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Quilters Receive Undercover Blessings

Volunteers sew and give away over 1,000 quilts

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Tina Moore, a nurse practitioner in southeast Missouri, teaches her patients the eight natural laws of health. Photo by Vonda Earnheart.

CHALLENGES=OPPORTUNITIES

The alarming societal decline in physical vigor we see around us presents a huge opening for Christians. One of my favorite authors writes, "In almost every community there are large numbers who do not listen to the preaching of God's word or attend any religious service... Often the relief of the physical needs is the only avenue by which they can be approached" (The Ministry of Healing, p. 144).

This month we feature stories of Mid-American Adventists who are connecting in different ways with their communities to meet practical needs and inspire healthier living. You'll also find new resources for Health Ministries on p. 9. In addition, the North American Division Health Ministries team has created short, informative videos sharing principles for better health and wellbeing (www.factswithhope.org). And I hope you can participate in Let's Move Day on Sunday, September 21. If there isn't yet an activity planned for your area, go to www.AdventistsInStepForLife.org to learn how to organize your own event.

-BRENDA DICKERSON, editor

MID-AMERICA UNION CONFERENCE

PRFSIDENT: Thomas L. Lemon VP FOR ADMINISTRATION: Gil F. Webb VP FOR FINANCE: Elaine Hagele ASSOCIATE VP FOR FINANCE: Troy Peoples COMMUNICATION: Brenda Dickerson EDUCATION: John Kriegelstein MINISTERIAL: Mic Thurber YOUTH/CHURCH MINISTRIES: Hubert Cisneros www.midamericaadventist.org

OUTLOOK

EDITOR: Brenda Dickerson DESIGN/ADVERTISING: Randy Harmdierks DESIGN/VIDEO: Raschelle Casebier www.outlookmag.org

CENTRAL STATES

NEWS EDITOR: Philip Baptiste pastorphilip@yahoo.com 913.371.1071 | www.central-states.org

DAKOTA

NEWS EDITOR: Jacquie Biloff jbiloff@icloud.com 701.751.6177 | www.dakotaadventist.org

IOWA-MISSOURI

NEWS EDITOR: Michelle Hansen mhansen@imsda.org 515.223.1197 | www.imsda.org

KANSAS-NEBRASKA

NEWS EDITOR: John Treolo jtreolo@ks-ne.org 785.478.4726 | www.ks-ne.org

MINNESOTA

NEWS EDITOR: Brian Mungandi bmungandi@mnsda.com 763.424.8923 | www.mnsda.com

ROCKY MOUNTAIN

NEWS EDITOR: Mark Bond markb@rmcsda.org 303.733.3771 | www.rmcsda.org

UNION COLLEGE

NEWS EDITOR: Ryan Teller ryteller@ucollege.edu 402.468.2538 | www.ucollege.edu

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Blog Series: The Teacher's Notes

Weekly study of the Sabbath school lesson for teachers and students http://bit.ly/TeachersNotes





Blog:

Memories of Summer Camp

Is camp one of your favorite places?

http://bit.ly/summerpoems





Event:

Win This Book

Enter your church's Health Ministries in our drawing http://bit.ly/winfullplatediet





Strange Question, **Stranger Answer**

by Thomas Lemon

fter 38 years of paralysis, the man with no known name was on the verge of giving up. Homeless, helpless, heartsick and humiliated at his self-authored circumstance, his future was bleak beyond description.

And then Jesus walks by. We have no record of why He chose to stop and talk with this man, except that his was a particularly wretched case. "Would you like to get well?" Jesus' question is among the most unusual recorded. The answer would seem self-evident. So it may have surprised Him, as it does me when I read it 20 centuries later, to hear "I can't sir, for I have no one to help me into the water when it is stirred up..."(John 5:7, NLT).

His situation is so bad, his condition so long term, he actually brushes away the idea of healing. And then Jesus tells him to take up his bed and walk. The command is authoritative, authentic and so believable that he struggles to make his feet move. In that instant his health is restored, his life transformed, and jumping up he gathers his bedding and goes straight to the temple to worship.

The Bible record is sketchy regarding the personal life of this man. Jesus tells him later to change his lifestyle "lest something worse come upon you."

Although we don't know this man's name or much about him, I imagine him becoming an ardent follower of Jesus, doing anything to be with Him.

In our current world situation the Pool of Bethesda is often compared to healthcare facilities. Loma Linda Medical Center exists to "make man whole," a recent iteration of their mission statement. Adventist Health System exists to "extend the healing ministry of Christ." A sculpture at their corporate headquarters is titled "The healing at Bethesda."

People go to the hospital when there is no other good solution to their health needs. Be it cancer care, palliative care, joint replacement or something as natural as birthing a baby, our hospitals are there to meet the need in a way that bears the stamp of heaven.

No, there is no magic like was rumored concerning the stirring up of the waters, and the nature of the treatment process is not usually instantaneous. Yet healing of any kind only comes with the life giving power of our wonderful creator God. That message is not lost in the hallways of modern Adventist healthcare.

In Mid-America we are privileged to have six full service hospitals and a growing number of outpatient facilities. As I regularly walk those campuses, hear stories of patients' experiences and talk with the leadership, I sense that in a real way these healthcare facilities (although complex and challenging to operate) are for many people a sanctuary where they encounter the presence of the Lord in

only a slightly less visible way than the man at the pool. And as with the pool in old Jerusalem, modern disciples can and do begin their walk with Jesus in the moment of supreme need in our hospitals.

In recent months Adventist Health System, led by its flagship institution Florida Hospital, has rolled out a health initiative designed to extend the healing ministry of Christ beyond hospital walls. CREATION Health is an educational medical outreach program emphasizing the original design our God expressed in the creation event in the beginning. When put to proper use, CREATION Health is a wonderful tool to assist one's walk in discipleship with Jesus.

In all circumstances—for inpatients, outpatients, community residents and learners—our hospitals are truly advancing the cause of Jesus in our world; our church is blessed with their ministry.

I urge you to join me in praising the Lord for these wonderful care centers and to lift them up in prayer to be even more effective as we work together in anticipation of the return of our Lord Jesus Christ.

Thomas Lemon is president of the Mid-America Union.

Mr. Daniel: Nonagenarian

"Activity Keeps Me Healthy"

by Brenda Dickerson



Francis Daniel, age 91, lives alone in a small trailer in the town of Salem, Missouri. To help relieve the loneliness since his wife, Janice, passed away four years ago, he volunteers to help friends and neighbors with home and yard maintenance.

Mr. Daniel moves like a man half his age and has a healthy luster to his skin and snow-white hair. He smiles easily as we sit in his pleasant living room and talk about his long life and the many things he's seen and done.

He recalls the different homes he's lived in (28) and tells me he's visited all 48 contiguous states plus Alaska. He jokes that he'll drive out to Hawaii as soon as they build the road.

Then he talks about growing up in Clear Lake, Iowa, pulling weeds for a neighbor for five cents an hour, driving a team of horses for a thrashing crew, how their family of 10 survived the Great Depression of the 1930s, and how he managed the dairy at Sunnydale Adventist Academy back in the days when the school owned 800 acres. He also tells me about his grandmother (born in 1827) attending a series of meetings where Ellen White preached.

When I ask the obvious question about how he stays healthy enough at his age to take care not only of himself but others, he replies without hesitating. "The key is to keep moving. I'm always looking for something constructive to do. When people say I ought to slow down I tell them I can't slow down because I can't build back up again. Activity keeps me healthy."

OUTLOOK editor Brenda Dickerson recently interviewed Mr. Daniel at his home in Salem, Missouri. ««

We walk outside and he ignores the hand railing for the steps. Pointing to the end of the street he tells me, "The lady who lives there is in a nursing home, so I take care of her yard. And I do lawns for two other people. They take about two hours each. I just rest an hour in between and eat some quality protein—mostly I eat beans—and I'm ready to go again."

Another lady calls him her errand boy. "She phones me and says, 'I need you' so I drive over and do whatever she needs and she says, 'What do I owe you?' and I say, 'A thank you.' Then we smile and I go on my way."

Mr. Daniel doesn't take any medication and has had no serious illness for the past 50 years. "I stay active. Work hard. Help people. That's what I've done all my life."

He says he's never been a TV person and only watches the news. But he reads good material, such as Sister White's writings. He also fills the pulpit at his church at least once a month.

Mr. Daniel adds that he keeps planning ahead to stay healthy in his daily life and work. "If you don't have a plan there's always a wide road in the street," he observes. "Study to know what you need and then be sure you get it. That has been my success. The Lord has been very good to me."

VIDEO: Learn more about Mr. Daniel at http://bit.ly/MrDaniel



Starting

by Brenda Dickerson

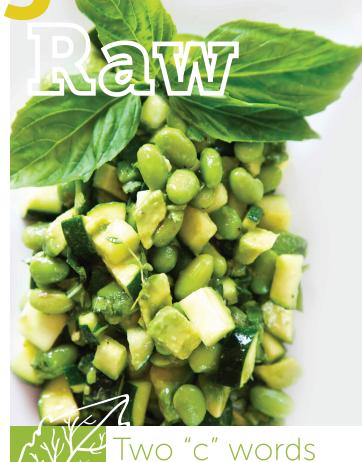
Out



I'll never go back to my old lifestyle. Why should I when I have all this delicious food, no pain and, at age 58, more energy than ever?

As a teenager growing up in southern California Debbie Thurber struggled with bulimia and digestive problems. At the age of 19 she left home and joined the Army; that's where she met her husband, Marty.

In the following years Debbie experienced so much joint and muscle pain that she thought she had both fibromyalgia and arthritis. "I was eating vegetarian," Debbie says, "but looking back I can see that I was a very unhealthy vegetarian because there was a lot of sugar, bad fat and processed food in my diet."



In 2006 Debbie's life changed forever when she was diagnosed with breast cancer. That day Debbie went home and told her family she would never again be eating animal products. "Research is showing cancer cannot thrive in an alkaline environment. so I knew becoming vegan and eliminating processed foods was the way I had to go," she says. Getting off dairy relieved much of her pain. But there would be more steps in Debbie's health journey.

