

OUTLOOK

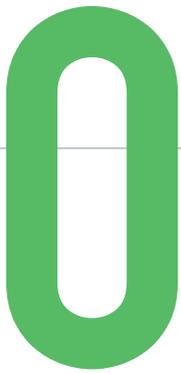
Have a phone and 15 minutes a week?

You can change a life from anywhere. p. 6



BHHEC:

*Touching
Hearts,
Changing
Lives p. 8*



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COACHING: A CRUCIAL PIECE OF HEALTH MINISTRIES



BRENDA DICKERSON
editor

Almost everyone hopes to enjoy good health, but it's not easy in today's world where so many elements conspire against practicing healthful habits. When my husband and I visited BHHEC to learn more about their lifestyle programs, we were invited to experience firsthand some of the therapies used to help guests achieve their wellness goals—massage, Jacuzzi, contrast shower, plant-based meals, lots of walking on the beautiful campus, and spiritual encouragement in a small group setting (p. 8).

As Christians, we are aware of God's desire for us to be healthy (John 10:10) and also our responsibility to assist others on their health journeys (Gal. 6:2). In fact, health ministry could actually become the proverbial "right arm of the gospel" based on its effectiveness when coupled with lifestyle coaching (p. 6).

Is someone you know needing a health boost? We hope this issue of OUTLOOK will help you to help a friend.

OUTLOOKmag.org

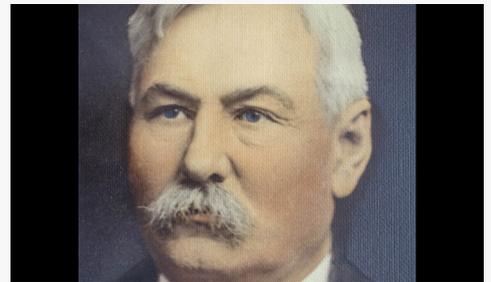
NEWS AND INSPIRATION



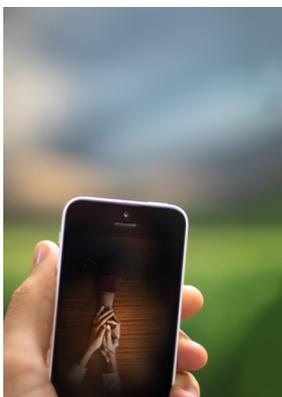
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HISPANIC YOUTH CAMP HOSTED AT CAMP ARROWHEAD IN NEBRASKA
bit.ly/hispanicyouthcamp2018



THE HISTORY OF OUTLOOK PART 1
bit.ly/historyofoutlookpart1



ON THE COVER

No matter where you are, you have the opportunity to impact a person's health. Through a simple phone call, you can reach out to someone in need of health coaching and make a lasting difference.

More on p. 6

Photo and design by Brennan Hallock



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"It is so thrilling to watch the miracle of the human body healing itself." —p. 8



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Do Millennials Give to the Church— And Why?

This article is the last in a five-part series about the ministry of generosity. Read more online at outlookmag.org/author/brennanhallock

Millennials are integral to the church's finances—both present and future. The financial influence of Millennials will only grow over the coming decades as more and more enter their prime earning years. This is why it is important to look at reasons Millennials give.

Yes, Millennials do give; just in different ways and for different reasons than previous generations. Millennials currently make up 26 percent of the U.S. population, and 84 percent regularly give to charity. This is higher than Baby Boomers (72 percent of whom give regularly), although Baby Boomers on average give a larger dollar amount.¹

It is commonly known

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that Millennials are averse to institutions, demand inclusion and have little patience for opaque leadership. It is also known that Millennials are usually zealously generous, empathetic toward suffering and work hard to fight inequality. For these reasons, the church must look inward to determine how to make Millennials more engaged in church stewardship.

Relational

One of the greatest strengths of the Millennial generation is its focus on serving others. Millennials want to give tangibly to people they know or who are nearby. This does not mean giving a Bible to a person who is homeless; it means feeding, clothing and sheltering the person who is homeless.

Sarah Eekhoff Zylstra explains in *Christianity Today* that Millennials are more interested in providing food, water, shelter, sanitation and education. They're also more likely to support caring for the poor and orphans, addressing injustices, or advocating for a cause, whereas older givers tend to be more interested in charities that evangelize, translate and distribute Bibles, teach Christians, aid in disaster relief, or strengthen marriages or families.²

Transparent

Millennials are more likely to give to causes than institutions. This is partly because institutions involve an inherent lack of transparency.

Millennials have little patience for a system that seems bureaucratic and rigidly traditional. Kevin Miller explains in *Church Finance Today*, "Because Millennials tend to be skeptical, it's impossible to communicate too clearly or too exactly where all the money is going."³

The Adventist Church is an institution, but one way to make Millennials more aware of what causes they are supporting is to make this information more public. If local churches have their own causes that help the community, they should publish how much tithes goes to that cause and talk about it from the pulpit.

Humble

Millennials do not tolerate inauthenticity. Miller continues by stating that you must "Run each statement, fact, goal, or idea you plan to communicate through a brutal-honesty filter, because the Millennial generation is conditioned to distrust the institution and to question the inauthentic."

Be honest about the needs, shortcomings and goals. If you pretend your church has no needs or exaggerate your church's needs, you will not be believed.

Local

Finally, Millennials want to see and be part of the impact of their giving. This means local causes will be more likely to encourage giving. Zylstra states that of Millennials, "Nearly 1 in 3 looks for volunteer opportunities when considering a donation."

Millennials do not want their giving to end when they put their dollar in the plate. They want to go to the food pantry, help with the clothing drive or be involved in assisting with the local refugee population. If your church is not helping fulfill the basic needs of those in your local community, it will be difficult to convince a Millennial to give to your church. **0**

1. "The Ultimate List of Online Giving Statistics." March 17, 2018. Nonprofitssource.com.
2. Zylstra, Sarah Eekhoff. "Figuring Out The Millennial Christian Giver." *Christianity Today*. June 12, 2017.
3. Miller, Kevin. "Raising Money From Millennials." *Church Finance Today*. November 2012.



Best Process Creates Best Outcome

I will never forget the first smoking cessation program we held in my first church in Kent, Washington. It was moving for me to see people attending from our community who had been addicted to cigarettes for years and had tried countless times in the past to quit. One of our members, who himself had been a two pack a day smoker, lead out in the program.

I recall how they all wanted more than anything to be done with their habit and move forward smoke free. Not everyone who came that week escaped the nicotine grip, but a number of them did. The graduation where plaques and awards were handed out was full of tears and gratefulness. The faith-based approach to quitting ended up changing the lives of many who attended. To say the least, it was a joy to be part of that outreach.

Right actions, right reasons

Over the years, our churches held cooking schools, type 2 diabetes reversal programs, stress management seminars, grief recovery groups and other various types of health-related life improvement opportunities.

I particularly remember Larry Yeagley, who came to give us training on how to facilitate a program for grief recovery. Larry was a pastor, teacher and chaplain for many years who had lost a son in a tragic car accident. Larry understands grief and is an expert on helping people as they maneuver through the grieving process.

What struck me most about Larry's training was his adamancy that if we were only doing the recovery program to try to convince attendees to become Adventists, then we

should not host a program. His point was that we should only offer something this personal and tender if we truly cared about the hurt and pain participants were suffering.

Obviously, he encouraged continued contact with those who came and was delighted when anyone wanted to learn more about the Adventist Church. He just wanted to make sure we were genuine in our desire to help them with their grief.

Authentic connections

How about you? Are you passionate about helping people in your community to live a happier, healthier life? If so, I encourage you to join in or begin a health ministry program right where you are. The current need in our communities for Health Partners is huge (see p. 6). There are many people who

will be greatly blessed by your personal concern for them and desire to help them live a happy, healthy life.

There is much we can learn from the methods of Christ about the process of connecting with people. We don't want to just put on programs, then leave those who attended on their own to struggle with hard lifestyle and social changes. We want to be successful in reflecting Christ to them and in creating a thirst to know more about this awesome God. And in the process, we can also help them to be successful in living a healthful life. **0**



GARY THURBER

is president of the Mid-America Union.





Coaching

Catalyst for Successful Health Ministries

Have a phone and 15 minutes a week? You can change a life from anywhere! Coaches start by asking: Where are you now? Where do you want to be? How do we get there?

By Rick Mautz and
Angeline B. David

Almost 42 months later, and there didn't seem to be a significant change. He had spent tireless hours trying to educate, inspire and uplift, but the rag-tag group seemed to miss the oft-repeated points.

From a humanistic perspective, Christ's earthly ministry didn't seem to make much difference. Yet despite the apparent failure, we should take note that He did not give up on any of His 12 disciples. Even after they ran in fear for their lives, His suffering eyes spoke hope to the hearts of all but one. And soon thereafter, they turned the world upside down (Acts 17:6).

Christ's chosen techniques

We could gain many lessons from Christ's methodology of training the disciples, as well as from the accounts of His healing ministry. But one in particular stands out when viewed in today's social context: Christ facilitated change through coaching.

It's very easy these days to find coaches of one type or another offering their services to help people become successful—whether in health, business, relationships, finances or recovering from addictions. In fact, the Universal Coach

Institute in South Carolina currently offers 89 different coaching certificates.

However, the booming coaching industry is not a new trend. We know it was how Jesus touched lives and reflected the very character of an ever-present, ever-supportive God to this world. And if we want success—if we want to reflect the character of Christ to our world—we can adopt this powerful, personal tool in all aspects of our ministries. Experience has shown that it's not enough to just put on programs, give people information and then leave them on their own to struggle with difficult lifestyle changes, especially in areas of personal health. It's exciting to know that there's now a better model available.

