

*EDITORIAL*  
LET'S SPEAK TO THE NEED

*PERSPECTIVE*  
NO FEAR IN LOVE, PART 3

*JUST FOR KIDS*  
BEATITUDES CROSSWORD

# gleaner

NORTHWEST ADVENTISTS IN ACTION



## *THROUGH THE STORM*

*Recovering Your Mental Health*

SEPT/OCT  
2021  
VOL. 116, N°5

IMAGES of CREATION

*Continue steadfastly in prayer, being  
watchful in it with thanksgiving.  
Colossians 4:2*



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SEPTEMBER/OCTOBER 2021

## THE NEED

*Our Adventist lifestyle and health message speak powerfully to our broken world. We have the calling and the privilege of helping people live longer, healthier and happier lives.*

— JOHN FREEDMAN

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# THROUGH THE STORM

*Recovering Your Mental Health*



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**WE'VE ALL ADJUSTED FAIRLY WELL** to some necessities born out of the pandemic. We've tackled outdoor birthday parties, impromptu homeschooling and even Zoom weddings with creativity and a sense of adventure. But if we're honest, the isolation and separation have taken a significant toll on our hearts. Discover practical steps you can take day by day to improve your mental health and reestablish your sense of resilience and happiness.

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## LET'S SPEAK TO *THE NEED*



JOHN FREEDMAN  
*North Pacific Union President*

I RECENTLY MET DAN BUETTNER AT A STRATEGY SUMMIT SPONSORED BY ADVENTIST HEALTH. DAN IS THE AUTHOR OF THE BOOK *BLUE ZONES: LESSONS FOR LIVING LONGER FROM THE PEOPLE WHO'VE LIVED THE LONGEST*. HIS RESEARCH HAS BEEN FEATURED IN THE NATIONAL GEOGRAPHIC SEVERAL TIMES. BESIDES BEING WELL TRAVELED, AN EXCELLENT RESEARCHER AND A FUN PERSON TO BE AROUND, DAN IS COMMITTED TO HELPING PEOPLE UNDERSTAND HOW TO LIVE LONGER AND HAPPIER LIVES.

As Seventh-day Adventist Christians, we share with Dan, a love for all people and a desire for them to live healthy, happy lives filled with purpose. Out of his research came the concept of Blue Zones, five areas of the world where people lived longer, healthier lives—longevity often over 100 years old. One of those Blue Zones was Loma Linda, California—the home of Loma Linda University and Hospital. He specifically identified Seventh-day Adventists living in that area and their healthy lifestyle.

Dan's research led to the development of what he calls the Power 9. These nine concepts will sound very familiar to those familiar with our Adventist principles of healthy living. The Power 9 are as follows:

1. **MOVE NATURALLY** – most of the world's longest living people do not exercise in gyms or run marathons. Instead, they live in environments that constantly nudge them into moving. They grow gardens, do yard work and walk.
2. **PURPOSE** – in Blue Zones, people have something to live for beyond just work. Having a sense of purpose will increase your longevity by seven years.
3. **DOWNSHIFT** – the world's healthiest people have a way to deal with stress. Stress, found in every Blue Zone, leads to inflammation, associated with every major age-related disease. Dan discovered Adventists pray, have worship, experience Sabbath rest, read the Bible and are physically active.
4. **80% RULE** – Blue Zone people stop eating when they are 80% full – they do not overeat. They eat their smallest meal in the late afternoon or early evening and do not eat any more the rest of the day.

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**IMAGES OF CREATION, P. 2**



"Bobcat" in Redmond, Oregon, by Doug W. Buzbee of Redmond.

5. **PLANT SLANT** – beans are the cornerstone of most Blue Zone diets. They rarely eat meat and when they do, it's a very small serving. The vegetarian diet is natural for longevity.

6. **FRIENDS AT 5** – Spark more happiness by sharing your day with others. The benefits of daily connection with friends and family come from ending work at a reasonable hour and enjoying time each day to destress and socialize.

7. **BELONG** – most people living in a Blue Zone belong to a faith-based community. Research revealed that attending faith-based services four times per month will add 4 to 14 years to life expectancy. Authentic spiritual life makes people healthier and happier.

8. **LOVED ONES FIRST** – Blue Zone communities put their families first. They keep aging parents and grandparents nearby or at home, which also lowers the disease and mortality rates of their children. They commit to a life partner (which can add three years of life) and invest in their children with time and love.

9. **RIGHT TRIBE** – the world's longest living and happiest people were born into or choose to live in social

groups that support healthy behaviors. Health behaviors are shaped, for good or bad, by social networks.

There are many similarities between Dan Buettner's research and the Adventist health principles we began to promote more than 100 years ago. The purpose is the same, to help all people to live longer, healthier and happier lives.

The current pandemic we are living through has

## OUR ADVENTIST LIFESTYLE AND HEALTH MESSAGE SPEAK POWERFULLY TO WHAT THE WORLD DESPERATELY NEEDS.

caused many people to look for ways to live healthier and happier lives. Our Adventist lifestyle and health message speak powerfully to a huge need the world has now. This is one reason Adventist Health is working with Dan Buettner to discover better ways to empower people to live longer, happier and healthier lives.

I invite you today, by the grace and power of God's love, to authentically embrace our Adventist health principles and gracefully encourage others to do the same. Not only will you live longer, healthier and happier lives, but so will those you gracefully encourage. And hearts will be open to see God's love.



# THROUGH THE STORM

*Recovering Your Mental*



FOR MORE ADVENTIST HEALTH STORIES,  
GO TO [adventisthealth.org/story](https://www.adventisthealth.org/story)

# R M Health

# 5 Ways to Experience Joy

**WE'VE ALL ADJUSTED ADMIRABLY TO CHANGES** brought on by the pandemic.

We've tackled outdoor birthday parties, impromptu homeschooling and even Zoom videoconferencing weddings with a creative sense of adventure. But day after day of isolation? No uplifting hymns and praise songs sung together in church? Months-long separation from beloved family members? Job losses? No hugs? Now *that* has taken a toll.

During the pandemic, approximately four in 10 adults reported feeling anxious and depressed. That number is up from one in 10 adults reporting these symptoms prior to the pandemic.<sup>1</sup> