Northwest conferences with female officers.

Moving along, the committee put forth the name of Brent Plubell to continue serving as vice president for finance/treasurer. The delegates overwhelmingly approved him with 91%.

For the position of vice president for education ministries, the committee recommended Brandon O'Neal to continue in the role. The body agreed by voting 89% in the affirmative.

OFFICER REPORTS

The officers presented their reports on the preceding quinquennium, with Linrud affirming the conference goal of knowing, loving, serving and sharing Jesus and others. The last five years, conference ministries have worked on five strategic initiatives:

1. Growing healthy people and healthy churches.
2. Implementing a comprehensive plan for church growth, evangelism and church planting.

3. Loving and engaging all generations and people groups.
4. Expanding the impact of Adventist Christian education.
5. Strategic leadership development.

Highlights of the report included intensive evangelistic planning and development, with the culmination of a conference-wide evangelistic series in 2021; Oregon Adventists jumping into action providing food, shelter and support to families displaced by wildfires in 2020; and the surpassing of the goal of five new church groups/ministries with 14. The conference is setting a goal of 20 new church groups/ministries for the next quinquennium.

With an intentional focus on engaging all generations, the Growing Young/Growing Together initiative has led more than 30 local churches to discover how to maximize intergenerational engagement and relationships.

Despite the challenges of the COVID-19 pandemic, members responded to the challenges and changes

ANTHONY WHITE





with resilience and adaptive strength in Christ.

“While no one can perfectly forecast the exact needs of being effective in the years ahead while we await Jesus’ return,” Linrud shared, “one thing the past quinquennium has taught us for certain is we will need to depend on His strength in being resilient and adaptive.”

Dave Schwinghammer, Oregon Conference vice president for administration for the ending term, presented the membership report. Acknowledging the difficulties of the last five years—especially the pandemic—Oregon churches were able to turn those challenges into opportunities. With 135 churches, 16 companies and 19 groups, the conference ended the term by adding 3,081 new members.

Moving on to treasury, Plubell presented the financial outlook of the conference. Despite the intricacies of the pandemic, the conference saw a steady incline in tithing in 2020 and 2021.

The conference started the term in 2017 with 108% of

recommended working capital and ended it with 111%. Plubell said the strategy is to continue strengthening conference reserves and fund depreciation.

O’Neal acknowledged and reasserted the dedication educators, parents and students took during the previous three years in his education report.

He applauded teachers for thinking outside the box to find ways for students to continue to learn and grow.

Notwithstanding, the conference has been blessed with an increase of 279 students over the last five years. This year, the projections are over 2,700 students—a 15-year high.

O’Neal also noted that Oregon Conference is the third-largest conference in student population in the U.S.

PROPOSED BYLAWS CHANGES

After lunch, the session resumed to tackle proposed changes to the conference articles and bylaws.

The core of the proposed changes included clearing up and bringing the bylaws to be more in line with standard practices across the union,

division and worldwide church. Some of these alignments were nomenclature changes to titles, committees and defining officers, as well as adopting the abbreviated *General Conference Rules of Order* over *Robert’s Rules of Order*.

On the recommendation of the executive committee, the bylaws committee also included the formation of a vice president for church ministries.

Cognizant of our changing environment, amendments included adding the ability to postpone sessions due to unprecedented events, along with the ability to hold virtual business sessions, should the need arise.

One of the proposed versions/sections recommended inclusive language to the bylaws, bringing harmony with the existing diversity guidelines.

As the body moved through the revisions, there was fruitful and vibrant discussion on the various proposals. In recognition of the sincere discourse in the auditorium, Larry Witzel, Oasis Christian Center member, expressed his appreciation of the conversation and comments.

“I’d just like to express how much joy I feel in this room, hearing this discussion and hearing people talking amongst themselves and the comments from the microphones,” Witzel shared. “I love the Oregon Conference and I love these people. This is amazing.”

As with all bylaw changes, votes need to pass with a two-thirds majority. Many

amendments sailed through with little concern. Others, the body felt, needed more refinement from the bylaws committee before future consideration. The following proposed changes ultimately did not pass:

- Diversity recommendations.
- Revision of town hall language and processes.
- Addition of a vice president for church ministries.
- Alignment with union, division and world church on officer definitions.

There were no referrals back to committee.

CONCLUDING SESSION

Concluding the final delegate business were the recommendations from the nominating and organizing committees to fill the conference committees for the next quinquennium. All were approved.

Closing out the meeting, Linrud invited the delegates to continue to praise the Lord for the work He is doing through His church. Though these meetings are an integral part of our church, the real mission is back in the delegates’ communities, churches, schools, Sabbath School classes and community service centers.

“This is where the mission of the church continues to go forward,” said Linrud.

ANTHONY WHITE
North Pacific Union associate communication director

Move online at  NWADVENT.ST/117-7-OR-27



Pleasant Valley Church Welcomes New Pastor in a First for the Oregon Conference

ON AUG. 27, THE PLEASANT VALLEY CHURCH IN HAPPY VALLEY, OREGON, BECAME THE FIRST CHURCH IN OREGON CONFERENCE TO HAVE A MULTI-PASTORAL STAFF LED BY A FEMALE PASTOR.

“Our Oregon Conference administration continues to respond to the leading of the Holy Spirit in hiring high quality persons He has called and gifted. In recent years, this has included numerous exceptional pastors who are female,” said Dan Linrud, Oregon Conference president. “Pastor Kessia Reyne Bennett is an intelligent, creative and visionary servant-leader. I believe PVC will thrive under her leadership.”

Emily Ellis, PVC youth pastor, said this addition is

an answer to prayer for the transitioning church whose head pastor of 24 years recently retired.

Ellis shared how this is a unique opportunity for her ministry too. “There’s a lot I can learn from her, and I feel I can bring a lot of questions I have about serving in ministry as a woman to her, too. There aren’t many places in the Seventh-day Adventist Church where I would have the opportunity to be mentored by another woman in a position like this,” said Ellis.

Bennett shared that she was not expecting God to call her family back to Oregon, but when He did, they listened. “My husband Josh and I were just finishing a year-long moratorium on considering

calls. I was in my church sanctuary praying over my life, my ministry and my church [when] I received a call from Randy Hill from the Oregon Conference. It felt different from other calls I’d received over the past few years,” said Bennett.

“We felt at home with PVC from the beginning—and it felt like the timing and God’s prayer direction for us as a family was great,” she said. “The kinds of questions they were asking and the answers they had all indicated this would be a really fruitful relationship.”

“This is a church that, from everything I’ve observed, has a lot of spiritual strengths. I look forward to working with



this church and appreciate their commitment to mission, the way they value prayer and how they love one another,” said Bennett. “I think that’s going to make the church adaptive to the changes that our world will require of us this year and in the years to come.”

KALEB EISELE
Oregon Conference digital content specialist



More online at NWADVENT.ST/117-7-OR-01

MISSION AND OUTREACH

EAST SALEM SUMMER BASH REACHES OUT TO SINGLE PARENTS

EAST SALEM CHURCH HAS BEEN THINKING ABOUT HOW THEY CAN BETTER CONNECT WITH THEIR SURROUNDING COMMUNITY.

Every Sunday they provide food for their homeless neighbors, but they wondered how many neighbors still didn’t know about the church family. East Salem planned the End of Summer Bash with intentions of getting to know people in the area without strings attached.

The End of Summer Bash offered all kinds of activities, especially for families with kids — a large demographic in the area. “We had a bouncy house,

a 20-foot blow up water slide, football toss games and all kinds of things,” said LuDell Parrett, head elder. “The fire department did demonstrations, we had a barbecue with Big Franks and kosher beef hot dogs, and fed everyone lunch for free.”

Parrett shared that many non-Adventist neighbors showed up. “I think in the future we’ll want to do more personal invitations. We want to do things like free oil changes for single parents and cooking classes for people who want to get healthy. We want to do things in our community that actually meet the needs that people have.”

As for the thinking behind East Salem’s approach to community relationships, Parrett said, “We want to touch people and give them the reality that people do care about them — because God cares for all of us. We just want to show them that Jesus is there for everyone.”

KALEB EISELE
Oregon Conference digital content specialist



More online at NWADVENT.ST/117-7-OR-99



Humans of Adventism Founder Kaleb Eisele Joins the Oregon Conference Communication Team

IF YOU SPEND YOUR TIME IN THE ADVENTIST CORNERS OF THE INTERNET, YOU PROBABLY KNOW THE NAME KALEB EISELE.

He is the founder of Humans of Adventism, and has been a guest lecturer in Adventist universities, teaching about social media and story telling. He has presented for the Society of Adventist Communicators convention and is the host for the Adventist Church-sponsored *How the Church Works* podcast. For the last three and a half years, he has edited Oregon Adventist stories and managed social media for Oregon Conference as an independent contractor.

Recently, Oregon Conference announced that Eisele joined the conference communication team as digital content specialist. In this new role, Eisele will continue to edit Oregon Adventist stories. In addition, he'll get more opportunities to connect with Oregon Conference communities and share the stories they have to tell.

"Kaleb is an excellent communicator and storyteller," said Jonathan Russell, assistant to the president for multimedia communication. "He clearly thinks deeply about the impact of his work and seeks to build up the communities in which he serves. His creativity and insight are a fantastic addition to the



communication team. We are beyond excited to have Kaleb joining the team full-time!"

Oregon Conference members, is there something exciting happening in your faith community? Reach out to Eisele and let him know! You can email him at kaleb.eisele@oc.npuc.org or reach him via social media @KalebEisele on Twitter and Instagram, and Kaleb.Eisele on Facebook.

KRISSY BARBER
*Oregon Conference associate
director of communication*



More online at NWADVENT.ST/117-7-OR-00

EDUCATION

OREGON SEES BUMP IN 2022–2023 ENROLLMENT

OREGON CONFERENCE ADVENTIST SCHOOLS

have seen a dramatic increase in enrollment over the past couple of years, culminating in a 15-year high of over 2,700 students projected for this 2022–2023 school year.

Brandon O'Neal, Oregon Conference vice president for education, stated, "Many families came to our schools during the pandemic because we offered more educational opportunities than the public schools. Even after COVID-19 restrictions have eased, families have stayed because of the love their children felt in our school communities."

The increase in enrollment has not only had an impact on students, but on their families as well. Megan Hall, Rivergate Adventist Elementary principal, said, "Openness to community families has increased our enrollment significantly. One of these families took an opportunity to attend church with our school. I was told later that this was the first time the parent had attended church in 25 years. It has been amazing to see the opportunity to minister not only to students but also to families."

Another critical part of the success of the 32 Oregon Conference schools are the teachers who have the sacred task of leading students to Jesus. Growth in enrollment has meant that school administrators had substantially more educator positions to fill for this school year than average. In spite of a shortage of available teachers, the schools were able to fill all 35 positions with quality educators — including bringing more international teachers to the team!

As this new school year is under way, we pray that Oregon Conference schools will continue to not just be centers of excellent academics, but also spaces where students are loved and nurtured in faith.

MCKENZIE WALLACE
*Oregon Conference education
department writer*



More online at NWADVENT.ST/117-7-OR-32

MISSION AND OUTREACH

Big Lake Team Members Help Rescue Fallen Mount Washington Climber



THAT SUNDAY MORNING WAS ONE OF THE BUSIEST DAYS OF THE YEAR AT BIG LAKE YOUTH CAMP. AS THE STAFF WORKED TO CLEAN UP FROM SUMMER CAMP AND TRANSITION BIG LAKE FOR FAMILY CAMPS, ROSS VON POHLE, FACILITIES MANAGER, RECEIVED A SEARCH AND RESCUE CALL.

Over the winter, Ross and another staff member, Randy Stroud, had been trained and certified in search and rescue, enabling them to receive calls for search and rescue situations in the area.

Although not a climber himself, von Pohle referred the call to Les Zollbrecht, camp director. “We had a huge list of things to do that day,” said Zollbrecht, “but it’s not more important than someone’s life that’s stranded up there on the mountain.”

Zollbrecht, having been a member of a vertical rescue team, said he couldn’t send someone else since he knew

the mountain better than any staff member. With the local sheriff’s approval, Zollbrecht and Kasondra Reel, an emergency room nurse who worked at Big Lake’s offsite rock climbing program, set out for Mount Washington to assist the 17-year-old.

As they hiked, they received news that the teen was on the east face. “Now the east face of Washington is a couple thousand vertical feet. In 2016, one of our staff members died there. It’s a very, very dangerous place – just crumbly, rotten rock,” said Zollbrecht. He thought the probability of reaching the teen was low, but they didn’t stop.

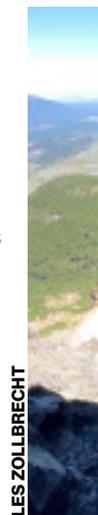
“As we hiked, a Life Flight helicopter landed a couple mountain rescue team members down below us in the meadow,” said Zollbrecht. “But they were so far below us that we were still an hour and a half ahead of them. So we realized we were going to be the first onsite by a long shot.”