In March 2011 she was standing in her kitchen when the words *today* is the day came to her and she knew it was time for what she calls a "clean" diet-raw foods with nothing artificial. So she got out her dehydrator and began trying recipes.

Doing her own research led Debbie and her two adult children, Kristy and Michael, to begin hosting their own YouTube series, Starting Out Raw. Today thousands of raw food eaters from all around the world tune in weekly to see what tasty treats Debbie and Kristy have to share with them.



Debbie says the biggest benefit of eating clean is her clarity of mind. "The brain fog is gone and I have no more migraines. Plus, when your mind is clear you have a closer connection with God." Getting off processed foods has also eliminated her joint and muscle pain. "A lot of chronic pain is from inflammation," Debbie states. "Eating fresh foods can relieve that." Debbie points out that a huge benefit of eating raw foods is the live enzymes found in fresh fruits, veggies and seeds.

Another benefit is the great relationships they are developing. "People from all over the world have reached out to us. Some of our YouTube subscribers have become almost like family," Debbie adds.

Michael, the team's photographer and technical coordinator, says, "It took us a few months to start getting people to interact and comment. But now our views are approaching 100,000 and we have over 2,000 subscribers."



Debbie is determined to live every day doing all she can to stay cancer free. She points out that people can have a great diet but a lousy lifestyle. Exercise, sleep and water are also critical.

Kristy, who describes her role in the production as "sidekick and provider of comic relief," says the whole health thing is a balancing act—not slacking and not pushing yourself too hard.

Debbie emphasizes that everyone has to take control of their own health. She also advises that if it's your first

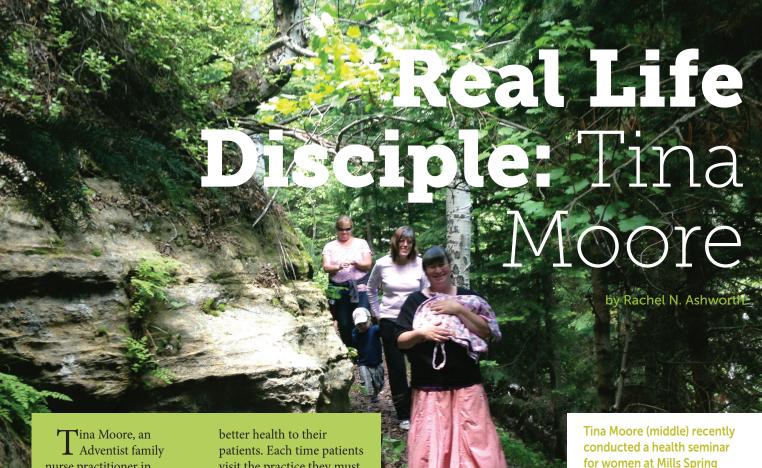
time trying raw foods you should go slowly and see how your body responds.

celery & carrots

"I'll never go back to my old lifestyle," Debbie states. "Why should I when I have all this delicious food, no pain, and, at age 58, more energy than ever?"

ARTICLE: Read more of the Thurber's story at outlookmag. org/starting-out-raw or visit StartingOutRaw.com.

VIDEO: Watch the interview at http://bit.ly/SORFoodShow



Tina Moore, an Adventist family nurse practitioner in southeast Missouri, is making it her mission to bring *health* to her patients, not merely *treatment*.

Tina works in the "boot heel" of Missouri—an area approximately 30 x 50 miles that extends into Arkansas and is made up of the poorest counties in Missouri. Many individuals and entire families living here are being destroyed by drug addictions and obesity.

Tina has spent several years working in these impoverished counties, teaching her patients the eight natural laws of health using Weimar Institute's NEWSTART program. Recently she has begun working in an even more rural town where the prescription drug addiction rate is heartbreaking.

Nonetheless, Tina and her supervising physician continue striving to bring better health to their patients. Each time patients visit the practice they must fill out a questionnaire, answering true/false statements like "I always eat breakfast" and "I pray every day." Patients are asked to improve their answer in at least one of the 38 statements at every visit.

These types of concerns may not be on the mind of every physician, but since the beginning of Tina's medical career she has recognized the importance of a healthy spiritual life when striving to have a healthy physical body. She attributes these values to her study of books like Ellen White's Counsels on Diet and Foods; Rick Warren's The Daniel Plan; Health Power by Ludington/ Diehl; Proof Positive by Neil Nedley; and her textbooks for the PhD in Natural Health that she is currently pursuing.

Using natural resources

Photo: Rachel Ashworth

for healing is not merely something Tina teaches, but something she practices. Just 10 years ago, she personally struggled with obesity and poor physical and emotional health. Over the course of about 24 months, Tina gave up caffeine, most sugars, red meat and most processed foods. It is easy for someone to preach about a health concept, and another thing entirely for them to live it so others can see the changes. Many of her patients and close friends and family have watched a transformation take place, and this is why people continually flock to her clinic door and call her for medical advice.

Tina is also facilitating

Celebrate Recovery at her workplace as another avenue to help those addicted to prescription drugs. She has counseled women through severe eating disorders, using Scripture and faith as well as nutritional concepts. These women are not only her patients; some are beloved friends or members of her church family.

Ranch in Wyoming.

People continue to make appointments to see Tina because they feel she cares about their health. Tina asks about their home life and prayer life. She asks if they have access to enough food and if they're taking fewer pain pills this week than last.

When Tina shops in her hometown people stop her in the aisles to tell her they've "been clean for 24 days!" or "lost 12 pounds!" She celebrates each of these victories as Jesus would, and continues to tell people what they can do to improve, reminding them to Whom they can always turn.

This past June, Tina came to Mills Spring Ranch in central Wyoming for the second annual women's campout attended by a few dozen ladies, including some who hadn't been to church in months and several teenagers. They gathered on Casper Mountain to fellowship together and learn how to improve their health. Tina gave them pointers about healthful eating, drinking water and exercising. She showed them how to construct a prayer journal and even how to "work out" to Christian music while driving.

Following Jesus' example, Tina believes in the importance of saving people's lives first and then saving their souls. She has a unique opportunity to do this in a community that is desperate for knowledge on health and wellness. And Tina says she will continue to follow God wherever He leads her to work, including the farthest reaches of Missouri or windy, chilly Wyoming.

Rachel Ashworth is a member of the Casper (WY) Church and a regular blogger for outlookmag.org.

Health Resources for Your Church and Community

Using CREATION Health in your church and/or community? Here's a good tie in program for the kids. It's also great for VBS.

The world's largest collection of vegetarian recipes:

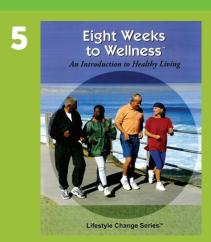
vegweb.com



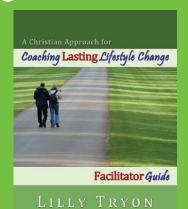
Team CREATION Vacation Bible School Leader Kit: merchandise.creationhealth.com

Practical, healthy menus and recipes:

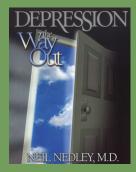
veggiemealmaker.com



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Depression: the Way Out

In his latest book, Dr. Neil Nedley addresses the epidemic of depression sweeping society. Through his ongoing study of the latest scientific research related to diseases of the mind, combined with years of clinical experience, Dr. Nedley committed himself to finding the source problems that cause depression rather than just anesthetizing the symptoms with medication.



Camp Meeting Celebrates Diversity and Inspires Revival

by Philip Baptiste



...an oldfashioned camp meeting with a new twist.

President Valentine gives the vows to Pastors Hunter and Williams at their ordination service.

Central States Conference hosted its annual camp meeting themed Revived and Ready to Worship for a week in early June. Conference president

Maurice R. Valentine II called it "an old-fashioned camp meeting with a new twist." People came from all across the conference's nine-state region for a week of worship, training and fellowship.

Pastors and conference leadership bonded during the week of "camp pitch" as they worked together to get everything ready for camp meeting participants. The pastors' wives joined together to welcome to the team **Kimberly Douglas**, who recently married **Pastor Kory Douglas**.

Attendees observed that the workshops were rich and engaging, the exhibit booths fun and practical, and the food exceptionally delicious and free to everyone both Sabbaths in several locations.

The first weekend Dr.
Carlton Byrd, speaker
and director of Breath of
Life and senior pastor of
the Oakwood University
Church, was the featured
guest speaker. The second
weekend, Dr. G. Alexander
Bryant, Pastor Elden
Ramirez and Dr. Ivan
Williams from the North
American Division gave
keynote presentations.

Attendees remarked that it was an upper room experience as they were touched, moved and inspired by the dynamic preaching of the Word.

Pastors **Roosevelt Williams** and **Claval Hunter**were ordained to the gospel
ministry, and there was a
grand Parade of Nations
displaying the diversity of
the conference field.

The youth and Hispanics



Pastor Elden Ramirez from the NAD worships with Hispanic members.



CSC youth make a point during their temperance program.



were blessed to have their own special speakers, and on Saturday night there was a Pastors vs Elders basketball game, of which the pastors were the happy winners.

The old-fashioned
Snack Bar was open on
Saturday nights serving
veggie burgers and a variety
of tasty treats. A special
banquet was held by the
Family Life Department
to celebrate and recognize
the conference's senior
members.

"I can't wait for next year" was a phrase that organizers heard over and over. President Valentine was delighted to host such an awesome event and is praying that the Central States family will continue to stay revived and ready for the second coming of Jesus.

Philip Baptiste is outgoing communication director for the Central States Conference.

"I can't wait for next year" was a phrase that organizers heard over and over.



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Dakota Constituents Re-Elect Conference Administrators

by Jacquie Biloff



Delegates to the 9th quinquennium session of the Dakota Conference voted another five-year term for their administrators (from left with their wives) Arlo Heinrich. vice president of finance; Neil Biloff, president, Loren Nelson III, vice president of administration.

More than 300 delegates nominated by churches from North and South Dakota attended Dakota Conference's quinquennium session held June 15 at Dakota Adventist Academy. Constituents re-elected all administrators and departmental directors for another five-year term, as recommended by the nominating committee that met six weeks prior.

