

MID-AMERICA SEVENTH-DAY ADVENTIST NEWS & INSPIRATION

OUTLOOK

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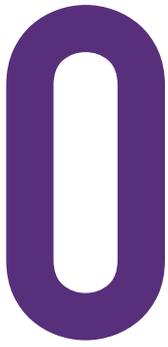
SIMPLIFYING
AND
PRIORITIZING



BACK TO THE BASICS

P. 6

JAN 2019



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“You may have fallen off the bridge, but you don’t know where God is going to take you in that water.”
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NEW YEAR, NEW LOVE, NEW LIFE

Welcome to the first issue of OUTLOOK for 2019! Our theme this year is how to experience abundant life in Jesus Christ. In the face of so much political, social and spiritual unrest in our world, we are aiming to offer practical encouragement and a solid basis for our daily experiences with Jesus.

This month's issue focuses on setting priorities, decluttering our environments, and simplifying our routines.

Our prayer is that at the beginning of this new year you will find peace in the promises of Jesus Christ to surround you daily with His loving presence and meet your every need.



BRENDA DICKERSON
editor



ON THE COVER

Noah Tate is a senior at Oakwood University studying pre-law and political science. He is a native of Denver, Colorado, and a member at New Community Church.

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Photo by Brittany Winkfield

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2019: IS YOUR WORLD MAP A PUZZLE?

“WHEN I PUT THE PIECES OF THE MAN IN PLACE, THEN THE PICTURE OF THE WORLD CAME TOGETHER.”

I love the story author and pastor Chuck Swindoll tells about a gentleman who came home exhausted from a brutal day at work and needed a little quiet time to recoup.

The challenge, however, was he had a young son who just couldn't wait to have some "daddy time." While the man did not want to disappoint his son, he had no energy to play with him.

Somewhat desperate to know how to handle the situation, the father spotted the newspaper which had on the back page a giant picture of planet Earth. He quickly got a pair of scissors and began to cut up the picture of the world into small pieces, creating a makeshift jigsaw puzzle.

The father then placed the puzzle pieces on the kitchen table and told his son when he finished putting the puzzle of the world together then they would play. Feeling proud of himself and figuring he had bought a good 20 minutes, the father sat down to relax. But within just a couple of

minutes, the boy called out, "All done, Daddy!"

Stunned, the father stepped into the kitchen and found that his son had indeed put the puzzle together. "How did you finish so quickly?" he asked.

The son replied, "It wasn't so hard, Dad. On the other side of the newspaper there was a picture of a man. When I put the pieces of the man in place, then the picture of the world came together."

FOCUSING ON PRIORITIES

Luke 12:29-31 says, "And don't be concerned about what to eat and what to drink. Don't worry about such things. These things dominate the thoughts of unbelievers all over the world, but your Father already knows your needs. Seek the Kingdom of God above all else, and He will give you everything you need" (NLT).

As you begin 2019, are you in need of some quiet time to recover from the brutal challenges of life?

Is your schedule already too full? Are you asking yourself how you are ever going to get your world in order with all that is begging to be done?

It is hard to know how to prioritize when there is simply more that needs to be accomplished than what you have time for. This is true for most of us. I don't know anyone who isn't busy.

What is the solution? I believe the key for all of us is to first and foremost make Christ our focus. If we seek Him first, then I believe our world will come together. 0

GARY THURBER
is president of the
Mid-America Union.



When Less Is Just Right

The beginning of a new year is always a good time to evaluate personal habits and priorities.

In fact, setting priorities is one of the most important keys to living an abundant life. Each person needs to decide what to do—and not do—based on their unique goals and calling.

Simple living can be defined as being satisfied with what we have rather than what we might wish for. Individuals often choose simple living for a variety of personal reasons, such as spirituality, health, quality time for family and friends, work-life balance, financial sustainability or reducing stress. Choosing to live simply can also be a reaction to materialism and over consumption.

Managing our stuff

Human beings crave order and peace. That's one reason why having too much stuff (or stuff that is disorganized) can adversely affect us mentally and physically.

It's an exhausting pursuit to acquire—and then organize and maintain—a lot of

possessions, and that may very well be why minimalism is a growing movement. According to Joshua Fields Millburn and Ryan Nicodemus of *theminimalists.com*, “Minimalism is a tool to rid yourself of life's excess in favor of focusing on what's important.”

Too many times, without even realizing it, we give our possessions a disproportionate amount of time and energy, leaving us with lifestyles and financial obligations that don't match our values.

In an article for *Vibrant Life* magazine titled “You'll Feel Better Without Clutter,” Vicki Redden suggests that before buying something new, or while deciding what to keep of your current possessions, you should ask yourself three questions:

1. Do I need it?
2. Do I love it?
3. Do I have a place for it?

Choosing to live simply gives you the power to say no to the non-essentials.

Managing our time

In addition, simple living brings about true freedom of spirit, which helps us focus

more on our relationships. In his book *Crazy Busy*, Kevin De Young shows how being too busy ruins our joy and robs our relationships. We are so frazzled, anxious or distracted that we don't have time for the people most important to us.

Voluntary simplicity

Abby Sasscer, a homeschooling mom and author, uses the term voluntary simplicity to describe her family's spiritual journey and says that the beauty of it all is that there are no set rules or regulations when it comes to voluntary simplicity. “It is partly a lifestyle and a mindset, but mostly a disposition of the heart and soul,” Abby says. It is the gratitude that flows from acknowledging that God has provided enough. “Like a dove flying freely towards the heavens, simple living brings about true freedom of spirit, gives us lasting joy and leads us closer to the heavenly kingdom.” 0

Brenda Dickerson is communication director for the Mid-America Union.

The Simple Life: Amish and Adventist



Marcos Paseggi/Adventist Review

Adventists have much in common with—and also much we can learn from—the Amish. We both value simplicity in lifestyle, a connection with nature, and nurturing strong families and communities.

Andy and Naomi Weaver (pictured), along with their eight children, live in West Salem, Ohio. In August 2014, Andy and Naomi were baptized and became members of the Adventist Church.

“When we became Adventists, we had to decide whether we would leave our Amish lifestyle behind or keep it,” says Andy. They chose to stay Amish, not based on religious requirements, but to help further their dream of establishing an Amish Seventh-day Adventist church in their community.

bit.ly/Amish-Adventist

GETTING BACK TO THE BASICS

BY BRITTANY WINKFIELD

» Busyness is the new normal in American society. And life seems to become increasingly more complex with every passing year.

No one understands this reality better than college students. Noah Tate, a native of Denver, Colorado, is currently a senior at Oakwood University facing the daily challenges of balancing the demands of his pre-law and political science studies. He's also earning a minor in correctional sciences, along with participating in various activities on and off campus.

While Tate is grateful for the support of extended family and friends, sometimes life just piles up on him and it all seems a bit overwhelming. During

those times, he reminds himself of the value of slowing down and prioritizing.

"The simple life gives testament that through our faith, consistency breeds true prosperity in our journey of life," he states.

WHAT IS THE SIMPLE LIFE?

Throughout our history, Seventh-day Adventists have promoted a simple lifestyle. We are called to be a godly people who think, feel and act in harmony with biblical principles in all aspects of personal and social life.

While magazines, commercials, books and Pinterest boards promise endless tips and secrets for living a simple, organized, contented life, it doesn't take long to realize that all their tips and tricks can leave us with more to do, buy and long for.

Maybe the simple life doesn't have anything to do with stuff. Perhaps God's Word holds the only secret to the simple life that we need.

GOOD REASONS FOR LIVING SIMPLY

Getting back to basics requires not only a change in behavior, but also a change in mindset. It requires us to no longer view Christianity as only a means to obtain earthly possessions or heavenly salvation, but as a way to achieve holiness.

Many would argue that striving for holiness means becoming a legalist or a

Pharisee, but in fact that is not true. Striving for holiness actually shows that we truly understand the point of the gospel. It shows our purpose as disciples of Christ is not just to make it to heaven, but our focus is to live as God designed—in accordance to His will.

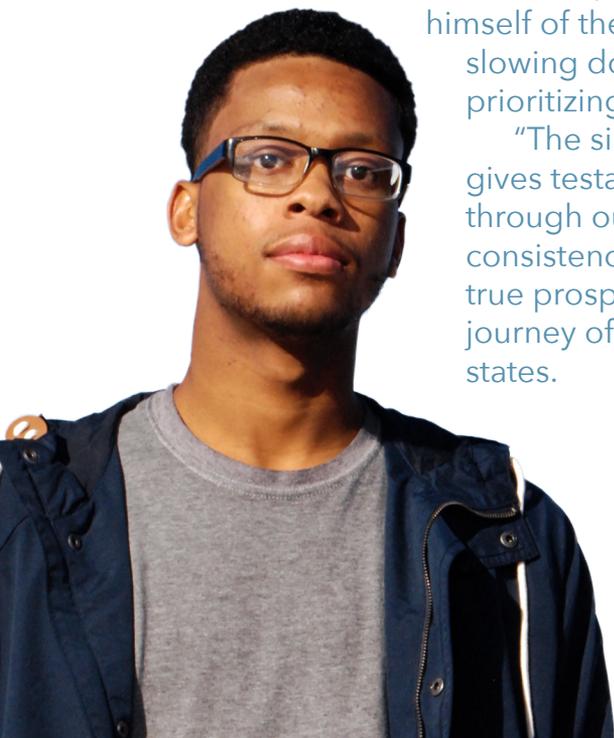
To be honest, most of my efforts are focused on working to earn money, trying to get a better opportunity, a better car, a better house and other earthly treasures. Not only are my efforts focused on those things, but so are my prayers. I can't remember the last time I prayed not just to be saved, but to be holy and obedient.