Coming to the final chute on the east face, Zollbrecht and the team called the young man’s name and heard a response. The young man said he was still there and stable, and the team scrambled up the difficult terrain to reach him.

“We climbed to the very edge and looked over into this little gully. There he was, lying on his belly, holding onto the sand underneath him just shaking,” said Zollbrecht. “He was in very bad condition. He was on a ramp that was actively sliding right toward the edge of this 2,000-foot cliff.”

The Big Lake team received a call from the sheriff

- The National Guard sent a Black Hawk helicopter to bring help to the fallen climber on Mount Washington in the Oregon Cascades.



saying the National Guard was sending a Black Hawk helicopter to help with the rescue efforts. "A Black Hawk is loud and puts out a lot of movement, so as the repelling team member came down out of the helicopter to where we were, rocks started crumbling off this mountain and pelting us all. I became very concerned that it was going to literally blow him right off the mountain. All it would have taken is a little movement and



• A fallen climber awaits rescue on Mount Washington, in the Oregon Cascades.

he'd be gone. So it came down to us," said Zollbrecht.

The repeller couldn't reach the teen so it was up to Zollbrecht and Reel to stop him from sliding off the cliff. "We set up an anchor. Kasondra belayed as I went up and over and down into the little gully and grabbed the back of his harness," shared Zollbrecht. "According to his story, his feet were 2 feet from going over the

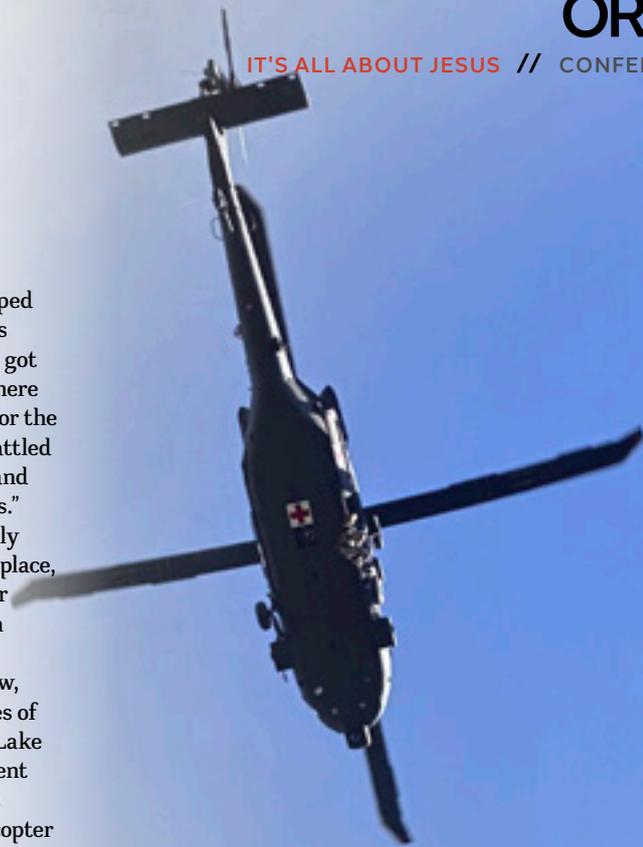
edge. I pulled him up, clipped into him, then grabbed his whole harness and finally got him into a rope system where he wasn't going to slide. For the next 20 minutes or so, I battled to drag him up the gully and away from the great abyss."

When the team finally got the teen into a secure place, the Black Hawk helicopter returned with a mountain rescue professional. They landed him on a rock below, and after about 20 minutes of hiking, he joined the Big Lake team in completing a patient assessment. The teen was safely lifted into the helicopter and taken to the emergency room.

For Zollbrecht, these dire circumstances reminded him of a past tragedy. "It wasn't lost on me that this was the very same place where our staff member had gone over back in 2016. And while I couldn't do anything about that, I saw this young man and thought, 'I can pull YOU back, though. You're not going over that edge. We can do something here.' In that very visceral fight for his life, there was something beautiful."

According to the young man, he was climbing up the first pitch and a rock broke off, causing him to fall head back 40 feet down. "The fact that he miraculously stopped in this slippery little gully is crazy," said Zollbrecht. And there were other miracles, too. The young man landed on his phone, smashing it. It was on low battery too, yet he managed to make an emergency call from it for rescue.

"I've never been at a point so clearly where I realize that



As the Black Hawk helicopter arrived overhead, Les and Kasondra realized the vibration of the rotors might actually cause the loose rock to slide, taking the fallen climber with it.

I'm physically pulling someone back from certain death with my hands," said Zollbrecht. "Afterward, Kasondra and I just stopped in the silence and looked at each other like, 'None of that should have happened the way it did.' I mean, you're standing there almost looking at it objectively and there are no words to even process it. Just kind of like, 'Thank God for the privilege of being able to have the right set of skills and to be in the right place at the right time.' And to be able to get the right call, and for God to say, 'Hey, leave your staff and go do this.'"

Later, Zollbrecht contacted the teen's parents and asked to visit him in the hospital. As soon as his mother saw Zollbrecht, she hugged him and thanked him for saving her son. "She was just crying and you can empathize. Imagine if this was your kid, you know?" said Zollbrecht. "It was a near miss on so many levels, but someone showed up in just the right way and at just the right time and pulled their kid back from the cliff."

KALEB EISELE
Oregon Conference
digital content specialist



More online at NWADVENT.ST/117-7-OR-02

Dick Duerksen Retires after 52 Years in Ministry

WHEN JULY CAME TO A CLOSE, IT MARKED THE END OF AN ERA IN OREGON CONFERENCE AND IN THE SEVENTH-DAY ADVENTIST CHURCH. AFTER SIX AND A HALF YEARS IN OREGON CONFERENCE, DICK DUERKSEN HAS RETIRED TO SPEND MORE TIME WITH THE PEOPLE WHO MATTER MOST: HIS FAMILY.

Duerksen's career has spanned 52 years as a pastor, teacher, administrator, ambassador and communication expert, yet his legacy is his passion to see beauty in the world, and share it with thousands through story or the lens of his Canon camera.

The stories have shaped us. We've heard it said that Duerksen tells stories a little like Mr. Rogers did. Meet the person. Hear their heart. See the world a little clearer, because you saw it through their eyes. That kind of storytelling is a gift. It's a gift born of time, patience and the ability to walk up to anyone and start a conversation. It's a gift that captivates our imaginations and leaves us with an indelible picture of God's heart before we even realize what is happening. It's a gift that has made Oregon Conference a better place.

The photos have inspired us. The ones captured because the photographer was up before

the sun or outlasting the moon. The ones caught after traveling hundreds of miles, just to be in that spot at that time when the light plays among the leaves, the shadows all but flee and the handiwork of God is incomparably revealed in one perfect moment.

Duerksen's eye for photography will continue to inspire us through the collection of photos that adorns Oregon Conference office walls. Next time you're in Gladstone, stop by the office and see the photos – contest winners and others curated by Duerksen himself. Take note of the waterfalls, the waves, the sunsets and the petals that bring light, color and the unmistakable touch of the Creator to the halls and walls of the office.

The enduring image is of a man with hand to beard, head-cocked in thoughtful contemplation of a challenge of the day. Finally, as the silence lingers almost too long, his voice breaks



DICK DUERKSEN

through. Yet instead of long-winded explanations sometimes expected of preachers, wisdom emerges in concise, pithy, profound language of a man who knows God, sees people and knows that God loves people. And that's enough.

Duerksen and his wife Brenda aren't going anywhere. They'll still be around the area when they're not chasing stories, pursuing a perfect example of Divine creativity splashed across the landscape, traveling the world

or experiencing the moments their hearts crave with the people they love most.

Join us as we pray that the Duerksens may experience all the richness of God's presence that they so faithfully shared with all of us.

JONATHAN RUSSELL
*Oregon Conference
assistant to the president for
multimedia communications*

More online at NWADVENT.ST/117-7-OR-03



BIBLE READINGS
for

December

Follow the daily plan to read the entire Bible in a year.

S	M	T	W	T	F	S
				1 2 Corinthians 10-13	2 Romans 1-4; Acts 20:1-3	3
4 Romans 5-8	5 Romans 9-12	6 Romans 13-16	7 Acts 20:4-23:35	8 Acts 24-26	9 Acts 27-28	10
11 Philippians 1-4	12 Philemon; Colossians 1-4	13 Ephesians 1-4	14 Ephesians 5-6; Titus 1-3	15 1 Timothy 1-6	16 1 Peter 1-5	17
18 Hebrews 1-4	19 Hebrews 5-8	20 Hebrews 9-13	21 2 Timothy 1-4	22 Jude; 2 Peter 1-3	23 1 John 1-5; 2 John; 3 John	24
25 Revelation 1-5	26 Revelation 6-10	27 Revelation 11-13	28 Revelation 14-17	29 Revelation 18-19	30 Revelation 20-22	31

Our 2022 Bible reading plan is laid out chronologically with Sabbaths off. Sign up for our newsletter and get the entire 2022 reading plan as a free gift.

nwadvent.st/FreeBiblePlan



CHURCH

Vertical: 40 Days of Prayer Ends with Visioning Summit

THE VERTICAL: 40 DAYS OF PRAYER INITIATIVE STARTED AT THE BEGINNING OF SEPTEMBER WITH THE GOAL TO PRAY FOR GOD'S VISION IN UPPER COLUMBIA CONFERENCE AND BEYOND.

The purpose of the prayer initiative was to encourage members and churches to dedicate themselves to prayer for 40 days, ending with a visioning summit where participants from across the conference could meet at Camp MiVoden to discuss the vision for UCC. The summit was held Oct. 7-9.

"We thank God for the thousands who prayed daily for God's vision for UCC," said David Jamieson, UCC president.

Vertical: 40 Days of Prayer began prior to the Sept. 1 start date with an Equipping for Service event in Yakima, Washington. The program included a prayer supper on Sabbath evening with more than 130 participants. The following week featured a prayer Zoom with Ruthie Jacobsen, former North American Division prayer coordinator. The prayer zoom had more than 100 participants, as well as church prayer groups.

"We encouraged the members of UCC to participate in all of the prayer Zooms for an inspiring hour, three times: before, during, and after the 40 days of prayer," said Kathy Marson, UCC prayer ministries coordinator. "We praise God for the prayer time that thousands participated in over the Vertical: 40 Days of Prayer."

On Sept. 19, more than 300 participants gathered from UCC and beyond for the second Vertical Prayer Zoom featuring Pavel Goia, *Ministry* magazine editor and General Conference associate ministerial secretary.

The final Vertical Prayer Zoom featured Randy Maxwell, Washington Conference vice president for administration, on Oct. 6. The prayer meeting was timed to lead into the visioning weekend at Camp MiVoden.

"The Vertical Prayer Zooms really encouraged

members to ask for God's power throughout our conference churches, schools and homes while meeting together," said Marson. "Now more than ever we need to be in prayer, giving God permission to use us and mold us to His purpose."

Members were selected from across the conference to attend the weekend event at MiVoden, joining several pastors, conference directors, conference administration and members of UCC executive committee. While basing all sessions on a strong foundation of prayer, input was given on a wide range of topics concerning the conference and God's vision for the future.

The discussions are currently being developed into concrete ideas that will inform the strategic planning process for the conference.

Jamieson is excited about the participation in the entire Vertical process and what it means for the future of the conference and its mission.

"The goal of the Vertical prayer initiative was to reach out to lost men and women and boys and girls for the kingdom of God," Jamieson stated. "We must continue to seek out God's vision continually."

AUTUMN DUNZWEILER
*Upper Columbia Conference
communications coordinator*



More online at [NWADVENT.ST/117-7-UC-31](https://nwadvent.st/117-7-UC-31)



CHURCH

UCC Welcomes First Female Lead Pastor

SHINTELL IZQUIERDO JOINED UPPER COLUMBIA CONFERENCE IN SEPTEMBER AS THE FIRST FEMALE LEAD PASTOR IN CONFERENCE HISTORY, LEADING THE WAPATO SPANISH, GRANGER SPANISH AND CENTRAL VALLEY SPANISH CHURCH DISTRICT.

“Shintell was employed as a Bible worker for a short period of time in our church,” said Lowell Cooper, former General Conference vice president and member of the Pasco Riverview Church. “She quickly won the hearts of the members and was loved by people of all ages. I have the highest confidence that she will fulfill with distinction her calling to ministry. I applaud Upper Columbia Conference for extending to her the invitation to be the lead pastor in a district.”

Izquierdo was born into an Adventist home and is the daughter of immigrant parents.

“My father is from Mexico and my mother is Tejana,” she shared. “I pride myself in being a Chicana. My parents worked hard growing up and, as a result, I saw their Christ-like example and the Holy Spirit’s care through them. I fell in love with Jesus at a young age. At the age of 12 I knew I wanted to be a pastor and work with Hispanic churches. My parents and brother have always been supportive and have encouraged me along the way.”

Izquierdo graduated from Walla Walla University with a degree in theology in 2016. From there, she worked at Pasco Riverview Church until she accepted a call to be a missionary in Costa Rica in 2017. Upon her return from Costa Rica, she received an opportunity to be a pastoral intern at Kettering Church. Since then, Izquierdo has been continuing her education by working on her Master of Divinity from Andrews University and will graduate in December of this year. Izquierdo has many years of experience working in ministry and is excited about living out her dream.