Those re-elected to administrative offices were Neil Biloff, president; Loren Nelson III, vice president of administration; and Arlo **Heinrich**, vice president of finance. Departmental directors include Gerard Ban, education superintendent; Loren Nelson III, senior youth director: Bradlev Gienger. Children's Ministries: Bryce Pascoe, ministerial director; and Jacquie Biloff. communication director. Registration began at

8 am and delegates were seated shortly after 9 am. Mark Bond, communication director for the Rocky Mountain Conference, organized the electronic voting, allowing immediate tabulation of votes. Three screens on stage displayed a capsulation video of the past five years of ministries in the conference, subjects to be voted and other issues under question.

Treasurer Tom Evans from the North American Division was present, as were representatives from the Mid-America Union: Thomas Lemon, president; **Gil Webb**, vice president for administration; Elaine **Hagele**, vice president for finance; and Troy Peoples, associate vice president for finance.

Former Dakota Conference Executive Committee members who are not eligible again due

to term limits received the E.G. White Encyclopedia in appreciation for their service.

The longest discussion centered around Northern Lights Camp in North Dakota and Flag Mountain Camp in South Dakota. Delegates were pleased with improvements at the camps and the conference's long-term vision to continue renovating the facilities. Some delegates prefer improving rather than replacing certain structures, if safety allows, for nostalgic reasons.

The meeting, lasting less than three hours, was dismissed with prayer for God's continued guidance. Five hundred boxed lunches

were available for delegates, employees and guests, but because the session concluded early many chose to head home or eat in town. The extra food was donated to the Ruth Meier Hospitality House, which provides housing and supportive services to homeless and low-income people.

Don Krassin, a delegate at large, expressed appreciation for the brevity of the meeting and the use of "clickers" for voting. He also appreciated the nominating committee meeting early to discuss any

Jacquie Biloff is communication director for the Dakota Conference.



26th Annual Dakota Conference Women's Retreat 701,751,6177

September 12 - 14, 2014 Bismarck, ND

> Featuring: Ginny Allen



Miscommunication Leads to Miracle

by Christina Osborn

Yesterday I ate the last piece of the miracle lasagna. Let me explain.

For my friend Evelyn English's funeral dinner I had been told other people were bringing lasagna and additional items and I was to bring only cookies. Of course I double-checked with my husband, Pastor Nicholas Osborn, and he confirmed—only cookies.

When we arrived at the church I found three other ladies in the kitchen: **Jean Shaver**, **Valena Stulzman** and **Lois Roggow**. Lois had made three 9x13 pans of lasagna, plus one 9x9 pan. There were plenty of desserts and some bread, but that was it. It didn't take long to realize there had been a miscommunication.

Quickly two ladies left to buy juice and salad. The two of us staying behind started buttering bread to brown in the oven.

Then I slipped out to do a headcount of guests—80, 90, 100 and I quit counting. We clearly did not have enough lasagna, even if only half of them stayed to eat.

When the other two ladies returned I told them we needed a miracle like the multiplying of the loaves and fishes. We formed a prayer huddle and pleaded with the Lord to do just that for the lasagna.

When the service ended people start filing into the dining area. Before long all 87 chairs set around the tables were filled. The blessing was said and we started serving. The portions on the plates going by looked huge, so I whispered that the servers needed to make smaller portions. They complied—and yet the plates still seemed heaped with lasagna.

When we were at the end of the last pan we looked from the hungry people standing in line to the empty pans, and one lady said she was going to make a last check in the kitchen. To our amazement she

To our amazement she came back with a full pan of lasagna!

came back with a full 9x13 pan of lasagna!

I pointed out that we still had about 35 people left to feed, not counting those of us who'd decided not to eat at all. Once again the four of us sent up prayers for the Lord to please multiply the lasagna. From that last pan, plate

From that last pan, plate after plate went by with huge portions of lasagna. Then all of a sudden everyone was seated and eating. I peeked at the pan and was amazed to see a full third still left. How on earth? Oh, me of little faith! I was in shock over what I had just witnessed—a bona fide miracle!

When everyone had eaten their fill, one of the ladies asked if I wanted to take the leftover lasagna home. Leftover lasagna? Of course I said yes.

Later a group of us circled once again in the kitchen, joined hands, said a prayer of thanks and sang *Praise God from whom all Blessings Flow!* We were all beaming. And I have to admit, I was a little choked up.

So that brings me to yesterday. I was in a hurry, ran into the house and realized I was so hungry I felt faint. I opened the fridge and what was sitting right in front? The miracle lasagna—touched by the hands of God Himself and multiplied so much that we had leftovers to bring home.



Lois Roggow witnessed the miracle of over 40 people receiving large servings of lasagna (and even seconds and leftovers) from a single 9x13 pan.

Christina (Potter) Osborn is the wife of Pastor Nicholas Osborn. They serve the Hurley, Mitchell, Platte and Yankton churches, the largest district in the Dakota Conference.



2014 Camp Meeting Provides Variety and Inspiration

by Michelle Hansen



Three pastors were ordained into ministry during camp meeting: (I-r) Laura and Phillip Sizemore; Victoria and Alan Harvey; and Belquis and Jose LaPorte Jr.

The generous members of the lowa-Missouri Conference gave \$23,500 to grow the tuition assistance fund and start health programs for refugees.

The Iowa-Missouri Conference camp meeting, held this past June at Sunnydale Adventist Academy (SAA), featured informative and uplifting seminars on healthy living, Bible study, stewardship, cross-cultural ministries, Biblical parenting and discipling new believers. Themed Preparing to Meet Jesus, the weeklong gathering highlighted the conference's ministries around the globe.

Throughout the week **Dr.** Richard Stenbakken, pastor and founder of Bible Faces Ministry, shared several first person biblical narratives. "John on Patmos" expressed how helping feed the 5,000 with Jesus made him realize that life wasn't all about him. "The Centurion" candidly and graphically described what it was like to be a central part of Jesus'

crucifixion.

On Sabbath Elder Dean Coridan, conference president, spoke about the focus on refugee ministries that the conference has recently taken. He shared how we are offering tuition assistance to refugee families who enroll their children in Adventist elementary schools and SAA. Coridan then called for an offering to help expand the refugee ministry. And the generous members of the Iowa-Missouri Conference gave \$23,500 to grow the tuition assistance fund and start health programs for refugees.

That afternoon the Magabook literature



Dr. Richard Stenbakken portrays the role of the centurion at Jesus' crucifixion.

evangelism team spoke of how they had been blessed so far this summer. Magabook director **Charity** Infante stated that the 2013 team had earned more than \$70,000 in scholarship money by selling books door-todoor. Dr. Joseph Allison, conference superintendent of education, shared that again this year he challenged the 316 students in our 16 elementary schools to raise \$350 for conference evangelism. And just like last year the students exceeded Allison's goal, giving a total of \$415. Two schools took on individual projects as well. Springfield Adventist Junior Academy raised \$3,000 to build one of the classrooms for a school in Africa. And College Park Christian Academy in Columbia, Missouri raised money to purchase a washer and dryer for an orphanage in Africa.

Thank you to all the musicians, Sabbath school volunteers, pastors, SAA staff and church members for making camp meeting a memorable experience. We look forward to seeing everyone June 2-6, 2015 at SAA.

VIDEO: Footage of selected meetings from the 2014 camp meeting is at www.youtube.com/ imsdaconference.

Michelle Hansen is communication/Sabbath school director for the lowa-Missouri Conference.

Atlantic Church Opens Christian Community Center

by Michelle Hansen



Jennifer Duffield recently taught a seminar in the Atlantic Christian Community Center about naturally reversing type 2 diabetes.

After several years of construction, the Atlantic (IA) Church has opened a Christian Community

Center on its property. Church members and Pastor Jerry Duvall are thrilled to have the center

completed since they plan to hold evangelistic series and health seminars, as well as renting it out for community weddings and gatherings. The center has several side rooms and one large room with a spacious and well-equipped kitchen.

One of the first events the church hosted at the center was a threeday health seminar on reversing type 2 diabetes. Jennifer Duffield, RN, BSN and certified wellness coach, presented a free series focusing on how to naturally, through diet and exercise, reverse this disease that affects more than 29 million Americans.

Community and church

members received practical health tips and enjoyed a Sabbath afternoon plantbased feast. The series concluded with Duffield challenging everyone diabetic or not—to follow a vitamin rich, plant-based diet and exercise routine for 30 days and experience the health improvements that follow.

Michelle Hansen is communication/Sabbath school director for the lowa-Missouri Conference.

Focus on Marriage Weekend

September 12-13, 2014 Burlington, Iowa Seventh-day Adventist Church

Featured Speakers

Pastor Jared and Katie Miller, Family Ministries Directors for the Iowa-Missouri Conference.

Friday Night

7 pm: The Power of the Tongue 8pm: The Languages of Apology

Sabbath

9:30 am: Marriage's 3 P's: Parenting, Purity & Peace 11 am: Till Death Do Us Part Potluck

1:30 pm: God Invented Sex 2:45 pm: God's Answer for the #1 Cause of Divorce

Childcare provided Friday night & Sabbath afternoon. More information at www.imsda.org/calendar.

Iowa-Missouri Conference 1st Annual Marriage Retreat

Camp Heritage November 7-9, 2014



Special Guest Speakers:

Stan & Angie Hardt, from Union College, are passionate about strengthening marriages and have spoken for many Marriage and Engaged Encounter weekends.

Register online at www.imsda.org/family. Register by October 7 for an early bird discount.



Dental Visit Leads to Baptisms

by Kimmi Owen



Lacey (Owen) Merkel (middle) is one of the members of the Chadron Church who befriended the Hamilton family.

Every day we are given chances to witness to others. Recognizing this, two special hygienists paved the way for our Chadron (NE) Church to show God's love to Nikki Hamilton and her younger brother, Falcon.

In early 2009, Nikki sat down in Shauna Kutschara's chair to have her teeth cleaned. For more than 11 years, Shauna has been our Pathfinder leader and likes to mention our clubs to patients with young children. Seeing that Nikki's father, a single parent, had his hands full with the two inquisitive and rambunctious nine and

six-year-olds, she decided to ask if they would be interested in joining. Sure enough, the two started coming to the Adventurer and Busy Beaver clubs right away. Opportunity...taken!

