

MID-AMERICA SEVENTH-DAY ADVENTIST NEWS & INSPIRATION

OUTLOOK

OUTLOOKMAG.ORG

Special Issue

UNION
COLLEGE
STUDENT
WRITERS



Venn Your

Life

P. 6

MAY 2019



PERSPECTIVES

4 **HEAVEN'S HOW-TO**
—Lori Peckham

FEATURES

UNION COLLEGE STUDENT ARTICLES

- 5 —Sara Roberts
- 6 —Sunday Koung
- 8 —Natasha
McWilliams-Nasser
- 9 —Elizabeth Bearden
- 10 —Jack Daniel
- 11 —Lydia Svoboda
- 12 —Alaysha Harris
- 13 —Autumn Mott
Rodeheaver
- 14 —Alex Nesmith
- 15 —Drew Hickman

NEWS

- 16 MID-AMERICA UNION
- 18 CENTRAL STATES
- 19 DAKOTA
- 20 IOWA-MISSOURI
- 21 KANSAS-NEBRASKA
- 22 MINNESOTA
- 23 ROCKY MOUNTAIN
- 24 UNION COLLEGE
- 26 **ADVENTHEALTH**
- 28 **FAREWELL**
- 29 **INFOMARKET**

OUTLOOK (ISSN 0887-977X) May 2019, Volume 40, Number 5. OUTLOOK is published monthly (10 months per year) by the Mid-America Union Conference of Seventh-day Adventists, 8307 Pine Lake Road, Lincoln, NE 68516. Printed at Pacific Press Publishing Association, Periodical postage paid at Lincoln, NE and additional offices. USPS number 006-245. **Postmaster: Send all undeliverables to CFE.** Free for Mid-America church members and \$10 per year for subscribers. ©2017 Mid-America Union Conference of Seventh-day Adventists. Unless otherwise credited, all images are iStock. Adventist® and Seventh-day Adventist® are registered trademarks of the General Conference of Seventh-day Adventists. **CONTACT us by email: info@maucdsa.org or phone: 402.484.3000.**



“Jesus was the how-to expert ... His answers always addressed people’s current concerns, fit the defined audience and offered fresh advice.” —p. 4





OUTLOOKmag.org

NEWS AND INSPIRATION



Five Ways to Remember to Give Ten Percent

bit.ly/fivewaystogive



God's Breath

outlookmag.org/gods-breath



Someone Who Looks Like Me

bit.ly/wholookslikeme

HOW TO...

Welcome to the annual Union College student-written issue of OUTLOOK magazine that has been produced continuously since 1995. This year's special edition features students from the magazine writing classes of 2018 and 2019 sharing a variety of how-to articles that focus on the same theme: helping us live an abundant life in Jesus Christ.

Some of the goals for our collaboration with student writers are to help them gain "real world" journalism experience, appreciate the responsibility of addressing a sizeable audience, and build their portfolios. To learn more about the process these students underwent in creating and refining their articles, you can watch this short video: bit.ly/UnionStudentProject.

We pray you will be inspired, invigorated and challenged by their fresh ideas and honest assessments of how to strengthen our Christian walk.



BRENDA DICKERSON
editor



ON THE COVER

Sunday Koug, also known as Nyasunday Koug, is a junior communication major at Union College.

More on p. 6

Photo by Brennan Hallock/
Hugh Davis

MID-AMERICA UNION CONFERENCE

President

Gary Thurber

Secretary

Gil F. Webb

Treasurer

Troy Peoples

Church Ministries

Roger Wade

Communication

Brenda Dickerson

Education

LouAnn Howard

Hispanic Ministries

Roberto Correa

Human Resources

Raylene Jones

Ministerial

Mic Thurber

Religious Liberty

Darrel Huenergardt

Women's Ministries

Nancy Buxton

midamericaadventist.org

OUTLOOK STAFF

Editor:

Brenda Dickerson

Designer/Managing Editor:

Brennan Hallock

Digital Media Manager:

Hugh Davis

outlookmag.org

CONFERENCE NEWS EDITORS

Central States

Brittany Winkfield

communications@central-states.org

central-states.org

913.371.1071

central-states.org

Dakota

Jacquie Biloff

jbiloff@icloud.com

701.751.6177

dakotaadventist.org

Iowa-Missouri

Randy Harmdierks

rharmdierks@imsda.org

515.223.1197

imsda.org

Kansas-Nebraska

Stephanie Gottfried

sgottfried@ks-ne.org

785.478.4726

ks-ne.org

Minnesota

Savannah Carlson

scarlson@mnsda.com

763.424.8923

mnsda.com

Rocky Mountain

Rajmund Dabrowski

rayd@rmcsda.org

303.733.3771

rmcsda.org

UNION COLLEGE

Ryan Teller

ryteller@ucollege.edu

402.486.2538

ucollege.edu

Heaven's How-to

For Every Person, Every Time

BY LORI PECKHAM

I stood in front of the students in Union College's magazine writing class and lectured: "The most popular articles among readers, as

well as many editors, are how-to features. Why do you think that's true?"

"People want to know how to do things," said one student.

"We all need practical help," said another.

"Yeah, no one knows everything," added a third.

"Exactly," I agreed. "That's why how-to articles are also called 'service articles'—because they promise a benefit or service."

We then talked about qualities of a successful how-to article: it addresses readers' current concerns, it fits the needs of a defined audience, and it offers fresh advice from credible sources.

As the students began to brainstorm ideas for this special how-to issue of OUTLOOK, it suddenly struck me that Jesus was the how-to expert. A speed-read of the gospels reveals numerous "how" questions He received:

- "How can I inherit eternal life?" (Mark 10)
- "How do we feed all these people?" (John 6)
- "How can someone be born again?" (John 3)
- "How do you know so much?" (John 7)
- "How should we pray?" (Matt. 6)
- "How do we determine which commandment is the greatest?" (Matt. 22)

- "How can I get living water?" (John 4)

Jesus' answers always addressed people's current concerns, fit the defined audience (Nicodemus, a blind man, the rich young ruler, even the Pharisees), and offered fresh—sometimes shocking—advice from the most credible Source, our Creator and Savior.

Jesus' how-to steps make sense. For example, He simplified the Christian walk this way:

1. Love God with all your heart, soul and mind.
2. Love others as you love yourself.

Simple: Love and love.

As you enjoy the service articles in this issue, written by thoughtful, talented young adults, remember Jesus' two-step advice on how to live His kingdom: love and love.

Lori Peckham is an assistant professor of English and communication in the Division of Humanities at Union College. She has edited both magazines and books, including 15 "Guide's Greatest" collections, the current release being *Guide's Greatest Mischief Stories*.



Photos: Steve Nazario/Union College



Meet the students

Class of 2018 (top)

Back row (l-r): Natasha McWilliams-Nasser, Lydia Svoboda, Jack Daniel, Lori Peckham
Front row: Sara Roberts, Yanni Outerbridge, Alaysha Harris

Class of 2019 (bottom)

Back row (l-r): Lori Peckham, Drew Hickman, Sunday Koung
Front row: Autumn Mott Rodeheaver, Elizabeth Bearden, Alex Nesmith

A Still Small Voice

How to Open Yourself Up to the Holy Spirit

BY SARA ROBERTS

I spent the summer after my graduation from Campion Academy working in Wyoming as a literature evangelist. Joe Martin, the director of the Rocky Mountain Conference's literature evangelism program, had taken a chance on me, and I was scared. I felt like I didn't fit in. Everyone else seemed so in love with God and so in touch with the Holy Spirit. Joe encouraged us to share our testimonies each week at church, stories of amazing things that happened while we walked up and down the streets of Gillette, Casper and Cheyenne. I couldn't believe the testimonies I heard.

Amazingly, at the end of the summer I had my own list of testimonies. The Holy Spirit played such a large role in my life, leading me on a path toward a stronger relationship with God. That summer I learned how to listen to the call of the Holy Spirit.

Pray constantly

1 Thess. 5:17 reminds us to "pray without ceasing." Prayer becomes a priority when working as a literature evangelist. It weaves through every aspect of life.

Every step down every street, at every door, my heart poured forth a prayer to God. I prayed for strength, I prayed for guidance, I prayed for

sales. As the summer went on, my prayers changed. They became full of praise for the changes I saw God working in my life.

As I prayed, I began to see answers to my prayers everywhere I looked. The more I saw God's hand in my life, the more I opened myself up to listening for His guidance.

Read Scripture for clarity

Ellen G. White says in *The Great Controversy*, "The truths revealed [in the Bible] are all 'given by inspiration of God' (2 Tim. 3:16) . . . The Infinite One by His Holy Spirit has shed light into the minds and hearts of His servants." The Bible is God-breathed inspiration and can be used to guide our thoughts toward the voice of the Holy Spirit in our lives.

Joe Martin provides a series of Bible studies to all the literature evangelists meant to guide us in our understanding of the Bible and the books we sell door to door. I spent time every night searching for the correct answers for the Bible study, in addition to scouring my three editions for clarity on the biblical implications of words I wanted to aspire to.

My in-depth study of the Scriptures led me to a deeper understanding of God's plan for my life. I began to

let the Holy Spirit guide my thoughts in my pursuit of biblical understanding.

Grow in the Spirit

Phil. 4:8 says, "Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things." We can recognize the voice of the Holy Spirit by the positive changes in our lives.

I began the summer without much of a conviction for the work I was doing. Over the course of the eight weeks, I grew to love reaching out to people of all faiths and religions to talk to them about the loving God I had been introduced to. I felt moved toward baptism, a path I had previously avoided.

That summer I learned how to open myself up to the call of the Holy Spirit. When the path isn't clear, when life seems too hard, the Holy Spirit is with us. Just listen and look for God's hand in your life.

Sara Roberts recently graduated from Union College with an English and business administration major.

Venn Your Life

HOW TO UNDERSTAND ALL YOUR CULTURE GROUPS

BY SUNDAY KOUNG

“Wetin dey happen?” said Sarah, my best friend of two years. She spoke in a strange foreign accent to a small, round woman who worked as one of the school’s custodians.

“I dey fine,” the woman replied.

Confused and irritated, I stood beside them as they continued talking in this strange yet familiar jumbled-up version of English.

Why is my best friend making fun of this poor woman and her accent? I thought to myself.

As an African yourself, you should understand how hard it is to be in another country, speaking a language that is not your own! How can you make fun of someone? I mentally yelled at my friend as I stormed away.

Later that evening Sarah explained to me that in West Africa and in many other parts of the world some people speak Pidgin English. Pidgin English is a form of English mixed with that person’s native language.

This insight—that my best friend had a whole culture she had not exposed me to—led me to ponder. I realized I also belong to various culture groups that others may not be aware of. For this very

reason I decided to Venn my life. I wanted to put all the different parts of who I am into a Venn diagram and get a visual picture of myself.

A Venn diagram is an illustration of the relationships between and among sets, normally depicted in circles or closed curves within an enclosing rectangle. By creating a Venn diagram, I was able to discover hidden wisdom I never knew I had. Even making decisions became easier.

First I began with defining culture. Next I identified groups that I belong to, listing important qualities of each group. Finally I created my Venn diagram using characteristics that resonated with me from those groups. Using these three easy steps, you too can Venn your life.