It's a humbling admission to say you've been a Christian for all the wrong reasons, but I think that kind of humility is exactly what God wants. He wants us to recognize we're flawed so we turn our faults over to Him. He wants us to realize we've been doing things the wrong way, so He can instruct us on how to do them the right way. It ultimately comes down to obedience.

The Bible is filled with stories of individuals who chose obedience to God and the simple life over material excess. A good story from the Old Testament that illustrates this is the life of Joseph. He



Noah Tate is a senior at Oakwood University studying pre-law and political sciences.



certainly had his share of hard times and difficult situations, but he was guided with the simple principle of obeying God and doing right by those around him (Genesis 37-50).

HOW CAN I LIVE A SIMPLER LIFE?

The beginning of a new year is a good time to take a new look at the simple life. I'm here to tell you that simplifying doesn't need to be complicated. I've learned that taking small steps is the best way to make it happen. With that in mind, here are some ideas to help you on your own journey to simpler.

1. Start the day with God.

Nothing sets the tone of your day more than your morning meeting with God. "Before daybreak the next morning, Jesus got up and went out to an isolated place to pray" Mark 1:35.

2. Slow down. Know when to take your foot off the gas and rest a little. "Then Jesus said, 'Come to me, all of you who are weary and carry heavy burdens, and I will give you rest'" Matt. 11:28.

3. Declutter physical spaces.

Getting rid of extra items you no longer use will help declutter your home, your emotions and your thoughts. "Not that I was ever in



need, for I have learned how to be content with whatever I have. I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little" Phil. 4:11-12.

4. Learn the power of saying No. You can't do it all, so why try? "Be still, and know that I am God! I will be honored by every nation. I will be honored throughout the world" Ps. 46:10.

5. Put your phone down!

Pause the steady scrolling and liking and sharing and take a mental decluttering break. "Seek the kingdom of God above all else, and live righteously, and he will give you everything you need" Matt. 6:33.

My prayer is that we all get back to the basics of Christianity, which is humbly submitting our will to God's and following His plan for our lives. You can start today! 0

Brittany Winkfield is communication director for the Central States Conference.

YOUR FAITH. YOUR VOICE. YOUR LIFE.

BACK2BASICS MAGAZINE

PRACTICAL TIPS ON HOW TO GET BACK TO THE BASICS IN YOUR WALK WITH CHRIST

BRITTANY N. WINKFIELD

Back2Basics magazine (*B2B*) promotes a deeper relationship with Christ, reading, writing, creativity and freshness.

The Bible is sometimes referred to as Basic Instructions Before Leaving Earth. *B2B* uses the Bible as the foundation for content and presents it in a fresh and creative way.

The mission is to inform and inspire young people in their walk with Christ by being "of, by, and for" God's young people, all the while keeping the publication free to anyone who wants to read the content.

B2B is always looking for changemakers like you! Join us in supporting youth in their walk with Christ. Tell a friend about the magazine or become a content contributor.

Read the magazine at back2basicsmag.com

MAUC Hosts Growing Young Adventists Summit in Kansas City

Last November a group of individual members and teams from local churches around the Mid-America Union gathered in Kansas City for two days to learn practical skills for improving intergenerational ministry in their churches.

The Growing Young Adventists initiative began in 2016 across the North American Division as a learning journey for local churches and leaders helping to build faith communities that will not only survive, but thrive. GYA is an intergenerational movement nurturing relationship building and cultural transformation that embraces young people and benefits all generations in the Adventist Church.

Changing church culture

Growing Young isn't about changing youth ministry. It's about changing church culture.

The overall message from the weekend was that if churches put Jesus first and at the center of all they say and do, the natural result is empathy for all members. That empathy cultivates a warm community, which then places young people at a higher priority. When young people are a priority, the church invests in giving them leadership opportunities. All of this expands the church's influence and makes members better neighbors to the community around them and to the world.

"What I really need is for my

church to stop assuming they know what I need and actually talk to me," said a high school student attendee. "I'd feel a lot better about my local church if the leaders included me and my generation in the conversation about us and what we need. I can't think of the last time my pastor even talked to me, let alone asked me what I was going through."

The format for the weekend was a series of interactive presentations on each of the six core characteristics of Growing Young, followed by small group discussion time, and then action planning time. Attendees were equipped with resources to continue learning and planning with their leaders back home, in the hopes of changing their local church culture to be more conducive to reaching and retaining all of their members and becoming more active in their local communities.

"I am excited to hear people talking about realistic solutions to our challenges," said

an MAUC pastor. "For far too long we've pushed these issues under the rug or found quick fixes that never really solved anything, but made us feel better about ourselves. I could see Growing Young Adventists actually making a difference."

This was the first of two Growing Young Adventists Summits to be held in the MAUC. The second will be in the Spring of 2019 in Minnesota.

Timothy Floyd serves as Youth and Young Adult Ministries director for the Kansas-Nebraska Conference.

Pastor Guadalupe Montour talks about GYA's learning journey of encouraging leaders, churches, organizations and groups to love next generations better.



Photos: Timothy Floyd



More information about GYA: growingyoungadventists.com

More information about the next GYA Summit: growingmauc.com

Adventist Women Leaders Hold Focus Gathering in Mid-America

Nearly 30 women Adventist leaders from around the Mid-America Union came together on Union College's campus in Lincoln, Nebraska, last November to learn from each other's experiences and find inspiration for their leadership journeys. Cohosted by Union College and the Mid-America Union Conference, this leadership event was the first to be held since the North American Division Administrative Committee voted on Sept. 13, 2018, to adopt and endorse the Adventist Women Leaders initiative. Women leaders representing all six conferences in the Mid-America Union and most of the Adventist Church's ministries joined in encouraging and praying for one another.

According to **Debra Brill**, NAD vice president for Ministries who chairs the initiative, the goals of AWL are to create and foster a supportive and engaging community for women who serve in leadership capacities for the Seventh-day Adventist Church, along with mentoring and training new and younger women leaders. Brill, who was the evening's keynote speaker, shared a brief history of Adventist women in early church leadership positions and noted the strong support those working specifically as evangelists received from both James and Ellen White.

Linda Becker, director of special projects and student



leadership initiatives at Union College, outlined the qualities of good leaders, including integrity, vision, clear communication and high emotional intelligence.

"Leadership comes from our core, our characters, who we are," said Becker. She also presented some of the latest research relating to diverse styles of leadership and how the strengths of male and female leaders complement each other.

A common theme that emerged during the round table discussions was the challenge women face in allowing their voices to be heard in proper ways and channels.

"It wasn't at all what I was expecting," said one attendee after the focus gathering. "But I really loved it."

Diane Thurber, president of Christian Record Services for the Blind, and **Vinita Sauder**, president of Union College, also participated in the event. **Kessia Reyne Bennet**, discipleship pastor for College View Church in Lincoln, Nebraska, presented attendees with a spiritual charge before leading the closing prayer of dedication and blessing.

Specific messaging

Celeste Ryan Blyden, vice president for Strategic Communication and Public Relations for the Columbia Union Conference, spearheaded the AWL initiative in 2017. She said the messages of AWL to women in leadership are: *We see you, we acknowledge your call and accomplishments, we rejoice in how God is working through you, we are here for you, and we are praying for you.*

AWL is organizing a division-wide luncheon to be held on Jan. 16, 2019, in Albuquerque, New Mexico. There women leaders will engage in interactive learning experiences relating to

emotional intelligence, and learn to use methods that help foster healthy workplace practices and relationships.

Women who serve as presidents, vice presidents, directors, associate and assistant directors, superintendents and leaders of Adventist ministries are invited to join the AWL community.

Brenda Dickerson is communication director for the Mid-America Union.



Sign up for the newsletter: bit.ly/AWLNewsletter



Photos: Pat Maxwell Robertson

Ebenezer Fellowship Church

Little church shines a big light in Minneapolis

Ebenezer Fellowship Church has stood at the corner of East 34th Street in Minneapolis for more than 25 years. But an article in one of the local papers about hunger and giving back to the neediest among us changed the church's relationship with its community.

The Holy Spirit used the article as an impetus to create a partnership between Ebenezer and a national corporation that has allowed the church members to fulfill the gospel commission of 1 Peter 5:2.

This verse admonishes us to, "Feed the flock of God which is among you, taking the oversight [thereof], not by constraint, but willingly; not for filthy lucre, but of a ready mind" (KJV).

Under the steady and intentional leadership of **Pastor Johnathan B. Fields Jr.** and the enthusiasm of the congregation, Ebenezer Fellowship became an "Agency Partner" of Second Harvest Heartland, a nonprofit organization fighting to end hunger through community partnerships, food banks

and more. Church members began distributing fresh, farm-grown produce to the community.

This community outreach effort was combined with soul winning strategies that include inserting tracts and booklets in the plastic bags that contain the produce and offering onsite prayers and "prayer pillows" that contain tracts and copies of OUTLOOK magazine.

The community's response has been positive, as familiar faces continue to return. For the church volunteers, the reward and joy of doing

God's will is seeing tears of gratitude and thankfulness in the eyes of a mother when walking away with her three-month-old child, or a grandmother with her grandson shouting out, "Glory to God," or even an elderly woman pulling a cart while repeating in awe, "I didn't know you guys do this. I have to call my son to tell him."