After Nikki and Falcon had been involved with the clubs for less than a year, they were in the dental office again for another cleaning. This time, hygienist Lacey Owen (now Merkel) was cleaning their dad's teeth. While the kids visited with Shauna and other staff in the office, Lacey noticed how much these sweet kids craved attention. Knowing

their dad had a busy work schedule, often keeping him away from home on the weekends, she asked if his kids could attend Sabbath school and church occasionally. He said yes. Again, an opportunity... taken!

"Occasionally" quickly turned into every week, along with lunch and Sabbath afternoon trips to the park. Soon Lacey decided to step out again and asked the siblings' dad about enrolling the pair in our church school. Church members had already agreed to take care of the expense, so it would

be absolutely free to the family. Again, "yes" was the answer, so Nikki and Falcon started attending Prairie View Adventist School. Yet another opportunity...taken!

In subsequent years Nikki and Falcon were both baptized and now Nikki attends Campion Academy, thanks to the Kansas-Nebraska Scholarship Fund. That continued investment in the youth has been an opportunity for Kansas-Nebraska...taken!

Kimmi Owen is a member of the Chadron Church.

Grand Island Hispanic Church Opens New Place of Worship

by Sandro Sandoval



Max Lorenzo, head elder, and Ron Carlson, conference president, cut the ribbon to open the Grand Island Hispanic Church

For the past seven years, members of the Grand Island Hispanic Church have worshiped in a storefront building, with a sanctuary seating only 90 and one

small classroom.

We needed a larger building to accommodate our growth, children's classrooms and for evangelistic outreach.

Fortunately, we bought a building from another congregation that offered much more space and additional classrooms, including a kitchen area for fellowship. Before the grand opening, 30-40 members showed up on Sundays to put on a new roof, remodel the lobby and install a dividing wall so members could walk to the fellowship room without disturbing services. A couple of new rooms were added for baptismal needs.

Thanks to our members, we did not pay a contractor to do any of the remodeling, saving about \$40,000 in labor.

Evangelism has already begun. A neighbor

was curious about the remodeling project. He said he has a worker who is interested in studying the Bible. She has already started taking Bible studies. Pastor Jorge Zelaya held an evangelistic series this past summer.

The members are 100 percent committed to the church and its vision, which is evangelism and community outreach. We praise God for our new place to worship Him.

Sandro Sandoval, former pastor of the Grand Island Hispanic Church, is attending the seminary at Andrews University.

Piedmont Park Church Expands its Facilities



(l-r) Finance Committee chair Steve Duden, Building Committee chair Valerie Krueger, Pastor Michael Halfhill, Trystin Somers (representing the future) and Don Prowant (founding member) break ground on the new addition.





Mission and Vision Drive Conference Growth

by Brian K. Mungandi



Praise the Lord! The Minnesota Conference has surpassed the 9,000 membership mark.

The Minnesota Northern Lights are getting brighter, and more colorful. We have the Caucasian lights, the Hispanic lights, the African lights, the Afro-American lights, the Russian lights,

the Karen lights, the Korean lights—we can see here the entire spectrum of the colors of visible light, representing the colors of God's kingdom. What a rainbow!

I believe the current conditions are just right, and events long foretold in Biblical prophecy are beginning to be fulfilled before our eyes, transforming individual members. churches and the whole Christian layout in this state. Churches all around the state are showing signs of growth. Yes, in some areas, the church is still struggling; but even there, we can see the hand of God at work.

A few years ago, the Minnesota Conference administration planned a

major evangelistic thrust for riding the waves that God has already created in this state. Shawn Boonstra and the Voice of Prophecy evangelistic team have been invited to hold meetings in the Twin Cities next spring. The conference is projecting up to 1,000 baptisms by the end of 2015.

Now don't panic at this huge goal because a dear lady once wrote: "We have nothing to fear for the future,

Minnesota Conference Statements:

Mission: To help people realize Christ, and come to know, **Vision:** Recognizing that Jesus actively engage in ministry.

except as we shall forget the way the Lord has led us, and his teaching in our past history" (Ellen G. White, Review and Herald, October 12, 1905). The Lord Himself said, "So pray to the Lord of the harvest to force out and thrust laborers into His harvest" (Matt. 9:38, AMP).

The growth we have seen in recent months can be repeated. We should pray that every one of our 9,000 members becomes a disciple and engages in every disciple-making activity possible. Pray that where there is only one disciple today there will soon be 100 disciples.

Brian K. Mungandi is vice president of administration for the Minnesota Conference.

Minnesota Conference Reaches out to India

by Sherman McCormick



series, nearly all are former Hindus.

For three weeks in February and March four members of our Minnesota church family were in southern India sharing the good news about God. Conference president Justin Lyons joined Eric Mokua (pastor of Kenyan Community Church), Barbara Christiansen (health educator and church

member in Redwing) and myself as we traveled to Khammam in Andhra Pradesh, southern India. There we conducted three evangelistic series in remote villages about 25 miles outside Khammam. A total of 133 were baptized before the end of the series. In preparation, the Minnesota

Conference sent over funds to hire a Bible worker. We also sent money to purchase property and build churches in the three villages where the meetings were held. We are thankful that the Minnetonka church has voted to fund a Bible worker to stay in these villages and work with the people for the next three years.

We recently received an email reporting that communion services were held at the three new churches and that these churches continue to grow as additional villagers request Bible studies and baptism. While visiting nearby villages, I witnessed two village leaders asking if we would come and build Adventist

churches in their villages.

God is working with non-Christians in Asia in a special manner. Of the 133 baptisms, nearly all were Hindus. One formerly Muslim lady owned a shop next to the site where Pastor Mokua held his meetings. At first she resisted the message in every way. But God's Spirit is able to break down all resistance. This lady yielded to God's drawing love and was baptized before Pastor Mokua left. God's Word is a mighty sword and He is working like never before!

Sherman McCormick is ministerial director for the Minnesota Conference.

Quilters Receive Undercover Blessings

by Rita Tasche

I started making prayer quilts after we visited our good friends, **Bob** and **Sandy** Anderson, in Hutchinson. She was battling cancer, had lost her hair and was sitting on the couch covered by a gorgeous prayer quilt. After I exclaimed how beautiful it was, she said, "This was given to me by women from another faith—I don't know why our church doesn't do this!"

A light clicked on in my head and I thought, Why not me? I went home and surveyed my vast collection of fabrics and said, "So this is why you gave me this stash, Lord!"

As word spread. donations of more fabric and thread began coming in and the project mushroomed into a beautiful ministry with many people joining me. Some are from our church, some from others.

There are now approximately 20 volunteers on the Praver Ouilt team. not to be named lest I forget someone. One is as important as another in the assembly process and offering up prayers for whom these quilts are made. God knows them all, but many we do not. By word of mouth we've been given names, addresses and the illness or accidents of these ailing ones. It's like having antennas out for the Lord's work. We say, "We are about our Father's business."

Many prayer warriors lift the suffering ones up in prayer—some as they



Rita Tasche and her husband, Max, coordinate a team of volunteers who have made and delivered over 1,000 Prayer Quilts.

tie the quilts and others as they write notes of hope and reassurance that God loves them and that we care. After the quilts are sent the recipient's names are added to our "blanket prayers."

To date we have made and delivered over 1,000 Prayer Quilts, using eight yards of fabric for each one. This equals 8,000 yards or a little over 1.5 miles. Each quilt is 5' x 6' and is big enough to wrap around the person, who is usually sick and cold. Many say they are warmed, as they feel wrapped in prayers.

The thank-you notes that come in the mail every week immensely bless us. One person wrote, "I don't even go to church and all these people I don't even know are praying for me... amazing!"

Rita Tasche is a member of the Brainerd Church.

The specifics

I have four donated sewing machines plus four of my own. The cost of servicing these machines is also donated. And without the Dorcas Society and monetary donations that pay for the batting and postage we couldn't continue this ministry.

Two of us pin about seven quilts per week and



four of us usually cut, sew, and assemble nearly 40 hours a week each on the quilt tops. Others dedicate time as they are able.

My husband, Max, has been "grandfathered in" and is indispensable! He delivers and picks up quilts from the prayer warriors, boxes them up and mails them. He also cooks, washes dishes and cuts strips, which gives me more time to sew.

At this point my fabric stash is full, but in the future I will welcome more. We store the batting in our second bathroom shower area (with curtains pulled, of course), and our holding area is our spare bedroom/ computer/sewing room, leaving limited space at our house. A heated, lighted building close by would be handy, but we make this work.



Mission Team Builds Walls in Africa

by Lynne Eagan

After months of planning and in fulfillment of the Rocky Mountain Conference's promise to build a church for the new Mansa Christian Learning Center in Zambia, 19 missionaries led by Campion Academy principal Spencer Hannah flew to Lusaka, Zambia last June. There they met four additional members of the team and were welcomed by General Conference vice president Dr. Pardon Mwansa. Later they boarded a bus and headed north for Luapula Province.

The group visited the provincial capital of Mansa, which has a population of 42,000 predominantly Bemba people. Then they made their way to the beautiful property reserved by the province for a Christian school. Team members followed missionary builder Dennis Evens of Loveland, Colorado to an aweinspiring spot overlooking the land where the cement slab of the church beckoned them to raise the walls. This church will be the covenanted first fruits of the school that will bring Jesus' power and practical skills to the sprawling African town framing the horizon beyond.

The team was amazed that afternoon to be ushered into government and church offices and welcomed by the provincial permanent secretary, city mayor, provincial deputy educational director, and the Adventist field president, then swept off their feet as a parade of Pathfinders and Dorcas Society ladies marched through the town to welcome them and herald the coming evangelistic meetings with their banner "Impact Mansa for Christ."

That first Sabbath the team immediately bonded at the baptism of team member Grace Cho at the Mumbulumba Waterfalls. Then they walked a pathway of miracles, including the last minute provision of a professional mason from Fort Collins' Spanish speaking church group. Jorge Zuniga was an enthusiastic and excellent teacher who united the team of builders and local masons. The group watched God raise those cement block walls above all doors and windows on half the church and many courses high on the remainder. They also taught classes to the students in their temporary quarters, set up donated computers and a printer for their computer lab, and worshiped in song and prayer with them on the new church site.