DEFINE CULTURE

Before diving into your different culture groups, you will want to understand culture. According to UNESCO (United Nations Educational, Scientific and Cultural Organization), culture is “the whole complex of distinctive spiritual, material,

Hugh Davis



intellectual and emotional features that characterizes a society or group.” In other words, culture is what helps you decide how and what you believe.

2.

IDENTIFY GROUPS YOU BELONG TO

Include distinct qualities of each group. As an example, here’s what I came up with.

South Sudanese

Because I was born in South Sudan, my family raised me with certain beliefs. For example, **marriage** is very important, and many parents believe it necessary to be involved in the process, as in arranged marriage.

- **Family:** My parents also strongly believe in family,

and I was taught that everyone is family. For example, if I encounter a person in the same age range as my parents, I should treat them as such, even calling them mama, aunty or another familiar term.

- **Lack of emotional expression:** Because of the lack of emotional expression in the Sudanese culture, I find it very hard to express my emotions, especially the sad ones.

American

- **Education:** I strongly believe in education and access to it.
- **Democratic government**
- **Emotional expression:** Having spent most of my life in America, I have learned to express some of my emotions.
- **Mental health**

Christian

- **Afterlife:** Being raised as a Christian, I believe there is an afterlife and that what we choose to believe will dictate that experience.
- **Freedom from judgment:** As a Christian I also believe that it is not my place to judge anyone because I too am a sinner.
- **Relationship:** I know that it is powerful to have a relationship with Christ.
- **Bible:** I believe that the Bible is fact.

adopted—you can create the Venn diagram of who you are. This will not only be a fun exercise; it will also help you create healthy boundaries, have better relationships and have greater empathy for others.

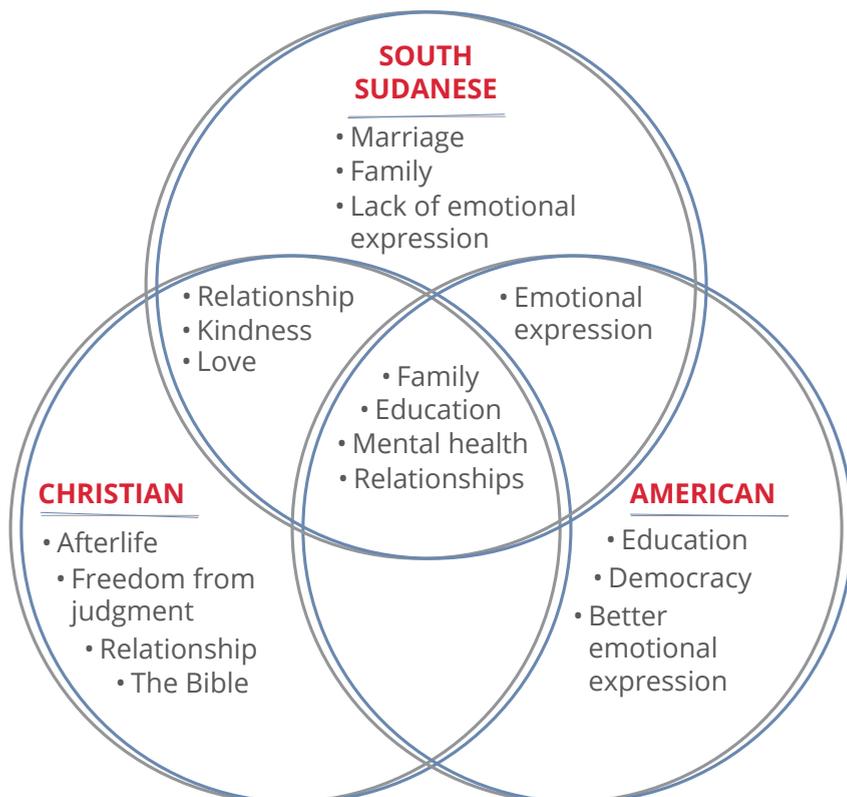
Don’t just live your life . . . Venn your life!

Sunday Koung, also known as Nyasunday Koung, is a junior communication major at Union College.

3.

CREATE YOUR VENN DIAGRAM

After compiling all the different culture groups you belong to—some chosen, some passed down, others even



VENN YOUR OWN LIFE

Put your knowledge to good use.

- What groups do you belong to?
- Were they chosen, passed down or adopted?

Use this information to create a Venn diagram of your own life that will help you in your decision-making processes.

How to heal your relational HUMPTY DUMPTIES

Tips for apologizing

by Natasha McWilliams-Nasser

I held the phone away from my ear, waiting for the banshee on the other end to wear herself out. Sensing the end of the tirade, I took the stand and let Jane have it!

Jane was like a placebo mom. Since I was a kid she had been a close friend, confidant and mentor. But recently conflict had arisen between us. In the past couple of weeks, as I was home from college for Christmas break, we walked on eggshells around each other to maintain a tentative peace.

One night the peace came crashing apart. Our relationship felt like a shattered Humpty Dumpty, and all the king's horses and all the king's men took off running in the opposite direction. Jane and I loved one another, but we were both suffering due to the various hurts we dealt each other through our words and actions. What both of us desperately wanted, but were

unwilling to give, was a sincere, heartfelt apology followed by a change in behavior.

Both of us are Christians and wholeheartedly believe in the importance of forgiveness. But I was at a loss for how to grant her this. I expected an apology from Jane, but realized that I wasn't sure how to offer one myself. Mark 11:25 tells us to "forgive them, so that your Father in heaven may forgive your sins." But I have come to see that few people really know how to offer a genuine apology.

Actively Listen

Many times, people utter the words "I'm sorry" without really knowing what it is they are apologizing for. Psychologist Harriet Lerner, in her book *Why Won't You Apologize? Healing Big Betrayals and Everyday Hurts*, encourages those apologizing to "Ask questions about what you don't understand. When

the criticism is vague... ask for a concrete example." The best way to understand what you did to hurt them is to simply ask and then actively listen.

Avoid defensiveness

Some people avoid apologizing at all costs. One of the reasons may be because instead of feeling constructive grief—feeling bad for an action—they feel debilitating shame, a black mark on their character.

"When you have fairly solid self-esteem you can admit to being in the wrong, without feeling like you're weakening the fabric of self, or losing something to the other person," says Lerner. To really hear a person tell you the ways you have hurt them, and to accept that action and genuinely apologize for it, you have to believe that the action does not define you.

Offer the words and actions

Hearing a person apologize to you can be a start to healing the wounds in a relationship. But an apologizer who continues to repeat the hurtful action negates their words. Matt. 7:12 calls us to "Do to others as you would have them do to you." If you are going to say you are sorry, be willing to follow it up with a change in behavior that proves your apology is sincere and that you care about the well-being of the other person.

Don't demand forgiveness

Sometimes you will say you are sorry, and you will do everything you can to keep from repeating the same choices, but the person you hurt won't be willing or able to let it go. Whether it takes them a few minutes, weeks or years, a person has no obligation to forgive you, and demanding it will only hurt them further. It is important to remember that you can only control your own actions and emotions.

Sometimes all you can do is offer a sincere apology to the hurt party, and then give them space to decide what they will do with it.

.....
Natasha McWilliams-Nasser is a senior communication and marketing major at Union College from Chico, California.



How to Judge a Book BY ITS COVER

BY ELIZABETH BEARDEN

Growing up in an Adventist home, I was surrounded by copies of Ellen G. White's writings: *Steps to Christ*, *The Desire of Ages*

and, of course, *The Great Controversy*. I remember the slick plastic covers that, after seven generations of use, had cracked, split and curled at the edges. It left a bad taste in my mouth that these important texts looked nowhere near as vital or regal as their contents deserved. And I'm not the only one who thinks so.

On Oct. 1, 2018, the project *The Conflict Beautiful* was uploaded to Kickstarter, a crowdfunding site. The campaign was started with the goal to modernize the covers of Ellen G. White texts.

According to the project web page, "We think it's time for a new, beautifully designed, hardcover set—expertly typeset, printed, and bound to match the beauty of words and ideas inside."

To date, the group has raised more than \$150,000 for the project. In a time when one of the biggest concerns of the church is

how to attract young people, presenting some of the Adventist core texts in a simple and sleek design will appeal to modern aesthetics. By utilizing this visual medium, book covers might just be able to help invite a new, younger audience.

The Conflict Beautiful team is making progress on an already available idea. The

covers of both books feature a teenaged main character against an action-packed backdrop—a house on fire or a line of armed police. First and foremost, they grab attention, demanding they be read.

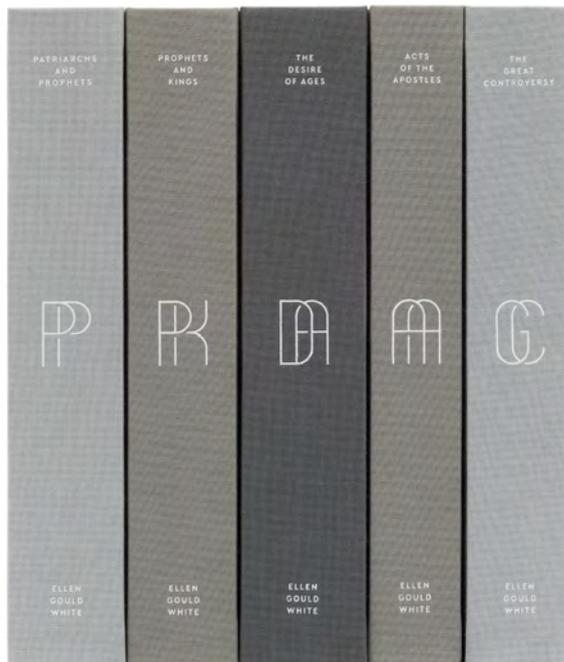
What these book covers have done is start to make White's texts not only important to young readers, but present a relevancy and importance to the information.

What White wrote is no longer outdated Biblical interpretations from a century ago, but an immediate response to everyday events.

While it is true a person should never judge something just based on looks, one can't deny that first impressions—especially visual impressions—are important. By giving these classic texts a new coat of paint, the Adventist Church is taking a

step forward into a modern era. By taking advantage of these trends, the church can not only attract new members, but help spread its message in an active and interesting way.

Elizabeth Bearden is a senior English education and history major at Union College.



Courtesy Types & Symbols

books *Running on Empty* by Ellen Bailey and *Trouble on the Blue Planet* by Richard T. Edison are both visual introductions to *The Desire of Ages* and *The Great Controversy*, respectively. The books' target audience is teenagers who might feel bored with going to church every weekend and reading a bland-looking Bible with language they

HOW TO CHOOSE YOUR NEXT READ

1 Many authors are advertised as a *New York Times* Best-Selling Author. This is judged by how many books a store will order at once, not individual sales to real people. Don't base your buy on just that.

2 Books in the same genre will often have a similar look. Mysteries are dark and foggy, YA books typically have a girl on the cover, and thrillers are made to stand out, usually with one main item on a white background.

3 Just because the author's name is the same size as the title doesn't mean you'll like that author. These authors normally have a niche market they appeal to.

4 Look for key words in the book's blurb. Blurbs in certain genres will try to reuse terms. Look at the blurb from your favorite books and see what pops up.