Making an impact, sharing the gospel

Where does the little corner church in Minneap-

Photos Courtesy Central States Conference



Ebenezer Fellowship Church teamed up with Second Harvest Heartland to distribute fresh, farm-grown produce to the community (left). This has been combined with outreach efforts such as offering onsite prayers and prayer pillows that contain tracts and copies of OUTLOOK magazine (below).



olis go from here? Ebenezer Fellowship has already been asked by Second Harvest to collaborate with and sponsor two school-based food programs. These programs provide food and resources for over 600 students and their families every month.

Ebenezer Fellowship Church may be small, but with God's help and under the leadership of Pastor Fields, an impact is being made that we pray will be felt throughout the city of

Minneapolis as we work to fulfill the gospel mission in our community.

Callmie Dennis is program manager for Second Harvest Community Partnership at the Ebenezer Fellowship Church in Minneapolis, Minnesota.



**CENTRAL STATES CONFERENCE
SINGLE ADULT SUMMIT**

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ST. LOUIS, MISSOURI**

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DR. KIM LOGAN-NOWLIN AND MICHAEL MOSS, II

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Sisters-in-law Become Sisters in Christ

God separately guides sisters-in-law into Adventism

Courtesy: Paulette Bullinger



Dakota Conference communication director **Jacque Biloff** interviewed sisters-in-law **Paulette Bullinger** and **Debbie Hegney** about being raised in Catholic families and independently finding Adventism. They shared their stories during a sermon at their home church in Mandan, North Dakota, and were subsequently asked to speak in other churches.

Paulette: It started many years ago when Debbie—then married to **Greg**—came to visit me. I was married to Greg’s brother **Bob**. Bob’s family of brothers and sisters were split up when Bob was six years old and Greg was two. Their mother had a heart attack and died when she was pregnant with baby number seven. The father was an alcoholic, and he abandoned the family after the mother died.

According to Catholic tradition, the Godparents take their Godchild and raise him or her. The children were split up, which was a shame in that small community. So the children were raised as cousins, not siblings. Bob, however, was old enough to remember his mother.

Greg was probably the most abused of the children. He was passed around to different families and eventually joined the military. When he came out of the service, he struggled to function in society.

Debbie: I owned salons in Williston and Ray, North Dakota. It was February 1984, and on that particular day it was 70 degrees. There was so much snow and my salon was in the lower level of a main street store. The landlord called a company that water-

Debbie Hegney (left) and Paulette Bullinger are sisters-in-law who grew up Catholic and separately discovered the Adventist Church. Their story demonstrates God’s direction, even through difficult times.

proofs basements with epoxy baseboards and funnels the water to a sump pump. Greg is the one who responded.

He was there most of the day talking in German. I went to him and told him, “I would appreciate if you wouldn’t swear in German. I understand what you are saying.” He looked surprised. Then I said, “You are forgiven,” and I walked away.

He was there a few days until it was complete, then he asked me out for a date. I found out he was 100 percent German, which meant the world to me because my heritage is important.

After a few dates, I absolutely fell in love with him. I could tell he was broken, I just didn’t know how deeply. I felt I could love him through it all and bring him to a point of recovery. We dated and were married in September.

Paulette: About 20 years ago, I started questioning

my Catholic beliefs. Bob and I had divorced and we found out we couldn’t marry again in the church unless we both were given annulments. That is when I started searching and visiting other churches, trying to figure out what is truth.

It is funny how God works things out. I received a flyer in the mail for a prophecy seminar at the Civic Center in Bismarck. That started my transition into the Adventist faith, finding all kinds of new truth and meeting new sisters.

Debbie: When the oil boom stopped, we moved to Seattle. **Alex**, our first child, was born in Seattle and a couple years later our second son, **Anton**, was born. Greg found a job on a fishing vessel in the Bering Sea. They would work two months and have one month at home. I thought if military wives can do it, I could too. Alex was one-and-a-half when Greg left.

After a few rotations, things weren’t right anymore. I didn’t realize women were on the ships. He left with one of the girls on the ship. They stayed together, for which I am glad, but he never returned.

My second husband **Terry** and I were living in California when one day he said, “Let’s go to that Adventist Church in Roseville.” We went to a Bible study. We thought that was a safe way

to start. It was so far over our heads; it made me feel ashamed I didn't know my Bible better.

I worked for the Catholic Church while I was a single mom as one of my second jobs. Now we were going to church on Saturday, and I wasn't sure about that. Then we moved to southern California, to Hemet. There was another beautiful Adventist Church there. We went to an-

other series and were baptized.

We were going to come back to North Dakota for a vacation and I called Paulette to get a phone number.

Paulette said, "Oh, by the way, I left the church." I said, "I did too." Paulette said, "I'm a Seventh-day Adventist." I responded in surprise, "So am I!"

Paulette: The whole point of the story is that after all these

years of being sisters-in-law, now we are sisters in Christ.

Debbie: We became sisters in Christ into the same denomination. It is amazing how God puts things together.

Paulette: One thing I hope people learn from our experience is if you are in a bad situation right now, this isn't the end of God's timeline for you. We don't know how God is

going to lead in the moments of our lives to something more positive.

Debbie: You don't know what is downstream. You may have fallen off the bridge but you don't know where God is going to take you in that water—the water you think you are going to die in. Never give up. Persevere to the very last breath.

24th Annual Dakota Men's Retreat



UNITY IN THE SPIRIT



Dakota Conference
 Campmeeting
 June 12 - 15, 2019

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2019 Iowa-Missouri Conference Calendar

If you are a church member in the Iowa-Missouri Conference, you should have received (or will soon receive) your copy of the 2019 conference calendar.

To request additional copies, please call 515.223.1197 or visit imsda.org/contact.

Learn about upcoming events online at imsda.org/events and stay connected to fellow Adventists across Iowa and Missouri throughout the year with imConnected, our weekly e-newsletter.

Sign up at imsda.org/newsletter.

Five Iowa-Missouri Teachers Receive Commissioned Ministry of Teaching Credential

Five Iowa-Missouri Conference elementary teachers received the Commissioned Ministry of Teaching Credential during 2018.

These recipients were **Judi Thompson**, principal and grades K-8 teacher at Prescott Elementary School in St. Joseph, Missouri; **Jennifer Ewers**, principal and grades K-8 teacher at Nevada Adventist School in Nevada, Iowa; **Ethan Lichtenwalter**, grades 7-10 teacher at Springfield Junior Academy in Springfield, Missouri; **Mary McDowell**, principal and grades 3-6 teacher at Springfield Junior Academy; and **Melissa Morris**, principal and grades 7-9 teacher at Hillcrest School in St. Louis, Missouri.

The Commissioned Ministry of Teaching Credential is the highest recognition given to a church school teacher by the Seventh-day Adventist Church. It is awarded to teachers with at least six years of experience in and commitment to the Adventist education system, with demonstrated proficiency in assigned responsibilities. Such teachers must exhibit a keen sense of Christian responsibility for nurturing and leading souls to Christ, for consistently upholding Christ as the focal point of all curriculum and instruction, and for demonstrating positive interpersonal relationships, thus providing an environment of social, spiritual and

Recipients receive their credentials from Iowa-Missouri Conference education superintendent Joe Allison.

From top: Judi Thompson, Jennifer Ewers, Ethan Lichtenwalter, Mary McDowell and Melissa Morris

emotional stability.

The ministry of teaching in the church is a gift, as Paul points out in 1 Cor. 12 and Eph. 4. In the body of Christ this gift is shared among many whom God appoints to instruct us in faith, knowledge and holiness. Those who teach are also called to be learners who—having received light, knowledge and discernment from God—share their inspiration and understanding with students.

Joe Allison is education superintendent for the Iowa-Missouri Conference.



Photos Courtesy/ Joe Allison



Read more about each of the recipients at imsda.org/cmtc.

To contact one of Iowa-Missouri's schools visit imsda.org/schools.

Traveling Vietnam Veterans Memorial Replica Comes to Missouri

The Wall That Heals, a traveling three-quarter-sized replica of the *Vietnam Veterans Memorial Wall* in Washington, DC, made a stop in Ava, Missouri, last fall while on tour across the U.S.

Missouri governor **Mike Parsons** was scheduled to speak along with other distinguished guests.

When **Mike Opeka**, veteran and head elder of the Ava Church, learned that *TWTH* was coming to Ava, he mobilized the church to get involved. Sixteen of the church's 80 members are veterans, five of whom served in Vietnam. The church was eager to help, with veteran and civilian members joining together to assist the Douglas County Veterans Memorial Association.

Expectations were low, given the rural location, but attendance and volunteer records were both broken. Over 20,000 visitors came through in just four days, and approximately 110 volunteers made the 24-hours-a-day operation possible.

Terry Wolfe, pastor of the Ava Church and a Vietnam veteran, not only helped with setup and teardown, but also enjoyed serving as a chaplain for attendees seeking counsel and prayer.

During setup, Ava Church deacons **Jim Calkins** and **Raymond Cardwell** were honored to carry a large section of the wall inscribed with the names of Calkin's brother and Cardwell's Marine companion.



Deaconess **Gwyn Downs** assisted in making sandwiches for the volunteers. On Sabbath, the church planned for visitors and boxed up meals after fellowship dinner to take to volunteers.

Members **Eck** and **Judy Ulrich** organized the photography team for the Douglas County Veterans Memorial Association. **Michael Downs** used his expertise with drone piloting to capture footage, and Judy was even taken in an airplane with another local photographer to capture the 10-mile-long procession as it began 60 miles away in Lebanon, Missouri. Over 1,000 motorcycles and classic cars participated, breaking another record for *TWTH*.