Health Partner training

Several churches in the Rocky Mountain Conference have recently formed genuine connections with their community through the work of health coaches. The Twin Peaks Adventist Church in Louisville, Colorado, has trained their members through the Health Partner training program available on the conference website (www.rmcsda.org). Members have learned important coaching skills such as listening to the needs of participants and helping them set realistic goals.

Although much attention is given to organizing well-planned and professional programs, it is the personal supportive element that makes the difference. Participants stated that they had attended similar

programs at other facilities and for a higher cost, but none compared to the program at the Twin Peaks Church. This type of success has been repeated elsewhere, including the True Life Community Church in Littleton, Colorado.

How coaching works

So, what would this look like in your church? What would you need to learn? And when could you get started?

Since coaching is the process of coming alongside an individual, coaches help people to 1) clarify their dream or vision; 2) set long-term goals; and 3) simplify those goals into weekly, reachable action plans.

A unique principle of coaching is that the coach does not give advice but rather guides the friend toward his or her own dream, goals and action plans. Most of us try to help people by giving advice, but it is more effective and motivating when we support others in the process of finding their own answers.

This involves three important skills of effective coaching:

1. Being a good listener.

This is about focusing on the other person and not allowing your own experiences to take precedence. You learn to become curious about others and interested in knowing what is important to them.

2. Knowing how to ask meaningful questions.

These are questions that can't be answered with a simple yes or no. They

make people think deeply in order to discover a solution to their problem.

3. Providing ongoing support.

This is absolutely critical, but often where we depart from Christ's methods. Ongoing support after the end of a program is the key ingredient for long-term success.

As you develop these three Christ-like skills you will continue to add more, including helping a person through animosity, providing motivation, discovering their readiness for change, and the steps involved in the change process.

Exploring possibilities

Some individuals have discovered a rewarding profession as a certified wellness coach, but not everyone needs that level

of training. In fact, every church member can be a Health Partner—a volunteer who utilizes specific coaching skills to help a person in need. Some Health Partners also find these coaching skills helpful with their own family's communication challenges.

Imagine a church abounding with people who have these skills. Imagine the success that would accompany your church's ministry. Imagine what it will be like to have a growing, healthy and happy church that, through God's power, is fulfilling Christ's call to share a true representation of Him with the world. **0**

Rick Mautz, Health Ministries director for the Rocky Mountain Conference and Angeline B. David, Health Ministries director for the North American Division, collaborated on this article.



The Rocky Mountain Conference offers online Health Partner Training at www.rmcsda.org/support.

You can also learn these and more skills at the NAD Health Summit in Albuquerque, New Mexico, in January 2019. Visit www.nadhealth.org for details.



Black Hills Health and Education Center

Touching hearts,
changing lives

By Brenda Dickerson

Tucked away in a valley on 265 acres of a peaceful red-rock canyon near Hermosa, South Dakota, BHHEC is a place where the lives of thousands have remarkably changed. Since the founding of this nonprofit organization in 1979, individuals have come from around the world to reclaim their health and learn the secrets of sustained wellness.

As the full name implies, the center focuses on health restoration through education in various forms. Each month, the Lifestyle Center staff offer an 18-day medically supervised program addressing diseases plaguing our society, especially diabetes, heart disease and depression. Many guests come with back, hip or joint pain and inflammation. Some need oxygen and

walkers. Often their blood glucose is out of control.

At the beginning of the program, guests are weighed, measured and have blood drawn so their progress can be tracked according to their personal goals. Types of treatments used to detoxify the body and boost the immune system include Russian steam bath, contrast (hot and cold) shower, Jacuzzi fever bath, Infrared sauna, liver packs, Hyperbaric chamber, Epsom salt scrub and lemon wrap (especially effective for addictions). Treatments are tailored for each guest, based on individual needs.

Close to nature

Exercise is an important part of the program,

especially walking and weight training. According to BHHEC's personal trainer, Ruth Gabbert, the combination of aerobic and anaerobic exercise is ideal in managing blood sugars. Guests who cannot walk well are taken to the Rapid City Swim Center where they can exercise in the water track. For those who are able, there are a number of beautiful trails to hike on the campus. Guests can regularly see birds flitting among the trees, deer grazing on the lawns, wildflowers by the stream in summer and fish in the deeper pools. Multiple recent studies have shown the value of contact with natural beauty in accelerating healing processes.

The plant-based meals served twice daily for guests include hearty portions of legumes and whole grains combined with fresh seasonal produce. Although BHHEC's farming operation is currently dormant, there is a kitchen garden that provides organically grown greens and herbs. The meals—free from refined foods and additives—combined with exercise help bring blood sugar numbers under control. One recent guest happily reported that his glucose numbers dropped over 100 points during his 18-day stay at BHHEC.

Dr. John Kelly, one of BHHEC's physicians, says,

"We see changes in people's lives that are remarkable." These improvements are also sustainable because each guest goes home with a personalized health plan, including recipes for the first week.

Healing and helping

Staff report that if guests are committed to following the guidelines, they always see positive results, often within the first week. "I love this job because it is so thrilling to continually watch the miracle of the human body healing itself," says Barbara Savage, a licensed massage therapist at BHHEC.

Guests who apply for the program must be well enough to care for their personal needs or bring along a caregiver. Costs can vary, based on individual needs and time of year. Calling the Lifestyle Center at the number listed below is the best way to apply.

As with many nonprofits, the staff is small but have multiple areas of expertise. BHHEC is often looking for short-term or long-term volunteers to assist with various projects. Goals for the future include reviving the farming operations and expanding educational offerings. **O**

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

BHHEC was founded in 1979 as a center where people reclaim their health and learn the secrets of sustained wellness. The program focuses on achieving an individual's goals naturally.

For more information on the programs or how you can volunteer, visit www.bhhec.org or call **605.255.4101**. To watch a video about BHHEC, visit bit.ly/BHHECvideo.

Massage Therapy, Plus

Started in 2007, BHHEC School of Massage is the only Seventh-day Adventist state certified massage program in the U.S. It offers a 6-month course that includes training in hydrotherapy. Graduates are qualified to sit for the national exam for massage therapy licensing. Director Al Trace is one of six instructors for the program, several of whom are adjuncts who work as professionals in their area of expertise.

The program requires 600 hours of class and clinical instruction. Graduates are prepared to work in private practice, clinics, Lifestyle Centers, and for other opportunities including mission service.

Trace says he loves teaching massage therapy because it's a blessing to see students realize the impact they can have on people's lives—not just physically, but emotionally and spiritually.

"It's great to see students mature and gain experience in doing something that is so rewarding," Trace adds. "It's wonderful to see how in just six months you can become a talented therapist with so many options to contribute to the health and wellness of those you serve."

Moving forward, the Black Hills School of Massage is seeking to develop an articulation agreement with an Adventist college that could lead to students obtaining an A.S. degree in Health Science with an emphasis in massage therapy.

Check out www.bhhec.org/school-of-massage/2732390 or call 605.255.4101 x23.

Photos Courtesy Black Hills Health and Education Center



Cisneros Transitions to Pastoral Ministry in Retirement

Hubert Cisneros, youth and church ministries director for the Mid-America Union Conference, will transition to pastoral work for the Kansas-Nebraska Conference beginning September 1. In his retirement, Cisneros will pastor the three-church district of Beatrice, Capitol View and Fairbury in southeastern Nebraska.

Cisneros has served the Mid-America Union in a variety of capacities since March of 2010. During the past eight years he has guided the ministries for children, families, health, and Native Americans. He has also coordinated activities for Pathfinders, senior youth, young adults, Adventist Christian Fellowship, Hispanic Ministries and

global evangelism.

“During Hubert’s 43 years of service with the Adventist Church, he has blessed many people as a pastor, youth director, evangelist, conference administrator and union youth and church ministries director,” said MAUC president **Gary Thurber**. “My life—and the lives of so many others—has been enriched by having our paths cross his. Our work here in the Mid-America Union has been greatly enhanced by his ministry. We all wish Hubert and his wife **Lucy** only the best in their new adventures in retirement.”

Pathways to service

Cisneros grew up in Boulder, Colorado, and graduated from Monterey Bay

Academy in California before earning his BA in theology from Pacific Union College. He also completed a master’s degree in pastoral ministry at Andrews University.

Before coming to the Mid-America Union, Cisneros served as a pastor in the Arizona Conference for seven years and in the Oklahoma Conference for six years. He then returned to the Arizona Conference for 11 years as Youth/Health and Temperance/Ministerial director. He also worked for over 10 years in the Ohio Conference as executive secretary and leader of Church Ministries, evangelism and Hispanic activities. His natural passions are leading music, conducting small group training, and engaging in strategic goal setting for successful outcomes.

Highlights from Cisneros’ ministry include ordination to the gospel ministry at Arizona camp meeting, a Tulsa, Oklahoma, city-wide evangelistic effort with **Kenneth Cox**, developing the Pathfinder point system and area coordinator system still in use today, and organizing a Grand Canyon rafting trip with Hualapai Nation youth.

While serving in the Mid-America Union, Cisneros has coordinated two union-wide Pathfinder Camporees in the Black Hills of South Dakota, organized an annual Hispanic Youth Congress beginning in 2012, served on the NAD

Native American Committee, led out in a systemic union-wide certification of local lay family and children’s ministry leaders, and reorganized and directed the Norm Middag Award of Excellence for the 64 youth summer camps in the North American Division.

“Hubert has faithfully served on the NAD Youth and Young Adult Ministries committees, advisories and focus groups for many years representing the Mid-America Union,” said **Tracy Wood**, Youth and Young Adult Ministries director for the North American Division. “It is a great loss to our network of youth and young adult directors and leaders across the division as he moves into retirement. We wish him and his family well as he makes this transition.”