“I’m excited to work with people and encourage them to walk closely with God,” she said, “to give Bible studies and teach others about God’s Word. I’m excited to preach, to cast vision and together work towards the mission.”

Izquierdo has previously served at Walla Walla University as part of the Hispanic ministries team and women’s dorm chaplain under Paddy McCoy, now lead pastor for Crosswalk Portland.

“I have often said that Shintell has some of the best pastoral instincts of any young adult I have ever worked with, and that’s in 23 years of ministry,” McCoy shared. “She is kind, caring, and committed to the way of Jesus. She is willing to push where push is needed, listen when listening is critical and make tough choices when tough choices must be made in order to care for the flock. I am so excited that she has a place to serve.”

As part of her work in UCC, Izquierdo has been given a

commissioned minister license in accordance with General Conference working policy.

“Serving at Wapato, Granger, Central Valley District feels unreal,” said Izquierdo. “All I wanted was a place at the table with other pastors, so I could have the opportunity to work full time in introducing others to Jesus. All those years of waiting, and now I see God really did have a plan. God is good!”

AUTUMN DUNZWEILER
*Upper Columbia Conference
communications coordinator*



More online at NWADVENT.ST/117-7-UC-17 +



YOUTH

New App Unveiled for Camp MiVoden

IN FEBRUARY, JEFF WINES, CAMP MIVODEN DIRECTOR, NOTICED HOW MUCH TIME STUDENTS WERE SPENDING ON THEIR PHONES WHILE RECRUITING SUMMER STAFF AT COLLEGES AND HIGH SCHOOLS. THIS STRUCK HIM BECAUSE HE SAW HOW IMPORTANT AN ONLINE PRESENCE WAS.

"Camp MiVoden is on social media, but we wanted to connect with people in a different way," Wines explained. "I wanted to carve out a spot for MiVoden in their world. MiVoden needs to be on their phones!"

In April, the idea of creating an app for Camp MiVoden started becoming a reality. "Creating the app would create the ability to communicate with all groups of people attending camp," said Wines.

Luke Irvine, MiVoden assistant director and a graduate of the computer science program at Walla Walla University, was asked to work on this project.

"Few people are lucky enough to work on something that aligns with their passions," shared Irvine. "I had been looking for coding projects that aligned with my other hobbies and passions, so

when Jeff asked me to develop an app for camp, I was stoked."

The primary focus of the app is to highlight camp content such as week-in-review videos, promo videos and camp photos, some of which are exclusive to app users.

"We also wanted the app to have some features that would be handy for campers while at camp," Irvine explained, "so we built a way to show schedules for any given week and an interactive map with all the landmarks and activities at camp."

Wines was excited to make this app a reality. Camp began in June, which allowed beta testing to begin. The primary group to test the app was the summer staff. They used the app throughout the summer and helped point out bugs.

"The beta testing was great because the staff got to use the app without it needing

to be perfect enough for an App Store release," shared Irvine. "The staff were good at giving feedback, and it made it easy to quickly roll out updates that fixed little bugs they found."

The app was formally released during Family Camp for campers to use.

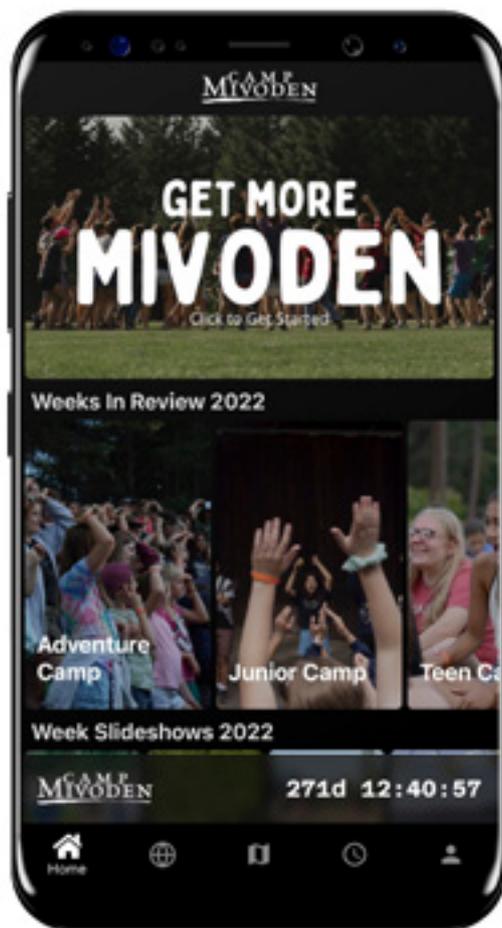
Since Irvine was also the assistant director this summer, he was busy. When asked what his experience was like creating an app, he explained, "Creating this app was a lot of fun because it was all about camp, which I love so much. There was a lot of personal investment, since I got to build features that would make my job as assistant director easier."

Irvine has worked at Camp MiVoden for seven years. "Working at camp helped to really capture the essence of camp and bring camp to life

digitally," Irvine explained. "Creating the app for Camp MiVoden was a unique idea that became a reality this summer."

The app is currently for Apple iOS users, but for those with Android, a version is being created. If you are interested in downloading the Camp MiVoden app, you can find it on the iOS App Store. You'll be able to view a host of videos from this last summer, but you'll need to be at camp to view the map and schedules for safety reasons. For more about Camp MiVoden, visit mivoden.com.

AUTUMN DUNZWEILER
Upper Columbia Conference
communications coordinator



More online at NWADVENT.ST/117-7-UC-14 +



STEAM Ahead Participants Attend Camp MiVoden

THIS YEAR, STEAM AHEAD @ DISCOVERY JUNCTION CAPPED OFF ITS SCHOOL YEAR BY SENDING ALL 21 OF ITS STUDENTS TO CAMP MIVODEN. CHILDREN AND PARENTS WERE BEYOND EXCITED ABOUT THE OPPORTUNITY TO ATTEND CAMP MIVODEN. THIS YEAR WAS THE FIRST TIME IN THE FOUR YEARS OF SPONSORING GARFIELD ELEMENTARY SCHOOL STUDENTS THAT ALL THE STUDENTS OF STEAM AHEAD WERE ABLE TO ATTEND CAMP — INCLUDING THE SHYEST STUDENT.

“The kids were so excited and so blessed by Camp MiVoden, Spokane Central Church and the STEAM Ahead Board for each paying a third of the cost to sponsor the remarkable experience each student encountered,” said Gayle Haeger, program coordinator. “The generous giving of these entities has forever left a positive impact on the students’ lives.”

Many parents were so thrilled that they drove their own child to Camp MiVoden to learn more about the camp and see it for themselves. Thanks to Renew Spokane, the STEAM Ahead van was sponsored to take seven of the students, with Gayle and Gerald Haeger, to camp.

Every student came back excited from the transforming week they had at Camp

MiVoden. The staff at Camp MiVoden cared for the students using Christ’s method of teaching in a fun, nurturing environment on the shores of Hayden Lake with life-changing experiences. At the end of the week, each student was presented a Bible with their name engraved on it.

Over the last seven years, Discovery Junction has continued to build upon its success in making a positive difference in the Emerson-Garfield community of Spokane, Washington. Third-grade students who attend Garfield Elementary School have the opportunity to take part in STEAM Ahead @ Discovery Junction. STEAM Ahead explores science, technology, engineering, art and math subjects to further enhance the students’ education



in a safe and nurturing environment.

STEAM Ahead students get to interact with a number of guest presenters. This school year, the guest presenters included an engineer who made a small hovercraft that students then replicated with balloon power; an Avista engineer who helped students explore gravity, sound and the atmosphere using hands-on activities; and a local art teacher who brought the creativity out of every student, creating budding artists. All these activities help to develop the knowledge of the students in a safe and wholesome

environment through gifted community members.

You can help support STEAM Ahead @ Discovery Junction by praying for families to connect with this vital urban ministry opportunity that serves our Spokane intercity neighbors. To learn more about Discovery Junction, visit renewspokane.org/DiscoveryJunction.

DAMEN THERKILDSEN

Renew Spokane

communications coordinator

More online at NWADVENT.ST/117-7-UC-16 +





First Deaf Youth Camp Held at Sunset Lake

SHAKIRA LOVED DEAF YOUTH CAMP. THIS WAS THE VERY FIRST TIME SHE WAS EVER ABLE TO HAVE THE CAMP EXPERIENCE. BEING DEAF, SHE DIDN'T HAVE ANY OPTIONS UNTIL NOW.

Working with partners in the Adventist Deaf community, Sunset Lake Camp hosted its first Deaf Youth Camp from June 24 to July 2 at the same time as the Adventurer Camp for ages 8 and 9. The children joined together in all the activities.

Specialized staff supported the Deaf Youth Camp experience: Duane Talley, who directed Deaf camp at Camp MiVoden in the 1990s; Esther Doss, North American Division Deaf ministries coordinator; Nohelani Jarnes, Washington Conference Deaf ministries coordinator; Jeff Jordan, a Deaf pastor from

Tennessee; along with skilled interpreters and a Deaf girls' counselor.

"Shakira shared a cabin with girls who could hear, but did not know how to sign. She was worried about how awkward the whole week would be. But sweet friendships were forged as the young girls loved her and learned how to communicate with Shakira," said Doss.

Shakira loved the activities, made new friends and shared that she did indeed grow closer to Jesus.

Deaf ministry and outreach have a lot of challenges, like communication

access, that are unique to the Deaf community. How difficult it would be for a deaf child to attend a summer camp without being able to communicate with anyone? How would camp staff share Jesus to a person who relies on sign language?

Doss said, "Our Deaf crew was incredibly impressed with the camp staff. They were incredibly kind and confidently met the task of working with those who are deaf. We just loved them."

Many deaf Adventists today will tell you that they knew very little about God as children, even those who grew up in Adventist homes.

In July, for example, a Deaf lady, whose father was an Adventist

Shakira was part of the historic first Deaf Youth Camp held in 2022 at Sunset Lake Camp.

pastor, chose to be rebaptized. Even though she had been baptized as a young girl, she understood very little about who God is and His desires for our lives. She eventually studied the Bible with Deaf members and was amazed at the precious truths she had missed.

"This story has been repeated in the lives of many other Deaf people. This is why we have Deaf camp. There are many Deaf youths who have no idea about God, let alone the plan of salvation and Jesus' soon return. We must reach out to the Deaf youth in some way. And summer camp is one way to make a difference," said Doss.

The Deaf staff are excited about returning to Sunset Lake July 2-9, 2023, along with Shakira, who wants to bring her friends and help the Deaf youth camp grow.

If you know of anyone Deaf between the ages of 10-15, please encourage them to email camp4deafyouth@gmail.com.

ESTHER DOSS

Deaf ministries coordinator

HEIDI BAUMGARTNER

Washington Conference communication director



More online at NWADVENT.ST/117-7-WA-14

CHURCH

God Saves Lives on Olympic Peninsula

MELISSA REIDEL FELT A SENSE OF GUILT AT HER AUNT DEE'S MEMORIAL SERVICE.

"She would invite me every Sabbath and every Sabbath I would make an excuse about why I couldn't go," Reidel remembered. "My aunt was so on fire for the Lord. She showed the love that Jesus had for everybody."

Reidel started watching church online with her kids. One Sabbath, Reidel felt impressed to visit Port Angeles Church. That Sabbath, an acquaintance named Rachel Sizemore was baptized.

"With Rachel's baptism, you could feel the presence of the Holy Spirit," Reidel said. "I felt in my heart, 'This is what I need to do' and 'This is where you should be at.' I left there with the thought that I would be baptized next."

Reidel met Jay Coon, pastor, a couple of weeks later and proclaimed, "I'm going to be baptized just like Rachel."

"That's a message every pastor likes to hear," quipped Coon.

Coon arranged for Sizemore, Reidel and her daughter Morrigan to study the Bible together. Sizemore's mother's funeral was a catalyst for her to come back to church, so the women had much in common.



HEIDI BAUMGARTNER

• Pastor Mark Pekar listens as Casey Bley shares how God rescued him from alcoholism.

Reidel and her children Morrigan and Zachary are growing in their faith at home, at church, in Sabbath School and at Auburn Adventist Academy where Morrigan and a friend from Forks are enrolled as freshmen.

"Whenever someone is baptized, it's a miraculous story," said Mark Pekar, Sequim pastor.

Casey Bley came home from a chance meeting with Pekar and recommended that his wife Shari visit the Adventist church. She did and soon became a member in 2020. The couple continued in Bible studies.

Bley had one severe roadblock: alcoholism. "My drinking finally reached a point where if something wasn't done, I was going to die," he said. "That's not an exaggeration. I was truly in dire shape."

Shari Bley rallied family, friends and her new church family to pray for her husband ahead of a planned intervention. A clinic in Tukwila called that morning saying they could take a new patient.