After receiving permission from the local Veterans Memorial Association to give away copies of the book about Desmond Doss (*Hero of Hacksaw Ridge*), the Ava Church stepped out in faith and ordered 5,000 books. Pathfinders and members took shifts in the church's booth, which was open

during daylight hours all four days.

We continue to pray for the seeds planted and for relationships fostered in our community. Pray with us that those who visited *The*

Pastor Terry Wolfe and another volunteer carry a panel of *The Wall That Heals* (right).

Ava Church deacon Jim Calkins searches for the location of his brother's name on the well-illuminated wall (below).



Online Exclusive
Terry Wolfe, pastor of the Ava Church and a Vietnam War veteran, shares personal reflections on *The Wall That Heals*: imsda.org/wolfeTWTH.

Wall That Heals will come to better know the source of all healing—Jesus Christ.

Connie Opeka is communication director for the Ava Church.



Photos: Eck Ulrich



Jung Ordained to Pastoral Ministry

Photos Courtesy Kansas-Nebraska Conference



Harold and Joanne Jung (center) commemorate Jung's ordination with the New Haven Korean group.

Han Chol (Harold) Jung was ordained to the ministry on Oct. 13, 2018 at New Haven Church in Overland Park, Kansas. Jung, who was born and raised in Deacheum,

Korea, has felt called to pastoral ministry since he was a youth.

Jung grew up Adventist, and he attended a small rural church where the pastor preached twice a year. Because

the pastor came so rarely, his visits were celebrated with a feast. To Jung, this made the pastor a very special person.

Jung attended Adventist schools, where he was active in prayer group, music and was president of the church youth group. He attended Sahmyook University in Seoul, South Korea, and majored in theology.

In his junior year, Jung went to Haerbin, China, as a missionary. While there he taught Bible and Korean and helped at the local church. He made friends with many North Korean escapees, and from that missionary experience he learned how influential the Word of God is in changing people's lives.

Jung's ministry in the United States began in 2013 when

he was hired as a part-time youth pastor for a Korean church in Minneapolis.

In April 2015, Jung and his wife **Juyeon (Joanne)** moved to Kansas-Nebraska Conference, where he now serves as associate pastor at New Haven Church. His focus has been on strengthening the group of Korean believers in Kansas City.

Since joining New Haven, the Korean group has grown, and so has Jung's family. The Jungs have been blessed with a son, **Ian**, who is one year old. Jung serves the New Haven Korean group and helps with the ReNewed Hope Food pantry.

John Sweigart is VP for administration for the Kansas-Nebraska Conference.

La Crosse and Bazine Expand Outreach

A new outreach effort in Hays, Kansas, is moving forward with surprising speed. When **Pastor Mitch Elrod** moved to Kansas to pastor the La Crosse and Bazine churches, he knew the members wanted to reach out to the Hays community.

Hays has a population of about 21,000 and is home to Fort Hays State University, with an enrollment of almost 15,000. For many years students from FHSU have attended La Crosse Church. Several students have been baptized as a result of the care and support of the La Crosse members, and because of their conviction the mem-

bers started an Adventist school in Hays.

When Elrod and his wife **Bev** moved to the area, they ended up living in Hays. Elrod began attending the local ministerial meetings and Bev started a weekly women's tea to connect with the local community. They also began contacting former Adventists in the Hays area.

While sitting on his deck, Pastor Elrod noticed a vacant storefront. He contacted the owner about using it as a church. The owner was moved by the idea of a chapel in his building and offered a lower rent. The church boards met and voted to finance a

one-year lease. They had their first meeting Sabbath afternoon, Sept. 29, and 48 people attended, including guests from the community.

The Hays group continues to meet every Sabbath afternoon for a warm and spirited worship service. Pastor Elrod and Bev continue to look for opportunities to forge new relationships and invite people to the growing work. Thank you for praying for the La Crosse and Bazine congregations and their new work in Hays.

Virgil Covell is ministerial director for the Kansas-Nebraska Conference.

Pastor Mitch and Bev Elrod are working to expand ministry in Hays, Kansas.



Halloween Alternatives Bring in the Community

On Oct. 31 each year, New Haven (Overland Park, Kansas) and Piedmont Park (Lincoln, Nebraska) churches host Halloween alternative events in their communities: Light Up the Dark and Safe Haven. Each was started with the same purpose in mind—to provide a safe environment for trick-or-treaters while sharing the love of Jesus with them.

“We want to go out and meet people where they are and share the gospel with them,” says **Michael Halfhill**, lead pastor at Piedmont Park. “We have awesome light from Jesus and we are called to shine that light in the world. We turn a day that has become about goblins and ghosts into a day where we can learn about Jesus and salvation!”

New Haven youth pastor **Kyle Smith** adds, “New Haven has a heart for our community and we want

our neighbors to know we love them and want to know them. This is a great way for people to get to know us and see our heart for them.”

Each event is member driven and has multiple activities for children and their parents: food, bounce houses, arts and crafts, a mechanical bull and live music.

Most importantly, both provide Bible-themed rooms and biblical plays as an opportunity for children to learn about the Bible. Each person is given a bag for candy that includes information about the church and Adventist literature like *Steps to Christ*. At the end of the evening volunteers offer to pray with families before they head home.

Registration cards provide opportunities to reach out to guests in the future. They also invite participants to indicate if they would be



Photos Courtesy: Kansas-Nebraska Conference

Safe Haven (New Haven Church) and Light Up the Dark (Piedmont Park Church) are two alternatives to Halloween that teach the community about Christ.

interested in Bible studies, visits or any other services and future events

Collectively, Light Up the Dark and Safe Haven had nearly 1,500 guests attend this last year and gave members a chance to be involved

and be a part of a ministry that touches lives in their communities.

Stephanie Gottfried is publications director for the Kansas-Nebraska Conference.

Conference Welcomes New Education Superintendent

Jeff Bovee has been hired as the new education superintendent for Kansas-Nebraska Conference, where he will give direction to 14 schools with about 600 students and 50 teachers. Bovee was previously the VP for education in the Pennsylvania Conference, and has also served public and Adventist education in California, Oregon, Washington and Ohio. Bovee fills the position left vacant after **Gary Kruger's** recent retirement.

“Jeff is an educator with a heart for mission,” says **Gary Gibbs**, Pennsylvania Conference president. “He has been passionate about helping schools and churches recognize the evangelistic opportunities inside the classroom. As a result, each of our schools now has a spiritual master plan that intentionally guides teachers in helping students make lifelong decisions for Christ and develop a personal relationship with Him.”

Jeff Bovee began working as education superintendent in November 2018.

Bovee began his work in Kansas-Nebraska Conference in early November. We welcome Bovee and his wife **Mari-annne** to our ministry team.

Ron Carlson is president of the Kansas-Nebraska Conference.



Adventist Education and One Young Man's Influence

Courtesy Maplewood Academy



Gilead Tarus, a 15-year-old sophomore at Maplewood Academy, has chosen to dedicate his life to sharing God. From preaching sermons at his home church of Andover to speaking at the MWA student week of prayer to working in the Minnesota Conference magabook program, Tarus is committed to teaching others about Christ.

Two things quickly stand out as you visit with **Gilead Tarus**. First, he has a great smile. Second, he has an unusually calm, peaceful spirit. Both qualities come from a life grounded in Jesus.

Tarus is a 15-year-old sophomore at Maplewood Academy who has already preached two sermons at his home church (Andover Church). He also spoke last year for the MWA student week of prayer. When he was

a seventh grader, he even invited students to his room during MWA's music festival for worship and Bible study.

God's Spirit working in a big way

Tarus is the son of **Samson** and **Everlyn Tarus**. He was born in Minnesota, but his parents are from Kenya. Because of his ethnicity, he speaks some Swahili and his favorite food is chapati

(Kenyan flatbread) with rice and beans.

Tarus' gift for spiritual leadership began to show itself early—even in elementary school. **Tralese Syvertson** was Tarus' teacher for grades 5-8. "He found the Lord in a big way," she said. "He was not reserved or ashamed about it. God changed him into a kind young man, and kids would go to him for advice. I've never seen anything quite like it."

According to Syvertson, the worship and Bible study Tarus held during MWA music fest outgrew his assigned dorm room and had to move into the hallway.

Tarus was surprised how God's spirit worked in some of his classmates last year. "I saw people come to Christ who I never thought would make that decision," he said. "People who were watching basketball videos 24/7 switched to watching sermons."

Tarus now sees a special opportunity to lift up Jesus over meals at the cafeteria. "People talk about God and His mysteries," he said. "There are special times when the table talk is lifting us closer to heaven."

Seeing God's guidance in his life

Tarus' ability to be at MWA is due to his reliance on God, paired with his work ethic. This past summer, he worked

for the Minnesota Conference magabook program with **Darrell Conway**, the conference literature evangelism coordinator. Currently, Tarus works with the ASSIST program at Maplewood. ASSIST partners students with senior citizens at assisted living centers and nursing homes.

Tarus believes his Maplewood experience is teaching him independence. "I see Christ more," he said. "I'm learning from my mistakes and I see God's guidance in my life."

Enabling learners to develop a life of faith

Adventist education's mission is to enable learners to develop a life of faith in God, and to use their knowledge, skills and understandings to serve God and humanity. As you consider the children in your life or the local school ministry your church is sponsoring, remember this mission and remember Tarus. Adventist education exists to help young people meet and know Christ. Please pray for your local educators as they strive to give more students the same opportunities as Tarus.