5 Get a Goodreads account. Goodreads has millions of users who give ratings and reviews for books. If you need to make a snap decision, check the star rating. It's also free and can be linked to your Facebook account.

HOW TO LOVE FORMER ADVENTISTS WHETHER THEY WANT IT OR NOT

BY JACK DANIEL

DURING MY JUNIOR YEAR AT THUNDERBIRD ADVENTIST ACADEMY IN ARIZONA, I WAS DRIVING MY PARENTS' CAR HOME WHEN SUDDENLY A TIRE BLEW OUT, CAUSING THE VEHICLE TO ROLL SEVERAL TIMES.

Two of my passengers were taken to the hospital in helicopters, and my dad was rushed to emergency surgery and spent six days in the intensive care unit. Sitting in the hospital waiting room with my mother, I was overwhelmed with guilt and pain at the thought of having almost killed my dad, my niece and two of my friends.

In my trauma, I agonized over why God allowed this accident to happen. There is no way an all-powerful, all-loving God can exist in a world like this one, I concluded. Consequently, I went from being the “perfect” Seventh-day Adventist boy who never doubted my parents’ religion to being an agnostic. Then, after going on a mission trip where I witnessed enough miracles that I could no longer doubt the existence of God, I became a deist. I knew there was a God, but did He really care?

Over a span of two years I studied my way back to the Adventist doorstep; however, I knew I would not be welcomed back because of my current lifestyle. So I kept telling myself I had to make myself “good enough” for church.

Fortunately, on my spiritual journey God has placed influential mentors in my path, particularly Erik Vandenburg, youth and summer camp director for the Hawaii Conference, and Steve Hamilton, who pastors the Paradise Adventist Church in California. These two pastors helped me learn the following principles for ministering to former Adventists.

LIVE IT—DON'T YELL IT.

All through my experience I asked people I admired questions, yet these people didn't often give unsolicited advice. Others tried to comment, but I dismissed their words because they had no relationship with me.

“You have to build relationships with former Adventists ... that are not conditional on whether they come back to church,” states Hamilton. “You have to truly care about them.” Telling me how unhealthy my habits were did not change my mind; arguing did not change my mind; people who made sure I knew that I was loved changed my mind.

GIVE THE PERSON WHO SMELLS LIKE SMOKE A HUG.

When I finally wanted to come back to church, I felt like I couldn't. I knew enough to stay away from Christians when I smelled like sin, based on the judgment I had seen happen to so many people in my years growing up in the church. “Making

choices that don't align with the church doesn't mean the person has a bad heart,” says Vandenburg. We are often too quick to judge based on actions, without trying to look at the heart.

DON'T BE AFRAID TO SAY I'M SORRY.

While I did not leave the church over hurt feelings or a relational issue, I am the exception. That is the number one reason people leave. “Be willing to say I'm sorry and it breaks my heart that that happened to you in the church,” Hamilton urges.

INVITE PEOPLE WHO ARE ON THE OUTSIDE TO GET INVOLVED.

Being invited on a mission trip moved me along in my journey, as did Vandenburg hiring me at an Adventist summer camp when I was not living a life that made me qualified to lead. When I asked Vandenburg how many of the “risky hires” he has made got baptized, he said, “Probably zero. But 100 percent of those risks turned out positive, because on some level every one of them encountered God. If they encountered God, then it was a success.”

Jack Daniel is an English literature major minoring in youth ministry at Union College.

How to Be a Spiritual Mentor

Becoming an anchor in a stormy world

By Lydia Svoboda

“You’re a theology major, and you’re afraid of public speaking?” a classmate asked after I explained why I dreaded taking biblical preaching class. Later, I pondered this comment. After all the signs God had given, I still questioned my ability and purpose in entering ministry.

The next day, I visited one of the religion professors at Union College, Dr. Ben Holdsworth, with questions on a class paper. After answering my questions, he asked if there was anything wrong. I admitted my concerns, and he encouraged me. Furthermore, he offered himself as a mentor—someone I could come to with any questions or concerns.

“You have someone interested in your potential and your success,” he told me. How he knew what I needed had to have come from God through a genuine and listening heart.

I wanted to find out what makes a spiritual mentor successful. Here are four essential traits I discovered.

1 A connection with the Holy Spirit

To connect with the Holy Spirit, Dr. Holdsworth says that you have to ask. “Asking is the opening of the heart to the presence of

the Holy Spirit, as conversation and as inviting the Holy Spirit to be a participant in your life.” God wants to use you and bless you by the power of His Holy Spirit. You just have to ask Him and be still enough to listen.

2 The ability to listen

According to Dr. Holdsworth, there are two kinds of listening in mentoring: “listening to the person you mentor and, more importantly, listening to God about the person you are mentoring.” To listen is to deepen your understanding of your mentee, as well as their trust, so that you can hear even more. James 1:9 advises, “Be quick to listen

and slow to speak” (NIV). Listening demonstrates your care.

3 Genuine care for the mentee

“To feel valued (and valuable) is almost as compelling a need as food,” claims Tony Schwartz in *Harvard Business Review*. If you are listening to God and asking for the Holy Spirit to connect you with His will, then He will plant a seed that will produce genuine care and love for the mentee.

“Mentors act as anchors,” says Pastor Mic Henton from College View Church, another experienced mentor. “Mentees look back on their lives and can know that people—real people—loved them.”

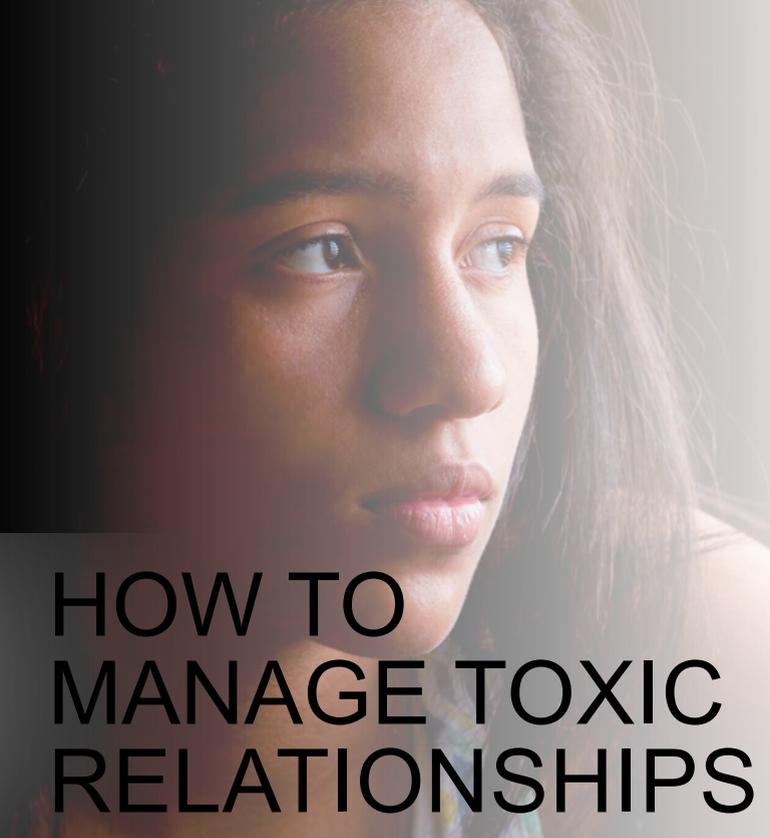
4 A willingness to share your own experiences with God

A readiness to talk about what God has done through and for you allows others to learn more about His character and His concern for both the big and small, personal and impersonal aspects of each individual’s life.

If you connect with the Holy Spirit (the ultimate Mentor), listen to both God and the mentee, care deeply, and share your relationship with Him, you will watch Him work in the life of another and pour heaven’s blessings on you both.

Lydia Svoboda is a theology major and English minor at Union College from Kansas City, Kansas.





HOW TO MANAGE TOXIC RELATIONSHIPS

When is it time to pray and let go?
BY ALAYSHA HARRIS

The sound of dinging woke me up as I rolled over to shut off my alarm. I sighed as I received a text message from my friend, telling me to meet her for breakfast in 10 minutes. This had become a rigorous routine that I dreaded. In my heart I knew this relationship was no longer adding value to my life, but I am not the type of person to give up on challenging situations.

For months I allowed myself to continually sacrifice my well-being for my friend. I sat through countless hours listening to her gripe about her terrible day. Watching as she smiled to a person passing by, then whisper into my ear, “I hate her.” Listening as she sent harmful comments my way, such as “Your hair doesn’t look good like that” or “Those jeans

don’t really flatter your body type.” Constantly having to deal with my friend using mistakes I made in the past against me.

I put up with all of it, hoping if I ignored her negativity and focused on the happy moments we spent together everything would be just fine. Unfortunately, things continued to get worse. I started to fall into a mild depression. This friendship was starting to affect my mental health; it was then I realized something had to change. After several thoughtful conversations with God, I decided the best thing was to let the friendship go.

Overcoming conflicts in friendships is something we all deal with in our lifetime. Some issues can be easily resolved, but others stick around and start to take a negative toll on us spiritually, mentally and

physically. It can be hard to notice the red flags in a relationship that we are invested in. Here are four warning signs that helped me recognize when it was time to pray and let go.

THEY SAY ONE THING, BUT DO THE OTHER.

“An enemy dissembles in speaking while harboring deceit within; when an enemy speaks graciously, do not believe it, for there are seven abominations concealed within” (Prov. 26:24, 25).^{*} If you notice that your friend is talking about other people behind their back but puts up a façade when that person is present, this may mean you cannot trust them with your personal issues.

THEY FREQUENTLY PUT YOU DOWN.

“Why do you see the speck in your neighbor’s eye, but do not notice the log in your own eye?” (Matt. 7:3). Our friends are often people we come to for support, so it can be difficult if your friend is consistently judgmental. Florence Issacs, author of *Toxic Friends, True Friends*, writes, “A friendship is toxic if it’s regularly unsupportive, unrewarding, unsatisfying, draining, stifling and/or unequal.”

THEY BRING UP MATTERS OF YOUR PAST.

“One who forgives an affront fosters friendship, but one who dwells on disputes will alienate a friend” (Prov. 17:9). Nobody likes to be reminded of their mistakes. Harmful people use your mistakes as weapons against you.

THEY CONSTANTLY COMPLAIN OR ARE ALWAYS NEGATIVE.

“Make no friends with those given to anger, and do not associate with hotheads, or you may learn their ways and entangle yourself in a snare” (Prov. 22: 24, 25). Being around someone who has a negative outlook on life can be draining. Cherie Bubach, author of *Art and Faith*, writes, “Very often the world feels like a negative, hopeless place, which is why having the right friends is so important.” She also states, “Good friends will help you see the possibilities in life.” While friendships are vital to our human existence, it is important to be aware of relationships that are unhealthy.

Dr. Yager, a sociologist at the University of Connecticut at Stamford, says, “If the friendship has deteriorated to the point where one friend truly dislikes the other one or finds that the friendship is causing undue stress, the healthy response is to pull away.”

This topic can be difficult, because as Christians we convince ourselves that letting go of a friendship is something God doesn’t want us to do, but if we look at Prov. 12:26 this is not the case. The verse says, “One who is righteous is a guide to his neighbor, but the way of the wicked leads them astray.” God reassures us that there is nothing wrong with letting go of toxic friendships.