Partnering for God’s kingdom

Reflecting on his eight years in the Mid-America Union, Cisneros said, “I am so grateful for the accomplishments made by partnering with many wonderful people, beginning with my administrative assistant **Adela Martinez**. I have had the privilege of working in all areas of ministry with outstanding MAUC and NAD leaders who are second to none.” 

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



SPECIAL OFFERING



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SEPTEMBER 29, 2018

COLLECTED AT YOUR LOCAL CHURCH

THE MID-AMERICA UNION HAS PARTNERED WITH CHUUK IN MICRONESIA FOR ADVANCING ADVENTIST EDUCATION. THIS SPECIAL OFFERING IS TO RAISE MONEY FOR THE STUDENT MISSIONARIES TO BUY A BOAT AND A BOAT MOTOR.



CSC Hosts Living Your Gold Event

Seniors honored during camp meeting retreat

Society often views seniors as *Ornery, Cranky, Critical, Angry, Slow, Ill-tempered, Obstinate, and Negative*. However, the OCCASION of the Central States Conference 2018 Senior Retreat found our seniors to be *Outstanding, Caring, Creative, Amicable, Spiritual, Intelligent, Optimistic and Nice*.

God's Faithful Servant—Living Your Gold was hosted by the Central States Conference Family Ministries

Department during camp meeting in June. Over the course of the five-day event more than 100 seniors participated in this retreat designed specifically for them.

Beginning on Wednesday afternoon, conference president **Elder Roger Bernard**, VP of finance **Elder Tonya Anderson** and VP of administration **Elder Cryston Josiah** welcomed the seniors. The first evening included a roundtable discussion focused on what seniors thought

would make their “golden years” truly golden, followed by a dinner prepared by **Donna Brown** and the camp meeting culinary team.

Thursday's activities included a tour of the Kansas City Money Museum where seniors saw a gold bar, the Truman coin collection, and even walked away with a bag of a billion dollars—a billion shredded dollars. Later the community outreach coordinator for the Kansas AARP joined the group at Golden Corral for lunch

and shared *Golden Resources* available to seniors.

Guest presenter **Sister Anita Clay** challenged the seniors to share and write their stories in *Age Ain't Nothing But a Number*. Many accepted the challenge, and that evening allowed Central States youth to interview and record portions of their life stories.

Friday began with Your Health Is Your Wealth workshops. Retired pastors **Gabe Taylor** and **Roosevelt Williams** spoke about

Keynote speaker Anita Clay challenged seniors to share their stories in her presentation during the senior banquet. Some took her message to heart and allowed youth attending the camp meeting to record parts of their life stories.



Photos: Hannah Banks

spiritual health and **Sister Barbara Williams** and her son presented Don't Stop Now on the value of physical health and exercise. **Sister Dorothy Favors** presented As You Think, You Are on why emotional health is important, and Sister Clay presented Looking for Love in All the Suggested Places about the value of social health and relationships.

Honoring seniors through fashion and humor

Seniors also had the opportunity to enjoy and be rejuvenated by the evening and Sabbath worship services of camp meeting. Many were attending for their first time or had not attended in years. **Brother Dallas Pottinger** led a special after-church

dinner with discussion of how seniors can still minister. Saturday night was spent with a senior table game night.

The retreat culminated with a senior honor banquet held at the KCI Embassy Suites ballroom Sunday afternoon. The seniors—dressed in lovely formal attire—were honored in the We Give You Our Golden Love event.

Sister Clay delighted with her God-given gift of laughter at the senior fashion show where she presented valuable truths about seniors and life. The 2018 honorees were **Mildred Collier, Viola Todd, Joan Ponder, Laura Morgan** and **Roberta Mays**, who were presented the Faithful Servant Award by the CSC administrative team. CSC pastors presented each senior in attendance a medallion

honoring their value and showing appreciation for their years of faithful service.

Because of popular demand, the camp meeting senior retreat will be repeated in 2019. All Central States seniors and others interested in attending are encouraged to begin planning to attend next year.

Denise Johnson is co-director of Central States Conference Family Ministries.

At the Money Museum, seniors saw a gold bar, the Truman coin collection, and even walked away with a bag of a billion dollars—a billion shredded dollars.

On Thursday a group of seniors visited the Money Museum at the Federal Reserve Bank of Kansas City (below).

A fashion show displaying the seniors' style and humor (left) and an award ceremony culminated the five-day event.



Interview with Artist Matthew Lanz

Matthew Lanz is an artist who works in Hot Springs, South Dakota. He is known for his Native American and Western themes, and has created numerous pieces portraying the rich Native American culture of the Black Hills.

Jacquie Biloff, communication director for the Dakota Conference, recently interviewed Lanz about his art and his Adventist faith.

Where are you from?

I live in the southern Black Hills of South Dakota. I grew up in Minnesota but left home at 19. Actually, the first time I ran away from home I was only six or seven. We lived in the country but I wanted to live with the cowboys and Indians. From my brief encounters with television, I had seen the handkerchief on a stick, so I started out.

A farmer who must have known my parents asked me, “Where are you going?” I told him about the cowboys and Indians. He said, “I know they live on the other side of the sunset. I’ll give you a ride.” I fell

asleep in the truck and woke up at my house.

When did your love of art begin?

As a child I would ask my dad to draw me pictures of buffalo. He did, but sometimes he was too busy and would tell me to draw my own. He would say, “That is good. Keep it up.” In high school I started acrylics, then oils and finally sculpture.

At 25 I did my first cast into bronze. I just kept at it. It is a lot of tedious manipulating of the clay to get it where you want. I paint in oil and acrylic on linen, canvas and hides—elk and buffalo.

One of your sculptures is at the Rapid City Airport. Tell us about it.

I wanted to reflect the culture and heritage of the region. I thought of my boys. We lived on the reservation for 14 years, but they are not limited or restrained to that reservation. They can go anywhere in the world. I added the bi-plane to represent that. He [the sculpted]

has his culture, his heritage with him—his suitcase, dance regalia and dance bustle, but also his dreams. My son is sculpted in there. Even the scars on his arm and finger are authentic.

How did you hear about Christ and the Adventist Church?

It has been a religious journey. My dad was a preacher but he quit when I was a kid. I grew up going to Sunday school.

While in my rebellious streak, I started to realize it was a stupid way to live. God was calling me back. I wanted my boys to know Him. A neighbor, **Usani**, saw how I was living. She gave me some religious tracts. Then she gave me more, then a whole bunch. She always talked about Saturday being the Sabbath. Finally, I started calling Saturday *family day*.

We watched pastors on YouTube and the boys listened to Your Story Hour. Then we watched **Doug Batchelor** and the boys said, “What are you going to do now?”

I guess we are going to have

to go to church on Saturday, I thought. So we started attending the church in Hot Springs.

What about your dream of a Faith Park?

In historic downtown Rapid City is the *City of Presidents*, a walking tour of life-sized bronze sculptures on street corners. In Pierre, South Dakota, is the *Trail of Governors*. I would like to see a *Faith Park* with sculptured Biblical characters of strong, deep faith.

I can see Gideon kneeling by the creek watching, drinking water from his hand. I see David, not when he is throwing the stone to kill Goliath, but kneeling in prayer as he picks up the five stones. People could walk through the park, spend time in quiet reflection and meditate upon the associated Scripture and be inspired.

Art is more than my love; it is what God has given me. When my mom was pregnant with me she prayed to God, “I want my son to have a special gift from You.” He has given me that gift. It doesn’t bother me to do other things, but I feel I am wasting that gift if I am not doing art. If I could affect only one person, it would be worth it.

Matthew Lanz, who is known for his Native American and Western themes, believes if his art is able to positively influence only one person, it is worth creating.

Photos: Matthew Lanz



Bank Gives Building to Clothing Exchange

“This used to be the fun bar,” says **Roger Boyko** as we tour the building with its cattle-branded walls. “At least that is what they say,” he adds with a chuckle. The building is inviting, clean and well organized. Roger is showing me around the Community Clothing Share Exchange in Turtle Lake, North Dakota.

When **Judy Boyko** first heard the question *If your church doors closed today, would it be missed in your community?* it sparked a desire to begin a new community outreach program. It was January 2017, and Judy and **Karen Boyko** decided to start the Community Clothing Share Exchange with the Turtle Lake Church.

At first, the church opened its doors twice a month to give away used clothing to anyone in need. “It started small but grew quickly,” explains Judy. “The basement area was no longer able to contain the clothing donated for giveaway. The time spent to set up and put away was beginning to be a big job as well, so the need for a different location was becoming evident.”

Several businesses had closed on Main Street—a bowling alley, a hardware store and a bar—all owned by the bank. When the bank was contacted, the price tag was too daunting, so they continued searching.

“As inquiries were made, a huge surprise and blessing awaited us,” says Judy. “The bank offered us a building on Main Street totally free to house our clothing ministry!” It was the bar.

The church board met and

accepted the offer. “It has been good,” says Karen. “The whole idea of the clothing outreach is necessary. It worked out for us to be able to start in the church basement, but now we have our church back each week.”

In addition to material donations, monetary donations have also been given. A club in Turtle Lake decided to disband, but still had money in a bank account. The club voted to give the funds to the Clothing Exchange.

One challenge has been the distance church members live from town. Turtle Lake is a unique church, as the closest member lives 15 miles from Turtle Lake.

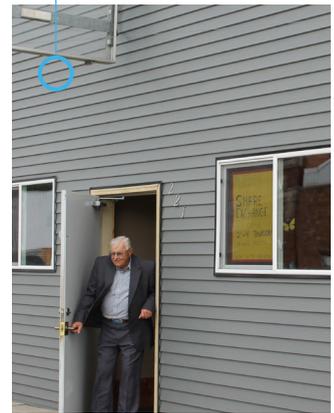
“We are working together as best we can, as scattered as we are,” says Judy. “All church members have helped as they are able, whether with cleaning,

painting or sorting.”