John Bedell is education superintendent for the Minnesota Conference.

Pastor Sean Lee Ordained to the Ministry

Elder Brian Mungandi (right) offers words of encouragement to Pastor Sean Lee and his wife, Helen Kim.

Photos Courtesy Southview Church



Pastor Sean Lee was ordained to the ministry at Southview Church in Minneapolis, Minnesota, on Sabbath, Nov. 17.

“Sean has been working toward ordination for several years, and it was with great pleasure that we held the ordination service for him,” said **Elder Justin Lyons**, Minnesota Conference president. “The service signifies the church’s recognition of the call God has already placed on his life.”

Tim Denniston, Southview Church’s first elder, presented Lee’s history; Lyons preached the sermon and offered a special ordination prayer; and **Elder Brian Mungandi**, vice president for administration, gave the ordination charge and presented Lee with his ordination certificate.

Journey shaped by a call

Pastor Lee was born and raised in South Korea, and thanks to the careful tutelage and prayers of his mother, was baptized in 1993 in his home church.

While attending an Adventist academy, Lee learned

more about Jesus. A friend introduced him to a King’s Heralds album from 1961, and Lee’s spiritual journey was reshaped. He fell in love with Christian music, which sparked his involvement in religious activities.

During his senior year in high school, Lee felt God calling him to be a pastor. He attended the Adventist university in Seoul, South Korea, and when he graduated he joined full time ministry singing first tenor for the Golden Angel Singers of the Northern Asia Pacific Division.

Lee immigrated to the United States in 2006 and began pastoral ministry at the Baltimore Korean Adventist Church in Maryland. While serving there he met his wife, **Helen Kim**. They married in 2009 while Helen completed her degree in dentistry.

Lee completed his Master of Divinity degree at Andrews University, then accepted a call to the Santa Maria Korean Church in California. After a few years he moved back to Michigan to serve as pastor of Andrews Korean Church. While pastoring there, he also completed a Master of Business Administration degree from Andrews University.

Lee was called to the Minnesota Conference in 2015 to serve as associate pastor for Southview Church and associate youth director for Young Adult Ministries at the conference.

In 2018, Lee was asked to serve as senior pastor for Southview Church. “I am excited to serve in this role with the church ministry leaders,” said Lee. “I feel blessed because I can see the willing-



Nathan Lee, Pastor Sean Lee’s son, leads the church in reading Isaiah 42:7, his father’s favorite text.

ness of church leadership and the desire of the congregation to serve their community.”

In addition to leading the Southview Church, Lee loves to play and have fun with his two sons, **Nathan** and **Joseph**. He enjoys singing and producing music. He also enjoys serving his community as a police chaplain with the Minneapolis Police Department.

Savannah Carlson is communication director for the Minnesota Conference.

Campion Orchestra Meets World-Renowned Violinist

Twelve orchestra students from Campion Academy were given a once-in-a-lifetime opportunity to hear the Greater Boulder Youth Orchestra accompanying world-renowned violinist **Midori Goto** at Macky Auditorium in Boulder last October.

A child prodigy, Midori performed for the United Nations Messengers of Peace at the age of six. She performed with the New York Philharmonic by 11. When she was 14, two of Midori's strings broke during a performance of **Leonard Bernstein's** "Serenade after Plato's Symposium" under the direction of Bernstein himself. After the first string broke, she traded instruments with the concert master and continued to play. When the second string broke, she again swapped violins, this time with the associate concert master, and finished the song without

missing a single note. She was given a standing ovation for her performance.

Campion's orchestra students arrived early on Oct. 5 for a special session with Midori on effective personal practice.

"The talk Midori gave about practicing was inspiring," said **Megan Michalenko**, violinist in the Campion orchestra. "She talked about organizing your practice time and making sure you get the best out of every practice."

Sami Hodges, violinist in the Campion orchestra, added, "Midori's talk on practice was very applicable and has inspired me to make the most of my instrument. Going to Midori's concert was one of the best things I've ever experienced!"

Caleb Wehling, trumpet player in the Campion orchestra, said, "The concert inspired me to work on how



Carey Jordan

The Campion Academy orchestra was able to meet and hear world-renowned violinist Midori Goto (center) at a performance by the Greater Boulder Youth Orchestra.

I practice daily and to never stop improving."

Madeline Jordan, a student at Campion and a member of the Greater Boulder Youth Orchestra Symphony, had the rare opportunity to accompany Midori for a performance of Mendelssohn's *Violin Concerto in E Minor*.

"It was a dream come

true to play Mendelssohn's *Violin Concerto* and it was a once-in-a-lifetime opportunity to accompany such an amazing violinist," said Jordan.

Carey Jordan is a parent of a Campion Academy student.

Kindergarteners Honor Veterans

Mile High Academy has some of the best teachers in the business and we are proud to say our students are learning from passionate and caring educators.

One such teacher is **Kate Kamarad**, MHA's kindergarten teacher. Kamarad has the ability to bring innovation and big thinking to the littlest learners on campus.

This year, Kamarad has brought guest speakers and organized field trips. One field

trip was to veteran grave sites where she taught students about respect, honor and what it means to be a part of this great country.

The kindergarten class visited Littleton Cemetery last November, where they placed 200 flags on the graves of fallen veterans. Prior to the outing, Kamarad discussed with them the way in which the flags would be placed, how they would show respect to the fallen soldiers, and the

way each child would salute after placing the flag graveside. Armed with this knowledge, the children were prepared when 9News Denver arrived to film them. Without pausing, they continued their mission to honor those who served.

When kindergartener **Nathan Matabi** was interviewed, he explained why they were honoring the soldiers: "They died for our freedom."

Agape Hammond is director of marketing for Mile High Academy.



Agape Hammond

Former RMC Youth Director Loses House in Paradise Fire

Steve Hamilton



The morning of Nov. 8, 2018 a firestorm blasted through Paradise, a northern California town with a large Adventist population, destroying most of the town and nearly 19,000 homes and businesses. The more than 1,200-member Paradise Adventist Church was destroyed and the Adventist elementary school and Feather River Adventist Hospital were damaged.

Many people lost their lives as they fled. Some burned in

their vehicles attempting to evacuate. Others haven't yet been found.

Former RMC youth director **Steve Hamilton**, who moved with his family to Paradise in October to serve as senior pastor at the Paradise Church, lost almost all his possessions in the fire. Able to safely evacuate with several vehicles, he and his family now face the task of not only rebuilding their own lives, but helping an entire church rebuild.

People from Southern Cal-

ifornia and Oregon Adventist churches showed up immediately with relief goods, filling a gymnasium to serve the first wave of need. "We've already gone through three semi-trucks," Hamilton commented two weeks after the tragic fire. "The Red Cross and FEMA are just now getting set up."

Hamilton helped to distribute the goods that were brought in by other churches from California and Oregon and worked on setting up an office where he could facilitate the massive amount of things needing attention. He was also

instrumental in getting the school up and running by the end of Thanksgiving break.

"Steve is at his best in an emergency," said friend and former RMC colleague **Matt Moreland**. "He will face this challenge with confidence."

Following the destruction, Hamilton was able to view their former home and take a photo of the leveled house to show his wife, **Delinda**. Her response was, "Good! I couldn't face myself if our house was intact and all the other church members' homes were burned."

Expressing his appreciation for RMC's support, Hamilton said, "It's knowing that our friends in RMC are backing us up and praying for us that makes us strong."

Stories on this page were written by Carol Bolden, communication assistant for the Rocky Mountain Conference.

LifeSource Fellowship Ministers to Neighbors

LifeSource Adventist Fellowship held its yearly Trunk or Treat on Oct. 27, 2018, an event created for nearby neighbors of LifeSource.

"It was the biggest Trunk or Treat event so far," said **Amy Boulnois**, Children's Ministry leader at LifeSource, as she stood in the Fellowship Hall of the church looking toward the doors. "Five hundred and fifteen people came through those doors."

When families came

through the door, a photographer was on hand to take a family photo. From there, they progressed through themed rooms, beginning with the barnyard room, where kids played horseshoes and lassoed a cow. When they reached the jungle room, they participated in a banana toss and made jungle animal masks. The tiki room had a large volcano that erupted, and in the space room, they made their way through a

giant solar system maze.

Event volunteers were kept busy as excited groups of children and their parents explored the rooms.

"This is just one of many outreach activities held each year at LifeSource," said

J. Murdock, LifeSource associate pastor. "We value our neighbors and want to make a difference in their lives. For a pastor, it means that our congregation is responsive to the needs of their neighbors."



J. Murdock

Spencer Curtis

Calling means contributing to something bigger than yourself

The path to finding a calling isn't always a four-lane highway; sometimes it's meandering and boulder-strewn. At least that's how **Spencer Curtis** describes his journey.

"My first year of college," he confessed, "I was directionless. I liked a lot of different things, but I felt like music was calling and everything else was a means to that end, so college was difficult because I didn't want to study music theory. I wanted something practical."

In his educational pursuit he rambled through Montana, California and Washington before settling in the middle of the country—Nebraska. At Union College he finally found an environment where he could thrive. And, after sampling a few majors, he graduated in 2015 with a degree in fitness and wellness.

But graduation doesn't guarantee fulfillment.

His first job out of college was as a personal trainer. But that wasn't Spencer's calling.

"As a personal trainer, I didn't feel fulfilled," he admitted. "I didn't feel I was doing what I was supposed to do. I wanted to do something in the medical field to help people in more dire circumstances."