Alaysha Harris is a senior communication major at Union College.

^{*}All Bible texts are from the New Revised Standard version.

Worship in the SHOWER

How to turn your morning routine into a vibrant time of worship

BY AUTUMN MOTT RODEHEAVER

Mornings are not my favorite part of the day. Because of my busy lifestyle as a college senior, I'm lucky if I get six hours of sleep each night. So whenever I'd try to wake up early to spend time with God, I'd find myself either snoozing the alarm or nodding off in the middle of Romans. After a couple months of groggy devotions, I started to rethink how I connected with God. Here are some ways I was able to squeeze in time with my Creator.

Music. I love to listen to music as I shower. So instead of listening to my new favorite album on repeat, I created a playlist of worship songs in my vocal range. Now I spend my showers singing my heart out to God. So grab your favorite CD and give it a try—everyone sounds good in the shower!

Podcasts. Sometimes I feel trapped in my own head with no new revelations or insights. Music falls flat and Bible verses are monotonous.

This is when Christian podcasts really have time to shine. I love listening to the hosts and guest speakers discuss real-life battles, personal revelations, spiritual guidance and various other topics. With so many options, podcasts may feel overwhelming, so take a look at my favorites listed in the sidebar to help you get started.

Bible Read-Aloud. Even when I occasionally have the time to enjoy a more structured devotional session, I find myself getting distracted from my reading. So I downloaded a Bible app to my phone and started to use their read-aloud feature to engage with the text. I even have an adult coloring book I fill in while I listen to keep my attention focused.

Audiobooks. Similar to having the Bible read aloud, I also enjoy listening to devotional books or other biblical literature. Do you have a favorite author or series that really engages you? There's a good chance it comes in

audiobook format. Some publishers even sell packages of both the physical book and the audiobook on CD. There are also plenty of websites that offer audiobooks electronically, my personal favorite being Audible.

Bible Verse Memorization. Recently I started picking a Bible verse to memorize each day. I spend my morning routine with the verse pulled up on my phone or highlighted in my open Bible, and then I try to have it memorized by the time I get to work or class. Usually it sticks in my head for the rest of the day, allowing me time to really dig deep and reflect on its meaning whenever I have some free moments.

.....
Autumn Mott Rodeheaver is a senior communication major at Union College.

Ways to Listen to the Bible

- **The Bible app by YouVersion (iOS and Android):** In addition to reading the Bible aloud from over a dozen versions and in 47 languages, the Bible app has a powerful search feature, highlighting options, and devotional plans.
- **Bible.com:** This is the website companion to the Bible app. Enjoy all the features of the app from the comfort of your computer. There are also videos you can view, ranging from dramatized biblical stories to even a series on how to read the Bible.
- **Bible on CD:** Visit your local ABC or Christian bookstore for various Bible versions available on CD.

Podcasts

- **Pray the Word with David Platt:** Enjoy these short daily meditations on God's Word that not only drive us to pray, but drive how we pray. These four-to-six-minute-long episodes are the perfect way to start your morning.
- **Proverbs 31 Ministries:** Hosted by the non-denominational women's ministry Proverbs 31, this podcast will grow your perspective and help you learn how to connect with others in different seasons of life.

Online Audiobook Services

- **EllenWhiteAudio.org:** Listen chapter-by-chapter to a vast variety of works by Ellen G. White and other Adventist pioneers for free.
- **AudioVerse.org:** This online collection of Bible-based media content is available to stream and download for free.
- **Audible.com:** Listen to an inspiring devotional, stories of spiritual battles, works from your favorite author and more!



Family, Fellowship and F \flat || Four and a half ways to create harmony

BY ALEX NESMITH

As an 18-year-old Adventist, I often find myself in an awkward position within the church.

I sometimes feel that my church doesn't listen to my age group. One of the main areas of disagreement is music. This has sent many of my friends skipping merrily away from the church.

There is a disconnect between my generation and current church leadership. While some people deny it, the proof is on the paper. According to *Christianity Today* and *Cold Case Christianity*, about 70 percent of young adults "drop out" of church between the ages of 17 and 20. Of this percentage, roughly 30 percent say they leave because of the negative focus on music. This list of four and a half questions may help us.

I **Is this struggle worth our salvation?** Music is important in our walk with Christ. There are seraphim in heaven singing the eternal song "Holy, holy, holy, is the Lord God Almighty, who was

and is and is to come!" (Rev. 4:8).^{*} Yet while music is important, it does not overtake the need of salvation. Youth pastor Mic Henton of College View Church in Lincoln, Nebraska, said, "Music is used for the purpose to help lead others to the throne of God by expressing the inexpressible. But it is not a requirement of salvation." I would dare say that salvation is worth more than music choice.

2 Can we find any common ground? The answer is yes. Music is and should be a tool of worship. Pastor Henton pointed out that the Bible never truly addresses the proper way to use music. It is important to remember that just because something is new doesn't make it bad. Alternatively, if something works, it can still be improved.

3 What does the Bible say about this? Great question! The Bible has many examples that seem to counter each other. Miriam led the women in a dance with a tambourine. Psalm 150 says to praise God "with

loud clashing cymbals," "with strings and pipe," "with tambourine and dance," "with trumpet sound."

However, on the mount, Jesus said, "When you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you" (Matt. 6:6, NIV). If worship is worship, then God will accept it. "The true worshipers will worship the Father in spirit and truth, for the Father is seeking such people to worship him" (John 4:23).

4 What has been going wrong so far? Lack of communication! Nothing can be worse than when people stop communicating. Often, if we don't understand or agree with something, we dismiss it. We just don't know how to address things we don't understand. Eph. 6:1-4 says, "Children, obey your parents in the Lord, for this is right. . . . Fathers, do not exasperate your children; instead, bring them up in the training and instruction of the Lord" (NIV). The best way to work

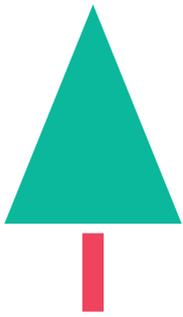
something out is to work with dignity.

4^{1/2} Put it into practice. As a family in Christ, we must treat one another the way a healthy family would. God loves us no matter what our preference of music is, just as we must love each other. Hymns and praise music may not sound similar, but they do share an important goal. Praising God should be the purpose of songs in worship. If the congregation is worshipping, the goal is met. In praising God, there shouldn't be "progressive" or "traditional." In the end hymns and worship songs should all meet the goal of praising God.

Alex Nesmith is a freshman communication major at Union College from northwestern Georgia.

^{*} Unless otherwise indicated, Bible texts are from the English Standard Version.





Christmas in ~~December~~ ~~July~~ May



How to have that “Christmas cheer” all year

BY DREW HICKMAN

My parents’ living room is full of dormant Christmas stuff: lights, cables, trees, animatronic snowmen, you name it. No, they’re not compulsive hoarders; that’s just their job. They’ve been running a Christmas light animation business out of our basement since I was seven or eight, so the Christmas season has always played a massive role in my life.

The Pew Research center claims that nine out of ten Americans celebrate Christmas every year. It could be argued that it’s the biggest celebrated holiday. With countless films and over 7,000 unique recordings of “Silent Night,” you can’t get past the beginning of December without having cheery colors, sounds and even smells jammed in your face.

There seems to be this perpetual positivity at play. But why limit it to just winter? That seems like such a waste! So here are some steps for keeping that cheerful momentum high throughout the rest of the year.

The Spiritual High

Some popular Christmas traditions include reading Luke 2, opening an Advent calendar stuffed with daily treats, or having a churchwide Christmas performance. All of these can be referred to as spiritual “antitypes”—things

used to represent Christ during what has become a very secular holiday. Pastor Fred DaCosta, an associate pastor at Chapel Oaks Church in Shawnee, Kansas, agrees: “There’s that struggle for Jesus despite the pagan elements.”

How can we strengthen our spirituality? Make some time for Christ in your everyday life. Take a few minutes at the beginning of each day and talk to Him. Set aside some time to read about Him in the Bible. If you apply the same level of dedication you would around December, your spiritual life will flourish.

Esther Pervis/Union College Facebook



Friends and Family

It can be difficult with a busy schedule to find time to spend with your loved ones. That’s generally why we use holidays as a good excuse to get together. But why wait? Set aside those moments for your loved ones now, and connect with them spontaneously throughout the year. Surprise your wife with flowers. Set a date to spend time with your children. Take a friend to a place you’ve always wanted to see. If you sit on your laurels waiting for December to make those special moments happen, time will pass you by.

The Gift of Giving

We usually slip into the habit of using the holidays as a good excuse to give. And it’s definitely a theme upheld by Christmas’ legendary giver, Santa Claus. But how could we forget the biggest selfless gift of all time: Jesus’ birth as a fragile human child? We use those as our models for giving around Christmastime. And with over \$680 billion spent during the season in 2017, it seems most people follow these models.

Even in December, we usually limit our generosity to our family and friends. Yet there’s no reason for any group to be left out at any time of year, regardless of familial relation, religion or ethnicity. Why save being philanthropic for the holiday season?

Jesus Himself had the perfect advice. He reminded the Pharisees in Mark 2:17, “I have come to call not those who think they are righteous, but those who know they are sinners” (NLT). This is a call for us to make sure we find ways to include people as we go about our lives—whether it’s December or May.

Drew Hickman is a freshman communication major with an emphasis in emerging media at Union College.

John Thurber Passes at 87

Former MAUC leader leaves enduring legacy

John W. Thurber, best known as second tenor of the King's Heralds quartet with the Voice of Prophecy from 1961–1967, passed away on Feb. 3, 2019 in Lincoln, Nebraska, at the age of 87. Elder Thurber was also widely known for his ground-breaking youth work during the years he served as a teacher, pastor, conference and union youth director, family life educator and conference president.

During his Texas and Carolina ministry years, Thurber helped establish a new youth ministry concept called Be Free in Christ, an Adventist Christian counter-movement to the hippies and “Jesus freaks” of the 1960s. With youth centers called The Gate, he provided a place and a platform for Adventist youth to reach out to other youth. He initiated the singing of more modern songs using guitars and bass, along with piano. Next came Adventist Youth in Action, widely known for involving youth and college-aged people in an active, vibrant, witnessing program in the summers using music and personal testimony and contemporary programming.

Many Adventists today will cite their time with one of the various AYA teams that traveled both in Texas and the Carolinas as having a major impact on their own spiritual

life. Thurber, along with his brother Wayne, became popular Week of Prayer speakers at academies all around the North American Division. During these years he wrote numerous choruses that were sung by youth across the division. Thurber is believed to be the only person in the NAD to carry the title of youth evangelist.

In the 1980s the Thurbers relocated to Lincoln, Nebraska, where he was the Youth and Family Life director for the Mid-America Union Conference. In 1986 he was elected to serve as president of the Dakota Conference.

While singing with the King's Heralds quartet, Thurber toured with H.M.S. Richards Sr. throughout North America, Mexico, South America and the Dominican Republic. They learned the International Language, which permitted the quartet to sing in 11 languages as they toured. Thurber also produced radio broadcasts, organized many musical groups, worked at the Adventist Media Center, authored *The Music of Heaven*, and led tours of the Holy Land. He recorded his final album when he was 60 years old.