At the Community Clothing Share Exchange, a mother with three children comes in. **Glenn Boyko** guides them through the store. “This has been so needed,” the mother states. They seem to have a hard time believing the clothes are free. “It is fun to do and to see the joy in the children’s eyes,” says Karen.

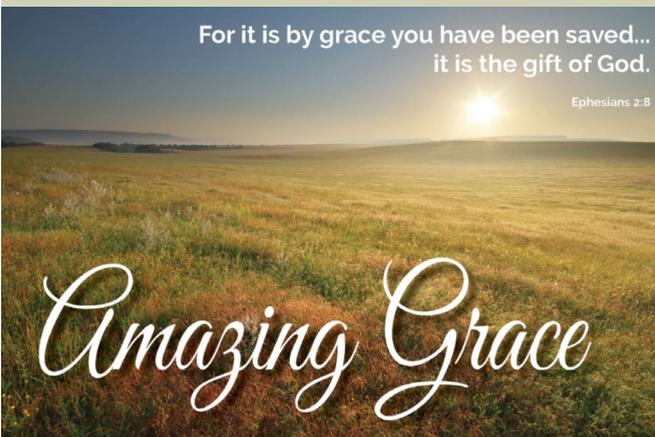
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Jacquie Biloff is communication director for the Dakota Conference.

The Community Clothing Share Exchange turned an old bar into a community outreach program, giving away clothes to people in need from the local community.



Photos: Jacquie Biloff

30th Annual Dakota Conference Women’s Retreat



Joy Fehr

www.dakotaadventist.org

Oct 12 - 14, 2018
The Abbey of the Hills

Conference Office Remembers Leann Bivens

Leann Bivens, who served the Iowa-Missouri Conference as an administrative assistant in Treasury for the past 19 years, passed away on May 20 following a year-long battle with metastatic renal cell carcinoma (kidney cancer that had spread to her lungs).

Family, friends, fellow church members and colleagues gathered the following week to celebrate her life,

sharing their favorite memories of Bivens.

“Leann and I worked together for many years,” said **Rhonda Karr**, conference treasurer. “We became much more than coworkers; we were good friends. We went through many ups and downs together, and life didn’t always hand Leann a bouquet of roses. But she was always steadfast in her faith.”

A theme that came through

in several of the stories was that Bivens had a warm and inviting smile and an infectious laugh. “She had this laugh that you could hear all through the office,” said **Kathy Ulrich**, who also serves as an administrative assistant for the conference. “That’s just one of the things we’re going to miss.”

Other details about Bivens that consistently came up were her love for children and her ability to be firm when necessary.

“Whenever we would come to the office, the kids would disappear immediately,” said **Jennifer Sager**, wife of conference youth director **Denison Sager**. “But we always knew exactly where to find them. I asked them the other day why they always went to Leann, and they said, ‘Because she was fun. She always had a basket of toys for us.’”

Denison Sager added, “I came back from summer camp one time, and there was a form that I was sure I had mailed. Leann really wanted that form and let me know her disappointment that she was not in possession of it...I just looked at her and said, ‘Leann, I know you don’t have that form, but I also know how much you love my rugged good looks and boyish charm.’ She laughed so hard I thought I’d have to pick her up off the floor. I will always remember that laugh, her smile and the

way she loved people.”

Pastor Rob Alfalah shared about the visit he had with Leann in which she asked him to preside over her funeral service. “My countenance fell,” he said. “I knew her situation was serious, but to hear those words from a friend is tough. Yet with her big, jovial smile, she tried to comfort me. She said, ‘Don’t worry. It won’t happen for a long time, but I want to take care of this right now.’ That’s the kind of person Leann was. Not only did you laugh around her all the time, but even in her own pain she would try to comfort others.”

Bivens was born in Grinnell, Iowa, on May 19, 1954. She joined the Adventist Church in Nevada, Iowa, in March 1984 and had been a member of the Ankeny Church for the past 20 years. Before coming to work for the conference in 1999, she served at Andrews University in Berrien Springs, Michigan, and Holbrook Indian School in Holbrook, Arizona. Survivors include her son **Matthew (Kaci)**; grandson **Calvin**; sister **Nita**; and brothers **Vince** and **Tony**. She was considered a mother and grandmother by many other young families. She will be dearly missed.

Stories on these pages were written by Randy Harmdierks, communication director for the Iowa-Missouri Conference.

Leann Bivens, who always had a great sense of humor, proudly displays a hand-doodled first place ribbon given to her by a coworker after helping solve a problem.

Photos: Randy Harmdierks



Three Pastors Ordained at 2018 Iowa-Missouri Camp Meeting

Pastors **Lou Alfalah** (Sunnydale Church), **Stephen Po** (Des Moines Karen Company) and **Mark Tagaloa** (Independence Samoan and Oak Grove churches) were ordained to the gospel ministry on Sabbath, June 9, during a special service at the 2018 Iowa-Missouri Camp Meeting.

Representing the conference were president **Dean Coridan**, executive secretary **Robert Wagley**, treasurer **Rhonda Karr** and ministerial director **Lee Rochholz**. Special guests included **Steve Vail**, resident evangelist for the Michigan Conference; **Jimmy Shwe**, Karen church coordinator for the North American Division; and

Douglas Na'a, director of It Is Written School of Evangelism, SALT (Soul-winning and Leadership Training).

“These pastors have demonstrated a passion for souls and a desire to serve God’s church,” said Rochholz. “Their ministry has been affirmed by their churches, fellow pastors and other colleagues, as well as conference leadership.”

Coridan reminded the pastors that ordination doesn’t bestow anything upon them but merely confirms their divine calling. He challenged them to model the principles of Protestantism in their homes and in their ministry.

Wagley offered a prayer of dedication over the pastors and their wives as fellow

pastors from around the conference laid hands on them.

“We come today full of joy, thanksgiving and praise in our hearts for this opportunity to recognize what Your grace has wrought in the lives of these young men and their wives,” he prayed. “We ask that You continue to write the story of their lives...wherever You may call them, help them to know You are there with them as You promised ‘even to the end of the world.’”

Watch the ordination service online at youtu.be/Pg1_WBwNSCI.



Fellow pastors and special guests lay hands on Mark Tagaloa, Stephen Po and Lou Alfalah as Robert Wagley offers a prayer of dedication.



In Other Iowa-Missouri News

Read these stories and more at www.imsda.org. While you’re there, sign up for imConnected, our weekly e-newsletter, so you can stay connected with news and updates delivered right to your email inbox.

- **Rhonda Karr**
Recognized for 50 Years of Service in Iowa-Missouri
- **Poplar Bluff Church**
Joins Area Organization to Help Feed Hungry
- **Atlantic Church** Hosts VBS for First Time in 40 Years
- **Kansas City Central Church** Hosts Refugee Awareness Benefit Concert
- **Macon Church**
Connects Community Through Second Annual “Because Your Life Matters” Expo
- **Three Missouri Churches** Partner to Offer Pathfinder-Inspired Day Camp to Community Children
- **Sunnydale** Remodeling Project Underway
- **Dedication Service**
Held for Volunteer Lay Pastor Who Saved Church with Only One Member

REACH KC: Right

The two hadn't seen each other for 20 years—until Revelation Today brought them back together, both on a journey with Christ.

“I just spent the last two hours trying to find my way here,” **Jane** exclaimed to her friend and Bible study companion, **Michelle**, as she entered the Jack Reardon Convention Center in the heart of Kansas City. “My GPS sent me in circles for more than an hour!”

Michelle greeted Jane warmly. It was the first night of the Revelation Today series in this city of more than 2 million people. **Pastor John Bradshaw** was already well into his hopeful message on Daniel 2 by the time the women found empty seats. Michelle worried that Jane had arrived too late to receive the message’s full impact, but just then Pastor Bradshaw broke from his script.

“I wasn’t going to share this story...” he said, and then he began telling about a time when he was lost and needing help to navigate his way to the airport. His wife, **Melissa**, had given him directions over the phone, but her directions hadn’t made any sense to him at the time.

“Remember, I can see the big picture,” Melissa had reminded him.

Pastor Bradshaw then continued his original message, emphasizing the confidence that we can have in God and His Word. Jane and Michelle had just studied that topic earlier in the week.

This message couldn’t be

more perfect for Jane, Michelle thought. Surely she can see that God brought her here tonight.

“I could see that God had brought Jane right on time,” Michelle later recalled.

When the meeting ended, Michelle felt compelled to appeal to Jane personally. “God has you on a beautiful journey, and He is directing your life,” she said. “Don’t let anything stop what He’s doing in you. Will you please come again tomorrow?”

“Yes,” Jane replied, “I’ll even come early.”

The meetings were a

culmination of months of collaborative work by members from more than 20 English, Spanish, Swahili and Korean speaking churches from Kansas and Missouri in the Kansas City area. Jane’s story is just one of many heard by local church members, Bible workers and It Is Written team leaders during the April series.

Why are you here?

Roger, another attendee, had recently given his life to Jesus Christ. Years before, he

Pastor Mike Fenton of the Chapel Oaks Church performs a baptism on the last night of the Reach KC evangelistic meetings.



Photos Courtesy It Is Written

on Time

had been a junior Olympic boxer and eventually began using drugs—until Jesus changed his heart. Now, he wanted nothing more than for his adult daughter to accept Jesus as her Lord and Savior, too. Roger was excited about Revelation Today coming to Kansas City, but he didn't think his daughter would be interested in attending. As he entered the convention center, he bumped into his daughter and her boyfriend.

"Why are you here?" he asked incredulously.

"We saw a bunch of people going in, and we decided to check it out," his daughter replied. God was answering this father's prayer.