So in the summer of 2018 he completed an internship

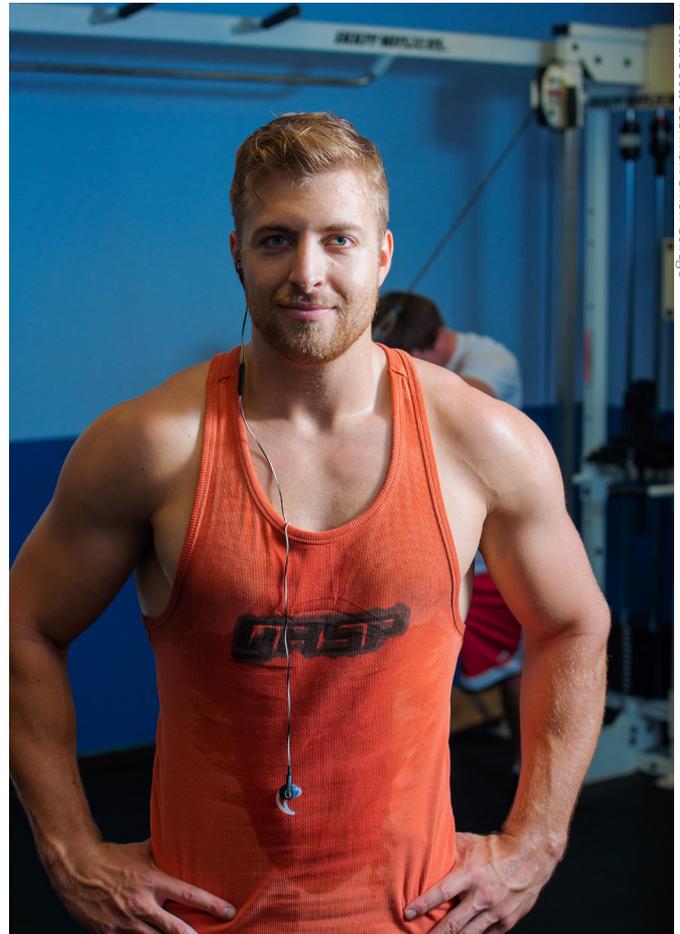
Spencer Curtis worked as a personal trainer when he graduated from Union in 2015 with a degree in fitness and wellness, but it wasn't until he began helping victims recover from brain and spinal cord injuries that he felt like he'd found his calling.

in clinical exercise physiology where he learned cardiac and pulmonary rehab.

Curtis' search for his God-given calling led him to his current position at Quality Living, Inc., in Omaha, Nebraska, where individuals suffering from brain and spinal cord injuries and strokes come to rehabilitate. He works as a fitness coach on the physical therapy/occupational therapy team.

Along the way, Curtis refined his definition of calling.

"Calling," he said, "ends up being fulfilled when you find something that allows you to provide value to something bigger than yourself. I'm working with people, some who have lost hope, and over the course of their rehab I



Photos: Scott Cushman/Union College

track their progress and share the results with them. It's an amazing thing."

Curtis never thought he'd get to work in an environment where he would see people go from completely shattered and paralyzed to getting out of their wheelchair and walking and returning to their family. Not every case is like that, but with every individual he works with, he finds a unique person who's going through a lot.

"When I see they can be positive about what they're going through it gives me so much perspective on my own

life," said Curtis. "For me, that's where I find fulfillment, purpose and calling. I'm constantly surrounded by something that's towering above me and I get to work toward it."

But Curtis didn't turn his back on his other passion. He and some friends formed a band and they are working on producing original music. He believes following your calling can take you down many paths, and as long as you are providing value, that is exactly where you should be.

Drew Mekelburg

Calling means changing the world one kid at a time

“My calling,” said **Drew Mekelburg**, “is to make this world a better place.”

So, after graduating in 2016 from Union College with a degree in physical education, Mekelburg took a job teaching P.E. at Belmont Elementary in Lincoln, Nebraska.

His original plan was to teach at an Adventist boarding school as an athletic director and coach. “That’s what I wanted to do, and I got a few offers to do that, but for whatever reason, I wasn’t feeling pulled toward any of them,” Mekelburg explained. “I don’t know why. It’s what I wanted, but when I heard about Lincoln Public Schools, I started working toward that goal.”

After spending every year of his education in Adventist schools, working at a Title I public school was a culture shock.

“Teaching at a public school is very different,” he said. “I teach 800 students at a Title I school, so more than 90 percent of those students are from low-income families. A lot of my students go home to situations that no child should ever have to go through. School for them is a safe place. That’s where they get two meals a day. That’s where they have people who care for them, who hold them accountable, who make them better.”



Mekelburg is one of those people. He ignored those who said, “Do you want to be just a PE teacher? Drew, you can do better than that. Man, come on, you’re smarter than that; you’re more talented than that.”

Mekelburg found purpose in the opportunity to help kids see who they were created to be. Every day he has the chance to be a positive male role model (something many

kids lack). Every day he has the chance to encourage, to love and to help kids live up to their full potential. Every day he has a chance to fulfill his calling.

“I sat a kid down because he was having a rough day,” Mekelburg shared. “I said, ‘Tell me something you’re good at.’ He said, ‘Getting in trouble.’ I said, ‘No, you’re good at this, this and this.’ I get to show them they are

When Drew Mekelburg enrolled at Union College to study education, he loved sports and dreamed of being an academy P.E. teacher. But God called him to change the lives of students in a Title I school in Lincoln, Nebraska. Mekelburg graduated from Union College in 2016 and has found his calling helping his students discover the person they were created to be.

good at more than getting in trouble. I get to show them they are a person who is valued and who has a purpose in life. I get to show them they’re more than they think they are. Many kids think they are losers and letdowns, and they’re not. They are not!”

Mekelburg believes he has found his calling in helping his kids understand their God-given value—making his corner of the world a better place one child at a time.

Stories on these pages were written by Trena Reed, a Union College graduate and freelance writer in Lincoln, Nebraska.

Simple Tips for a Healthy Year



In a busy world full of texts, voicemails and instant messaging, we can get distracted from the things that matter most. By finding ways to simplify our lives, we can help improve our physical, mental and spiritual health.

At AdventHealth Shawnee Mission, we focus on whole-person health through the faith-based CREATION Health principles. Each of those components—Choice, Rest, Environment, Activity, Trust in God, Interpersonal relationships, Outlook and Nutrition—help us stay mindful and focus on our health priorities in the new year.

Choice

Choosing to be mindful, or in the present moment, can help us stay calm. By focusing too much on the future or past, we start to feel anxious or depressed. “If we’re not living in the present moment, we’re missing out on life,” says **Lisa Cummings**, wellness

manager at AdventHealth Shawnee Mission. To stay mindful, think about what you’re experiencing in the moment. For example, when washing your hair, choose to focus on the feel of the warm water and suds, rather than worrying about that meeting later in the day.

Rest

We all know getting enough sleep is important for our health. One way to get better rest is to take a break from electronics. “The anticipation of dings on our phones is attached to that heightened sense of alertness, the fight-or-flight response,” says Cummings. Simplify your life by turning off your phone and unplugging your internet at night for a more restful sleep.

Environment

Take time to appreciate the beauty of the world around you—whether it’s the autumn

leaves, the smell of the bakery, or the flowers you bought from the store. Focusing on our environment can help us stay mindful and calm in the present moment.

Activity

Exercising not only helps our physical health, but it helps us stay mindful while interacting with the world around us. Going for a walk, dancing to your favorite song or planting flowers in the garden can all boost your mood and focus your thoughts.

Trust in God

“Take time to reflect on God and how everything in the universe operates in an ordered system,” says **Mark Stoddart**, administrative director of Spiritual Wellness at AdventHealth Shawnee Mission. “One Bible verse that’s helpful to reflect on is Isa. 26:3: ‘You will keep in perfect peace those whose minds are steadfast, because they trust in you.’”

Interpersonal relationships

By taking a break from technology, we can reconnect with family and friends. “If everyone is sitting and looking at their phones at dinner, we might miss those moments with our family that we can’t get back,” says Cummings. Set aside quality time with family and friends so you can enjoy their company, stay in the present moment and focus on those relationships.

Outlook

If you feel like your life is in disarray, reach out to people you trust. “Maybe you’ve suffered a loss, had some kind of spiritual break or lost hope,” says Stoddart. “Seeking help from a spiritual counselor, a pastor or a trusted friend can help you reground and find peace.”

Nutrition

Healthy eating is often a New Year’s resolution. However, in our busy lives, we often eat while distracted, causing us to make poor choices without realizing it. Try to focus on your food while eating. Put away distractions like your computer or phone and pay attention to the food’s texture, smell and taste. When we practice mindful eating, we tend to make better decisions about nutrition and pay attention to our hunger cues.

By finding ways to simplify our lives, we can focus on what’s important—our physical and mental health, our relationships and our spirituality—and maintain a healthy outlook for the new year.

Ann Muder is a writer for AdventHealth Shawnee Mission.



Learn more at AdventHealth.com or CREATIONHealth.com.

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Our Rocky Mountain Region Advent Health System Hospitals

Avista Adventist Hospital | Castle Rock Adventist Hospital | Littleton Adventist Hospital | Parker Adventist Hospital | Porter Adventist Hospital



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Arthur, David L., b. July 26, 1944 in Hamilton, MT. d. May 15, 2018 in Montrose, CO. Member of Montrose Church. Preceded in death by wife Janet Babb. Survivors include daughters Danace and Deana Sanchez; son David L. Jr.; 1 sister; 2 brothers; 5 grandchildren; 3 great-grandchildren.