Elder Thurber was preceded in death by his daughter Sherry (Thurber) Juhasz and is survived by his wife of 65



Courtesy Thurber Family

years, **Patsy (Fogg)**; sons **Mic Thurber** and **Gary Thurber**; their respective spouses **Jana** and **Diane**; son-in-law **Gary Juhasz**; five grandchildren; three great-grandchildren; and numerous nieces and nephews.

A celebration of Elder Thurber's life and ministry was held at the College View Church in Lincoln, Nebraska, on March 2.

.....
OUTLOOK staff



For those wishing to express condolences, cards may be mailed to: **The Thurber Family, c/o the Mid-America Union Conference, P.O. Box 6128, Lincoln, NE, 68506.** Memorial gifts may be sent to the Voice of Prophecy, a ministry that was dear to Elder Thurber's heart.

CRS Celebrates 120 Years of Service

Christian Record Services for the Blind, a non-profit organization located in Lincoln, Nebraska, has been empowering individuals who are blind and visually impaired by providing free and accessible faith-based services since 1899. CRS makes a significant impact in the lives of its members through offering access to Braille materials, audio books, large-print magazines, Bibles and more that will enhance the lives and spiritual journeys of others.

“With the Lord’s guidance, it is the members, donors, volunteers and employees who have made Christian Record impactful all of these years,” said **Diane Thurber**, president of Christian Record. “To all of you, we say a hearty ‘thank you.’ And we invite those who are just now learning about

who we are and what we do to join our community. You’ll be in great company!”

Forging new paths

At the very beginning, *Christian Record* was the name of our Braille magazine. It was the only Christian-focused Braille magazine published in 1899. The name carried over to the nonprofit organization that now also provides many services for the blind along with its magazines (and, yes, we still publish the *Christian Record* in Braille).

Christian Record led the way for many other innovations and services that together inspire and transform lives. We were the first organization to offer a blind camp, beginning in the 1960s. The camps give individuals an opportunity

to be themselves and freely create and engage with the community. A couple of decades later we were the first to pioneer a new kind of book that provides Braille along with images, print and an audio disc for the entire family to enjoy.

Continuing innovation

Today, Christian Record is still continually looking for the best way to serve its members. In 2017, we launched our online library of nearly 2,000 titles. Members can request many of these titles in formats specifically for them, including refreshable Braille, large print, audio streaming and downloading, and on National Library Service’s digital cartridges. Through this system our members can request Bibles, select the next books they

wish to read or listen to, and much more.

In addition, in collaboration with the Voice of Prophecy in Loveland, Colorado, Christian Record also has available the new *Discover Bible Study Guides* in large print and Braille for people who are legally blind.

“I am excited that local congregations can now offer *Discover* in accessible formats for their members to use in outreach,” said **Richard Clark Jr.**, the Bible School coordinator at Christian Record. “The large print and Braille formats will empower members who are legally blind with a convenient way to lead Bible studies.”

Since the 1980s, Christian Record has awarded college scholarships to blind students who demonstrate academic promise. The program was initially endowed by a former employee and continues to grow through gifts by people interested in the program. In 2018, a total of eight scholarships were awarded.

Patricia Maxwell Robertson is communication director for Christian Record Services for the Blind.



Courtesy Christian Record Services



For more information on CRS, please visit christianrecord.org or call 402.488.0981.



FAAMILY MATTERS

JUNE 5-9

CENTRAL STATES CONFERENCE
CAMP MEETING 2019



WWW.CENTRAL-STATES.ORG

3301 PARALLEL PARKWAY, KANSAS CITY, KS 66104

Arthur Fischer Turns 101

Dakota centenarian shares memories

Phyllis Nudd



The Dakota Conference would like to congratulate **Arthur Fischer** for becoming one of Dakota Conference's centenarians as of April 19, 2018. He is now 101.

Fischer was born in Rusland Township, North Dakota, where he still resides among fellow Germans from Russia. He is the youngest of seven brothers and sisters. "My oldest brothers were born in Russia. I do have a half-sister who is still alive," he adds.

Fischer's grandfather and family in Russia were Seventh-day Adventists. When the Bolsheviks took over Russia in 1917, they killed the Germans because they were educated. "Grandfather had gotten his wife and children out, except

one daughter who did not want to go. He was ready to go on the next boat, but he was executed before he could leave. The daughter was sent to Siberia and never heard from again." Sadly, Fischer's mother's parents were also executed.

Fischer is quick to tell you about his wife of 70 years. "I've done many foolish things myself. I got married before I was a church member. She won me, though. She was a beautiful Christian."

Fischer's wife, Ruth Wagner, grew up three-quarters of a mile from the Fischer's farm. The Fischer boys drove the horse and buggy to school each day and picked up the Wagner kids.

"I would pick them up and drop them off at night. Pretty soon I didn't drop her off anymore," Fischer smiles. "She said she didn't like me when we were kids. I was 21 and she was 19 when we got married. We had a beautiful marriage." He tells of being married for 13 years before he finally accepted Christ as his Savior on Oct. 13, 1952.

The Fischers have three daughters: **Delores McKinven**, **Gloria Pake** and **Phyllis Nudd**; six grandchildren; 12 great-grandchildren; and five great-great-granddaughters.

Fischer says his upbringing

kept pushing him back to the faith. "It was strange. I was a gasoline-truck driver and I was driving on Sabbath. There on a big rock someone had painted something about God. That bothered me. I

When asked if he has a secret to such a long life Fischer quickly replies, "Thank God in the morning when you wake up."

guess the Lord used that to wake me up."

Fischer says he didn't pay his tithe either. "One day I was out on the tractor working and the thought came to me, *God gives you everything you've got. You owe Him something.* I talked to my wife. Imagine her joy, since she was raised an Adventist."

Harley Kreiter tells of Fischer spending time at the pool hall before his conversion. "One day Ruth took their two girls and went to the pool hall. Art asked,

'What are you doing here?' She replied, 'If it is good enough for you, it is good enough for the girls and I, and she sat on the barstool.' Fischer was horrified and immediately took his wife and children home. "They were never apart after that," says Kreiter.

Fischer wanted to be an engineer but he didn't have a chance to get an education. "I have since become everything. I am an engineer, I am an electrician and I am a farmer. For many years I was the only person in the area who could weld. I have a good mind. I still remember things."

Fischer now spends his winters in Arizona with one of his daughters. "It is warmer. I can't take cold anymore."

When asked if he had a secret to such a long life he quickly replied, "Thank God in the morning when you wake up."

.....
Jacquie Biloff is communication director for the Dakota Conference.

Planting a Garden to Grow Students

Courtesy Julie Olson



Students at Andrews Christian Academy in Cedar Rapids, Iowa, celebrate the success of their gardening program.

Equipping students to grow in their faith, character and academics is our mission at Andrews Christian Academy. Many of our students are from refugee, immigrant and single-parent families, often making reasonable access to fresh produce a challenge.

A diet rich in healthy foods plays a significant role in preparing children to learn, and because these students are often unable to bring healthy lunches or eat balanced meals at home, we decided to start a gardening program.

The planting process offers many learning opportunities for the students, along with the benefits of being outdoors. Together we plant potatoes, squash, beets, carrots and other vegetables that can be harvested when school begins in the fall. It is rewarding to see students harvesting what they planted. Digging potatoes becomes a

real treasure hunt, and even more enjoyable is eating what we grow. We use much of the produce for hot lunches, and what is left is sent home with the students.

This year we extended the concept with a tower garden using hydroponic gardening methods. We are thankful to the Collins family, who showed us how to utilize hydroponics to grow leafy greens all winter long.

Each week the students pick enough lettuce, spinach, kale and radishes to fill two big bowls for lunch. The best part is not a single student turns up their nose at salad anymore!

Julie Olson is principal and upper grades teacher at Andrews Christian Academy in Cedar Rapids, Iowa.

Camp Meeting

Please join us for the 2019 Iowa-Missouri Camp Meeting

June 4-8
Sunnydale Academy
Centralia, Missouri

Featured speakers

Carlton Byrd
Senior pastor of the Oakwood University Church and speaker/director of the Breath of Life television broadcast

Mic Thurber
Ministerial director for the Mid-America Union Conference

Vicki Griffin
Health ministries director for the Michigan Conference

Dean Coridan
President of the Iowa-Missouri Conference

There will also be inspiring testimonies from Adventist World Radio and Impact Hope Ministries, a variety of breakout seminars, plenty of activities for children and families, special sales from the ABC, as well as beautiful music from Scott Michael Bennett. Visit imsda.org/campmeeting for more info.

Summer Camp

Treat your child to an unforgettable experience this summer: a week of summer camp at Camp Heritage—winner of the 2018 Camp of the Year award from the Association of Adventist Camp Professionals.

Register by May 15 and pre-order your 2019 camp T-shirt for only \$5.

Cub Camp
(ages 7-9)
June 9-16

Junior Camp 1
(ages 10-12)
June 16-23

Junior Camp 2
(ages 10-12)
June 23-30

Family Camp
(all ages)
July 2-7

Teen Canoe Camp
(ages 13-17)
July 14-21

Teen Camp
(ages 13-17)
July 21-28

Visit campheritage.org for more info.



Kansas -Nebraska Conference

Following Jesus Christ's Method Alone

Camp Meeting

May 29 - June 1 | Lincoln, Nebraska



Mike Tucker
Speaker/Director
Faith For Today



Bonita Shields
Stewardship Director
North American Division



Gary Thurber
President
Mid-America Union



Ron Carlson
President
KS-NE Conference



CONCERT:
Charles Haugbrooks

Seminar Topics

Christian Finance | Creation
Evangelism | Growing Young
Reaching Kids for Jesus | Why Not
Be Healthy? | Women's Ministries

Send All Reservations For Free Lodging To

Kansas-Nebraska Conference
3440 SW Urish Road
Topeka, KS 66614

Phone: 785.478.4726
Email: ssweigart@ks-ne.org

Conference Headquarters on the Move

Minnesota Conference office is relocating in June

The Minnesota Conference is pleased to announce that we will be moving our conference headquarters this summer. Our new address is 8232 Hwy. 65 NE, Spring Lake Park, Minnesota, 55432.

We praise God for going ahead of us and working out all the details so quickly. The conference office will be closed to the public the week of June 17-21. We will open our doors at the new location on Monday, June 24. We ask for patience in this process of relocation to allow the staff to settle in and unpack. Most of all we thank

you for your prayers for a smooth transition.

Brian Mungandi is communication director and vice president of administration for the Minnesota Conference.

The Minnesota Conference office's new address will be 8232 Hwy. 65 NE, Spring Lake Park, Minnesota, 55432.

The conference office will be closed to the public June 17-21, and re-open at the new location on Monday, June 24.



Brian Mungandi

Simple Church TRAINING WORKSHOP *Minnesota Campmeeting*

§ June 12-14, 2019

§ Maplewood Academy, 700 N Main St, Hutchinson MN 55350

§ Sponsored by the Minnesota Conference

A house church planting workshop for modern-day missionaries.

www.SimpleChurchTrainingWorkshops.com



MHA Builds Basketball Court in Uganda

Forty students, faculty, sponsors and community professionals recently returned from serving the Kiryandongo Settlement Camp of Uganda. Along with holding medical clinics, Vacation Bible School programs and educational activities, the group also built a basketball court the community can enjoy for years to come.