Journeying with Christ

And then there was **Mel**. When he first heard about the meetings, he felt uncertain about whether to attend. He decided to look Pastor Bradshaw up on the internet. Praying for God's guidance, he found a video of Pastor Bradshaw sharing the Bible on a TBN television program.

Impressed with what he heard, Mel decided to attend the meetings but suddenly began having pain in his leg. He prayed and went to the first meeting anyway. Each night, his leg would begin to hurt right before the meeting, but he kept attending. He knew what was happening. Satan was trying to stop him. He

wasn't going to let Satan win.

One night at the meetings, Mel bumped into **Byron**, an old friend he had sold drugs to years before. When Mel had become afraid that drugs were going to ruin Byron's life, he'd quit selling him drugs and encouraged him to get clean. The two hadn't seen each other for 20 years—until Revelation Today brought them back together, both on a journey with Christ.

Local collaboration

Hundreds of people heard from the Bible about hope after death, the peace of the Sabbath and the joy of Christ's second coming. Each attendee received free It Is

Written materials and the opportunity to accept Jesus as their personal Savior. Live translation was provided in Spanish, Swahili, Korean and American Sign Language. **Pastor Joseph Ikner II** emceed the meetings, and musician **Scott Michael Bennett** shared musical selections each evening.

During the final few nights of the meetings, many gave their lives to Christ in baptism. It Is Written Bible work coordinator **Jack Phillips** reflected on the 12 months spent preparing for the event in Kansas City.

"I'm sad to leave this amazing place," he said. "The way the local churches worked together to reach this city for Jesus reveals to me that the Holy Spirit is alive and well. Those who have made decisions for Christ as a result of these meetings are in very good hands to continue their journey."

Ellen Metcalf is development director for It Is Written. She lives in Ooltewah, Tennessee.

Speaker and director of It Is Written Pastor John Bradshaw preaches at the Reach KC evangelistic meetings, which ran from March 30 to April 28. These meetings were a collaborative effort by members from more than 20 English, Spanish, Swahili and Korean speaking Adventist churches in the Kansas City area.



This article is reprinted with permission from It Is Written's magazine *Impressions* featuring stories of lives changed by the Holy Spirit through the ministry of It Is Written. Request your free copy of the magazine at www.itiswritten.com/impresions or by emailing impresions@iivw.org.

Staffing Changes in Minnesota Conference

New pastoral staff

The St. Paul First District welcomed as their pastor **Matthew Baker** and his wife and partner in ministry **Juanita Baker** on April 16.

Matthew was raised in Sacramento, California, and came to faith later in life. Juanita was raised in Sitka, Alaska, and is an Alaskan Native from the Tlingit tribe.

Both Matthew and Juanita graduated from Southern Adventist University in December 2017 with degrees in theology and minors in practical theology. They look forward to bringing their diverse set of gifts to ministry in the St. Paul First District.

Sean Lee accepted the position of senior pastor at Southview Church in mid-May. Lee has spent the last three years as the associate pastor for Southview.

Lee is originally from South Korea, and has been actively

engaged in many different areas of ministry. He has also served as part of the Minnesota Conference youth ministry team, serving as the Young Adult ministry leader for the conference.

Nakwan Kitching was hired to serve as pastor of the Minneapolis First Church. He is a recent graduate from the Theological Seminary in Berrien Springs, Michigan. He also graduated from Oakwood University with a Bachelor of Arts in ministerial theology in 2014.

New elementary education staff

Minnetonka Christian Academy is delighted to announce that **Elaina Rivera** is the new principal and sixth-eighth grade teacher. Rivera is an experienced multi-grade elementary teacher who earned her elementary education degree from Andrews

University, as well as a Spanish language certificate from Universidad Adventista del Plata in Argentina.

Brent Lane is teaching grades K-8 in Blackberry this year. Lane is a Maplewood Academy and Union College graduate, having last taught in the conference in the late 1990s. In the intervening years, he has worked at the public library in Grand Rapids, Michigan, and spent the last 15 years as a stay-at-home dad. He looks forward to the challenge of being back in the classroom full time.

New academy staff

Dr. Glen Baker, the new principal of Maplewood Academy, is a highly qualified and experienced educator who has worked in the field for over 30 years, with over 25 of those spent in an administrator's capacity.

Dr. Baker holds a bachelor's

degree in theology with a minor in biblical languages from Walla Walla University, a master's degree from the Adventist Seminary at Andrews University, a specialist in education degree from Loma Linda University and a doctoral degree from La Sierra University.

Maplewood Academy is also excited to welcome **David Dickerson** as their new business manager. Dickerson is a graduate of Southern Adventist University, where he studied business administration with an emphasis in healthcare administration.

Savannah Carlson, communication director for the Minnesota Conference, and Carol Lyons, an administrative assistant for the Minnesota Conference, collaborated on this article.

(pictured from left) Nakwan Kitching, pastor of Minneapolis First Church, with his wife Camille Cecilia Jones and daughter Nicolle

Elaina Rivera, principal and sixth-eighth grade teacher for Minnetonka Christian Academy

Dr. Glen Baker, principal for Maplewood Academy

David Dickerson, Maplewood Academy business manager



Courtesy Kitching Family



Courtesy Elaina Rivera



Courtesy Glen Baker



Courtesy David Dickerson

Three Minnesota Pastors Retire

The Minnesota Conference is losing three pastors to retirement.

Fred Crowell is retiring after serving six and a half years with the Detroit Lakes, Fergus Falls and Moorhead churches. Crowell's pastoral career included stints with the Iowa-Missouri, Rocky Mountain, Illinois and Texas conferences. He was particularly interested in community services and disaster response.

When asked what he will miss most, Crowell said, "More than anything just the way a pastor can help people. I'll miss caring for and helping people in their lowest and most difficult times."

Marshall Bowers is retiring after six years as the pastor of the Westview, Maple Plain and Buffalo churches. He is ending his career as he began it—in the pastoral role.

In the middle were many years dedicated to young people and Adventist education.

After starting as a pastor in the Dakota Conference, Bowers went to Dakota Adventist Academy to serve as boys' dean, pastor, chaplain and Bible teacher. In spite of the heavy workload, he was hooked on education. He returned to Union College for an education degree in addition to his theology degree.

He then went to Rio Lindo Academy in California as a Bible teacher and vice principal. In 1991, Minnesota called and asked Bowers to serve as principal at Maplewood Academy. He stayed in that

role for 13 years.

Bowers moved to Trust Services and then served a 4-year stint as principal at Wisconsin Academy before coming back to Maplewood as principal for two years. "I will miss the kids the most," he said. "Education became my heart."

Bob Brauer is stepping down from the Mankato, Owatonna, Le Center, Faribault and Arlington churches. He came to Minnesota in December of 1980 and has been a fixture ever since. He pastored the Duluth, Hutchinson and Brainerd churches.

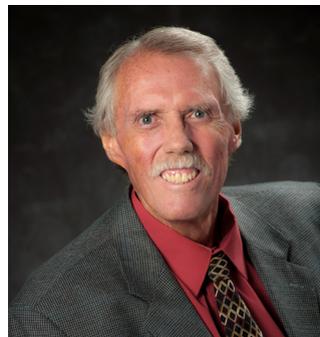
Brauer began his ministerial career in the Rocky Mountain

Conference and was assigned the church in Farmington, New Mexico. He served two other districts in Colorado prior to coming to Minnesota.

"I will miss getting to know people well," he said. "I will miss being able to preach a series. It was my goal to help people find righteousness by faith."

Conference president **Justin Lyons** said, "These men have worked long and hard for the glory of the Lord. I am thankful all three plan to stay in Minnesota."

John Bedell is education superintendent for the Minnesota Conference.



(from left) Fred Crowell, Marshall Bowers and Bob Brauer

Photos Courtesy Minnesota Conference

Touching Young Lives at a Church House

A little community in the northern woods of Minnesota has an ongoing ministry to Native American

children and families. A handful of people, along with the financial support of their local church (Bemidji Church), has maintained a presence in the Leech Lake Nation for nine years.

The church bus picks up about 30 children on Wednesdays and Saturdays, and the small "Church House" fills with the scurrying feet of excited children. The program

starts with singing, followed by prayer, Bible lessons, memory verses, games, crafts and food.

Pathfinders was added to the program in 2012, giving opportunity for the older children to enjoy in-depth learning about the world around them.

Alexis (pictured with **Holly**) is one of the faithful Pathfinders. She enjoys going to the many Pathfinder events, engaging in

Share-Your-Faith activities, and earning honors.

The work is great, the workers are few, but *gichi-manidoo is big. Prayers are welcomed as efforts continue in this community.

Holly Ewert is a paraprofessional in the public school system.

*gichi-manidoo is Ojibwe for God.

Bob Ewert



Agriculture Program Added to Champion Curriculum

Campion Academy has introduced an agriculture class called Acquainting Agriculture. This program has a unique emphasis on pointing students from creation to Creator through direct contact

with His handiwork. It is offered as an elective, vocational class available to students in grades 9-12.

Anna Perea, wife of Campion's chaplain, **Esequias Perea**, is the instructor for the course. "As students begin to see the incredible design, purpose and beauty of each plant—spoken into existence

so long ago—we believe hearts will be revived in response to these evidences of His exhaustless love," says Perea.

The agriculture program shows students how to garden year-round with a simple, low cost approach. Instead of using expensive greenhouses, the program incorporates mobile caterpillar tunnels built of inexpensive materials from a local hardware store. The program is also conducted without the use of electricity, a major expense to growers.

The cafeteria will be

supplied with the fresh produce throughout the school year. In addition to supplying the school's food needs, students will have the chance to earn money toward their education. As part of the class's final project, students are required to sell their crops to a local customer, restaurant or farmer's market. The majority of the proceeds will then be returned to the students to use toward tuition costs.

Jill Harlow is the ELL coordinator for Campion Academy.