"After the intervention, I made the first rational decision in quite a while and I agreed to go," said Bley, who was driven to the clinic that night. "The clinic wasn't meant to be a pleasant place. You go there to kick a habit and begin your substance abuse recovery."

After leaving the clinic, Bley still needed physical health recovery. Within a few months, he was enjoying activities he loved.

"God reached down into my life and took away the desire to drink," Bley said. "It's a miracle that I don't take for

granted. I'm still vigilant about being a recovering alcoholic. Because of God's love for me, I came out of my crucible a far better person."

Bley picked up Bible studies again, met his new church family and was baptized in early September.



HEIDI BAUMGARTNER

• Melissa Reidel knew on her first day visiting Port Angeles Church and seeing an acquaintance baptized that she would be the next person baptized. The Holy Spirit had been preparing her for this time.

"My story isn't real cheerful, but it has a good ending," Bley said. "God forgave me of my sins and saved my life."

HEIDI BAUMGARTNER
Washington Conference
communication director

More online at NWADVENT.ST/117-7-WA-22 +



Port Angeles Debt Free by Faith

PORT ANGELES CHURCH RECENTLY CELEBRATED TWO MORTGAGE BURNINGS — ONE FOR THE PROPERTY AND ONE FOR THE FACILITY — AT A LOCAL PARK’S HISTORIC CABIN.

As members eyed the market, they saw a church property sell significantly below market rate. When the next property became available, church leaders agreed, with faith-based prompting from member Alain de Chantal, to submit a low offer with all they could afford to see what might happen.

Their offer was accepted, and Port Angeles purchased a million-dollar property for \$300,000!

“God works in mysterious ways,” said Jerry Moore, church treasurer, in reflection.

The church had \$180,000 in the bank for the property, obtained a loan for \$120,000, accepted a construction bid for \$376,000 and recruited a team of church volunteers and 65 Maranatha volunteers who were led by members Terry Barton and Josh Winters.

“I can guarantee that \$676,000 wasn’t the full expense,” Moore said. “This was a sizable chunk of money for our church. It was a great effort by all the church members who

contributed to the cause, as well as additional volunteers from Maranatha who came alongside us.”

The church started remodeling and expanding the historic church property located just one street over from their cramped 9th Street church. The 8th Street church, originally owned by First Church of Christ Scientists, covered two original Port Angeles property lots numbered 266-267 as documented by Clallam County Historical Society maps.

“We had figured out financially that we would do this project in three stages,” explained Marlene Moore, church historian. “We didn’t plan to replace the carpet or the

ceiling. And then we received a year’s worth of rain in one day on Sept. 28, 2013. The roof was open, and everything was exposed.”

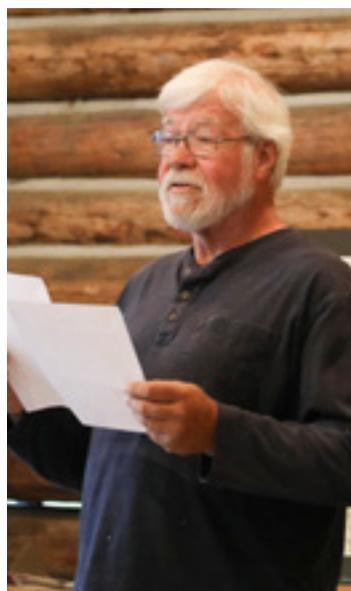
Church volunteers, along with newly arrived Maranatha volunteers, encountered a wet, sloppy mess to clean up. The church now has a rain chart in its archives!

“Maranatha helped us get done within a year,” Jerry Moore noted. “The project wasn’t an easy endeavor. There are a lot of stories — like a stolen truck and trailer with 6,000 pounds of gravel that were recovered — and even some funny episodes — like popping wheelies in a Bobcat.”

According to Moore, the most the church was ever in debt was \$457,784.14. This amount was officially paid off on April 28 with assistance from a Washington Conference capital funds check, just eight years after the church moved into their new church home.

“I remember thinking how the location, the potential, the remodel, the mission, was so much better at this 8th Street location,” said Doug Bing, Washington Conference president, as he prepared alongside member representative Cheryl Barton, to burn the mortgages on Sept. 17. “Every time I drive to Port Angeles Church, I pray, ‘Thank You, God, for leading this church to this building’ because it helps fulfill the mission so much better.”

HEIDI BAUMGARTNER
*Washington Conference
communication director*



• Jerry Moore, Port Angeles Church treasurer, holds the two mortgages the church obtained for purchasing and renovating their 8th Street church home. The mortgages were burned Sept. 17, 2022, at Loomis Cabin in Lincoln Park located in Port Angeles.



More online at NWADVENT.ST/117-7-WA-23

MISSION AND OUTREACH

Health Fair Helps 277 Families

WASHINGTON CONFERENCE OFFICE WAS TRANSFORMED INTO A COMMUNITY HEALTH RESOURCE FAIR FOR FOUR HOURS ON SEPT. 11.

“It was a full-service operation with lots of community partners,” said Elida Jerez, Washington Conference health ministries director. “We even had food trucks!”

The health fair provided free screenings and services for blood pressure, cholesterol, glucose/diabetes, HIV testing, COVID-19 vaccinations and boosters, hepatitis B and C tests, body mass index, physical therapy treatment, dental exams, mammograms, health insurance enrollment, ORCA cards, and immigration relief fund application plus free haircuts, free food and free clothing.

“A lot of people—especially women—don’t have insurance (or enough insurance) or a way to get to testing,” said Viti, after her experience at the community health fair. “Things like blood pressure or sugar levels, you can buy those tests at CVS or any pharmacy. Things like mammograms, you need a specialist and special equipment.”



EDGARPADILLA

• 57 volunteers serviced 277 families at the community health fair held at Washington Conference Office in Federal Way.

“We saw community groups and faith-based groups all come together to service 10–15 different language groups,” noted Derek Lane, Washington Conference outreach ministries director. “Everyone is in different places and spaces of life. To be able to have an assortment of services available allows people to pick and choose what services are needed most.”

Community partners included Center for MultiCultural Health, Seattle Cancer Care Alliance, Mercy Missions Mobile Dental Clinic, Integrated Health and Wellness, Coordinated Care, Seattle & King County

Public Health, The Firm Outreach, Community Health Plan, Providence ElderPlace, Hepatitis Education Project and more.

Lane shared how local Adventist churches have been networking with community health organizations for health fairs at Maranatha, Kent, Federal Way and next in Sammamish.

In all, the community health fair in Federal Way with 57 volunteers serviced 277 under-resourced families, 41 walk-ins, 26 dental patients and 14 mammogram patients.

“This community health fair was a beautiful event where we could be the hands, feet and heart of Christ to our under resourced neighbors,” Lane said. “We hope to encourage additional church communities to host health fairs in the future.”

HEIDI BAUMGARTNER
Washington Conference
communication director

Move online at [NWADVENT.ST/117-7-WA-29](https://www.nwadvent.org/st/117-7-wa-29) +



EDUCATION

Auburn Student Body Represents the World

SIX YEARS AGO, KEY LEADERS ASSOCIATED WITH AUBURN ADVENTIST ACADEMY STARTED PRAYING FOR A SPECIFIC NUMBER OF ENROLLED STUDENTS — AND ADDED THE WORD “PLUS.”



GINA HUBIN

diversity to the campus. Arrange a visit and the vibrant diversity will be one of the first things you recognize.

“Every continent is represented by our student body, except for Antarctica,” noted Lori Kissinger, vice principal of academics.

A student-led group called Project Unity celebrates each cultural group by giving students the opportunity to highlight their unique culture. This helps them grow greater awareness and understanding of each other.

“We are grateful for the special kind of energy that the diversity of our students represents,” said Suzette Maxwell, associate vice principal for student life.

Special activities planned within the first two weeks of school helped students bond quickly and included the traditional first-day handshake, first Sabbath at Sunset Lake, week of prayer, Lake Tapps day, fair day and peer mentoring.

The dorms have experienced significant growth. Jonathan Rios, boys’ dean, commented, “This past month has been incredible and I’m very proud of the young men of Witzel Hall. We

have a lot of new students, and it has been wonderful to witness new and returning students become like brothers.” God is good, and this has been evident in the activities and interactions in both dorms.

While the past few years have brought unique challenges to education in general, AAA has navigated with strength and resilience through God’s divine leading. The daily prayer of staff and teachers is for God to lead and guide in this important spirit-filled ministry.

Follow AAA on Facebook and Instagram for special programs and events that you are welcome to attend to witness God working in the lives of young people.

GINA HUBIN
*Auburn Adventist Academy
director of recruiting
and admissions*



• The traditional handshake is back at Auburn Adventist Academy after a pandemic-related hiatus.

• Scholars need to know how to respectfully interact with a variety of ages, cultures and viewpoints. Auburn students have multiple opportunities to develop good leader and follower skills.

As of the new 2022–2023 school year, that prayer is answered—and then some—with 246 students!

“The most exciting element to a new year is the students,” said Peter Fackenthall, principal. “Every number is a student with a story, every number is a young person who will experience Jesus Christ at Auburn Adventist Academy, and we praise God for the students He has led to our campus.”

The increase in students has also continued to bring

More online at NWADVENT.ST/117-7-WA-21



EDUCATION

Finding A Safe Haven at Auburn



More online at
NWADVENT.ST/117-7-WA-67

A TREND STARTED DEVELOPING IN THE SUMMER OF 2022: UKRAINIAN FAMILIES, RECENTLY FORCED FROM THEIR HOMES IN UKRAINE BECAUSE OF WAR, WANTED TO ENROLL THEIR CHILDREN AT AUBURN ADVENTIST ACADEMY.

Versaviya, AAA junior, reached out to Gina Hubin, director of recruiting and admissions, and accompanied the Ukrainian students and families throughout the enrollment process to translate for them and introduce them to their potential new home.

She continues to help her seven – and counting – new friends navigate their new surroundings. Her brother, Philip, and their friend, Rishat, also stepped in as student mentors to form a supportive community of friends.

These new friends are Illia, Davyd, Daniel, Violetta, Vlad, Oleksii and Vlad. These Adventist young men and young woman have seen the horrors of war. They have been forced to quickly leave their homes, friends and family without a proper goodbye to come to a new country and school.

Oleksii appreciates how kind and welcoming everyone is. Davyd is living with his grandparents, whom he hasn't seen in eight years, and misses his family back

home. Siblings Violetta and Vlad, “the original” as he jokes, are worried about their grandparents who are still in Ukraine. Illia and “the new” Vlad just recently arrived.

Their stories, shared in a mix of English, Ukrainian and Russian languages, are fraught with sadness and knowledge that the country they love and grew up in will never be the same. Yet, in all of these students is a strong faith in God and an ability to see beyond the terrible things that are happening and look to Jesus for comfort and hope.

“We didn’t lose parents. We didn’t face down tanks. We are here. For all we’ve gone through, we are blessed,” said Daniel. “In hard times, you reevaluate your priorities.”

“They are showing Jesus in their attitudes and their day-to-day interactions,” said Kellie Nunley, director of development. “They may be here to learn from us, but we are learning just as much, if not more, from them about faith and resilience.”



GINA HUBIN

Ukrainian refugee students are finding a new home and student mentors, like Versaviya (left), at Auburn Adventist Academy.

AAA has a variety of scholarships, but none marked specifically for refugee students until now. Staff recently reached out and secured a \$25,000 matching grant from a foundation. Donors worked through November to meet the fundraising challenge.

Additional funding for educational expenses is coming from North Pacific Union Conference and Washington Conference, who are both contributing per student. AAA appreciates the support they continue to receive for these students.

“They love God and believe He has a plan for them,” Nunley said. “They have found a safe haven as students at Auburn Adventist Academy where they can thrive.”

HEIDI BAUMGARTNER
 Washington Conference
 communication director

KELLIE NUNLEY
 Auburn Adventist Academy
 director of development

GINA HUBIN
 Auburn Adventist Academy
 director of recruiting
 and admissions

CHURCH

Regional Camp Meetings Reunite Believers

PAM BURGHART, CHEHALIS CHURCH OFFICE MANAGER, WAS EXCITED WHEN SHE HEARD FROM THE SOUTHWEST WASHINGTON PASTORAL TEAM THAT CHEHALIS CHURCH WOULD BE HOSTING A REGIONAL CAMP MEETING.

“Camp meeting is always a special time for me! This year was certainly different, but I was so thankful for it!” said Burghart. “I think we all needed it after being apart for the past few years. I was so happy to see so many familiar faces and get to share time with our extended church families and friends!”

The Southwest Washington planning team invited Pavel Goia, *Ministry* magazine editor,

to share powerful stories of answers to prayer and sharing faith with neighbors.

The team wanted to mirror many elements of traditional camp meeting and decided to host a taco salad haystack lunch, invite local musicians to participate in a Gospel sing along on the church lawn, and close out their camp meeting weekend by singing “The Midnight Cry.”

“Camp meeting makes me long for heaven when we can be together with Jesus forever! I know we’ll share our testimonies and sing praises to Jesus,” shared Burghart. “What a camp meeting that will be!”