An exploratory trip included **Kim Busl** of Outposts Center International and a team from Rolfson Oil, who traveled to the camp to determine the needs in the community. While there, they discovered that the refugee population of close to 100,000 were

Mile High Academy principal **Toakase Vunileva** (left) plays basketball with the locals on their newly completed court, built with assistance from MHA.

using a packed agricultural lime court for their games. Because of this, Mile High Academy, OCI and Rolfson Oil worked collaboratively to build the basketball court.

After completion, both children and adults flocked to the court to enjoy the finished product, including MHA students and faculty. They gathered teams of locals for drills and pick-up games.



Will Dineen

Even MHA principal **Toakase Vunileva** took to the court, joining one of the teams and playing alongside the locals in an exciting game. This illustrated the camaraderie demonstrated

by this mission. Every team member played an important role, with no job too big or too small.

RMCNews

Wyoming Secretary of State Visits Laura E. Mason Christian Academy

Wyoming Secretary of State **Ed Buchanan** visited Cheyenne's Laura E. Mason Christian Academy Feb. 20 for Read Across America Week. Students interviewed Buchanan as they earned their Pathfinder citizenship honor and fulfilled an assignment for their social studies curriculum.

During his visit, Buchanan discussed his role in state government, the closing days of the Wyoming Legislature, and how education helped

him become Wyoming's second ranking statewide elected official.

At the end of Buchanan's visit, the school's chime choir, directed by principal **Nancy Arias**, closed the meeting by providing a flawless performance of two of their favorite selections.

Tom Cowan is a member of the Cheyenne Church in Cheyenne, Wyoming.

Ed Buchanan discusses his role in government with students of Laura E. Mason Christian Academy.



Tim Freccia

Making the Impossible Possible

Union College's new occupational therapy assistant program trains graduates for top healthcare support career

For **Jenny Gann**, finding ways to help people gain or regain independence brings a sense of mission. That's why she chose a career in occupational therapy, and why she is now preparing a new generation of therapists who will dedicate their careers to making the impossible possible again.

"We take for granted the ability to dress or feed ourselves every day," said Gann, director of Union College's new occupational therapy assistant program. "But often injury or illness can make it impossible for someone to perform even basic tasks. As occupational therapy professionals, we find ways to help them learn or relearn ways to be as independent as possible. It's an incredible experience to have that impact on someone's life."

Union's new occupational therapy assistant program

will launch in August 2019. The two-year associate degree prepares graduates for one of the top healthcare support careers in the country—which the Bureau of Labor Statistics predicts will grow by nearly 30 percent over the next 10 years—and boasts a median salary of nearly \$60,000 per year.

For Gann, practicing occupational therapy is about a lot more than job security and a good paycheck. It's about the three-year-old girl she's been working with who has a medical condition that doesn't allow the use of her arms or legs.

"She was basically immobile," Gann said.

The therapist worked with a wheelchair manufacturer to create modifications so the girl's limited movement could maneuver a powered chair.

"The first time she got in the chair, her face lit up when she was able to move across the

room to her friends. That was pretty awesome."

"Independence is important, even at a young age," Gann continued. "And it makes a big difference for her parents. Now they can go to the store or on a walk without having to carry her. I love the moments when patients learn to do something on their own that was impossible before."

Expressing creativity in a medical setting

Julie Capello worked as an occupational therapy assistant for 16 years before earning her doctorate and joining the faculty of Union's new OTA program.

"I like to design and create," she said. She worked with a 16-year-old boy who was electrocuted while working on a construction site. The injury led to the amputation of all four limbs. Capello created a variety

of tools that allowed him to use what was left of his arms to feed and even dress himself.

"My goal was to show him he could do more than he thought possible," she said. "I love the freedom to use my creativity to change the lives of my patients."

Gaining practical experience early

Occupational therapy assistants work with occupational therapists to help patients meet their goals and return to independence. Union's program will prepare students not only to pass the OTA board exam but to understand the value of serving people—both individual clients and the larger community.

The two-year associate degree requires one year of prerequisite science and general education courses, followed by 13 months in the core OTA program. Core OTA classes begin in August 2019 and Union plans to accept 18 students into the initial class.

Gann says the curriculum is designed around practical



A great career in healthcare is possible. Find out how Union College can help make it happen at ucollege.edu/ota.

experience. “You will be out in the field the very first week of classes—observing therapists and learning how to interact with clients,” she explained. “We want to get students in as many different sites as possible so they have an understanding of all the career options available to them.”

The core program is comprised of two semesters of classwork where students will learn and practice in a new simulation lab while spending one day a week in the field. The training wraps up with two eight-week fieldwork rotations working directly with a therapist.

“Union values teaching students to give back to the community,” said **Fara Adams**, the OTA fieldwork coordinator. “That’s why many of the clinical experiences will be at homeless shelters and community outreach organizations. We want our OTAs to understand diversity and the value of serving those who need it most.”

Making a long-term impact

“There are a lot of reasons to become an occupational therapy assistant,” said Gann. “OTA is a rewarding career that requires only two years of school and offers a good salary. But making a difference in people’s lives is worth more than a paycheck.”

“I love seeing the excitement in a student’s face as they learn something new,” said Adams. “Plus we care about each student and won’t let anyone slip through the cracks.”

Ryan Teller is executive director of Integrated Marketing Communications at Union College.

Meet the Union College OTA Faculty



Jenny Gann, OTD, BSN
Program Director

Jenny Gann has more than 17 years of occupational therapy experience, and especially enjoys working with kids. She earned an undergraduate degree at Columbia Union College (now Washington Adventist University) and a master’s in occupational therapy from Towson University in Maryland. She later earned a bachelor of science in nursing from Rush University in Chicago. Ultimately, she completed a doctor of occupational therapy degree from Rocky Mountain University of Health Professions.

After working both as an occupational therapist and a nurse, Jenny Gann brings a unique perspective to occupational therapy education.



Julie Capello, OTD
Faculty

After working as an occupational therapy assistant for 16 years, Julie Capello returned to college to earn a doctor of occupational therapy at Kettering College of Medical Arts in Ohio. She has a wide range of clinical experience, including pediatric home health, acute care, and both inpatient and outpatient rehabilitation.

Capello enjoys occupational therapy because it allows her to care for patients in creative ways. “I love to design treatments for my patients,” she said. “It gives me freedom to use my creativity.”

As a faculty member, Capello will teach several of the core OTA classes. She earned her OTA degree from Baker College and a bachelor’s degree at Andrews University—both in Michigan.



Fara Adams, OTA
Fieldwork Coordinator

Fara Adams graduated from Clarkson College in Omaha with an OTA degree and has 18 years of experience as an occupational therapy assistant. In that time, she has helped patients recover from major trauma such as spinal cord and traumatic brain injuries at Madonna Rehabilitation Hospital in Lincoln.

Adams will coordinate all the clinical sites for OTA students to observe and do their fieldwork throughout the program.

“I love being able to form relationships with patients,” she said. “When recovering from major injuries, patients are in daily OT sessions for weeks. That gives you a chance to really get to know the patient and what is important to them. We become a combination of their teacher, coach and cheerleader.”

Photos: Steve Nazario/Union College

How to Deal with Grief

You may be mourning the loss of a job, a relationship or your formerly healthy self. Or you may be suffering perhaps the most profound form of grief: the loss of a loved one.*

A broken heart is a real thing. The emotional stress associated with grieving can affect your mind, body and spirit. It can trigger psychiatric disorders, including depression and anxiety, and can actually cause physical pain as well. You may feel heavy, fatigued or weepy. You may have trouble eating, sleeping or getting out of bed. You may suffer body aches, headaches and digestive problems. You may see no end in sight.

If you feel stuck in your grief, you're not alone. One in five people who experience significant loss admit to the same. You need support and, thankfully, it is available.

Everyone suffers grief at some time

Grief is one of the most powerful emotions and difficult life stressors a person can face. Unresolved grief can lead to negative impacts such as destructive behavior (regardless of age), physical illness, psychological problems, social impairment and spiritual struggles. And while no two people grieve the same, one commonality in the grieving process is just that; it is a process—a continuum involving many changes over time.

Grief has many faces

Much has been written about the stages of grief, suggesting that your grief process is a linear series of specific emotions; that your grief will progress in a way consistent with others.

But grief is actually a cyclical series of unique reactions to loss, including:

- Shock
- Emotional release
- Depression
- Physical symptoms of distress
- Anxiety
- Anger
- Guilt
- Hesitancy to renew normal activities
- Healing of memories
- Acceptance of one's new role in life

These reactions, called the faces of grief, can occur in no particular order, on no particular timeline and, in some cases, can recur over a period of time.

Learn to face your grief

A common fear among people who are grieving is that once they succumb to their grief, they will be overwhelmed and unable to handle it. The truth is that unexpressed grief lasts indefinitely. Grief that is experienced and expressed does diminish over time. To start the healing process, it is important to identify how you grieve.



There are two types of grieving

Instrumental grievers have a more tempered affect to loss and are more likely to describe grief in physical or cognitive terms. They are also more likely to cognitively process grief or immerse themselves in activity as a diversion.

On the other hand, intuitive grievers are more likely to experience their grief as waves of affect. They often need to express their feelings and seek the support of others. Intuitive grievers find it more beneficial to vent and facilitate a strong expression of feelings. These individuals will likely benefit more from support networks.

Grief support groups can help

Regardless of how you grieve, support groups can

be beneficial in many ways. Grief support groups can help by providing a high level of social support, reducing the risk of bad outcomes and shortening the duration of your grief.

The goal of these groups is not to cheer you up or minimize your grief, but to aid you in navigating your personal process.

Mark Stoddart is administrative director for Spiritual Wellness at AdventHealth Shawnee Mission.

**I would like to express my gratitude to Chaplain Mike Lombardo, D.Min., from whose work I have drawn extensively.*



Learn more about AdventHealth Shawnee Mission at AdventHealthKC.com.

New Hope with Life-Changing Surgery

Furthering our mission of extending the healing ministry of Christ by caring for those who are ill and nurturing the health of the people in our communities requires strategic partnerships. At Parker Adventist Hospital, we partner with Operation Walk to help extend our mission. Operation Walk is a volunteer organization committed to providing necessary joint replacements to those in need. It is also the organization which led **Regie Batdorf** to Parker Adventist Hospital.

Batdorf, a retired grocery store employee, was feeling the enormous physical pain resulting from his long career. Post retirement, he took a new position at a different grocery store and spent much of his time stocking shelves. While this new position supplemented his pension, it did not provide him with health insurance.

While stocking shelves at his new job, Batdorf would bend down to place items on the bottom shelf but was unable to stand up without assistance. In time, things worsened, including his safety, comfort and freedom to move. He developed significant arthritis in his knees and had difficulty walking. Batdorf avoided stairs and eventually had to use a power chair to get around.