Courtesy Rocky Mountain Conference

Anna Perea (pictured with her family) teaches a low cost approach to growing produce.

Mile High Academy Creates Satellite Schools in Foreign Countries

A year and a half ago, Mile High principal **Toakase Vunileva** was approached by an organization in China called Red Rocks and asked if she was interested in working with them to organize a satellite school. After talking with conference administrators, they decided to explore this possibility.

In June, 12 seniors who fulfilled requirements for a

general high school diploma from Mile High Academy graduated from this satellite school. The school, which is located in Shunde, China, in Guangdong Province, has 40 students, four Adventist teachers and operates under the same philosophy of education used in Rocky Mountain Conference.

A dual diploma program ensures proficiency in

writing, reading and speaking English, giving students the opportunity to attend schools in Australia, New Zealand, the United Kingdom and the United States. The diploma given by Mile High is an official General Diploma issued only when a student meets all the standards and all classes have been passed.

Another satellite school is opening in Ulaanbaatar,

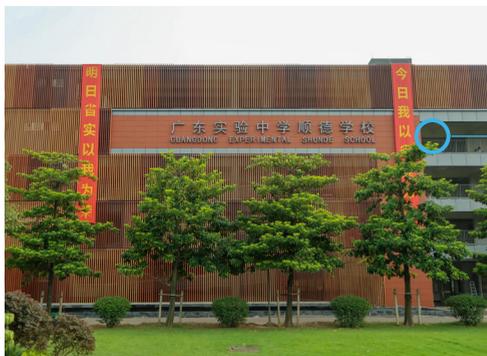
Mongolia, this fall. It will offer grades K-5, and eventually grow to K-12. Nearly 100 students are expected to attend. Yet another satellite school will open in Vietnam in the fall of 2019.

"We can be proud to see schools overseas wanting to be a part of our Denver school. May Jesus shine on each of our campuses around the globe," says **Ed Barnett**, RMC president.

Carol Bolden is communication assistant for the Rocky Mountain Conference.



Photos Courtesy Agape Hammond



Mile High's first satellite school, located in Shunde, China, graduated 12 seniors last June.

Students Impact Health Mission Trip to Peru

Union College students **Katie Buxton** and **Logan Kennedy** joined a group of 53 volunteers for a week-long medical mission trip organized by Global Health Initiatives of Denver. Both students were excited about going on this trip, yet they had concerns about raising the \$4,400, explained **Kim Kennedy**, development officer at Centura Global Health Initiatives.

Within less than two months, though, both students were fully funded. “I was amazed at how quickly all the money was raised,” said Buxton. “It was clear God was calling me to be a part of something much bigger than myself.”

The group was divided into teams focused on four different areas of service: donor administration, surgical, community health and community service. Buxton and Kennedy were placed in the community service team, where they worked on a school project in the village of Sinchicuy, Peru.

They helped with an art program and a soccer camp for nearly 90 students from grades 1-12. “The children attending the school had very little, so being able to provide them with supplies is a memory I will not forget,” said Kennedy.

Working in a fifth-sixth grade classroom gave Buxton and Kennedy the opportunity to build relationships with the children. They admitted the first few days were difficult because of the language barrier, but it didn’t take long for the students to warm up to them. “This mission trip was different than others I

Logan Kennedy and Katie Buxton were able to help with a school project in Sinchicuy, Peru. Despite going on the mission trip to impact other people’s lives, Kennedy and Buxton say they felt changed as well.

have been on because I was placed in a setting where I was allowed to take time and spend a few days with the kids to connect on a personal level, and that was an amazing experience,” said Kennedy.

Buxton added, “Being with the children and seeing them so excited to show us their community garden, introduce us to their village monkey, have us help them with various art projects and sing songs with them strengthened our connection. It was amazing how I went into the mission trip to help make a difference in other people’s lives, but just being with those kids for a short amount of time left an impact on me.”

The team also visited a nearby school for special needs children. The village people expected a medical clinic to be set up on site. “This was a misunderstanding,” Kim Kennedy explained. When the team arrived, about 50 kids were lined up with their parents to receive help, but there was no medicine and only one doctor available.

To help distract the children, Buxton and Kennedy took time to color with them in



Katie Buxton



Logan Kennedy

coloring books they brought. For Buxton, this simple gesture meant so much more. As she sat next to a little girl with Downs syndrome who had a huge smile on her face, she noticed the young girl had puss oozing out of her ears.

“That’s when everything clicked for me and I realized why I was there. These kids barely have anything. They’re struggling to get through life and dealing with medical issues, yet they find so much joy in little things like coloring. This taught me a lesson that will stick with me forever,” said Buxton.

Global Health Initiatives

works to make a difference in remote areas around the world. Each year they take 10 mission trips to Nepal, Peru and Rwanda, and are currently working to expand their health-care mission to other countries.

Alaysha Harris is a Union College student and worked as a communication intern at the Rocky Mountain Conference last summer.

If you would like to get involved or find out more, contact Kim Kennedy at KimberlyKennedy@centura.org.

Rescue Training Isn't Just About Saving Lives

IRR students discover valuable life lessons in the Colorado wilderness

Imagine waking up at 10:30 p.m. in rural southwestern Colorado and being told you have to save four people stuck in a 500-meter canyon. And you have only 90 minutes.

For rescue teams all over the nation, this is a grim reality. For Union College's international rescue and relief students, this is one of many scenarios they experience during their five-week summer training in western Colorado—a requirement for everyone in the program. Through the use of Rescue 3 International curriculum, the goal is to help students develop skills for use in their future callings.

"My plan is to be a paramedic and eventually a firefighter," said **Janae Schumacher**, a senior from North Dakota. "After completing this program I realized I love swift water rescue and want to include this in my future career as well."

Schumacher is one of five teaching assistants who, having already completed the summer program, recertified and went back this summer to help six

instructors teach 22 students what it means to be a part of a rescue team.

The first week of training begins the week after graduation and focuses on wilderness survival skills. Students learn the basics of shelter building, entrapping, starting fires, and even spend 72 hours surviving solo in the wilderness.

They then spend a week on technical rope rescue. Many of the rescue scenarios take place at night just as they would in real life.

The next two weeks focus on swift water rescue and flood water management—first, with the basics of hydrology and safer rapids—then, with advanced training and larger rapids.

In the final week of summer training, the students put all their new skills to work, adding GPS, compass, mapping and tracking training, to complete several search and rescue scenarios in the wilderness.

"I could walk into any fire, police or technical rescue team and know I can contribute more than handing out warm blankets," said Arizona native

and sophomore **Cameron Pottle**. "The chance to go through this hands-on curriculum is invaluable."

Intense training = ready for anything

Pottle actually dreaded the program before starting, wary of its reputation for being intense and exhausting. What changed his mind, though, were the staff.

"Their encouragement," he said, "helped me realize they wouldn't give me anything I couldn't handle. They always look out for us."

For example, one student panicked when working a swift water rescue scenario. Despite being trained only a few hours before, the

situation overwhelmed him. Schumacher decided to step in.

"We sat together. I gave him something to eat and we went over how to better work the water with certain angles," she said.

Those few minutes convinced him he could try again. "I feel this program has enhanced my leadership skills. I now know more how to work with people and meet them where they are," she said.

Schumacher added that "this will help me as a paramedic and firefighter because they need to be assertive and lead when necessary."

Pottle says he also realized during the program how valuable conflict resolution will be for his calling. "I had

Union IRR students become proficient in rock climbing and rappelling as a part of their technical rope rescue training in the Colorado wilderness.



Photos: Rick Young

a teammate I didn't get along with," he explained. "But I knew I couldn't let this affect how we saved lives."

With staff encouragement and discussion, the two became good friends by the third week.

"I know as a physician assistant I may have problems with my coworkers, but we need to work through them to be effective," he said. Pottle chose to be a PA because of his desire to help others.

He knows Union's hands-on training like this summer program gives him unique experiences before he ever steps foot in a hospital.

According to Schumacher, team-building is one of the

main skills learned during the summer program. "I saw many who didn't trust their teammates to rescue them at first, but by the end those same people were their top choice," she said.

When these students return in the fall, they'll have a bond not many other programs experience. "After going through the training I feel I have a place I belong," shared Pottle. "I definitely see myself more able to stick with IRR now."

Confident in their calling

Both Schumacher and Pottle recalled the Escape to God portion of the program as shaping

their growth. Twice, toward the beginning and the end of the program, all staff and students take a few hours to explore and just spend time with God.

"We want to encourage students to know that even in the busyness they can find quiet," said Schumacher. At the end, the group comes together and shares their experiences. Many come to decisions on calling, mission work and personal conflicts.

Pottle, like many, witnessed a huge difference in his Escape to God experience from the beginning to the end. "I felt I could talk to God more, and that He was with me on this trip," he shared. "I

feel sure in my calling after growing this summer."

Schumacher agreed. "The summer program changes you forever," she said. "You will know skills few know. You become part of a community that comes with rescue. No matter what calling you follow after this, you are now a rescuer. You learn skills for a lifetime of adventure."

Emily Roque Cisneros is a Union graduate and freelance photographer and writer who lives in Cedaredge, Colorado. @emyllynncreations

Union IRR students learn a variety of swift water rescue techniques as a part of the wilderness survival and rescue training in Colorado during their first summer in the program.



When Hurricane Harvey swamped coastal southeast Texas in September 2017, a team of Union students spent a week in Port Arthur and Beaumont helping residents clean out their homes.

Experience their adventure through a documentary created by senior Caleb Haakenson at bit.ly/IRRHarveyDoc

The Importance of Feeling Connected



There is great interest today in what can be done to preserve good cognitive function—the ability to think clearly, learn and remember. After all, hoping to maintain mental vitality into late adulthood is a major goal of most older Americans.