GATHERING AGAIN

One of the first tasks for the camp meeting season is to obtain a health and safety permit to protect the well-being of participants if they

need emergency services. The problem? Permits associated with gatherings were not yet being issued in early 2022 with pandemic procedures at the time.

As conference leaders prayed about options, several pastors asked, “Could we have local camp meetings in different regions of the conference? We want to invite people back into local worship and fellowship.”

Conference administration agreed with one condition – a group of churches needed to work together to plan and produce a localized camp meeting. Each location could choose their own speaker, musicians, theme and schedule.

Soon, pastor districts in Northwest Washington, Southwest Washington and the Olympic Peninsula started formulating plans. Sunset Lake Camp asked to host both family camp and young adult retreat weekends.

“We appreciated the opportunity to experience collective worship and solidarity with the wider body of believers,” said Derek Lane, Maranatha pastor. He used the Sunset Lake family camp gathering as his church’s annual retreat. “It

• Camp meeting in Sequim included an afternoon gospel sing-along featuring a variety of local musicians.



More online at NWADVENT.ST/117-7-WA-94

was wonderful to experience outdoor worship with fellow believers.”

In all, five camp meetings were hosted in Bremerton, Sequim, Chehalis, Burlington and Eastsound, and two were held at Sunset Lake with a combined attendance of more than 1,800 people. Guest speakers included Keren Graves, David Smith, Pavel Goia, Ty Gibson, S. Joseph Kidder and local young adults. The sermons from most camp meetings are archived on the respective church websites and/or social media accounts.

“We had people who traveled to each camp meeting location. They truly went on a camp meeting tour!” said Doug Bing, Washington Conference president.

“This was our first year to not live close to Washington camp meeting,” said Doug Woods, who attended camp meeting in Sequim. “Considering the hours [my wife] Donna works, we wouldn’t have made it this year [if there had been traditional camp meeting]. We probably would have watched online or something. So, in that sense, it was very convenient to have it right here in our town.”



• Musician Laura Williams shared original songs throughout the last Camp Meeting On The Road gathering at North Cascade Church in Burlington.



• Greeting friends is a special part of camp meeting that continued with regional camp meeting gatherings.

“It was nice not having to camp. Even though the camping is such a big part of the fun of camp meeting, there is stress to it,” admitted Judy de Chantal, a member from Port Angeles. “It felt more personalized to have camp meeting close by. More of our own church members who aren’t able to be at the big camp meeting [were able to come].”

“We have friends at other churches but don’t necessarily get to see them very often, so it was fun to worship and then have potluck together,” said Rachele Deininger, who attended camp meeting in Bremerton and helped with children’s programming. “It just feels good to gather as a community again!”

“I enjoyed camp meeting being in my home church. I’m looking forward to next year in Auburn though,” said Bonnie Parle, who was rebaptized during the pandemic at North Cascade Church.

ANTICIPATING THE FUTURE

Camp meeting is a cherished tradition placed on hold by the pandemic. Yet God gave the Washington

ministry team great creativity in keeping the camp meeting spirit alive during this three-year period, whether through a virtual week of prayer in 2020, a hybrid camp meeting broadcasted from Puyallup to local church partners and homes in 2021 and now regional camp meetings in 2022.

“We’re assembling a Camp Meeting Revitalization Committee to pray and prepare for the return of traditional camp meeting in 2023,” shared Randy Maxwell, Washington Conference vice president for administration.

“The opportunity to reimagine something as potentially impactful as a conference-wide spiritual convention that revives our people and catalyzes our mission, may

only come once,” Maxwell said. “Pray for us as we press into the heart of Jesus for how to reintroduce camp meeting in ways that will better prepare us for the soon return of Jesus.”

HEIDI BAUMGARTNER
Washington Conference
communication director



• Doug and Wilma Bing bring Washington Conference greetings to Olympic Peninsula Adventists gathered for camp meeting in Sequim.

EDUCATION

Business Undergraduate Values Investing Internship



• Jake Freedle spent the summer following his sophomore year interning at an investment consulting firm.

with my manager on client meetings, asset allocation, rebalancing and portfolios. I was right there and got to participate in a lot of it.” Freedle was also given

access to Bloomberg Terminal, a vital software used across the financial industry. “Being able to play around with that software was a huge asset. It’s almost as useful as Excel,” said Freedle.

In the parts of the job that he couldn’t directly undertake, due to not holding certain licenses, he was still able to learn a lot through observation and participation. “I got to have conversations with my manager and give input that was actually listened to,” he explained.

While Freedle had never really considered wealth management as his first choice of career, working at the firm allowed him to learn more about investing and the language around it. Freedle said that being directly involved in discussions with both money managers and clients honed his interpersonal skills, ones he sees as a big asset for the road ahead.

“I’m looking for a career that requires me to have the analytical knowledge from the math background, but I want to have those client or people interactions at the very least,” said Freedle. For now, Freedle is hoping that career might be on Wall Street and eventually in venture capital. But with a strong mix of analytical and communication skills, the future is wide open.

KELSI NASH
WWU university relations supervisor

JAKE FREEDLE IS A JUNIOR BUSINESS AND MATH DOUBLE-MAJOR AT WALLA WALLA UNIVERSITY. HIS SUMMER HAS BEEN AN INTERESTING DIVE INTO THE WORLD OF FINANCE — ONE HE DIDN’T ORIGINALLY THINK HE WOULD BE EXPLORING IN COLLEGE.

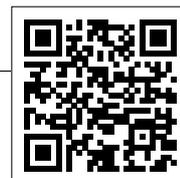
Freedle began college as an engineering major, sure he would use his analytical mind to solve complex technical problems. However, during his sophomore year, he decided he was more intrigued by the investment industry and switched to studying business and applied math. Now with a new career path before him, Freedle decided the sooner he jumped into the field, the better.

Freedle looked to intern at Buckley Investment Group

LLC, an investment consulting and financial planning firm in Walla Walla. He had enjoyed working with the firm as a client and thought they would provide a great learning space. He said, “I scheduled a client meeting with them but didn’t tell them I wanted to work there. I dressed up and brought my resume.”

His initiative paid off, and Freedle spent several weeks this summer working as a wealth management intern. He said, “I worked very closely

+ More online at NWADVENT.ST/117-7-WWU-19



EDUCATION

The Ultimate Outdoor Church

STUDENTS FLOODED BACK ONTO CAMPUS ON SEPT. 26 TO BEGIN A NEW SCHOOL YEAR AT WALLA WALLA UNIVERSITY. MANY OF THE OPENING EVENTS WERE HELD AT A NEW LOCATION ON CAMPUS — THE OUTDOOR STAGE.

Centered on Centennial Green, this temporary stage was initially envisioned in the fall of 2021 as a way to allow socially distanced events and worships. Again this fall, teams from across



campus collaborated to construct a four-sided stage surrounded by seating that accommodated 1,500 people. The outdoor cathedral included a sound system, lights, chairs and an elevated stage all assembled underneath large trees just beginning to turn red and gold. “The stage is impressive in its youthful vibe,” said John McVay, WWU president. “It just feels fun.”

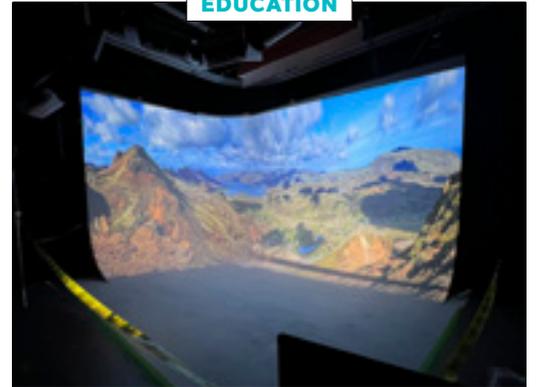
Events such as Friday evening vespers, Mosaic Church, CommUnity and week of worship all met in the impressive space. Speakers and student musicians joined in offering inspiration and sparking insight, conviction, engagement and community. Exceptional education at WWU began in this close-knit community with an integration of faith and learning. Finding a new space to draw together, hundreds of students assembled to discover, pray and lift songs of praise to our returning King under the canopy of the star-filled night sky.

KELSI NASH
WWU university relations supervisor



More online at [NWADVENT.ST/117-7-WWU-24](https://www.nwadvent.st/117-7-wwu-24) +

EDUCATION



STUDIO REFRESHED FOR INNOVATIVE FILM TECHNIQUES

PARTS OF THE FILM STUDIO at Walla Walla University were revamped to allow students to discover innovative film techniques related to virtual production.

Virtual production is a new process in the filmmaking industry that allows special effects and backgrounds to be filmed in-camera instead of created in post-production. “This is one of the biggest changes to film since the beginning of the film medium,” said Jerry Hartman, WWU professor of communication.

WWU students now have the ability to explore this innovative technology thanks to updates in the film studio. Three projectors cast images onto a curving floor-to-ceiling wall freshly painted white. A custom-built computer senses where the camera is in relation to the wall and allows the projectors to adjust the background in real-time.

Matt Webster, WWU production and facilities coordinator, said virtual production has quickly developed in the last three years.

He said, “This puts us on the leading edge of teaching what is being used in the industry.” Students explored the implementation of this relatively new

technology most deeply in the Interactive and VR Storytelling class this fall.

To learn more about studies in film and media at WWU, visit [wallawalla.edu/comm-lang](https://www.wallawalla.edu/comm-lang).

KELSI NASH
WWU university relations supervisor



More online at [NWADVENT.ST/117-7-WWU-25](https://www.nwadvent.st/117-7-wwu-25)



EDUCATION

University Students Explore Careers in Healthcare Administration

ADVENTIST HEALTH IS PROVIDING A VARIETY OF OPPORTUNITIES TO HELP PREPARE THE NEXT GENERATION OF HEALTHCARE BUSINESS LEADERS. EXPERIENCES INCLUDE STUDENT INTERNSHIPS, A LEADERSHIP RESIDENCY PROGRAM AND A UNIVERSITY CLASS IN HEALTHCARE ADMINISTRATION.

The new class, Introduction to Healthcare Administration, is offered at La Sierra University, Pacific Union College and Walla Walla University. The class provides opportunities for students to obtain personal career insights from Adventist Health leaders and engage in conversation on a variety of subjects related to healthcare administration. Each class features a presentation by a different Adventist Health executive (see sidebar on page 47) and time for students to ask questions.

"Adventist Health is looking for bright, young, mission-driven students to come work for us," said Alex Bryan, Adventist Health chief mission officer and co-instructor for the class. "The Introduction to Healthcare Administration class is an opportunity for students to put their name forward and to step up and say, 'I want to use my particular skills to love people who are hurting, to heal people who are sick and to bring hope to people who find they have no hope.'"

Building a pipeline of future healthcare leaders aligned with Adventist values is an important strategy for Adventist Health. This class provides students with the opportunity to learn about the business side of healthcare and the significance of being a leader for a faith-based healthcare organization.

Topics covered in the class include finance, operations, human resources, marketing, communication, Adventist Health mission, spiritual care in a healthcare setting and more. Twenty-five Adventist Health executives and leaders have presented for the class during the last two years.

The interactive class format is supplemented with readings from books and current news articles about healthcare finance, public health policy, issues in human resources and more. The class also explores the history of Adventist Health, its roots in the Adventist Church and the unique mission of the company. The course model

allows students to gain a better understanding of healthcare administration straight from executive presenters who provide real-world examples.

Bryan and Brendan Collins, co-designer and co-instructor for the class, have planned content to provide insight, inspiration and opportunity for students wanting to work in healthcare administration and students pursuing the clinical side of healthcare but who want to learn about the business of healthcare.

"The class gives students an inside look into Adventist Health and the American healthcare system as a whole. Students have opportunities to

receive career and leadership advice that will last a lifetime," said Collins.

More than 100 students have taken the course during the past two years with multiple students receiving internships and residencies at Adventist Health after taking the class.

One student said, "This class has given me the opportunity to look into the healthcare administration career field and taught me so much about the structure, variety of jobs available, culture and ministry of Adventist Health."

"I especially found interest in the Adventist Health executive officers with a legal background. It helped me to realize there is no singular path and the future doesn't necessarily hinge entirely on what a diploma says," said another student.



TO LEARN MORE about Introduction to Healthcare Administration classes offered at La Sierra University, Pacific Union College and Walla Walla University, visit the websites for each college or university's school of business or email Brendan Collins at collinbm@ah.org.

Bruce Toews, WWU School of Business dean, said, "In this popular class, students are not only exposed to a wide variety of career options in healthcare administration, but they have the unique opportunity to interact directly with key executives to learn firsthand about the joys and challenges of managing healthcare institutions. Few other classes exist in U.S. higher education that provide this level of direct access to top managers and leaders."

"With healthcare comprising almost 20% of the American economy, there is no shortage of roles and career opportunities within the industry," said Collins. "Our goal is to give every student who takes the

course an inside look into our organization and to help them realize there are endless opportunities for careers, not just in the clinical space but in healthcare administration as well. More importantly, we want students to recognize that working at Adventist Health is an opportunity to be part of something more than just a day job. It is a calling to the transformational, healing ministry Jesus brought to this Earth 2,000 years ago by inspiring health, wholeness and hope for those in need."