“The pain took its toll on the quality of my life. There were times when I didn’t know how things were

Courtesy Centura Health



Regie Batdorf is grateful to his caregivers at Parker Adventist Hospital. He was able to receive a revitalizing knee replacement surgery at no cost because of Parker Adventist Hospital’s partnership with Operation Walk.

going to get any better,” says Batdorf.

Caught between two worlds

Batdorf represents many people in this country struggling to manage the costs associated with their medical needs. Retired, he had no health insurance and had not yet reached the minimum age to receive Medicare. He was caught between two worlds, unable to get the help he needed to improve his quality of life.

Fortunately, through the guidance of his primary care physician, Batdorf was introduced to Operation Walk,

an organization which has worked with Parker Adventist Hospital since 2012.

Through this partnership, Parker provides free hip and knee replacement surgeries for those who lack insurance coverage and are unable to pay for the procedure. The hospital covers all aspects of treatment, hospitalization and pre- and post-operative care, at no cost to participating patients.

A return to living life

On Dec. 3, 2018, Batdorf received the knee replacement surgery he so desperately needed.

For Batdorf, the knee

replacement was life changing. He was able to return to living his life rather than suffering through it. He began walking again and felt confident as he went through his daily routine.

For **Dr. Derek Johnson**, orthopedic medical director and surgeon, it was also life changing. According to Dr. Johnson, “Most patients who’ve been depressed will tell you their quality of life is very poor because everything they do hurts.”

Patients often lose confidence in their ability to do the smallest tasks, such as getting in and out of the shower. Having a surgery that gives them their life back also gives them their peace of mind back.

Batdorf is appreciative of his treatment at Parker Adventist Hospital and its partnership with Operation Walk. “I could not have asked for better help. It felt like family,” he says. Each fall, Parker Adventist Hospital treats patients just like Batdorf by providing their medical care for free.

More than 20 percent of the world population suffers from arthritis—53 million people in the U.S. alone. With numbers like these, Parker Adventist Hospital will continue to partner with organizations who help nurture the health of the people in our communities.

Tracy Weise is communications advisor for Parker Adventist Hospital.

FAREWELL

Buffkin, Mary C., b. July 13, 1947. d. Jan. 16, 2019. Member of Sedalia (MO) Church. Survivors include son Tony; 1 grandchild.

Combs, Roy G., b. Sept. 13, 1931 in Kisse Mills, MO. d. May 8, 2018 in Taneyville, MO. Member of Branson East (MO) Church. Preceded in death by 2 sisters; 1 granddaughter. Survivors include wife Coyeta; daughter Sherry Sharpnack; 1 granddaughter. Served in U.S. Army during Korean Conflict.

Dillard, Ann L., b. April 14, 1953 in Carthage, IL. d. Feb. 7, 2018 in Revere, MO. Member of Kahoka (MO) Church. Preceded in death by parents; 2 sisters. Survivors include husband David; daughters LeeAnn Summers and Dawn Fikes; sons Justin McClain and Jerred McClain; 1 brother; 13 grandchildren; 13 great-grandchildren.

Dimitt, Cris, b. Aug. 21, 1960. d. March 16, 2018. Member of Nixa (MO) Church.

Franks, Sharon, b. Jan. 25, 1946. d. March 20, 2019. Member of Manhattan (KS) Church.

Hackney, Dean D., b. July 8, 1936 in Dows, IA. d. Nov. 26, 2018 in Clinton, IA. Member of Clinton Church. Preceded in death by 1 brother; 1 grandchild. Survivors include wife Mary; daughter Susan Knuth; son Jeff; 3 sisters; 7 grandchildren; 15 great-grandchildren.

Hilliburton, Pauline, b. Sept. 27, 1920 in Regina, Saskatchewan, Canada. d. July 16, 2016 in Nevada, IA. Member of Nevada Church. Preceded in death by husband Wayne. Survivors include son Cal; 2 sisters; 2 grandchildren.

Hill-Eames, Dorothy J., b. Dec. 16, 1943 in Burlington, IA. d. Feb. 25, 2019 in West Burlington, IA. Member of Burlington Church. Preceded

in death by son Richard, 1 sister; 2 great-great-grandchildren. Survivors include husband Fred Eames; daughter Carey Shilb; sons Quinn and Terrence Hill; 1 brother; 1 half-sister; 16 grandchildren; 16 great-grandchildren; 2 great-great-grandchildren.

Hohlfield, David, b. Sept. 29, 1934 in Clay Center, KS. d. March 14, 2019. Member of Wichita Cornerstone (KS) Church. Survivors include wife Sharon; sons Dwight and Kent; 1 granddaughter.

Hon, Bobby J., b. Dec. 30, 1958 in Butler, MO. d. Oct. 22, 2018. Member of Oak Grove (MO) Church. Preceded in death by 1 brother. Survivors include wife Tammy; daughters Shaunte Metzdorf and Rozeta Harvey; sons James McCall, Bobby Holloway and Jamar Nelson; mother and stepfather; stepmother; 1 brother; 14 grandchildren; 1 great-grandson. Served in U.S. Marine Corps.

Hubin, Ruth May, b. May 1, 1936 in Plainville, KS. d. March 7, 2019 in Dighton, KS. Member of Bazine (KS) Church. Preceded in death by husband Lynn; 5 brothers; 2 sisters. Survivors include children Colleen Lewis, Joe, and Pete; 5 grandchildren; 2 great-grandchildren.

Huff, Carlis, b. Aug. 17, 1929 in Laurel County, KY. d. Feb. 13, 2019 in Nevada, IA. Member of Nevada Church. Preceded in death by wife Stella; daughter Brenda Combs; son Scott; 5 siblings; 1 grandson. Survivors include daughters Sharon Hunt and Linda Carleton; son John; 13 grandchildren; 15 great-grandchildren.

Juhl, Gerald "Jerry", b. Feb. 12, 1947 in Spirit Lake, IA. d. March 18, 2019 in Drayton, ND. Member of Grand Forks (ND) Church. Survivors include moth-

er; wife Juanette; children Tami, Scott and Jodi Opitz; 2 sisters; 5 grandchildren.

Kerr, Glenn, b. Jan. 21, 1944 in Bowman, ND. d. March 13, 2019 in Hermosa, SD. Member of Hermosa Church. Preceded in death by 1 brother. Survivors include wife Sandy; children Kevin and Kimber; 3 brothers; 1 sister; 2 grandchildren.

Maxwell, Burton Dwayne, b. May 19, 1937 in Stockton, CA. d. March 4, 2019. Survivors include wife Patricia Gay Halsey; son Daniel; daughter Patricia Maxwell Robertson; 2 grandsons. Served in the U.S. Army as a medic and 40 years as a pastor.

Peters, Wanda, b. Aug. 6, 1936 in Cove City, AR. d. March 13, 2019 in Houston, MO. Member of Houston Church. Preceded in death by parents; 2 siblings. Survivors include husband Eddie; daughter Pamela Kell; son Michael; 2 siblings; 4 grandchildren.

Plesuk, Frieda, b. March 30, 1924 in Medicine Hill Township, ND. d. March 9, 2019 in Minot, SD. Member of Minot Church. Preceded in death by husband Raymond; son Mark; 1 grandson; 8 brothers; 3 sisters. Survivors include children Renae Hamstra, Robbin, DelRae Tarasenko; 2 sisters; 1 brother; 6 grandchildren; 10 great-grandchildren.

Priebe, Raymond D., b. April 6, 1935 near Williamstown, MO. d. Sept. 3, 2017 in Kahoka, MO. Member of Kahoka Church. Preceded in death by wife Ruby; 2 siblings. Survivors include daughter Debbie Trindle; sons Wayne and Danny; stepchildren Rebecca Metternich, Candace Bryant and Roby Hammond; 17 grandchildren and step-grandchildren; 6 great-grandchildren.

Riddle-Vest, Colleen H., b. June 21, 1937 in Boone, IA. d. Feb. 28, 2018. Member of Oak Grove (MO) Church. Preceded in death by children William Riddle and Kris Riddle-Martinez; 1 brother. Survivors include husband Donald; children Rick Christiansen, Dennis Christiansen, Scott Riddle, Mark Riddle, Tim Riddle, Michael Riddle and Teri Bradbury; 1 sister; 19 grandchildren; 15 great-grandchildren.

Savchenko, Lawrence, b. July 8, 1921 in Makoti, ND. d. March 8, 2019 in Bismarck, ND. Member of Minot (ND) Church. Preceded in death by 2 sisters; 4 brothers. Survivors include 1 brother.

Sievers, Beryl, b. June 22, 1922 in Antelope, ND. d. Dec. 22, 2018 in Richardson, ND. Member of Dakota Conference Church. Preceded in death by 1 sister. Survivors include husband Ivan; children Dennis and LuAnne Goldsmith; 1 brother; 3 grandchildren; 2 great-grandchildren.

Spaulding, Patricia "Pat" Louise, b. Oct 5, 1936 in Hutchinson, KS. d. Jan. 9, 2019. Member of College View (NE) Church. Preceded in death by 1 sister. Survivors include husband James "Jim"; daughters Susan Jones and Salli Jenks; son Richard "Ric"; 2 siblings; 6 grandchildren; 4 great-grandchildren.

Taylor, Eugene R., b. Oct. 26, 1926. d. Dec. 22, 2018 in Mesa, AZ. Preceded in death by first wife Adeline. Survivors include wife Evelyn; sons Lyndon and Marvin; 3 grandchildren; 5 great-grandchildren.

SERVICES

ENJOY WORRY-FREE RETIREMENT at Fletcher Park Inn on the Fletcher Academy campus near Hendersonville, NC. Spacious apartments available NOW. Ask about our limited rental units and villa homes. Enjoy a complimentary lunch at our vegetarian buffet when you tour. Call Lisa Metcalf at 1.800.249.2882 or 828.209.6935 or visit www.fletcherparkinn.com.

LAURELBROOK ACADEMY—Learning Through Doing. Training missionaries using Madison model. Academics, vocational training, mission trips. Boarding high school located on a 2,000 acre property in Dayton, Tennessee. Most affordable academy. Call 423.244.5430 or visit www.laurelbrook.org.

Move with an award-winning agency. Apex Moving & Storage partners with the General Conference to provide quality moves at a discounted rate. Call us for all your relocation needs! Adventist beliefs uncompromised. Contact Marcy Danté at 800.766.1902 for a free estimate. Visit us at www.apexmoving.com/Adventist.

Southern Adventist University offers master's degrees in business, computer science, counseling, education, nursing, religion and social work. Flexibility is provided through some online and many on-campus programs. Financial aid may be available. For more information, call 423.236.2585 or visit www.southern.edu/graduatestudies.

Special Education master's degrees are offered at Walla Walla University (M.Ed. or M.A.T.). Fully online format and flexible completion times available. Now offering a limited-time 33 percent tuition discount. For more informa-

tion call 509.527.2290 or visit wallawalla.edu/SPED.

Summit Ridge Retirement Village: An Adventist community in a rural setting that offers affordable homes or apartments and caring neighbors with a fellowship you'll enjoy. On-site church, planned activities and transportation as needed. Also, Wolfe Living Center offering independent living and nursing home. Website: www.summitridgevillage.org or call Bill Norman at 405.208.1289.

Walla Walla University offers master's degrees in biology; cinema, religion, and worldview; education (including special education); and social work. Flexible completion times and in-person, hybrid and fully online formats available. Financial aid may be available. For more information call 509.527.2290 or visit wallawalla.edu/grad.