“Findings from a few studies suggest that individuals who have been victims of boredom and loneliness with limited social support such as those widowed, retired or living alone with low social activities are more prone to have reduced cognitive functions as they age,” said Shawnee Mission Health staff psychiatrist **Dr. Piyushkumar Jani**.

For those who practice CREATION Health, the principles of interpersonal relationships and trust play an important role in connectedness. Strong relationships serve as a springboard to social engagement and participation in leisure activities, which may be critical in maintaining cognitive function in late adulthood.

Whether it’s a quick “Hi, how are you?,” a deep conversation, a long walk together or some other shared experience, the urge to interact with other

people is one of our most fundamental human needs. And while we don’t yet fully understand exactly how a higher level of social engagement enhances our well-being, there’s a wealth of evidence showing positive relationships and shared activities can significantly contribute to our quality of life, especially as we get older.

Emma Seppala, author of the 2016 book *The Happiness Track*, wrote, “People who feel more connected to others have lower levels of anxiety and depression. Moreover, studies show they also have higher self-esteem, greater empathy for others, are more trusting and cooperative and, as a consequence, others are more open to trusting and cooperating with them.”

Overall, research suggests having close ties to friends and family and participating in meaningful social activities may help people maintain their thinking skills better in later life and slow down cognitive decline.

“On the other hand, low social connection can lead to serious health problems such as depression, anxiety, violence, obesity, increased smoking and

drug use,” said Jani.

There are several reasons social engagement might affect the brain and its functions. For one thing, being connected socially provides access to information and advice. This social network can also offer vital emotional support during challenging situations.

There is also the “use it or lose it” theory, which means if you aren’t using the cognitive skills necessary for social engagement, eventually these skills could deteriorate.

Fortunately, there are now more ways than ever to stay connected to other people, including everything from church involvement to digital social engagement. As a matter of fact, older adults are the fastest growing segment among internet users.

“The younger generation can help older adults learn how to use social media and new technology,” said Jani. Using platforms like email, Facebook, Skype, blogs and many others, seniors can both maintain their relationships with family and friends and expand their existing social world.

A strong tie to a church community is also good for your health. Some studies show Adventists live about 10 years longer than the average American in part because they belong to a social group that values a healthy lifestyle and the opportunity to decompress on a regular basis.

The bottom line is social

engagement can become even more crucial for people as they age. Sure, it’s important to eat right and get regular exercise, but staying connected can be just as vital.

Make Connections, Stay Connected

Here are several examples of what people can do to stay connected:

- Join a church, club, class or social group.
- Make a point of regular contact with friends, family members and neighbors.
- Help others through organizations and volunteering opportunities.
- Cultivate connections with people of different ages.
- Stay in touch with grandchildren, extended relatives or old friends.
- Think about skills you have that you could share.
- Consider having a pet; caring for a cat, dog or bird can help give structure to the day and be a catalyst to social interaction.

Jackie Woods is a project manager/writer for Shawnee Mission Health.

Learn more about Shawnee Mission Health or CREATION Health at ShawneeMission.org or CreationHealth.com.

Spiritual Assessment Improves the Patient Experience

Adventist hospitals in the Denver area are adding a spiritual needs assessment to both their inpatient and outpatient experiences. This entails asking a series of simple questions during the intake process to quickly assess the patient's spiritual needs. It is designed to help connect that individual with a chaplain who can provide appropriate spiritual support as well as incorporate spiritual care into the patient's overarching treatment plan.

According to **Eric Shadle**, vice president for Mission Integration at Centura Health, a growing body of research reveals the positive impact of spirituality on healthcare outcomes. In the wake of that research, Adventist Health System commissioned a new Faith in Practice study in 2016 to evaluate the impact of incorporating spiritual care into clinical practice.

The year-long study, which involved adding spiritual questions to normal clinical assessments, received overwhelming support from physicians, with more than 500 providers participating. The results were so conclusively positive that many physicians continued using the protocol after the study was completed.

The Faith in Practice study results informed the hospital system's corporate-wide decision to

develop its Clinical Mission Integration program, which equips employees to better accomplish the mission of "Extending the Healing Ministry of Christ" to every patient who walks through the door at the various hospital campuses. Patients are assigned to chaplains who are specially trained to spiritually support them, regardless of their religious background or worldview.

"Our patients come in with physical needs, but these needs are also impacted by their unstated psychosocial and spiritual needs," says Dr. Shadle. "These include the need to be loved, the desire for

joy and the search for peace."

Shadle explains that, historically, the spiritual care component has come fairly naturally for patients who are treated on an inpatient basis and have access to hospital chaplains. The thousands of patients cared for in outpatient settings, however, can slip through the cracks when it comes to spiritual care and follow-up.

"This new program aims to patch that crack by providing tools that make it easier for our clinic patients to receive the same depth of spiritual nurture and support that admitted patients receive," says Shadle.

The new spiritual assessment initiative is in line with the hospital system's ongoing commitment to providing the highest quality care—on every level.

"The ultimate goal is that each patient receives not only the highest quality physical care but also the same high level of mental and spiritual care," says **Ken Bacon**, Metro-Denver Group CEO. "It's a part of our DNA, and it's our mission."

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This article was written by Mark Bond on behalf of the Colorado Adventist hospital campuses that make up Rocky Mountain Adventist Health/Centura Health.

Spiritual care has always been a part of the patient experience at Adventist hospitals. With this new focus, patients will be assessed for their spiritual needs during the intake process.



Getty Images

Almond, Danny G., b. July 28, 1947 in Neodesha, KS. d. May 13, 2018 in Kingman, KS. Member of Three Angels (KS) Church. Survivors include wife Kay; stepson Jimmy Frame; 2 sisters; 3 grandchildren. Veteran of Vietnam War.

Bartholomew, Elizabeth A. (Lauver), b. Nov. 5, 1929. d. May 10, 2018. Member of Wichita South (KS) Church. Preceded in death by husband Donald; daughter Kathy Malia; 2 brothers. Survivors include sons William, Steven and John; 2 siblings; 10 grandchildren; 13 great-grandchildren.

Bergh, Robert M., b. April 26, 1935 in Mankato, MN. d. March 11, 2018 in Gresham, OR. Survivors include wife Judy; son Randy; daughter Heidi; 2 grandchildren.

Bittler, Mathias, b. Oct. 22, 1933. d. May 12, 2018 in Denver, CO. Member of Denver West Church. Survivors include wife Maria; 3 children; 6 grandchildren; 7 great-grandchildren.

Bohl, Jacob A. Jr., b. May 4, 1925 in Woodworth, ND. d. March 4, 2018 in Sacramento, CA. Member of New Home (ND) Church. Preceded in death by wife Violet; 8 siblings. Survivors include children James, Duane, David, Cathie Greek, Jamie Morris and Sarah Begley.

Burkett, Clarence E., b. July 8, 1932. d. June 13, 2016 in Clinton, MO. Member of Clinton Golden Valley Church.

Canine, Rodney M., b. Oct. 16, 1936. d. May 15, 2018 in Bolivar, MO. Member of Bolivar Church. Survivors include daughter Teri Fehring; sons Mark and Christopher; 2 siblings; 7 grandchildren; 8 great-grandchildren.

Claussen, Susan M., b. March 21, 1942 in Iowa City, IA. d. April 19, 2018 in West Burlington, IA. Member of

Burlington Church. Preceded in death by 12 siblings. Survivors include daughter Alesia Forenz; sons Randall and Carroll "Gene" Shores; 2 siblings; 8 grandchildren; 7 great-grandchildren.

Daniel, Allan D., b. Dec. 18, 1950 in Snowflake, AZ. d. June 16, 2018. Member of Bolivar (MO) Church. Preceded in death by first wife Glenda; sons Johnny and Jeffrey. Survivors include wife Mary; son Joe; stepdaughters Salomena Whitehead and Bette Patterson; stepson Nathaniel Bollinger; stepfather; 3 siblings; 3 grandchildren; 6 step-grandchildren.

Durichek Gyure, Gloria Michaeleen, b. Feb. 11, 1945. d. April 22, 2018 in Denver, CO. Member of Denver South Church. Survivors include husband Joseph; son G. Edward Rittenhouse; stepdaughters Michelle Gossage and Jean Remmers; 3 sisters; 3 step-grandchildren.

Filbert, Jenetta J., b. Feb. 23, 1927 near Bazine, KS. d. April 13, 2018 in Ness City, KS. Preceded in death by husband Gus; 2 sisters.

Foerderer, Lorraine, b. Oct. 19, 1947 in Lehr, ND. d. May 12, 2018 in Medina, ND. Member of Cleveland (ND) Church. Survivors include husband Roger; children Theresa Sund, Gerald, Joel and Joshua; 2 siblings; 18 grandchildren; 1 great-grandchild.

Fuents, Griseyda, b. Sept. 2, 1928. d. May 20, 2018. Member of Kansas City (MO) Multicultural Church for the Community.

Herford, Nellie Irene, b. Dec. 5, 1932 in Taberville, MO. d. April 18, 2018 in Chanute, KS. Member of Thayer (KS) Church. Preceded in death by 3 brothers; 2 sisters. Survivors include 1 brother.

Koenke, Gail H., b. Sept. 29, 1946 in Independence, MO. d. March 5, 2018. Member of Lee's Summit (MO) Church. Survivors include wife Emily; daughters Jandra Hancock and Suzie Apel; son Andre Belz; 3 siblings; 6 grandchildren.

Maxson, Hazel "Waunita," b. July 1, 1922 in Chariton, IA. d. June 1, 2018 in Winterset, IA. Member of Winterset Church. Preceded in death by husband Rodney; 2 sisters; 1 granddaughter. Survivors include daughters Geneva Hawthorne-Helm and Judy Carney; son Michael; foster daughter Shirley Norris; 15 grandchildren; 34 great-grandchildren.