KIM STROBEL
Adventist Health project manager for religion, faith and mission



CHRIS DRAKE

TOPICS AND PRESENTERS FOR INTRODUCTION TO HEALTHCARE ADMINISTRATION:

Mission leadership

Alex Bryan, chief mission officer

Hospital leadership

Michelle Fuentes, Adventist Health Sonora president

Health system leadership

Kerry Heinrich, chief executive officer

Blue Zones and community well-being initiatives

Mark Ishikawa, community integration administrative director

Shelly Trumbo, well-being executive

Michaela Collins, Blue Zones project manager

Janelle Ringer, community integration project manager

Human resources

Doris Tetz, human performance executive, talent strategy & total rewards

Leadership and human resources

Joyce Newmyer, chief people officer

Digital innovation and strategy

Jason Wells, chief strategy officer

Financial leadership

John Beaman, chief financial officer

Mission and chaplaincy

Sam Leonor, mission identity & spiritual care executive

Katie Wagner, resident intern chaplain

Diversity, equity, and inclusion, and healthy choices

Dexter Shurney, chief health equity, diversity, and inclusion officer

Philanthropy

Betsy Taylor, chief philanthropy officer

Leadership residency

Tim Olaore, leadership resident & internship programs director

Public affairs

Julia Drefke, public affairs executive

Operations

Todd Hofheins, chief operating officer

Legal issues in healthcare

Meredith Jobe, general counsel

Alex Bryan, Adventist Health chief mission officer, speaks to Walla Walla University students about healthcare leadership.

More online at [NWADVENT.ST/117-7-AH-83](https://www.nwadventist.org/st/117-7-AH-83) 



family BIRTHS

JACKSON—William Theodore was born Sept. 4, 2022 to Jonathon and Casey (Michael) Jackson, Tillamook, Oregon.

MINTON—Ryker Elliot was born Jan. 11, 2022 to Rich and Ashley (Poteet) Minton, Medford, Oregon.

YANKEE—Brooklyn Dawn was born Aug. 13, 2022 to John and Nikki (Sackmann) Yankee, Vancouver, Washington.

YANKEE—Isabel Grace was born Aug. 13, 2022 to John and Nikki (Sackmann) Yankee, Vancouver, Washington.

family WEDDINGS

HAYES-MCCONNELL—LeBerta “Lee” (Petersen) Hayes and Don McConnell were married on June 20, 2022 in Gresham, Oregon.

family AT REST

ANDERSON—Ralph Merlin, 87; born April 13, 1935, Stanwood, Washington; died Oct. 6, 2022, College Place, Washington. Surviving: spouse, Marlene (Godfrey) Anderson; son, David; daughter, Sheryl (Anderson) Abbott; sisters, Betty (Anderson) Penner, Lois (Anderson) Cornell, Marilyn (Anderson) Gepford and Margie (Anderson) Meidinger; 5 grandchildren.

BEAULIEU—Paul Vernon, 82; born Dec. 3, 1939, Bend, Oregon; died March 27, 2022, Marana, Arizona. Surviving:

spouse, Connie; son, Tim; daughters, Terri Beaulieu and Kristine Deardorff; brother, Dale; 5 grandchildren.

BEBEE—James “Jim” Lee, 76; born May 16, 1946, Fort Smith, Arkansas; died Aug. 2, 2022, Kauai, Hawaii. Surviving: spouse, Ruth (Scyphers) Bebee; daughter, Susan Bebee.

BRENTON—Howard Douglas, 83; born Feb. 14, 1939, New York, New York; died Aug. 16, 2022, Aberdeen, Washington. Surviving: spouse, Berta; sons, Douglas and David; 4 grandchildren.

BROTHERS—Stephen Lee, 67; born May 8, 1955, Oregon City, Oregon; died July, 1, 2022, Ridgefield, Washington. Surviving: daughter, Ashley Drake; brothers, Loren and Theodore; sister, Julie Ann Wilhelmson; 1 grandchild.

BURVILLE—Janean Mae (Carelock), 78; born Sept. 9, 1944, Hayward, California; died Oct. 7, 2022, Gladstone, Oregon. Surviving: sons, Walter, Roland and James; daughters, Tammy Burville, Karen Burville and Suzette (Burville) Love; sisters, Carolyn (Carelock) Ort and Ruth (Carelock) Miller; 4 grandchildren and 4 great-grandchildren.

DALE—Jeffrey M., 29; born Sept. 1, 1992, Arcata, California; died June 30, 2022, Mount Jefferson, Oregon. Surviving: father, Robert; mother, Melanie (Jackson) Dale; brother, John; sister, Grace.

DAVIS—Marta R. (Oertle), 77; born Sept. 19, 1944, Bell, California; died Nov. 19, 2021, Clackamas, Oregon.

Surviving: spouse, Ron; son, Craig; daughter, Laurie (Davis) Woodruff; 3 grandchildren.

DEWEY—Ronald Lewis, 76; born June 16, 1946, Cottage Grove, Oregon; died Aug. 10, 2022, Medford, Oregon. Surviving: spouse, Karen; son, Kenneth; sister, Rosalyn Dewey; 17 grandchildren and 3 great-grandchildren.

DIMOCK—Caroline Marion (Kohl), previously Caroline Lutz, 97; born Nov. 12, 1924, Reading, Pennsylvania; died May 8, 2022, Gresham, Oregon. Surviving: sons, Barry and Alan; sister, Betty (Kohl) Weik; 6 grandchildren, 2 step-grandchildren, 14 great-grandchildren, 3 step-great-grandchildren and 2 great-great-grandchildren.

DONDINO—Roger, 86; born Nov. 14, 1935, Bennett, Wisconsin; died Sept. 2, 2022, Portland, Oregon. Surviving: spouse, Donna (Boardman) Dondino; sons, Terry, Rus and Jeffrey; daughter, Karen Patterson; sister, Beverly Sherman; 4 grandchildren and 8 great-grandchildren.

DORSEY—Eugene Marion, 89; born July 29, 1932, Madison County, Alaska; died Jan. 13, 2022, Nampa, Idaho. Surviving: 6 grandchildren and 9 great-grandchildren.

DRECHSEL—Charly, 86; born Aug. 10, 1936, Queens, New York; died Sept. 13, 2022, Boise, Idaho. Surviving: spouse, Karen; son, Kurt; daughters, Hanna Klein and Inga Drechsel; 5 grandchildren.

EOFF—Virginia May (Cochran), previously Virginia

Baker, 85; born Nov. 6, 1936, Woodland, Washington; died Sept. 3, 2022, Wasilla, Alaska. Surviving: spouse, Stanley; son, Jerry Baker; daughters, Debbie Downey, Kathy Baker, Sharon Pleier, Carolyn Bowen and Linda Leeper; stepsons, Tom Eoff and Ed Eoff; 14 grandchildren 4 step-grandchildren, 13 great-grandchildren and 7 step-great-grandchildren.

FEVEC—Herbert Jerome, 93; born Dec. 17, 1927, St. Augustine, Florida; died Dec. 7, 2021, Gresham, Oregon. Surviving: spouse, Ruth; sons, Jim and Jerry.

FOSTER—Marjorie Chrystal (Burnett), 88; born May 30, 1934, Portland, Oregon; died Oct. 2, 2022, The Dalles, Oregon. Surviving: son, Mark; daughter, Roseanna Foster-Mikhail; 4 grandchildren and 5 great-grandchildren.

FREDENHAGEN—Judith “Judy” Ann, previously Judith Douds, Judith Forbes, 77; born Feb. 27, 1945, Boise, Idaho; died April 9, 2022, Belgrade, Montana. Surviving: son, Tony Douds; daughters, Kimberly Champagne and Stephanie Cunningham; sisters, Becky Wonenberg and JoAnn Haroldsen; 6 grandchildren and 7 great-grandchildren.

GAONA—Ciro, Sr., 86; born June 12, 1936, Harlingen, Texas; died Aug. 10, 2022, Newman Lake, Washington. Surviving: spouse, Rose Gonzales Gaona; sons, Ciro, II and Richard; daughters, Margaret Baker, Rosie Stumbaugh and Virginia Gaona Downes; 20 grandchildren, 28 great-grandchildren and 4 great-great-grandchildren.

U-DAYS 2023

at Walla Walla University



U-Days at Walla Walla University is not something a high school student should miss. If you know a junior or senior*, encourage them to sign up for one of these special events where they'll tour the campus, attend classes, visit with a financial counselor, enjoy fun-filled events, earn scholarships, and more. Plus, their stay is on us—we'll even help with travel costs (up to \$250 per visitor). Space fills fast, so they should sign up now!

**Seniors in NPUC academies will be attending the April event with their schools.*

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MARCH 2–4, 2023

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wallawalla.edu/udays



GEIGLE—Eda Lee (Taylor), 79; born May 1, 1943, Seward, Alaska; died Sept. 9, 2022, Walla Walla, Washington. Surviving: spouse, Raymond; stepdaughter, Lisa Geigle.

GREISSBACK—Norman A., 91; born July 13, 1931, Hinsdale, Illinois; died July, 30, 2022, Winchester, Oregon. Surviving: spouse, Anne Elliot Griesbach; sons, Scott and Barry; 1 grandchild.

HANNA—Connie Marie (Lambert), previously Connie Salmons, 79; born June 9, 1943, Tulare, California; died Sept. 5, 2022, Yakima, Washington. Surviving: daughters, Anita (Hanna) Adolf and Becky (Hanna) Stradley; stepdaughter, Sharon (Hanna) Canaday; 2 grandchildren, 12 step-grandchildren, 2 great-grandchildren and 11 step-great-grandchildren.

HEIM—Joyce (Hagele), 80; born July 12, 1941, Roscoe, South Dakota; died Feb. 23, 2022, Medford, Oregon. Surviving: stepsons, Kevin, Wesley and Eric; 6 grandchildren.

HEMPEL—Beulah Ann (Studdard), 78; born Nov. 16, 1943, Granite City, Illinois; died Sept. 26, 2022, Vancouver, Washington. Surviving: spouse, Robert; son, Jeff Studdard.

HESS—Edna Ruth (Misenko), 92; born April 14, 1930, Bainville, Montana; died Aug. 5, 2022, Beaverton, Oregon. Surviving: spouse, Alfred; sons, John and James; sister, L. Irene Canosa; 3 grandchildren and 1 great-grandchild.

KOORENNY—Carol Jean, previously Carol Wardrip, 67; born Dec. 14, 1954, Glendale, California; died Oct. 10, 2022, Spokane, Washington. Surviving: son, Robert Kooreny; sister, Beverly (Kooreny) Anderson; 2 grandchildren.

MARLOW—Erika (Oetmann), 89; born Dec. 13, 1932, Seoul, Korea; died Sept. 25, 2022, Springfield, Oregon. Surviving: son, Bryan; daughters, Debie (Marlow) Creigh, Sandy (Marlow) Sinclair and Marlene (Marlow) Long; brother, Dieter Oetmann; 17 grandchildren and 20 great-grandchildren.

MCGEE—Sharon Renae (Romjue), 66; born March 15, 1956, Ontario, Oregon; died Sept. 27, 2022, Walla Walla, Washington. Surviving: son, Trevor; daughters, Miranda (McGee) Niemeier and Carrie Cazier; sisters, Teri (Romjue) Sannar and Donna (Romjue) Williams; 6 grandchildren.

MICHEL—La Vera Genese, 89; born Nov. 3, 1932, Nampa, Idaho; died Oct. 6, 2022, La Grande, Oregon. Surviving: spouse, John; daughter, Cathy Riley; brother, Don Jackson; sister, Annetta Jackson; 8 grandchildren and 16 great-grandchildren.

ORR—Gail Marie, 72; born June 10, 1950, Savannah, Georgia; died Sept. 29, 2022, Savannah, Georgia. Surviving: sisters, Joyce (Orr) Washington and Linda (Orr) DeLoach.

OSS—Paul Melvin, 97; born May 17, 1924, Poona, India; died May 11, 2022, Hermiston, Oregon. Surviving: son, John; daughters Paula Oltman, Patti

Carroll and Karen Denmark; 9 grandchildren and 14 great-grandchildren.

PEACH—Mark, 64; born Aug. 5, 1957, Walla Walla, Washington; died Feb. 14, 2022, Chattanooga, Tennessee. Surviving: son, Connor; brothers, Kent, Karl and Joel.

PIERCE—Larry Leon, 87; born March 19, 1935, Milton, Oregon; died Aug. 13, 2022, Touchet, Washington. Surviving: sons, Vincent and Roger; daughter, Helen (Pierce) Scotson; brother, Rob; sister, Janice Clayton; 2 grandchildren.

RAHENKAMP—Jessie Faye (Woods), previously Jessie Koontz, 79; born May 26, 1943, Donnelsville, Ohio; died Aug. 4, 2022, Medford, Oregon. Surviving: spouse, Jim; son, Ron Koontz; daughter, Diane (Koontz) Ragan; 6 grandchildren, 12 great-grandchildren and 1 great-great-grandchild.