Baar, Mildred "Millie," b. March 26, 1930 in Center, ND. d. Jan. 19, 2017 in Mandan, ND. Member of Dickinson (ND) Church. Preceded in death by husband Richard; 6 siblings. Survivors include children David Fandrich, Kathleen Smith and Thomas Fandrich; grandchildren; great-grandchildren.

Bell, Pearl I., b. April 17, 1923 in Fredericktown, MO. d. Sept. 18, 2018 in Fredericktown, MO. Member of Fredericktown Church. Preceded in death by husband Robert; 3 siblings. Survivors include daughter Karen Wright; 2 grandchildren; 2 great-grandchildren.

Bennett, Irene, b. July 2, 1927. d. April 25, 2018 in Eckert, CO. Member of Cedaredge (CO) Church. Preceded in death by husband; 3 brothers; 1 sister. Survivors include daughter Debbie Wood; son Earl Ray; 12 grandchildren; 33 great-grandchildren; 12 great-great-grandchildren.

Bogue, Robert S., b. Feb. 18, 1935 in Newcastle, WY. d. April 27, 2018. Member of Upton (WY) Church.

Boicourt, AnnaMaye, b. April 1, 1937 in Powell, WY. d. Sept. 17, 2018 in Lingle, WY. Member of Torrington (WY) Church. Survivors include husband Max; daughters Teri Murelli and Mindy Mechalke; sons Brad and Barry; 1 brother; 4 grandchildren.

Corey, Casey, b. June 6, 1937. d. Aug. 30, 2018 in Colorado Springs, CO. Member of Colorado Springs South Church.

Dryer, Nadine A., b. Sept. 13, 1952 in Massachusetts. d. Sept. 10, 2018 near Ellston, IA. Member of Osceola (IA) Church. Preceded in death by parents; 4 siblings; 2 grandchildren. Survivors include husband Bob; daughters Tonina DeLong, Lisa Offield and Heather Gossman; sons Dave DeLong, Shane DeLong, Robert and Neil Gossman; 2 brothers; 12 grandchildren; 6 great-grandchildren.

Dunlavy, Esther L., b. July 25, 1928. d. Oct. 1, 2018 in Springfield, MO. Member of Springfield Church.

Ellyson, Preston J., b. April 5, 1941 in Panama City, FL. d. Dec. 18, 2017 in Belleville, IL. Member of Fulton (MO) Church. Survivors include daughter Roxanne Dragert; son Richard; 4 grandchildren; 1 great-granddaughter.

Geier, Betty Jane, b. Sept. 8, 1929 in Jamestown, ND. d. Oct. 24, 2018 in Bismarck, ND. Member of Bismarck Church. Preceded in death by husband Calvin; 6 brothers; 5 sisters. Survivors include son Tim; daughters Karen Crawford and Janny; 6 grandchildren; 9 great-grandchildren.

Hadley, Wilbert C., b. Aug. 12, 1937 in Nevada, IA. d. Aug. 5, 2018 in Ames, IA. Member of Nevada Church. Preceded in death by 1 brother. Survivors include wife Joyce; son Timothy; 3 grandsons.

Hammond, Olive Ann, b. April 30, 1933. d. April 21, 2018. Member of Fort Lupton (CO) Church.

Heinrich, Eldina, b. Jan. 26, 1926 in Street, ND. d. Sept. 23, 2018 in Mount Dora, FL.

Preceded in death by husband Arthur; 1 brother; 2 sisters. Survivors include daughters Sharon Werner and Cindy Darcy; sons Milo and Arlo; 2 sisters; 7 grandchildren; 7 great-grandchildren.

Herman, Virgil C., b. Jan. 20, 1934 near Waukon, IA. d. June 30, 2018 in Waukon, IA. Member of Waukon Church. Preceded in death by 2 siblings; 2 grandchildren. Survivors include wife Darlena; daughter Susan Erickson; son Stanley; 3 sisters; 3 grandchildren; 3 great-grandchildren. Served in U.S. Army.

Hill, Robert P., b. July 7, 1954 in Kansas City, MO. d. Sept. 7, 2018 in Kansas City, KS. Member of Gladstone (MO) Church. Survivors include wife Debra; daughter April Hord; son Mike; 2 sisters; 3 granddaughters.

Hovaldt, Marcia, b. March 16, 1943 in Pierre, SD. d. Aug. 24, 2018 in Sioux Falls, SD. Preceded in death by son Troy; 2 sisters. Survivors include husband Dale; children Clayton, Victor, Sheldon, Herman and Christian; 5 siblings; 13 grandchildren; many great-grandchildren.

Jacobsen, Carolyn J., b. Feb. 6, 1953 in Pasadena, CA. d. July 10, 2018. Member of Council Bluffs (IA) Church. Preceded in death by 1 sister. Survivors include 3 siblings.

Kelly, Ann, b. Feb. 14, 1938. d. Oct. 21, 2018 in Centralia, MO. Member of Sunnydale (MO) Church. Preceded in death by 8 siblings. Survivors include husband Jim; sons Jeff, Curt, Todd and Bret; 4 siblings; 14 grandchildren; 14 great-grandchildren.

Kingham, Anna M. (Sauer), b. March 27, 1927 in Ellis, KS. d. Sept. 8, 2018 in Hays, KS. Member of Norton (KS) Church. Preceded in death

by husband John; 6 brothers; 4 sisters; 1 great-grandson. Survivors include sons Ivan and Norman; daughters Joyce Royal, Janis, Doris Watts and Donna Tanner; 12 grandchildren; 23 great-grandchildren.

Kornegay, Roxanna "Nadine," b. Oct. 7, 1921 in Kansas City, MO. d. May 26, 2018 in Denver, CO. Member of Golden (CO) Church. Preceded in death by husband Ed; son Frank. Survivors include children Jerry Rose, Reid Rose, Hazel Long; 8 grandchildren; numerous great- and great-great-grandchildren.

Leeker, Mildred A., b. March 4, 1929 in St. Louis, MO. d. Nov. 13, 2018 in Washington, MO. Member of Sullivan (MO) Church. Preceded in death by husband Norman; infant daughter Janet; 3 siblings. Survivors include sons Norman Jr., Michael, Jim, Stephen and Mark; 9 grandchildren; 23 great-grandchildren.

Marah-Rutan, Terry Lynn, b. Jan. 13, 1947 in Delta, CO. d. Aug. 24, 2018 in Grand Junction, CO. Member of Cedaredge (CO) Church. Survivors include mother Beryle Marah; husband Alan Rutan; sons Cullen Rutan and Aaron Rutan; 1 sister; 1 brother.

Martin, Betty J., b. Jan. 11, 1933. d. Sept. 29, 2018. Member of Springfield (MO) Church. Preceded in death by husband Max. Survivors include daughters Marilyn Kaylor and Patty Phelan; son Tony; 2 sisters.

McCombs, Shirley A., b. Feb. 15, 1945. d. Dec. 17, 2017 in Pella, IA. Member of Albia (IA) Church. Survivors include husband Ronald; sons Ronald Jr., Donald, Matthew and Michael; 1 sister; 14 grandchildren; 15 great-grandchildren.

Mercer, Florence Mathilda Tovson, b. Oct. 14, 1924 in Detroit Lakes, MN. d. Sept. 22, 2018 in Detroit Lakes, MN. Survivors include daughters Sandy Williams, Sharon Keen; sons Jerry Tovson, Steve Tovson; 14 grandchildren; 23 great-grandchildren; 8 great-great-grandchildren.

Mooney, James Newton, b. March 23, 1930 in Arkansas. d. Oct. 23, 2018 in Haysville, KS. Member of Wichita South (KS) Church. Preceded in death by daughters Retta Lee and Carla Gayle; stepson Jeff Spencer; 1 stillborn son. Survivors include wife Jean; son Jimmy; daughter Donna Heath; step-daughters Jolana Helms and Kara Larimore; numerous grandchildren and great-grandchildren.

Nott, Beatrice M., b. May 25, 1940. d. Oct. 15, 2018 in Bettendorf, IA. Member of Muscatine (IA) Church. Survivors include husband Clyde.

Olson, Judith Johnson, b. Sept. 14, 1921. d. April 4, 2018. Member of Campion (CO) Church.

Ormonde, Stephen, b. Aug. 5, 1956 in Santa Cruz, CA. d. Sept. 14, 2018 in Fargo, ND. Member of Mandan (ND) Church. Preceded in death by wife Sherri. Survivors include daughter Malynda Fix; son David; 4 grandchildren.

Osborn, Dorothea "Dorothy", b. Dec. 22, 1922 in Menno, SD. d. Oct. 2, 2018 in Kyle, TX. Member of Hurley (SD) Church. Preceded in death by husband Melvin; 1 sister. Survivors include children Darrell, David and Carolyn; 8 siblings; 7 grandchildren; 15 great-grandchildren.

Plant, Wanda, b. Jan. 18, 1936. d. May 3, 2018. Member of St. Louis Southside

(MO) Church. Survivors include daughter Rachelle; son Elmer.

Randolph, Benjamin J. II, b. Nov. 3, 1994 in Columbia, MO. d. Oct. 13, 2018 in Centralia, MO. Member of Sunnysdale (MO) Church. Survivors include parents; 4 siblings; 3 grandparents; 2 great-grandparents.

Richards, Kenneth L., b. Jan. 11, 1946 in Indianapolis, IN. d. July 17, 2018 in Albia, IA. Member of Albia Church. Survivors include wife Vivian; sons Kenneth Jr. and Daniel; 4 grandchildren. Served in U.S. Army during Vietnam War.