They delivered **Judy Olson**'s handmade dresses to a precious nearby
Adventist orphanage. And as the Holy Spirit had prepped souls during the pre-evangelism Voice of Prophecy Bible Studies that local churches conducted before the team arrived, thousands attended the three crusades where **Paul**

Eagan, Tim Harley and Peter Handke preached. The local pastors bubbled over with amazement at God's outpouring in their city such as they had never seen before. On the last Sabbath 265 were baptized and over 50 more were preparing to be baptized soon.

Afterward local church leaders hosted a farewell program filled with accolades and gifts. Each member could only feel the unworthy joy and privilege of such small individuals being used by such a mighty God. The next stage of the journey of driving south to Livingston, standing in the rainbow mist of powerful Victoria Falls and seeing exotic animals at Chobe Game Park paled in comparison

to the mighty outpouring of God's Spirit in Mansa.

The challenge continues

You can help fulfill our promise to finish this church. Dennis and the local builders have already completed the walls, with the door and window frames snugly fitted in. Now they need to buy trusses, roofing material, stucco and paint to finish the church. They await our dollars to be sent through the RMC office.

Lynne Eagan is a member of the Fort Collins English Church.



Campion Academy principal Spencer Hannah (center in white) and a team of workers from the Rocky Mountain Conference build the cinder block walls of the church that RMC churches helped finance.

Miracles Bring Radio to the Western Slope

Montrose obtains license to launch a station

by Janice Lee Grant



The Montrose Christian Broadcasting Corporation is poised to go live on Colorado's Western Slope, but they need your help to make this dream a reality.

After years of prayer and dreams, church members from the Western Slope of Colorado are rejoicing in the miracles God has worked on their behalf to now position them to operate a full-power FM radio station sharing the Adventist message 24/7 in their communities.

For years Gale George, a member of the Montrose Church, dreamed of having an Adventist radio station in the area. In 2000, he became aware that the Federal Communications Commission (FCC) was offering a license for a low-power station that covered most of the city of Montrose. He gathered church members together and in January 2001 the Montrose Christian Broadcasting Corporation (MCBC) was formed. Although they applied for the license, it was awarded

to another group in town. So, they waited patiently for another opportunity.

In 2009, 3ABN World published a list of areas chosen by the FCC for new radio licenses. Our team was very excited to see that the small town of Olathe, located just north of Montrose and on the southern border of Delta County, had the opportunity for two fullpower FM stations.

The MCBC board quickly held a meeting. There was much business to transact since board chairman Gale George had passed away in February 2007, and other churches in Delta County were anxious to ioin the endeavor. The Delta, Cedaredge and Paonia churches elected representatives to the MCBC board, which joyfully submitted the application in February

After a long wait, in June 2013 MCBC received notice from the FCC that pending an Environmental Impact test, we would be awarded the license. While the news caused great excitement, a problem arose. The owner of the property for our tower site had died and her heirs chose not to honor her promise. A new site was quickly found and an amended application resubmitted to the FCC in the summer of 2013. To date, we have heard nothing from the FCC.

But God had a special blessing awaiting us in the form of another person in the area who had obtained FCC approval and a construction permit but decided to sell the permit instead of constructing their own radio station. This was providential because this full-power

This blessing comes with a faithbuilding catch. The station must be broadcasting by October 31, 2014.

station can reach a much wider area. God's miracle effectively put us years ahead of where we have been and also gave us a larger potential population.

Yet this blessing comes with a faith-building catch. Usually, FCC approval allows three years in which to collect funds, purchase equipment and get everything installed and tested. This set-up time expires on October 31, 2014 for this station, so we must do the majority of our fundraising by then.

The constituent churches, with memberships of 30-100, have responded generously to our call for funds, but much more is needed. If the Lord impresses you to help, please consider giving a one-time gift before October 31, 2014. Because MCBC is a non-profit organization, any donations will be tax-deductible. Please be sure to include a return address so we can send the receipt.

Address correspondence to: Montrose Christian Broadcasting Corp. (MCBC), 1134 N. Townsend Ave., Montrose, CO 81401.

Janice Lee Grant writes from Cedaredge, Colorado and attends the Paonia Church.



A Conversation with Dr. Vinita Sauder

Union College's new president discusses her past experiences and what she likes about her new school.

by Ryan Teller



Dr. Vinita Sauder, who most recently served as vice president for Strategic Initiatives at Southern Adventist University, has accepted the invitation of the Union College Board of Trustees to serve as Union's next president.

I caught up with Dr. Sauder during her busy transition to Lincoln and asked her a few questions about herself and her new role at Union.

Dr. Sauder, what first drew you to Union College?

As I've spent more time

here, I've discovered so many things to like. But what first attracted me to Union is the size and spirit. I am passionate about small colleges. Schools such as Union can deliver an excellent education because of personal connections. Small colleges create an environment where students can grow and live up to their full potential.

My entire life has been dedicated to small college education, and I have been interested in transitioning to a presidential role on a small campus like Union because I know small schools have all

the right tools to deliver a transformative, wellrounded education.

Why did you develop a passion for small colleges?

I did not grow up a Seventh-day Adventist, and attended public elementary and high schools. As a new Adventist, I enrolled at Southern College (now Southern Adventist University). The way in which the professors and staff interacted with me changed my life forever. I have also seen the same results in my children and in those of my friends.

In fact, my 28-year-old son who attended the Carolina camp meeting last summer started texting me when he met a couple whose son just graduated from Union: "Mom, they talked to me for 20 minutes about what an awesome experience it has been for him and how it changed his life."

You have been a part of some research projects that put hard data behind these ideas. Tell us more about what vou learned.

When I did my doctoral dissertation, I was blessed to be involved with the Adventist Association of Colleges and Universities—a collaborative effort among

all the Adventist colleges in North America, I dovetailed the research I conducted with AACU into my dissertation, so I became closely involved with the project.

We held focus groups and telephone interviews with both Adventist parents and students. comparing the perceptions of Adventist students who were public high school graduates with graduates of Adventist academies. We made some astounding findings, namely that Adventists who attended public high schools didn't have any awareness of the 15 Adventist colleges in North America. But when we described the benefits of a private college experience to them, including professors who had time to mentor, the spiritual environment, opportunities for service and ministry, and the excellent academic and career preparation possible, we discovered both parents and students became very interested in Adventist colleges.

As a result of that study, AACU dedicated resources to reaching out to all Adventist students across America to share the tremendous difference in values and benefits that investment in a private education can make. We'd like every Adventist student to at least have the chance to consider an Adventist college when

they are making their college choice.

I was also involved in a second research project that is just now concluding. We surveyed alumni databases of all Adventist colleges including Union—as well as Adventists who attended public universities. Again, the results were dramatic. This research indicated overwhelmingly that Adventist schools provide a personal touch, personal mentoring and relationships—dramatically increasing educational satisfaction—in a way that just doesn't happen in public universities or high schools.

We always suspected this, but now we have the data to back it up.

You have spent most of your career working at Southern Adventist University as a public relations specialist, professor and administrator. As you look back, what are you most proud of?

It's hard to realize I worked at Southern for nearly 25 years all together. But of all those great experiences, I think I'm most proud of being able to work with teams to accomplish goals. It didn't take me long to learn that a task is never about just one person. A team can generate ideas and

excitement, and working on a successful team is my biggest joy.

When I was asked to lead a team tasked with retention of students, instead of just focusing on academics or student services we considered this a university-wide strategic initiative and assembled an actionoriented team from across the campus, including faculty, administrators, researchers, enrollment managers, and residence hall deans. This group did a lot of remarkable things, slowly boosting retention rates. I loved helping each member find their passion and strength. There's a lot of power in that.

What experiences do vou feel have best prepared you for your new role as president of **Union College?**

I think that until you have experienced a new role, it is difficult to know if you are prepared. I have been blessed by the mentorship of a really great college president in Gordon Bietz at Southern. I couldn't ask for a better mentor. He taught me how to lead collaborative teams and actively mentored me in a variety of ways.

The work I have done in strategic planning over the last three years has been a shaping factor for me. I've learned the importance

of seeing the campus as a whole and helping all the parts work together to accomplish a common

What do you think is Union's greatest strength?

People. Yes, Union has strong academic programs and a beautiful new science and mathematics building, as well as a great new facility for the physician assistant and international rescue and relief programs. But I can see the strength of the school in the personal connections made on campusbetween the employees, between students, between students and teachers. As I mentioned earlier, those connections are the key to a quality education.

I see strength in the dedication of the faculty and staff. I see strength in the students who are equipped and then given the opportunity to lead. I see strength in an environment that seeks to facilitate spiritual growth through fellowship and service opportunities. This is the kind of place I'd want to send my kids for college.

Speaking of kids, tell us about your family.

I am very blessed. Greg, my husband of nearly 33 years, and I have two grown sons who have married wonderful Christian women.

My older son, **Dustin**, served in the Marines in Iraq and Afghanistan. He and his wife, Kristin, have decided to move to Lincoln so he can earn a degree in international rescue and relief at Union.

My younger son, Nick, is a business analyst for Adventist Health corporate headquarters in Sacramento.

Greg worked at McKee Foods for 29 years in a variety of roles from quality control to floor supervisor. He has retired from McKee and hopes to continue in a similar job with a company in Lincoln.

We love to travel and explore small towns, so we are really looking forward to exploring what Union, Lincoln and the entire state of Nebraska have to offer.

Thanks for your time. We look forward to the coming school year.

Thank you. Please pray for me as I make this transition and pray for Union College. Union has long provided excellent educational opportunities to thousands of students and I am very excited to be part of God's plan for the future of this school.

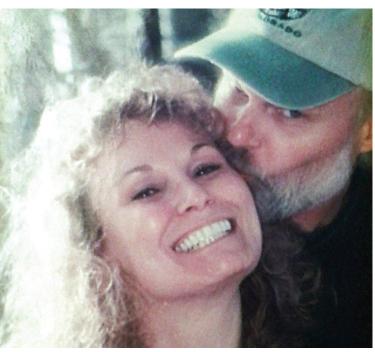
Ryan Teller is director of public relations for Union College.



A Love Letter to Angels

An atheist is blessed by Christian care at Porter Adventist Hospital

by Mark Bond



David and Carolyn Petersen enjoying life together during happier days.