Wellness Secrets' five-day health retreat could be the most affordable, beneficial and spiritual vacation you've ever experienced! Get help for diabetes type 2, hypertension, high cholesterol, arthritis, cancer, obesity, depression, stress, smoking and other ailments in beautiful northwest Arkansas. Visit us at WellnessSecrets4u.com or call 479.752.8555.

The Wildwood Lifestyle Center can help you naturally treat and reverse diseases such as diabetes, heart disease, hypertension, obesity, arthritis, osteoporosis, fibromyalgia, lupus, multiple sclerosis, chronic fatigue, cancer, substance abuse, stress, anxiety, depression and many more. Invest in your health and call 1.800.634.9355 for more information or visit www.wildwoodhealth.org/lifestyle.

FOR SALE

Lose Weight, Feel Great – and other health materials such as tracts, magazines, books and cookbooks for your church, health fair or personal use. For a free sample call 800.777.2848 or visit www.FamilyHeritageBooks.com.

TEACH Services: Helping AUTHORS make their book a reality. Call 800.367.1844 for your free manuscript evaluation. We publish all book formats and provide worldwide distribution. View NEW BOOKS at www.TEACHServices.com or ask your local ABC. USED SDA BOOKS at www.LNFbooks.com.

EMPLOYMENT

Are you an OB/GYN or pediatric doctor or APP? The Union College PA program is looking for volunteer preceptors to mentor our third year students. Share your knowledge, make a difference, change the future! Contact Pauline.Stubbendieck@ucollege.edu or call 402.486.2891 for more information.

LAURELBROOK ACADEMY: Looking for a new ministry? Available positions: electrician, grounds, auto mechanics, auto body teacher, cooks, teachers, CNAs, CNA instructor, nurses and more. Visit www.laurelbrook.org/positions or call 423.244.5430.

LAURELBROOK ACADEMY—Looking for a new ministry? URGENT! We are looking for a woods and grounds manager, cooks, and a social worker for our nursing home. For more details, please call 423.244.5430.

Pacific Press® is seeking a Director of Marketing for the trade book segment of operations. Candidates should have a strong record of collaboration and proven organization and communi-

cation skills. Experience in sales preferred. Bachelor's degree in marketing, communications, business or public relations or an equivalent in work experience a must. To apply contact Michelle Sinigaglio, HR Director at Michelle.Sinigaglio@pacificpress.com.

Pacific Press Publishing Association is seeking a Human Resources Director. The HR Director develops and maintains programs for recruitment, retention, benefit administration, compensation, wellness, and staff development. Candidates must possess effective communication skills and demonstrate experience in leadership. A bachelor's degree in Human Resources Management or related field is required. SPHR or SHRM certification preferred. To apply contact Robert D.

25 Adventist Channels

Plus more than 70 other FREE Christian Channels and News Channels on Adventist Satellite

Official Distribution Partner for all Adventist Broadcasters

High Definition and DVR Complete satellite system only \$199 Plus shipping

866-552-6882
www.adventistsat.com

Hastings, Vice President of Finance at 208.465.2536 or Robert.Hastings@pacificpress.com.

Southern Adventist University School of Nursing seeks a full-time faculty. An earned doctorate is preferred. Requisite qualities include successful teaching experience, interest in research, flexibility and commitment to Adventist nursing education. The candidate must be a member in good and regular standing in the Adventist Church. Send curriculum vitae or inquiries to search committee chair, Christy Showalter at cshowalter@southern.edu. SAU School of Nursing, PO Box 370, Collegedale, TN 37315. For full job description please visit www.southern.edu/jobs.

Southern Adventist University seeks Director of Institutional Research and Planning. Director coordinates a comprehensive, university-wide program of data evaluation and analytics to support the evaluation of success in achieving the institutional mission, vision, values, and goals. Master's degree required, doctorate preferred, with coursework in higher education, research and statistics, educational research, data analytics, or related field. Contact Robert Young, Senior Vice President for Academic Administration at Southern Adventist University PO Box 370 Collegedale, TN 37315.

Southern Adventist University seeks full-time graduate faculty. Candidate must hold current acute care NP certification. Requisite qualities include advanced practice nursing experience, interest in research, successful teaching, flexibility, and commitment to SDA education. Candidate must be a member in good standing in Adventist Church. Doctorate strongly preferred; MSN required. Send curriculum vitae or inquiries to search committee chair,

Christy Showalter, cshowalter@southern.edu in School of Nursing, PO Box 370, Collegedale, TN 37315.

Southern Adventist University seeks VP for spiritual life. Oversees all areas of spirituality on campus. Qualifications: vibrant personal, growing relationship with Jesus Christ; ability to partner and collaborate across all campus disciplines; minimum five years experience with student personnel, collegiate chaplaincy, pastoral ministry, or comparable experience, with natural capacity to relate well with young adults; Master of Divinity or equivalent required. Full description: www.southern.edu/hr. Send resumes to presidentoffice@southern.edu.

Union College seeks applicants for the position of executive assistant to the president. This is a full-time, non-exempt position. The executive assistant functions as an administrative assistant and a project manager for the priorities of the Office of the President. Please see full job description and instructions for application at ucollege.edu/employment.

Union College seeks candidates for the position of assistant/associate dean of men. The individual in this position will work collaboratively with the deans in directing and coordinating residential hall life to create a comfortable, supporting environment for residents that is conducive to learning and personal growth. This is a full-time, exempt position with a start date of July 1, 2019. Please see the full job description and instructions for application at ucollege.edu/employment.

Walla Walla University is hiring! To see the list of available positions, go to jobs.wallawalla.edu.

TRAVEL

ISRAEL TOUR WITH PASTOR JIM GILLEY AND FRIENDS. Nov. 17-25, 2019. \$3,295. Includes air, breakfast and dinner buffets daily, all tips and taxes. From New York, Chicago or Los Angeles. Other departure cities available. Call Maranatha Tours at 602.788.8864.

EVENTS

Fourth Annual Rochester GYR: The Rochester Church in Rochester, Minnesota, will be conducting its fourth annual General Youth Retreat (GYR) July 12-13. Guest Speaker: Adam Ramdin, Youth Director of the North England Conference, UK. Guest Musicians: One Voice Quartet. No registration fee required. Two Sabbath meals will be provided. All ages are welcome. Contact us at

315.560.4122, RochesterGYR.com, or [Facebook.com/RochesterGYR](https://www.facebook.com/RochesterGYR).

Uchee Pines Institute's 50th Anniversary, June 23-29, 2019. Speakers include Mark Finley and John Bradshaw. www.ucheeppines.org or 877. UCHEEPINES.

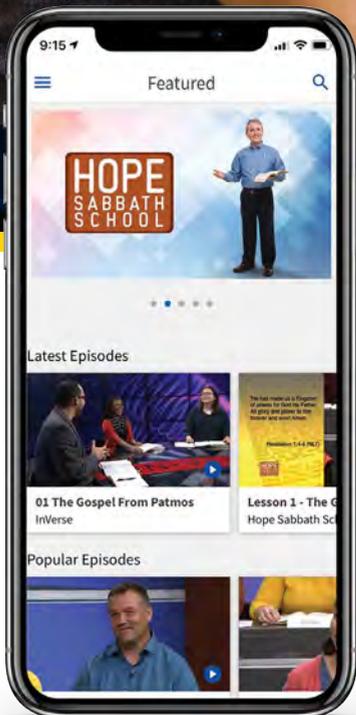
NOTICES

Mission opportunity for individuals, families or Sabbath School groups. Sponsors needed to finance the education of children from Adventist families in India. \$35 per month provides tuition, lodging, food, books, clothing and medical. Prayerfully consider sponsoring. Visit www.adventistchild-india.org. If unable to sponsor, you may also donate. Questions? contact Charlene Binder: rbinder42@gmail.com.

MAY 2019

SUNSET CALENDAR	COLORADO		May 3	May 10	May 17	May 24	May 31
	Denver	7:56	8:03	8:09	8:16	8:21	8:21
Grand Junction	8:09	8:16	8:22	8:28	8:33	8:33	8:33
Pueblo	7:52	7:58	8:04	8:10	8:15	8:15	8:15
IOWA		8:02	8:10	8:17	8:23	8:29	8:29
Davenport	8:14	8:22	8:29	8:36	8:41	8:41	8:41
Des Moines	8:28	8:35	8:43	8:49	8:55	8:55	8:55
KANSAS		8:32	8:39	8:45	8:50	8:56	8:56
Dodge City	7:42	7:49	7:55	8:01	8:07	8:07	8:07
Goodland	8:17	8:24	8:30	8:36	8:42	8:42	8:42
Topeka	8:21	8:30	8:39	8:47	8:54	8:54	8:54
MINNESOTA		8:31	8:41	8:50	8:59	9:07	9:07
Duluth	8:21	8:29	8:37	8:45	8:52	8:52	8:52
International Falls	8:21	8:29	8:37	8:45	8:52	8:52	8:52
Minneapolis	8:03	8:10	8:16	8:22	8:28	8:28	8:28
MISSOURI		8:13	8:20	8:26	8:32	8:37	8:37
Columbia	7:55	8:01	8:08	8:14	8:19	8:19	8:19
Kansas City	8:25	8:32	8:39	8:45	8:51	8:51	8:51
St. Louis	8:42	8:49	8:56	9:03	9:09	9:09	9:09
NEBRASKA		7:55	8:03	8:10	8:17	8:22	8:22
Lincoln	8:56	9:05	9:14	9:22	9:29	9:29	9:29
North Platte	8:40	8:49	8:58	9:06	9:13	9:13	9:13
Scottsbluff	9:11	9:20	9:30	9:38	9:46	9:46	9:46
NORTH DAKOTA		8:48	8:56	9:04	9:11	9:18	9:18
Bismarck	7:59	8:07	8:15	8:22	8:28	8:28	8:28
Fargo	8:31	8:39	8:47	8:54	9:00	9:00	9:00
Williston	8:48	8:56	9:04	9:11	9:18	9:18	9:18
SOUTH DAKOTA		7:59	8:07	8:15	8:22	8:28	8:28
Pierre	8:31	8:39	8:47	8:54	9:00	9:00	9:00
Rapid City	8:48	8:56	9:04	9:11	9:18	9:18	9:18
Sioux Falls	7:59	8:07	8:15	8:22	8:28	8:28	8:28
WYOMING		8:08	8:16	8:23	8:30	8:36	8:36
Casper	7:58	8:05	8:12	8:19	8:25	8:25	8:25
Cheyenne	8:15	8:24	8:32	8:39	8:46	8:46	8:46
Sheridan	8:15	8:24	8:32	8:39	8:46	8:46	8:46

Your daily dose of Hope



Watch Hope Channel anytime, anywhere at www.hopetv.org

Download our App to watch past episodes and live programming, available on:



HopeChannel

Become an occupational therapy assistant.



From college to career in just two years.

Want to help others live life to the fullest? Get the training at Union College to join one of the fastest growing careers in the country as an occupational therapy assistant. Start classes in August!



Learn more at www.ucollege.edu/OTA

UNION
COLLEGE
Lincoln, Nebraska