Rodman, Howard L., b. Nov. 2, 1927 in Alpena, SD. d. Oct. 31, 2018 in Springfield, MO. Member of Springfield Church. Preceded in death by wife Virginia; 6 siblings. Survivors include daughters Debby Bishop and Lorna Garrett; son Darrell; 1 sister; 9 grandchildren; 19 great-grandchildren.

Rosen, Joyce A., b. March 28, 1921. d. June 24, 2018 in Aurora, CO. Member of Denver South (CO) Church.

Sackett, Maurine J., b. Oct. 27, 1919. d. Aug. 28, 2018. Member of LifeSource (CO) Adventist Fellowship. Survivors include daughter Sharon Barnes; son Glenn; 1 sister; 5 grandchildren; 6 great-grandchildren.

Sander, Barbara Elaine Roan, b. Jan. 25, 1937 in Leas, SD. d. May 17, 2018 in Roosevelt, UT. Member of Upton (WY) Church. Preceded in death by husband Bernard; 4 sisters; 1 brother. Survivors include daughters Tina Marie Smith and Katherine Shuck; 1 brother; 9 grandchildren; 18 great-grandchildren.

Schade, Nylotis F., b. April 25, 1923 in Lynch, NE. d. Sept. 15, 2018. Member of Sunnysdale (MO) Church.

Schlup, Katherine, b. May 25, 1922 in St. Joseph, MO. d. July 22, 2018 in Walsenburg, CO. Member of Trinidad (CO) Church. Preceded in death by daughter Denise. Survivors include daughter Debbie Curry.

Scott, Sharon Kay, b. Sept. 20, 1955 in Omaha, NE. d. Aug. 18, 2018 in Salisbury, NC. Survivors include mother; 6 siblings.

Simon, James Orville, b. Aug. 14, 1945 in Devil's Lake, ND. d. Oct. 12, 2018 in Detroit Lakes, MN. Survivors include spouse Cherie Crowell Rude Simon; 2 brothers; 2 sisters.

Simpson, Dorothy, b. Oct. 7, 1924. d. Oct. 22, 2018. Member of Three Angels (MO) Church. Survivors include sons Stan and Mike Aspey; 2 grandchildren.

Snyder, Arline, b. Dec. 10, 1939 in Hunter, ND. d. Oct. 29, 2018 in Ipswich, SD. Member of Aberdeen (SD) Church. Preceded in death by infant son Jerome. Survivors include daughters Vonnie Stuwe and Mary Ludwig; 1 sister; 3 brothers; 6 grandchildren; 3 great-grandchildren.

Thurber, Gail Grace, b. May 8, 1942 in Glendale, CA. d. Oct. 2, 2018 in Denver, CO. Member of Lifesource (CO) Adventist Fellowship. Preceded in death by 1 sister. Survivors include 1 sister.

Welch, Eugene "Wayne," b. Aug. 5, 1939 in Miami, FL. d. July 22, 2018 in Johnstown, CO. Member of Campion (CO) Church. Preceded in death by 1 brother. Survivors include wife Betty; children

Eric, Jason, Wanda Johnson and Wynell Martens; 2 siblings; 5 grandchildren.

Wells, Bobby M., b. Aug. 27, 1931 in Owensville, AR. d. Nov. 14, 2018 in Kerrville, TX. Survivors include wife Grace; sons Curt and John; 2 grandchildren.

Werth, Ruby, b. July 2, 1923 in Streeter, ND. d. Oct. 25, 2018 in Wishek, ND. Member of Lehr (ND) Church. Preceded in death by 2 sisters; 4 brothers. Survivors include husband Art; son Rick; daughter Shirley Binger; 1 brother; 3 grandchildren; 2 great-grandchildren.

Young, Lucile, b. Dec. 6, 1928 in Loma Linda, CA. d. Sept. 3, 2018. Member of Delta (CO) Church. Preceded in death by husband Kenneth; 1 brother; 1 grandson. Survivors include daughters Millie and Nancy; sons Jerry and Kenny; 2 sisters; 9 grandchildren; 20 great-grandchildren.

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their eyes.
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be no more
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Southern Adventist University seeks full-time teaching faculty for the School of Music. This position will provide curricular oversight to and teach lower- and upper-division courses in area of primary expertise—either music history or music theory. Master’s degree in musicology, music history, or music theory required, doctorate preferred. Full job description: www.southern.edu/jobs

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qualities include successful teaching experience, interest in research, flexibility, and commitment to Adventist nursing education. Candidate must be a member in good and regular standing in the Adventist Church. Send curriculum vitae or inquiries to Christy Showalter at cshowalter@southern.edu. SAU School of Nursing, PO Box 370, Collegedale, TN 37315. For full job description visit www.southern.edu/jobs.

Southern Adventist University seeks Dean for the School of Education and Psychology (SEP) responsible for planning, organization, staffing, direction and evaluation of the academic disciplines of the SEP. The SEP Dean is also responsible for continuous development of the SEP’s strategic plan. An earned doctorate in the field of education or psychology is required. Full job description: www.southern.edu/jobs

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Union College invites applicants for a management teaching faculty position. Qualified applicants will have a master’s degree in a related field and should be a committed member of the Adventist Church. A doctorate is preferred. Find more information at www.ucollege.edu/faculty-openings or contact Lisa Forbes at Lisa.L.Forbes@ucollege.edu.

Union College seeks Adventist, full-time nursing faculty member. Teaching and/or clinical experience in medical-surgical nursing and pathophysiology preferred. Additional information can be found at www.ucollege.edu/faculty-openings. Send CV and references to Dr. Nicole Orian, nicole.orian@ucollege.edu.

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to attend the 39th annual conference in Silver Spring, MD, June 24-27. The conference will explore “Librarians Outside Libraries,” with a special emphasis on what Adventist librarians are doing professionally outside their offices, such as collaboration, teaching, research, mentorship and more. Papers, posters and presentation proposals accepted at kvanarsdale@puc.edu by Feb. 15, 2019. For more information about the conference, visit www.asdal.org/conferences/.

NAD Health Summit 2019 “Healing of the Nations”— Designed to provide training, networking and inspiration for anyone involved with or interested in health ministries. Jan. 20–26, 2019. Albuquerque, New Mexico. Register at www.nadhealth.org. For more information contact 1.443.300.8845 or summit@nadhealth.org.

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	Denver	4:43	4:49	4:56	5:03	5:11
	Grand Junction	4:59	5:05	5:12	5:19	5:27
	Pueblo	4:46	4:52	4:58	5:05	5:13
	IOWA					
	Davenport	4:40	4:46	4:53	5:01	5:09
	Des Moines	4:52	4:58	5:05	5:13	5:21
	Sioux City	5:00	5:06	5:13	5:21	5:30
	KANSAS					
	Dodge City	5:29	5:34	5:41	5:48	5:56
Goodland	4:31	4:37	4:44	4:51	4:59	
Topeka	5:08	5:14	5:20	5:28	5:36	
MINNESOTA						
Duluth	4:27	4:34	4:42	4:51	5:01	
International Falls	4:25	4:32	4:40	4:50	5:01	
Minneapolis	4:39	4:45	4:53	5:02	5:11	
MISSOURI						
Columbia	4:54	5:00	5:07	5:14	5:22	
Kansas City	5:03	5:09	5:16	5:23	5:31	
St. Louis	4:47	4:53	5:00	5:07	5:15	
NEBRASKA						
Lincoln	5:06	5:12	5:19	5:27	5:35	
North Platte	5:22	5:28	5:35	5:43	5:51	
Scottsbluff	4:31	4:37	4:44	4:52	5:01	
NORTH DAKOTA						
Bismarck	5:02	5:08	5:16	5:26	5:36	
Fargo	4:46	4:52	5:00	5:09	5:20	
Williston	5:08	5:14	5:23	5:32	5:43	
SOUTH DAKOTA						
Pierre	5:09	5:15	5:23	5:32	5:41	
Rapid City	4:22	4:28	4:36	4:44	4:53	
Sioux Falls	4:58	5:04	5:11	5:20	5:29	
WYOMING						
Casper	4:39	4:45	4:52	5:00	5:09	
Cheyenne	4:38	4:44	4:51	4:59	5:07	
Sheridan	4:34	4:40	4:48	4:57	5:06	

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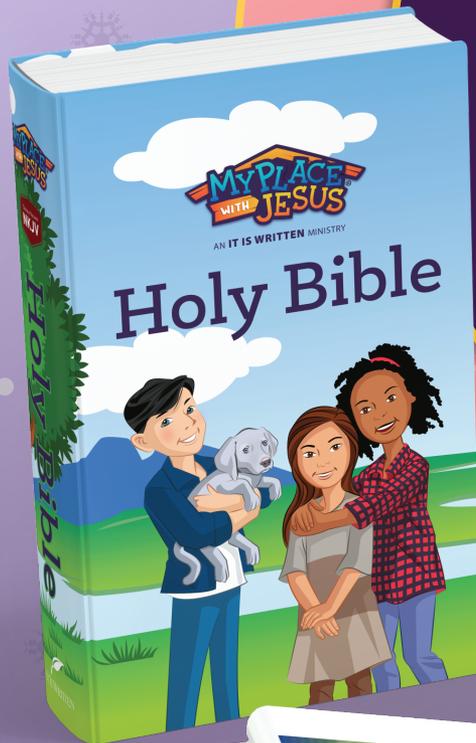
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