David Petersen is an outdoorsman, conservationist and author from Durango, Colorado. He recently lost his wife of 36 years, Carolyn Jane (Sturges) Petersen. Carolyn had survived an earlier bout with melanoma, but 16 years later, without warning, it came back with a vengeance.

What started out as "stomach cramps" in the emergency room in Durango was the next morning confirmed to be terminal liver cancer. Not willing to just give up, David and Carolyn were referred to one of the country's finest liver surgeons at Porter Adventist Hospital in Denver. The next nine days were a whirlwind of gut-wrenching decisions that ultimately led

to palliative care as David said tearful goodbyes to his loving companion.

When a writer is faced with loss and heartache, often the best therapy is to write. As David thought about the ordeal of losing his wife, what he ended up writing was a "love letter" to the nursing staff of Porter's oncology unit.

"Carolyn was my fount of strength, sanity, heart and mindfulness in this warped old world, and her disappearance leaves me a man cut in half," shares David in a blog that was published on the *Huffington Post* website. In his blog, he mentioned the cheerful environment and spacious rooms in the oncology unit. But what David wrote about

the caring nursing staff is best shared in his own words:
"One would expect that working daily with death

"One would expect that working daily with death, as oncology specialists do, would prompt the formation of an emotional exoskeleton. Miraculously, we found that not to be so at Porter. Carolyn had been awake and characteristically engaging the first couple of days—all light and innocence even on morphine. This brief conscious prelude allowed the nursing staff to get a sense of her irresistible lovability and unflinching stoicism. Like I had years before, they all fell instantly in love. And too, at only 59, Carolyn was a generation younger than most terminal cancer patients, providing another source of 'this isn't fair' empathy. But the exceptional personal compassion we saw in the Porter oncology staff was obviously resident there before we arrived. These were not mere 'professional smiles' greeting us at every turn, but the real deal from real people, at times accompanied by real tears. Deathwatch nurses, crying! I could name them but I won't. One sweet lady visited our room frequently every night she worked, lingering long. Assuming me to be asleep, she went about her duties, such as assuring that the morphine drip was functioning, and far beyond—bathing my comatose wife with a cool damp cloth, turning her gently, applying ointment to eyes and lips, speaking to her quietly and lovingly

throughout...and like me, weeping."

These "angels" were embodying the mission statement of every hospital that is a part of the Adventist Health System. *Extending the healing ministry of Christ* is more than a catchphrase; it is a way of life that brings compassion to all who enter those hospitals' hallways.

"We are atheists, Carolyn and me. Yet the loving care we received at Porter throughout the most stressful and disorienting week of our lives, was nothing less than a blessing—even as the staff who so exceptionally served and comforted us are angels come to Earth," wrote David. He continued, "My fondest wish is that you never have to see the inside of an oncology unit, as patient or 'survivor.' Yet should it come to that, give thanks for Porter Adventist Hospital—a Godsend, pure and simply."

ARTICLE: To read the touching story in its entirety, please visit http://huff.to/REmjLm or scan the QR code below.



This article was submitted by Stephen King, senior vice president for mission and ministry for the Rocky Mountain Adventist Health System/Centura Health, where he serves the five Adventist hospital campuses in Colorado.

Speaking of Women's Health Conference Scheduled for October

by Emily Becherer

The annual Speaking of Women's Health Conference (SWH) was clearly designed with the goal of cultivating the whole person.

"To be a whole person, we need to take care of all aspects of our life," said Robin Patykiewicz, program director of Speaking of Women's Health. "As women, we can't provide for our families if we're not taking care of ourselves first."

Sponsored by Shawnee Mission Health (SMH), this year's conference is set for October 3 from 8 am - 4 pm at the Overland Park Convention Center in Overland Park, Kansas. Speaking of Women's Health teaches women how to cultivate wellness in all aspects of their lives.

Patykiewicz realized this need for whole-person care firsthand when she attended her first conference five years ago. At one of the conference's health screenings, she discovered she had high blood pressure and elevated cholesterol levels.

"I was determined to make a change because I didn't want my son to have to take care of me," she said. "It changed my life. A lot of us women think that our goal is to provide for our families economically and socially, but how can you do that if you're not taking care of yourself first?" Patykiewicz said.

With its variety of speakers, demonstrations and health screenings, the conference is one of the many ways SMH

fulfills its commitment to whole-person care.

The morning's scheduled keynote speaker, **Paula Johnson**, MD, MPH, pioneered one of the first facilities in the nation to focus on heart disease in women.

As in previous years, attendees will break in the middle of the day for lunch and another keynote speaker, who will add a touch of humor to the event. **Jeanne Robertson**, humorist and former Miss North Carolina, will present *Humor: More Than a Laughing Manner*.

"We always try to do a lunch keynote that is fun and entertaining," Patykiewicz said. "Jeanne specializes in hilarious humor based on life experiences."

Between speakers, attendees may attend a number of breakout sessions, designed to teach women to cultivate all aspects of their wellness, from nutrition and stress management to skincare and beauty. Sessions will include presentations from SMH experts and culinary demonstrations from Whole Foods, The Culinary Center and many others.

In the Exhibit Hall attendees can visit 30-40 booths provided by sponsors such as Costco, Shawnee Mission's Santé Image Renewal Boutique & Salon, Blue Cross Blue Shield of Kansas City, Brookdale Senior Living, Macy's, Commerce Bank, CBIZ, Sprint, Cerner and others. Many of the booths will provide women direct access to healthcare with screening such as vascular health, vision, audio, oral cancer, bone density, skin checks and flu shots.

"It's a sense of camaraderie where you get to spend a day with over a thousand other women who are all looking to improve their lives, their health and their emotional well-being," said **DeAnna Bacon**, member of the SWH steering committee.

At the end of the day, each attendee leaves with a gift bag, and every woman who fills out a survey will receive a rose.

"You leave the day feeling refreshed and armed with a whole new set of information so that you can improve many areas in your life," Bacon added.

Last year, the conference sold out at 1,200 attendees, Patykiewicz said. She expects the event to sell out again this year.

To learn more about the conference or to register visit ShawneeMission.org/swh or call 913.676.SOWH (7694).

Emily Becherer is a writer for Shawnee Mission Health.





Berry, Ann, b. Feb. 29, 1932 in Anacortes, WA. d. Jan. 1, 2014 in Pierce City, MO. Member of Neosho Church. Preceded in death by husband Earl. Survivors include daughters Gail Oxedine and Linda Ingram; 1 sister; 4 grandchildren; 5 greatgrandchildren.

Biloff, Hagen, b. July 23, 1917 in Carrington, ND. d. Apr. 9, 2014 in Milton-Freewater, OR. Member of Milton-Freewater Church. Preceded in death by 4 siblings; 5 grandchildren. Survivors include wife Gladys; daughter Lana Sepolen; sons DeVern, Dennis and Neil; 10 grandchildren; 4 greatgrandchildren.

Bliss, Harold D., b. Jan. 4, 1926 in Marion, IA. d. Apr. 13, 2014 in Loma Linda, CA. Member of Cedar Rapids (IA) Church. Preceded in death by 2 siblings. Survivors include wife Irene; daughters Janet Stokes, Donita Brownlee, Carol Rezkalla and Corinne Wallace; 6 grandchildren; 7 greatgrandchildren.

Bodnar, Bonnie, b. Aug. 29, 1929 in Oklahoma City, OK. d. Feb. 11, 2014 in Bellevue, NE. Member of Golden Hills Church. Survivors include husband Louis; daughter Jeanne Bodnar; son Alan; 8 siblings; 2 grandchildren.

Brandenburger, Adeline, b. Mar. 14, 1923 in Kulm, ND. d. Mar. 16, 2013 in Aberdeen, SD. Member of Dakota Conference. Preceded in death by husband Fred; 3 siblings. Survivors include daughter Connie Brandenburger-La Belle; sons Anthony, Steven and John; 1 sister; 4 grandchildren; 2 step-grandchildren; 2 greatgrandchildren; 3 step-greatgrandchildren.

English, Evelyn M., b. Aug. 25, 1944 in Chester, SD. d. Jan. 26, 2014 in Scotland, SD. Member of Platte Church. Preceded in death by parents; 1 brother. Survivors include husband Rich; daughter Rebecca Canright; son Matthew; 5

siblings; 6 grandchildren; 1 great-grandchild.

Fansher, Ivam, b. Aug. 1, 1927 in Holt County, MO. d. Apr. 5, 2014 in St. Joseph, MO. Member of Three Angels Church. Preceded in death by 4 sisters; 1 granddaughter. Survivors include wife Anna; daughters Debra O'Neal and Michelle Fansher; son Randy; 1 sister; 4 grandchildren; 9 greatgrandchildren; 1 great-greatgrandchild.

Goodson, Louella, b. June 1, 1927 in Cole Camp, MO. d. May 12, 2014 in Sedalia, MO. Member of Sedalia Church. Preceded in death by husband Walter; son Gary; 3 siblings; 2 grandchildren. Survivors include daughters Linda Collins, Judy Pickard and Sharon Goodson; son Jerry; 13 grandchildren; 34 greatgrandchildren; 6 great-greatgrandchildren.

Grasser, Selmer E., b. Dec. 16, 1939 in Williston, ND. d. Apr. 23, 2014 in Bismarck, ND. Member of Dakota Conference. Survivors include wife Arla; son Eugene.

Gulke, Edna, b. May 17, 1929 in Forbes, ND. d. June 15, 2014 in Aberdeen, SD. Member of Aberdeen Church, Preceded in death by husband Erwin; 2 siblings. Survivors include daughter Diane Murray; son Corey.

Harper, Gerry E., b. Dec. 12, 1949 in Gillette, WY. d. Nov. 29, 2013 in Sturgis, SD. Member of Rapid City Church. Preceded in death by parents; son Travis Miller. Survivors include wife Terri; daughters Charity Baptista and Tessie Ruth Lorenzen; son Gerry; 4 brothers; 8 grandchildren.

Iden, Annastazia, b. Mar. 16, 1953 in Council Bluffs, IA. d. Apr. 4, 2014. Member of Council Bluffs Church. Preceded in death by husband Larry; 1 sister. Survivors include daughters Jamie Embrey, Elizabeth Thomas and Alicia Iden; sons Chuckie

Schultz and Steven Ruckman; 2 siblings; 7 grandchildren; 1 great-grandchild.