REIGEL—Carolea (Linrud), 78; born Oct. 24, 1943, Bellingham, Washington; died Aug. 7, 2022, Bellingham, Washington. Surviving: sons, Robin and Arlen; daughter, Judith Ladenberger; 4 grandchildren and 5 great-grandchildren.

RINGERING—Fern Marie (Rosevear), 88; born Sept. 13, 1934, Washougal, Washington; died Oct. 2, 2022, Gladstone, Oregon. Surviving: spouse, Lyle; sons, David, Kevin, Steven, Timothy and Peter; daughters, S. Dawna (Ringing) Scott and Rebecca (Ringing) Dyer; 8 grandchildren, 4 step-grandchildren and 7 great-grandchildren.

ROUSE—Joan Carolyn (Davidson), 84; born Jan. 22, 1938, Madison, Tennessee; died Sept. 9, 2022, Walla Walla, Washington. Surviving: spouse, Charles; sons, Kevin and Kenneth; daughters, Karen (Rouse) Margart and Kelli (Rouse) Steidle; sisters, Virginia (Davidson) Sellars and June (Davidson) Mathieson; 10 grandchildren and 15 great-grandchildren.

SCHWARTZ—Carlyle “Carl” Jacob, 75; born April 2, 1947, Spokane, Washington; died July 15, 2022, Walla Walla, Washington. Surviving: spouse, Nita (Vickroy) Schwartz; son, Matt; daughter, Katie (Schwartz) Westcott; brother, Mike; sisters, Judy (Schwartz) Oellrich and Marj (Schwartz) Anderson; 2 grandchildren.

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SHUTE—Glennis Mae (Anderson), 100; born May 17, 1922, Atwater, Minnesota; died Oct. 6, 2022, Riverton, Wyoming. Surviving: son, Donald; daughters, Diana (Shute) Chappell and Kathy Lee (Shute) Shelley; 1 grandchild.

SOSSONG—Rita A., 56; born July 26, 1965, Clarkston, Washington; died Jan. 21, 2022, Tualatin, Oregon. Surviving: brother, Timothy.

STICKNEY—Ruth Claire (Long), 93; born March 5, 1929, College Place, Washington; died Aug. 8, 2022, Bonners Ferry, Idaho. Surviving: sons, Scott and Peter; daughters, Leandra George and Melinda Roberts; 15 grandchildren and 18 great-grandchildren.

STUIVENGA—Izella Pearl, 90; born Dec. 1, 1931, Rothville, Missouri; died July 20, 2022, Corvallis, Oregon.

SURDAL—Delores Jean (Allaway), 91; born Dec. 15, 1930, Missoula, Montana; died Aug. 31, 2022, Grand Coulee, Washington. Surviving: daughters, Linda (Surdal) Kincaid, Nancy (Surdal) Kooy and Peggy (Surdal) Nevsimal; 4 grandchildren and 4 great-grandchildren.

THOMPSON—Elsie Jane (Gross), 93; born Sept. 30, 1928, Monterey Park, California; died Sept. 13, 2022, Gresham, Oregon. Surviving: son, Rudy; daughters, Tenny Garner, Sandee Fuller, Roberta Blankenship, Christine Ludwig, Coralee Thompson and Rose Thompson; 14 grandchildren, 3 step-grandchildren, 15 great-grandchildren and 1 great-grandchild.

TREMAINE—ViDell F. (Harchenko), 85; born Aug. 27, 1937, Minot, North Dakota; died Sept. 30, 2022, Salem, Oregon. Surviving: daughters, Kim Osteen, Kelly Tremaine and Kolette Doerfler; stepbrother, Vern Harchenko; sister, Ruby Addsett; 2 grandchildren and 1 great-grandchild.

TURNER—Clifford Andrew, Sr., 94; born May 11, 1927, Wenatchee, Washington; died Feb. 12, 2022, Oregon City, Oregon. Surviving: spouse, Sallie; sons, Mark “Mickey,” Clifford Andrew Jr., Rodney and David; daughters, Linda and Sharon; stepsons, Kevin, Jimi Sue and Paul; stepdaughter, Wendy; 8 grandchildren, 9 step-grandchildren and 15 great-grandchildren.

ZIMMERMAN—Gwen Ruth, 85; born Aug. 14, 1936, Yelm, Washington; died July 22, 2022, Milton Freewater, Oregon. Surviving: sisters, Betty Schweitz and Shirley Randall.

All family announcements are published online at NWAadventists.com/family. To submit family announcements, go to NWAadventists.com/contribute. To publish an expanded obituary with a short bio and photo, contact info@nwadventists.com or call 360-857-7200 for submission and cost information.

The North Pacific Union Gleaner accepts family listings as a service to members of Adventist churches in the Northwest. This information is not intended as an endorsement of any facts or relationships represented.

North Pacific Union Directory

5709 N. 20th St., Ridgefield, WA 98642
360-857-7000 • fax 360-857-7001 • npuc.org
Monday–Thursday 7:30 a.m.–5:30 p.m.

President	John Freedman	Hispanic Ministries	César De León
Executive Secretary, Evangelism	Bill McClendon	Associate	Carolann De León
Treasurer	Mark Remboldt	Information Technology	Loren Bordeaux
Undertreasurer	Robert Sundin	Associate	Daniel Cates
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Associate	Makena Horton	Associate	Carolann De León
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Education	Keith Hallam	Public Affairs, Religious Liberty	André Wang
Elementary	Becky Meharry	Regional, Multicultural and Outreach Ministries	Byron Dulan
Secondary	Keith Waters	Trust (WAF)	James Brown
Certification Registrar	Deborah Hendrickson	Women's Ministries	Sue Patzer
Early Childhood Coordinator	Carisa Carr	Youth and Young Adult	Rob Lang
		Assistant	Velvet Lang

Local Conference Directory

ALASKA CONFERENCE

6100 O'Malley Rd.
Anchorage, AK 99507-7200
907-346-1004 • alaskaconference.org
Kevin Miller, president; Ashwin Somasundram, v.p. administration; James W. Jensen, v.p. finance

IDAHO CONFERENCE

7777 W. Fairview Ave.
Boise, ID 83704-8418
208-375-7524 • idahoadventist.org
David Prest Jr., president; David Salazar, v.p. administration; John Rogers, v.p. finance

MONTANA CONFERENCE

175 Canyon View Rd.
Bozeman, MT 59715
406-587-3101 • mtcsda.org
Ken Norton, president; Jim Jenkins, v.p. administration; Erin Tungesvik, v.p. finance

OREGON CONFERENCE

19800 Oatfield Rd.
Gladstone, OR 97027-2546
503-850-3500 • oregonadventist.org
Dan Linrud, president; Kara Johnson, v.p. administration; Brent Plubell, v.p. finance; Brandon O'Neal, v.p. education

UPPER COLUMBIA CONFERENCE

3715 S. Grove Rd.
Spokane, WA 99224
509-838-2761 • uccsda.org
David Jamieson, president; Rodney Mills, v.p. administration; Allee Currier, v.p. finance; Brian Harris, v.p. education

WASHINGTON CONFERENCE

32229 Weyerhaeuser Way S.
Federal Way, WA 98001
253-681-6008 • washingtonconference.org
Doug Bing, president; Randy Maxwell, v.p. administration; Jerry S. Russell, v.p. finance; Michelle Wachter, v.p. education

WALLA WALLA UNIVERSITY

204 S. College Ave.
College Place, WA 99324-1198
509-527-2656 • wallawalla.edu
John McVay, president; Pamela Cress, v.p. for academic administration; Prakash Ramoutar, v.p. for financial administration; Doug Tilstra, v.p. for student life; Jodi Wagner, v.p. for university relations and advancement

Adventist Book Centers

800-765-6955 • adventistbookcenter.com

NAMPA ABC

1350 N. Kings Rd., Nampa, ID 83687-3193
208-465-2532
M–Th 8:30 a.m.–5:45 p.m.

OREGON ABC

19700 Oatfield Rd., Gladstone, OR 97027
503-850-3300
M–Th 10 a.m.–5:30 p.m.
F 10 a.m.–2 p.m.
Sun 11 a.m.–4 p.m.

UPPER COLUMBIA ABC

3715 S. Grove Rd., Spokane, WA 99224
509-838-3168
M–Th 9 a.m.–5:30 p.m.
Sun 10 a.m.–3 p.m.

COLLEGE PLACE ABC

505 S. College Ave., College Place, WA 99324
509-529-0723
T–Th 10 a.m.–5:30 p.m.

AUBURN ABC

5100 32nd St., Auburn, WA 98092-7024
253-833-6707
M, Tu, Th 10 a.m.–5:30 p.m.
W, F 10 a.m.–2:30 p.m.
Sun 11 a.m.–3 p.m.



Sunset times:
nwadventists.com/sunset

ANNOUNCEMENTS

NORTH PACIFIC UNION

Offering

- NOV. 5**—Local Church Budget
- NOV. 12**—Annual Sacrifice for Global Mission (GC)
- NOV. 19**—Local Church Budget
- NOV. 26**—Local Conference Advance
- DEC. 3**—Local Church Budget
- DEC. 10**—Adventist Community Services (NAD)
- DEC. 17**—Local Church Budget
- DEC. 24**—Local Conference Advance
- DEC. 31**—Alaska Conference (NPUC)

EMPLOYMENT

SLEEP AT WORK! Adventist disabled man with MS seeks a care attendant for one 29-hour shift per week. Shift begins at 1 p.m. Thursday and ends at 6 p.m. Friday. State pays \$350 per shift. Please call 971-347-6544. (Portland).

SONBRIDGE CENTER FOR BETTER LIVING is looking for volunteers and employees to help bring hope and wholeness in Walla Walla Valley, Washington. View current opportunities at sonbridge.org or call 509-529-3100.

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- Six-year training and educational opportunity for chaplaincy candidates
- Full-time staff chaplain position upon completion



“What I appreciated most about the leadership residency program was the opportunity to make connections with leaders throughout Adventist Health that I still call on today.”

— Tyler Newton, MBA
Former Resident
Operations Executive, Adventist Health Sonora



Scan the QR code for application details and more information



RECIPE

Green Onion, Thyme and Sage Rolls



Ingredients:

2 cups and 2 tablespoons white bread flour, plus extra for dusting

1 ½ cups whole-wheat bread flour

1 ¼-ounce packet active dry yeast

1 ½ teaspoons kosher salt

1 ½ cups warm water

6 green onions, finely sliced

5 sprigs fresh thyme, leaves only

1 teaspoon of finely chopped sage leaves

Optional: 1 teaspoon of fresh rosemary finely chopped

Cooking spray

1 large egg

30–36 small, fresh sage leaves



Directions:

- » Combine the flours, yeast and salt in a large bowl or stand mixer bowl. Make a well in the center and pour in the warm water. Mix together by hand or with a wooden spoon. If you're using a stand mixer, you'll use a dough hook on medium speed. Once mixed, make a smooth and soft dough ball (2 to 4 minutes).
- » Continue to knead: On a clean surface sprinkled with flour, knead the dough. You can do this by hand for about 10 minutes or by machine for 5 minutes on medium-high speed. Note: To test the dough to see if it's been fully kneaded, form a large ball of dough with a smooth top. With flour on your finger, poke a small dent into the dough. If the dough returns to normal, it's ready. If not, continue kneading and test again.
- » Once thoroughly kneaded, put the dough on a floured work surface. With a rolling pin, flatten out the dough to about an 8-inch round, ¾ to 1 inch thick.

- » Spread the finely chopped green onions, thyme and sage in the center of the flattened dough. Bring the sides of the dough up over the herbs to enclose. Flip the dough over so the seam side is down and roll it out to about the 8-inch round again.
- » Again, gather the edges up and over. Knead the dough by hand to incorporate the onions and herbs evenly throughout. If dough develops moisture, conservatively sprinkle in more flour.
- » Divide the dough into 10–12 equal size pieces and knead each one into a round, smooth roll.
- » In a 9-by-13 inches oven safe dish, place the rolls seam-side down, equally distanced. Spray the rolls with a light spritz of cooking spray and then lightly cover with plastic wrap, leaving room for the dough to rise.
- » Preheat the oven to 170 degrees then turn it off. Place the bread in the warmed oven for about 45 minutes or until the rolls have almost doubled in size. Note: Test the dough by remov-

ing the plastic wrap and poking the dough with your flour covered finger. When the dough is ready, the dent should return halfway.

- » When ready, brush the dough with a beaten egg and lay three small sage leaves on top of each roll in a design of your choice.
- » Bake for 20 minutes or until the rolls are golden brown and sound hollow when tapped underneath.

Notes:

Resist the overwhelming urge to taste test these rolls fresh from the oven because the onion and herb flavors develop best when rolls are left to cool.

Let's eat!