McKellip, Donna J., b. Jan. 16, 1925 in Faribault, MN. d. June 21, 2018 in Excelsior, MN. Charter member of Westview (MN) Church. Preceded in death by husband John "Jack"; son Gary. Survivors include son John "Meals"; daughter Debra Hagele; 4 grandchildren; 5 great-grandchildren.

Miller, Walter, b. Jan. 21, 1925 in Logan County, ND. d. June 19, 2018 in Wishek, ND. Member of Lehr (ND) Church. Preceded in death by wife Shirley; daughter Valerie Lehman; 4 siblings. Survivors include children Lyle, Linda Hoffman and Meritta Schumacher; 2 siblings; 10 grandchildren; 3 great-grandchildren.

Patzer, Dale, b. June 13, 1940 in Harvey, ND. d. April 12, 2018 in Park Rapids, MN. Member of Harvey Church. Preceded in death by 1 brother; 1 sister. Survivors include wife Audrey; children Gene, Carmen, Tammy DeLaHunt and Brandon Kost; 7 grandchildren; 3 great-grandchildren.

Richmond, Marie Ann, b. Aug. 27, 1974. d. Feb. 12, 2018. Member of Cedar Rapids (IA) Church. Survivors include husband

Jay; 5 sons; 1 daughter; parents; 3 brothers; 2 sisters.

Smith, Donald G., b. Nov. 2, 1925 in Concrete, CO. d. May 10, 2018 in Florence, CO. Member of Cañon City (CO) Church. Preceded in death by daughter Barbara Barnard; 1 brother; 1 granddaughter. Survivors include wife Wildeana; daughters Donna Feltman and Linda McLean; 7 grandchildren; 14 great-grandchildren.

Smith, Urby Duane, b. June 10, 1942 in Long Beach, CA. d. May 14, 2018 in Hot Springs, SD. Member of Hot Springs Church. Preceded in death by wife Evie. Survivors include sons Brad, Jeff and Tim; 2 grandchildren.

Walker, Lois V., b. Aug. 25, 1943. d. June 16, 2018 in West Burlington, IA. Member of Burlington Church. Preceded in death by husband Gordon; 1 sister. Survivors include stepson Estel; 3 sisters; 1 brother; 1 step-granddaughter.

Walters, Carol (Dickie), b. Sept. 11, 1938 in Mankato, MN. d. March 13, 2018 in Viroqua, WI. Member of Arlington (TX) Church. Survivors include husband Nathan; son Nathan; daughter Heidi; 4 grandchildren; 3 brothers.

Werner, Florence Irene, b. Nov. 20, 1916 near Holyoke, CO. d. May 4, 2018 in Greeley, CO. Member of Greeley Church. Preceded in death by husband Orville; 1 infant daughter. Survivors include daughter Glennis Taylor; sons Duane and Richard; many grandchildren; many great-grandchildren; 1 great-great-grandchild.

To submit an obituary visit outlookmag.org/contact or email [Brennan Hallock at brennan@outlookmag.org](mailto:Brennan.Hallock@outlookmag.org). Questions? 402.484.3028.

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EMPLOYMENT

Adventist World Radio seeks IT Project Manager. Key roles include development and support of CRM resources for AWR's Center for Digital Evangelism. It is the policy of the GC to hire only Adventist Church members. Send resume to Kent Sharpe: sharpek@gc.adventist.org.

Andrews University seeks staff counselor and prevention coordinator. Provides leadership in mental health prevention initiatives, with vision of assisting students in achieving more effective personal, social, educational and vocational

SEPTEMBER 2018

SUNSET CALENDAR	COLORADO	Sept 7	Sept 14	Sept 21	Sept 28
	Denver	7:21	7:10	6:58	6:47
	Grand Junction	7:35	7:24	7:13	7:01
	Pueblo	7:19	7:08	6:57	6:46
	IOWA				
	Davenport	7:25	7:13	7:01	6:49
	Des Moines	7:37	7:25	7:13	7:01
	Sioux City	7:49	7:37	7:25	7:12
	KANSAS				
	Dodge City	8:00	7:49	7:38	7:28
	Goodland	7:08	6:57	6:45	6:34
	Topeka	7:44	7:33	7:21	7:10
MINNESOTA					
Duluth	7:36	7:22	7:08	6:54	
International Falls	7:43	7:28	7:13	6:59	
Minneapolis	7:39	7:26	7:12	6:59	
MISSOURI					
Columbia	7:30	7:19	7:07	6:56	
Kansas City	7:39	7:28	7:17	7:05	
St. Louis	7:22	7:11	7:00	6:48	
NEBRASKA					
Lincoln	7:49	7:37	7:25	7:14	
North Platte	8:06	7:54	7:42	7:30	
Scottsbluff	7:18	7:06	6:53	6:41	
NORTH DAKOTA					
Bismarck	8:11	7:57	7:43	7:29	
Fargo	7:55	7:41	7:27	7:13	
Williston	8:23	8:09	7:54	7:40	
SOUTH DAKOTA					
Pierre	8:07	7:54	7:41	7:27	
Rapid City	7:18	7:05	6:52	6:39	
Sioux Falls	7:51	7:39	7:26	7:13	
WYOMING					
Casper	7:29	7:17	7:04	6:52	
Cheyenne	7:22	7:10	6:58	6:46	
Sheridan	7:33	7:20	7:07	6:54	

development. As member of the Counseling & Testing Center clinical team, provides individual, couple and group counseling; Available for after-office hours, clinical consultations and student crisis interventions; Maintains an assigned case load and provides consultations on issues related to mental health. www.andrews.edu/admres/jobs/show/staff_salary#job_3

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Live-in Nurse Needed. Looking for a private duty live-in nurse willing to move to Fergus Falls, MN, to care for a pleasant stroke patient who needs assistance with ADLs. Applicant needs to also apply through a local home health agency. Nurse will live in a garden-level location with shared laundry, kitchen and garage. Contact Diane: 218.736.5253 or 218.731.0476. Have references available.

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Southern Adventist University seeks CIRC Lead Programmer/Analyst in the School of Computing. This position oversees/coordinates work of students/staff engaged in software development/analysis. B.S. in Computer Science or similar and 5 years of programming experience. Graduate education in computer science preferred. Full job description: www.southern.edu/jobs

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

Southern Adventist University seeks Vice President for Enrollment Management to be responsible for meeting the enrollment goals of the university. The vice president oversees the functions of undergraduate and graduate recruitment, admissions, financial aid counseling for prospective students, and the Assist/PFE programs. Full job description: southern.edu/jobs

Union College invites applicants for an Accounting faculty position. Qualified applicants will have a MBA or Master's in Accounting, a certification and should be a committed member of the Adventist Church. A doctorate is preferred. Find more information at www.ucollege.edu/faculty-openings or contact Barry Forbes at barry.forbes@ucollege.edu.

Union College seeks full-time professor of communication with strong experience in emerging media and public relations beginning July 2019. Doctorate is preferred. Please submit a curriculum vitae to Dr. Mark Robison, Humanities Division chair, at mark.robison@ucollege.edu.

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

EVENTS

40th Weimar Institute Anniversary: We're celebrating 40 years of God's blessings at Weimar Institute this year! If you attended academy or pursued higher education here, join us Nov. 2-4, 2018 and reconnect with friends. More information: weimar.edu/alumni

Alumni Weekend for Spanish-American Seminary and Sandia View Academy Oct. 11-13, 2018 in Corrales, NM. Honor classes are years that end in 3 or 8. Theme: "Almost Home." Speaker: David Martinez (1981). Festivities begin Thursday 6 p.m. with dinner and karaoke in the SVCS gym. For information: sandiaviewacademyalumni.org. Email SVARocks@gmail.com if you have questions.

Auburn Academy's class of 1969 is planning our 50 year reunion with a seven day Alaska cruise. The invitation is for all members and friends from 1967, 1968, 1969 and 1970. We are missing many classmates from 1969. Please send contact information/questions to jan69reinking@comcast.net.

GYC Conference in Houston, TX, Dec. 28, 2018-Jan. 1, 2019. At this year's conference, there will be a focus on missions. All over the world, people are dying for a lack of knowledge about who God is. We will explore the exciting possibilities God has in store for young people who desire to be His witnesses to the end. www.gycweb.org/conference/information

Oak Park Academy Alumni Weekend Sept. 7-8, 2018. All alumni, former faculty and staff are invited. 2018 Honor Classes: 1938, 1943, 1948, 1953, 1958, 1963, 1968, 1973, 1978 and 1983. Location: Gates Hall, 825 15th St., Nevada, IA. Plan to attend. For more information: Allayne Petersen Martsching, 402.312.7368, email: allaynemartsching@gmail.com.



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Plainview Adventist Academy, Sheyenne River Academy, and Dakota Adventist Academy Alumni Weekend Oct. 5-6, 2018 at Dakota Adventist Academy, 15905 Sheyenne Circle, Bismarck, ND. Honor Classes: '44, '49, '54, '59, '64, '69, '79, '89, '94, '99, '04, '09, '14. Call 701.751.6177 x212 or visit www.dakotaadventistacademy.org for more details.

Standifer Gap School (Chattanooga, TN) is celebrating its 70th anniversary (1948-2018) Sept. 28 and 29. All alumni and former staff are invited to attend our celebration. Festivities will begin Friday through Saturday evening. Contact: 423.892.6013 or for further details visit sgsdaschool.org.

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2018 \$3,395. Includes all tips, taxes, air and breakfast and dinner buffets daily. From New York, Chicago or Los Angeles. Other departure cities available. Call Jennifer at 602.788.8864.

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.adventistchildindia.org. If unable to sponsor, you may also donate. Questions? Contact Charlene Binder: rdbinder42@gmail.com.

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