Johnston, Helen, b. Jan. 2, 1925 in Centralia, MO. d. Mar. 19, 2011. Member of Sunnydale Church. Survivors include daughters Norma Dope, Beverly Burpo, Debbie Davis, Sharon Wiley, Marilyn Vaught and Bonnie Sample.

Kelley, Freda, b. Aug. 12, 1913 in Leola, SD. d. Mar. 3, 2014 in Burnsville, MN. Charter member of Minneapolis Southview Church. Preceded in death by husband Ray. Survivors include daughter Judy Kanfield; son Vernon; 3 siblings; 4 grandchildren; 4 great-grandchildren.

Knisley, Marjorie "Peggy" E., b. Jan. 21, 1928 in Cwm, Monmouthshire, South Wales, United Kingdom. d. July 12, 2014 in Hot Springs, SD. Member of Hot Springs Church. Preceded in death by husband Harry Jr. "Bud." Survivors include daughters Carol Alford, Candy Knisley and Becky Krause; 6 grandchildren; 15 greatgrandchildren; 1 great-greatgrandchild.

Leonhardt, Vada, b. Dec. 20, 1918 in Council Bluffs, IA. d. Jan. 30, 2014 in Lincoln, NE. Member of College View Church. Survivors include daughter Marcia; sons Darrell and Dwain; 2 siblings; 6 grandchildren; 3 greatgrandchildren.

Oak, Carol, b. May 3, 1921 in Muscatine, IA. d. May 27, 2014 in Muscatine, IA. Member of Muscatine Church. Preceded in death by infant daughter and infant son; daughters Leilani Kenner, Betty Jo Werner and Karen Lea Paxton; 3 siblings; 1 grandson. Survivors include son Jerry Wieter; 1 sister; 4 grandchildren; numerous great-grandchildren.

Paul, Joseph, b. Sept. 24, 1936 in Malvern, AR. d. May 13, 2014 in Neosho, MO. Member of Neosho Church. Survivors

include wife Letha Marie; daughters Nancy Paul, Paula Jo Paul, Laureli Paul, Robin Hargrove and Stacy Phillips; sons Joseph Paul Jr., Steven Paul, Roger and Brent Savage; 3 siblings; 16 grandchildren; 15 great-grandchildren. U.S. Navy Veteran.

Pfaff, Mark A., b. Feb. 1, 1952 in Jamestown, ND. d. May 31, 2014. Member of Bismarck Church. Preceded in death by father. Survivors include sons Jason, Michael, Troy and Cole; stepchildren Russell, Alissa, Leah, Sean, Karalyn, Kristina, Kalleena and Kendra; mother; 3 siblings; numerous grandchildren.

Phillips, Lillian, b. Mar. 26, 1926 in Omaha, NE. d. June 15, 2014. Member of Council Bluffs (IA) Church. Preceded in death by husband Leonard; 2 brothers. Survivors include daughter Madelaine Foster; son Lanny; 6 grandchildren; 8 great-grandchildren.

Pope, Elma "Ruth," b. July 7, 1920 in Mine LaMotte, MO. d. May 14, 2014 in Plano, TX. Member of Cape Girardeau (MO) Church. Preceded in death by husband George; daughter Gloria; 4 siblings. Survivors include daughters Carol Young, Doris Warner, Shirley Pope, Rose Anderson and Glenda Farrow; sons Gary and Larry Pope and Glen Wilkinson; numerous grandchildren, greatgrandchildren and great-greatgrandchildren.

Putnam, Patricia, b. Mar. 15, 1937 in Joplin, MO. d. Apr. 23, 2014 in Joplin, MO. Member of Joplin Church. Survivors include 1 brother.

Quast, Rose C., b. Apr. 23, 1917 in Fredonia, ND. d. July 23, 2014 in Turtle Lake, ND. Member of Bismarck Church. Preceded in death by husband William; daughter Dorothy Dean; numerous siblings. Survivors include daughter Sue Schlafmann; son Roger; 9 grandchildren; 9 greatgrandchildren.

Reedy, Evelyn, b. Aug. 7, 1930 near Harvey, ND. d. May 10, 2014 in Harvey, ND. Member of Harvey Church. Preceded in death by 9 siblings. Survivors include daughter Elreen Olson; son Tom Patzer; 2 siblings; 3 grandchildren; 9 greatgrandchildren.

Reinke, Marvin L., b. Mar. 31, 1933 in Kulm, ND. d. May 14, 2014 in Forbes, ND. Member of Kulm Church. Preceded in death by 8 siblings. Survivors include wife Alma; daughters Marveleen Dewald, Geraldine Dodds, Joeline Harmon and Eileen Larson; son Bruce; 8 grandchildren; 14 greatgrandchildren.

Roth, Candace A., b. Apr. 20, 1956 in Carrington, ND. d. Oct. 13, 2013 in Lawton, ND. Member of Grand Forks Church. Survivors include 2 sisters.

Rusk, Nola, b. July 25, 1935 near Carthage, MO. d. Jan. 21, 2014 in Siloam Springs, AR. Member of Joplin (MO) Church. Preceded in death by husband Don. Survivors include daughters Brenda Beerly, Pamela Crone and Cheryl Livingston; son Robbin; 13 grandchildren; 10 greatgrandchildren; 1 great-grandchild.

Schander, AnnaLee, b. May 7, 1926 in Lincoln, NE. d. Jan. 31, 2014 in Lincoln, NE. Member of College View Church.
Preceded in death by husband Eugene. Survivors include daughters Lonnie Wise, Julie Chunestudy and Cheryl Woods; 11 grandchildren; 19 great-grandchildren.

Schild, Lena D., b. Aug. 12, 1923 near Watford City, ND. d. May 4, 2014 in Sturgis, SD. Member of Spearfish Church. Preceded in death by 11 siblings. Survivors include husband Harlan; 1 brother.

Schleif, Arthur, b. Sept. 27, 1925 in Lawrence, NE. d. July 18, 2014 in Pueblo, CO. Member of Burlington (IA) Church. Preceded in death by 6 brothers. Survivors include wife Vera Mae; son Brad; 1 sister; 2 grandsons. Pastored in IA, MO and MS. Served in WWII.

Shaffer, Lillian "Nan," b. Dec. 14, 1934 in Bisbee, AZ. d. Apr. 22, 2014 in Hampton, IA. Member of Hampton Church. Preceded in death by 4 siblings. Survivors include daughters Lillian Kunkle, Ruth Tapp and Tina Albrecht; son Buddy; 4 siblings; 7 grandchildren; 2 great-grandchildren.

Siewert, Aaron W., b. Feb. 4, 1923 in Bowdle, SD. d. June 17, 2013 in New Castle, WY. Member of Bowdle Church. Preceded in death by 2 sisters. Survivors include wife Pearl; daughter Tammy Franklin; son Steve; 3 grandchildren; 3 greatgrandchild.

Singhurst, Max A., b. June 26, 1929 in McAlester, OK. d. June 6, 2014 in Hot Springs, SD. Member of Hot Springs Church. Survivors include wife Cathleen; sons Steve and Joel; 4 grandchildren; 1 greatgrandchild.

Snyder, Daniel D., b. Apr. 8, 1965 in Beatrice, NE. d. May 29, 2014 in Dix, NE. Member of Sidney Church. Preceded in death by father; 2 siblings. Survivors include mother; 3 siblings.

Stegmann, Sandra, b. Feb. 1942 in Des Moines, IA. d. June 14, 2014 in Des Moines, IA. Member of Osceola Church. Survivors include husband Uwe; daughter Tammy Adams-DeLong; son Fred; 3 siblings; 5 grandchildren; 3 greatgrandchildren.

Stelling, Wanda "Colleen," b. Oct. 6, 1930 in Ethel, MO. d. Mar. 16, 2014 in Louisburg, MO. Member of Bolivar Church. Preceded in death by husband Elmer. Survivors include son Kevin; 3 siblings; 1 grandchild.

Suckut, Robert, b. Nov. 10, 1918 in Bowdon, ND. d. May

27, 2014 in Bowdon, ND. Member of Bowdon Country Church. Preceded in death by 4 brothers. Survivors include wife Dolores; daughters Iris Giguere, Dawn Kutz and Charlotte Timothy; son Randi; 2 siblings; 9 grandchildren; 11 greatgrandchildren.

Thall-Overton, JoAnn, b. June 22, 1931 in Omaha, NE. d. June 4, 2014 in West Plains, MO. Member of Next Step Church. Preceded in death by husband Bill; infant son; 5 siblings; infant greatgranddaughter. Survivors include daughter Sherry Lockett; sons Russell and Ed; 2 siblings; 9 grandchildren; 13 great-grandchildren; 3 greatgreat-grandchildren.

Thiesen, Lydia, b. Mar. 17, 1920 near Cathay, ND. d. Apr. 27, 2014 in Jamestown, ND. Member of Jamestown Church. Preceded in death by husband Dan; son Bruce; 11 siblings; 1 granddaughter. Survivors include daughter Linda Kramer; 4 grandchildren; 7 great-grandchildren; 3 greatgreat-grandchildren.

Turner, Leslie, b. Oct. 27, 1918. d. Mar. 5, 2014 in Gresham, OR. Member of Goldsberry (MO) Church. Preceded in death by wife Helen. Survivors include daughter Marilyn Sorensen; son James; 8 grandchildren; 9 great-grandchildren.

VanRaden, Marsha, b. Oct. 25, 1957 in Chicago, IL. d. Apr. 4, 2014 in Kansas City, MO. Member of New Haven Church. Preceded in death by father, ex-husband Dr. Ray Oldfield; 1 brother. Survivors include son Eric; mother and stepfather; 2 brothers.

To submit an obituary visit outlookmag.org/contact. Questions? Contact Raschelle Casebier at 402.484.3012 or raschelle@outlookmag.org.