DESIREE LOCKWOOD
Gleaner contributor



More online at [NWADVENT.ST/117-7-EAT-06](https://www.nwadvent.com/stories/117-7-EAT-06)



5 Ways to Give Back During the Holidays

WHAT BRINGS YOU THE MOST JOY DURING THE HOLIDAYS? MAYBE YOU LOOK FORWARD TO SPENDING QUALITY TIME WITH FAMILY, MAYBE YOU ENJOY EATING DELICIOUS FOOD OR MAYBE YOUR FAVORITE PART IS GIVING AND RECEIVING GIFTS. WHY NOT SHARE SOME OF YOUR JOY THIS SEASON WITH PEOPLE IN YOUR COMMUNITY? HERE ARE FIVE FUN WAYS YOU CAN GIVE BACK DURING THE HOLIDAYS.

1. Bake cookies for first responders

First responders, such as firemen and police officers, work hard all year round to keep your community safe. Thank them by making your favorite baked goodies for them to enjoy! Package cookies in little gift bags and deliver them to your local fire or police station.

2. Donate warm clothes

Winter weather is cold! I bet you have a jacket, a few hats or a scarf that you don't wear anymore. Gather gently-used, warm clothes like coats, gloves, hats and scarves, and donate them to your local shelter to help people in need stay warm.

3. Make cards for a nursing home

Elderly people in nursing homes can get lonely, especially if they don't have family around to visit them. Brighten their day by crafting some homemade holiday cards for them. Contact the home ahead of time to see if you can deliver your cards yourself and visit with the residents!

4. Buy toys for shelter animals

Shelter animals don't have a home or kids to play with. Head to your local pet store and purchase a few toys and treats for dogs or cats. Then deliver them to your local animal shelter. If you're lucky, maybe you'll get to play with some of the animals!

5. Prepare a goodie box for deliverymen

Deliverymen work very hard during the holiday season to make sure you get your packages and cards on time. Help them fuel their route by setting out a basket filled with snacks on your porch with a sign. Include little bags of chips, cookies or crackers, as well as water bottles or juices. You can also write special thank you notes for all their hard work!

SIENNA HUBIN
Gleaner copy editor

Winter Word Search

E G Y A T Y N E R I N Y U O O P E Y S E
C L B T E C A L P E R I F X J S Q D K W
N A L B K W I S J S T O O B K H P Z H L
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SNOWFLAKE
FIREPLACE
HOT CHOCOLATE
SLEDDING
BOOTS
CANDY CANE

BLIZZARD
PINE CONE
SKIING
JACKET
WREATH

SNOWMAN
ICICLE
MITTENS
PENGUIN
SCARF

Test All Things

R

ecently I had a conversation with my kids about the internet. I let them know that not every picture they see there is necessarily real. Even if it looks real, it's important to question things, to be observant and to seek the truth.

We looked at a couple examples of fake pictures like the Loch Ness Monster^[1], Bigfoot^[2] and Abraham Lincoln holding a cell phone^[3]. Even at 5 and 8 years old, they had no problem understanding how these things can be manipulated to look real. I told them the same thing goes for videos. People can edit videos to tell a story that isn't actually true.

I showed them a video called "Danny Daycare" that features a professional mountain biker named Danny Macaskil^[4]. Danny is asked to babysit and gets bored being in the house, so he asks the little girl named Daisy, "Want to ride the bikes?" She enthusiastically agrees and off they go. But it isn't a gentle ride through the trees. Danny and Daisy do flips, balance along steep precipices and bounce jarringly along the path. Would someone really do those tricks with a baby in tow? The video cuts to the baby happily giggling. I asked my kids if it was real, but they said with a grin, "No way, Dad!"

I told them they were right, but it was funny, wasn't it? I let them know that the video was made by shooting some real scenes with Daisy riding behind Danny and shooting some scenes with a doll that simply looked like Daisy. I told them that Danny is a professional mountain biker and he really did those jumps, but he wasn't doing them with Daisy because that wouldn't be safe.

Then I showed them the behind-the-scenes making of the video with all the crashes. I showed them where

the producers explicitly state that "no children were used in any of the stunts only a doll, either way, don't try this at home."

When the video first came out, there were many comments from people who were aghast at the irresponsibility of placing a child in harm's way. The video was edited so well that they simply assumed it was true. Technology is advancing so fast that discerning fact from fiction is getting increasingly difficult.

In 2018, former President Barack Obama issued a warning in a video announcement that said, "We're entering an era in which our enemies can make it look like anyone is saying anything at any point in time."^[5] It looked like Obama and sounded like Obama, but it wasn't actually Obama.

The video was made by Jordan Peele using sophisticated technology that mirrored Obama's voice and image to coincide with Peele's speech. This is what is now known as a deep fake. Peele was using the technology to make an ironic point: Don't believe everything you see and read on the internet.

I have been at meetings with adults who don't seem to understand this concept. Just because you see something on the internet doesn't make it true. If something looks unbelievable, maybe it shouldn't be believed. Even if it looks believable, it's important



AUTHOR | Kevin McGill



to question our biases and assumptions.

Sometimes fake stories can be funny, like when the satirical website Barely Adventist had an article about Doug Batchelor being kicked off a plane^[6]. They said that he was ushered off Newark-bound United Flight 1844 after casually telling a seatmate before takeoff that he was carrying the “Sword of the Spirit.” When I posted that on Facebook, 42 people shared that story. Most of them thought it was funny. But some people actually believed it!

What is not so funny is the way so many of us can be manipulated by the internet. There are companies like Cambridge Analytica that profit off public naivety. They weaponize fear, hatred and fake news. And they are really good at what they do.

So be careful about what you believe and then choose

to share. Not every meme, news story and video clip is worth passing on. Sometimes we actually may contribute to tribalism by spreading such things.

Fake news is rampant and has become a money-making industry powerful enough to impact elections, confirm our biases and add fuel to our worst fears. Who cares if a story is accurate, it’s the message that counts, right? But what does it say about the message if it relies on sensationalism and slander to penetrate?

In reaction to this, Google, Facebook, Twitter and YouTube are now determined to take on fake news. But this is a little ominous as well. Do we really want these companies to be the arbitrators of truth? How do we determine true truth in the age of post-truth?

Humility is key, it’s a willingness to admit we may get things wrong and a

willingness to be corrected when we are wrong. No person, political party, religious denomination or educational institution possesses the whole truth. If we think we possess the whole truth, we can become arrogant, which makes us treat people with disrespect. True truth doesn’t do that.

True truth is grounded in the principles of true love. It is patient and it is kind. It does not envy, it does not boast and it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered and it keeps no record of wrongs. True truth (love) does not delight in evil, but rejoices when love wins. It always protects, always trusts, always hopes and always perseveres. True truth (love) never fails (1 Cor. 13:4-8).

So where does this leave us in the age of fake news? If the apostle Paul was alive today, he may give this checklist for

sharing and consuming things on the internet:

Is it true? Is it noble? Is it right? Is it pure? Is it lovely? Is it admirable? If anything is excellent or praiseworthy—think about and share such things (Phil. 4:8).

In the age of post-truth, we need a commitment to true truth. We need more blessing and less cursing. Test all things and hold fast to what is good. True truth brings freedom. Jesus explains it like this, “You may know the truth, and the truth will set you free.”

^[1] <https://www.bbc.com/news/uk-scotland-highlands-islands-49495145>

^[2] <https://en.wikipedia.org/wiki/Bigfoot>

^[3] <https://historytech.wordpress.com/2013/10/18/tip-of-the-week-iphone-fro...>

^[4] <https://www.youtube.com/watch?v=jj0CmnxuTaQ&t=31s>

^[5] <https://www.vox.com/2018/4/18/17252410/jordan-peelee-obama-deepfake-buzz...>

^[6] <http://barelyadventist.com/united-removes-doug-batchelor-from-plane-for...>

KEVIN MCGILL

Green Lake Church senior pastor



More online at  NWADVENT.ST/117-7-POV-73

Soul Fitness: Are You an HOA or a Neighborhood Watch?

A

homeowners association's purpose is to protect the value of a neighborhood and make sure properties look respectable when viewed from the street – no garish colors, no obvious weeds and no fences in disrepair. The HOA may send a letter telling you to fix your fence, or they will do it and bill you. If you put up a fence that hasn't been approved by the HOA, they can force you to take it down. It's about protecting property values and perceptions. On the other hand, a neighborhood watch is more about protecting people and watching out for one another, making sure no one comes to harm.

Jesus said in John 15:12-13, "This is My commandment, that you love one another as I have loved you. Greater love has no one than this, that someone lay down his life for his friends." Additionally, in John 13:34-35, He says, "A new commandment I give to you, that you love one another: just as I have loved you, you also are to love one another. By this all people will know that you are My disciples, if you have love for one another."

Is the kingdom of God like an HOA or a neighborhood watch? More personally, are you like an HOA or a neighborhood watch in how you interact with God's children? By God's children, I mean everyone He has created, not just the ones who go to church with you or look and act the same as you.

When He was on this earth, Jesus interacted with people the religious leaders wouldn't touch with a 10-foot pole. Luke tells the story of the woman who had a discharge of blood for 12 years in chapter 8:43-48. According to the Levitical laws, a woman who had a discharge of blood was considered unclean until the discharge was gone. Perhaps because she had



AUTHOR | Eve Rusk





If they come into our church, we should accept and love them. Jesus does. If we encounter them in public, we should accept and love them. Jesus does.

experienced the rejection of local religious leaders, she only dared to touch the hem of Jesus' clothes. And yet she was healed.

Jesus asked the woman of Samaria for a drink of water. Again, religious leaders and Jews in general didn't associate with Samaritans. They certainly wouldn't associate

with a woman who came to the well in the heat of the day to avoid the stares and whispers of her neighbors. Read the story in John 4.

Jesus healed the lepers—all 10 of them. Lepers were also considered unclean and avoided at all cost. Yet Jesus healed them when they called to Him. When one came

and fell at His feet in gratitude, He didn't put him off, saying that he had to be declared clean by the priests first. He didn't have to clean up his act to be healed or to offer thanks. Read the story in Luke 17.

I believe that the kingdom of God is like a neighborhood watch. We are to love and care for everyone regardless of

age, politics, religion, sexual orientation, gender identity, ethnicity, race, how they act toward us, the language they use, the clothes they wear, how they smell or if their skin is tattooed and pierced and their hair is multicolored.

If they come into our church, we should accept and love them. Jesus does. If we encounter them in public, we should accept and love them. Jesus does. And regardless of their sin, we should accept and love them. No one's sin is worse than yours or mine. It's all sin against God.

In case you have questions about who your neighbor is, read Luke 10:25-37. Jesus will answer that question for you.

Are you an HOA or are you a neighborhood watch? What would Jesus be?

EVE RUSK
Idaho Conference
communication director



More online at
NWADVENT.ST/117-7-POV-42





10 Scriptures to Pray Over Your Children



AUTHOR | LaVonne Long

W

e are constantly working on positive parenting techniques with our children. Parenting is such a hard job, isn't it? It's a job that I consistently make mistakes doing. I am always trying to do better, learn more and make repairs with my kids through apologies. If you simply add apologizing to your parenting techniques, you can help break negative parenting cycles. My kids know that I am growing with them and I make mistakes.

In addition to apologizing when I've made a parenting mistake, my kids both benefit from:

- » Schedules
- » Proper nutrition
- » Quality sleep
- » Limited screen time
- » Exercise
- » Boundaries
- » Timeouts
- » Family bonding time
- » Consequences
- » Family worship

Parenting well takes constant work and constant prayer for our family. In the past year, I've really enjoyed praying scripture over my children. I simply insert their name into the Bible text and pray that scripture to God. There is power in the scriptures.

10 SCRIPTURES TO PRAY OVER YOUR CHILDREN

Insert your child's name into the following Bible verses.

1. Above all else, guard _____ heart, for everything you do flows from it. (Prov. 4:23)
2. Let _____ listen and add to their learning, and let the discerning get guidance ... (Prov. 1:5)
3. How can _____ stay on the path of purity? By living according to your word. (Psalm 119:9)

4. Do not conform to the pattern of this world, _____ be transformed by the renewing of your mind. Then _____ will be able to test and approve what God's will is—His good, pleasing, and perfect will. (Rom. 12:2)

5. _____ is your servant; give _____ discernment that they may understand your statutes. (Psalm 119:125)

6. And we know that in all things God works for the good of _____ who love Him, who has been called according to His purpose. (Rom. 8:28)

7. Let _____ listen and add to their learning, and let _____ get guidance ... (Prov. 1:5)

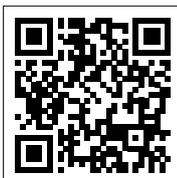
8. With this in mind, we constantly pray for _____, that our God may make _____ worthy of His calling, and that by His power He may bring to fruition _____ every desire for goodness and _____ every deed prompted by faith. (2 Thess. 1:11)

9. Do not fear, for I have redeemed _____; I have summoned _____ by name; _____ is mine. (Isa. 43:1)

10. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard _____ hearts and _____ minds in Christ Jesus. (Phil. 4:6-7)

There are so many more Bible verses you can pray over your children. These are just 10 that I find helpful. Get creative, open your Bible and find even more, not only for your children but for you. Parenting is hard, and we need God and the scriptures as our guide.

LAVONNE LONG
Northwest Adventists family columnist



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