Colorado	Sept 5	Sept 12	Sept 19	Sept 26	Oct :
Denver	7:25	7:13	7:02	6:50	6:3
Grand Junction	7:38	7:27	7:16	7:05	6:5
Pueblo	7:22	7:11	7:00	6:49	6:3
Iowa					
Davenport	7:29	7:17	7:05	6:53	6:4
Des Moines	7:41	7:29	7:17	7:05	6:5
Sioux City	7:53	7:41	7:28	7:16	7:0
Kansas					
Dodge City	8:03	7:53	7:42	7:31	7:2
Goodland	7:11	7:00	6:49	6:37	6:2
Topeka	7:47	7:36	7:25	7:13	7:0
Minnesota					
Duluth	7:40	7:26	7:12	6:58	6:4
International Falls	7:47	7:33	7:18	7:03	6:4
Minneapolis	7:43	7:30	7:16	7:03	6:5
Missouri					
Columbia	7:33	7:22	7:11	6:59	6:4
Kansas City	7:42	7:31	7:20	7:09	6:5
St. Louis	7:25	7:14	7:03	6:52	6:
Nebraska					
Lincoln	7:52	7:41	7:29	7:17	7:0
North Platte	8:09	7:57	7:45	7:33	7:
Scottsbluff	7:21	7:09	6:57	6:45	6:3
North Dakota					
Bismarck	8:15	8:01	7:47	7:33	7:
Fargo	7:59	7:45	7:31	7:17	7:0
Williston	8:27	8:13	7:58	7:44	7:2
South Dakota					
Pierre	8:10	7:57	7:44	7:31	7:
Rapid City	7:22	7:09	6:56	6:43	6:
Sioux Falls	7:55	7:42	7:30	7:17	7:0
Wyoming					
Casper	7:33	7:20	7:08	6:55	6:4
Cheyenne	7:25	7:13	7:01	6:49	6:3
Sheridan	7:37	7:24	7:11	6:58	6:4



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Summit Ridge Retirement Village is an Adventist community in a rural Oklahoma setting but close to Oklahoma City medical facilities and

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EMPLOYMENT

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in Orlando, Florida, is seeking full-time faculty members for its developing Doctor of Physical Therapy program. The ideal candidate will have an advanced level doctorate or DPT with clinical specialty certification, expertise in assigned teaching areas, effective teaching and student evaluation skills, a scholarly agenda, a record of professional and community service, and eligibility for PT licensure in Florida. For more information email DPTinfo@adu. edu, visit www.adu. edu/pt, or go to www. floridahospitalcareers.com and search job number 182527.

Adventist University of Health Sciences (ADU) in Orlando. Florida seeks director of Alumni Relations. Position will be responsible for building and maintaining an alumni database, newsletter and website. Chosen candidate will develop and chair all internal and external alumni committees, will be responsible for development of alumni giving program, and will produce scheduled communications

with ADU alumni and plan/ execute alumni events. Email fred.stephens@adu.edu for more information.

Adventist University of Health Sciences (ADU) in Orlando, Florida seeks vice president for Marketing/PR/Enrollment. Position will be responsible for ADU's overall image/branding and will oversee all advertising and publications which seek to educate both local community and wider national and international audiences. Email fred.stephens@adu.edu for more information.

Andrews University seeks HVAC Technician to maintain, repair, and install HVAC/ refrigeration equipment in campus housing and university buildings. Qualified person should have an Associate's degree or equivalent from two-year college or technical school; or at least two years related experience and/or training. For more information and to apply, visit www.andrews.edu/admres/jobs/ show/staff_hourly.

Recruiting midlevel providers (NP/PA) for a new rural health clinic/urgent care center in Weimar, CA. Candidates must have interest in and reflect the values of Weimar Institute's NEWSTART lifestyle. Call Randy at 530.296.4417 or email r61@me.com for more information.

Pacific Union College is seeking full-time faculty in the Nursing and Health Sciences Department-Emergency Services/Nursing to begin during the 2014-15 academic year. Ideal candidate will possess a masters degree in nursing or related field, a current RN license, and a current National Registry EMT certification and/or Paramedic license with at least two years prehospital experience. For more information or to apply call 707.965.7062 or visit http://www. puc.edu/faculty-staff/currentjob-postings.

Seeking committed Adventist Christian couple that are service oriented and missionary minded as Volunteer Rangers to steward a self-supporting Camp in Central Nebraska. Visit www. camparrowheadlexington.com for more information. Forward resumes/questions to Pauline at mountainlady@gtmc.net or 308.991.0339.

Southwestern Adventist University Advancement office seeks full-time vice president. Primary responsibilities centered in development, PR/Marketing and Alumni. Bachelor's (minimum) or master's degree (preferred) and two years advancement experience required. Review of applicants begins September 15. Anticipated start date, January 2015. Submit cover letter and CV/resume to Human Resources: denise.rivera@swau.edu.

Want to subsidize your retirement income? Caregiver needed for 75-year-old woman in Cheyenne, Wyoming. Help with cooking and light housekeeping. Fair monthly salary, with room and board included. Close to SDA church. Call Margaret at 307.632.4646 or 307.630.3073.

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FOR SALE

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EVENTS

College View Academy/Union College Academy Alumni Weekend 2014, October 10-12 at CVA in Lincoln, NE. All alumni

welcome! Honor Classes: '49, '54, '59, '64, '69, '74, '79, '84, '89, '94 and '04. For reservations (required for Friday evening dinner) or questions, call Yolana Doering at 402.483.1181 x32 or email ydoering@cvak12.org.

Oak Park Academy Alumni Weekend, Sept. 12-13. All alumni and former faculty and staff are invited to this special reunion weekend. Honor Classes: '39, '44, '49, '54, '59, '64, '69, '74 and '79. Location: Gates Hall, 825 15th St, Nevada, IA. For more information, contact Mary Dassenko Schwantes: 636.527.0955, maryschwantes@sbcglobal.net.

Sheyenne River Academy/ Dakota Adventist Academy Alumni Weekend, October 3-4 at DAA, 15905 Sheyenne Circle, Bismarck, ND. Come and renew your friendships! Honor Classes: ;40, '45, '50, '55, '60, '65, '75, '85, '90, '95, '00, '05, '10. More info: www.bit.ly/DAA-AlumWknd14, 701.258.9000 x236.

Singers of the Advent is celebrating 40+ years of ministry with a special alumni reunion program, Oct. 11, 2014 at

the Littleton SDA Church in Colorado. We're searching for past singers to participate. If interested, please contact Jennifer German: 203.919.9109, jlgerman52712@ aol.com; or Esther Rodeghero: 303.883.3423, e_rodeghero@ vahoo.com.

Sunnydale Adventist Academy Alumni Weekend, Oct. 2-5. Honor classes: '49, '54, '59, '64, '69, '74, '79, '84, '89, '94, '99, '04, '09. Activities begin Thursday evening with the Silver Showcase Banquet and continue Friday with a Career Day. Sunday is the Alumni Golf Tournament. Additional information: 573.682.2164, www.sunnydale.org.

NOTICES

Mission opportunity for Sabbath School groups, families or individuals! ACI (Adventist Child India) coordinates sponsors for Adventist children in India to attend school. \$420 (\$35/mo) will provide tuition, lodging, food, books, clothing and medical for a child for one year. Visit www. acichild.com for more info or contact Charlene Binder at rdbinder@inebraska.com.



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Black Hills Health and Education Center 13815 Battlecreek Road, Hermosa, SD, 57744 October 31: 8:00 AM - 5:00 PM November 1: 2:00 PM - 6:00 PM

Call Dan or Patsy Gabbert 605-255-5880 / 605-431-1318 dan@bhhec.org for info or to register

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Sponsored by Hermosa SDA Church

CORRECTION



On p. 15 of the July/August OUTLOOK we published a story about Sam Yuk Middle School in Macao, China which stated that most of the secondary students enrolled there have a criminal background and have spent time in prison. School chaplain Timothy Osborn informed us that only a small percentage of their students face such challenges. We regret this error. For more information about Sam Yuk Middle School visit msy.edu.mo or email info@msy.edu.



LET'S MOVEDAY

Sunday, September 21, 2014



Register at www.AdventistsInStepForLife.org



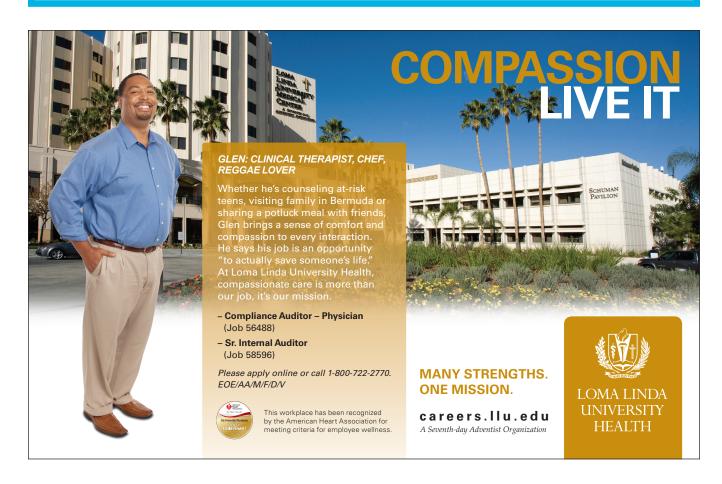
Whether you host a 5K run/walk, join a community event, or organize other activities, consider how your team can involve as many people as possible in physical activity. Invite your community to join your church, school, or hospital as we move together and promote a healthier lifestyle.

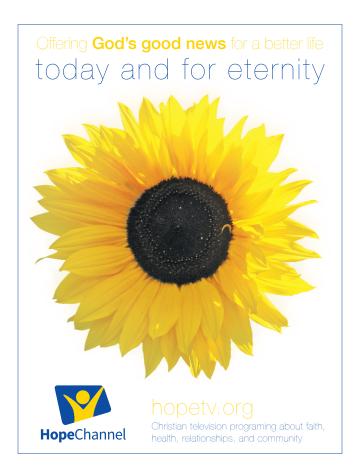
Find resources and information at www.AdventistsInStepForLife.org



Let's Move Day is an event of Adventists InStep for Life. It is sponsored by the North American Division Health Ministries Department in partnership with Adventist Community Services, Children's, Disabilities, Education, Family, Women's, Youth, and Adventist Chaplaincy Ministries, and the Ministerial Department.















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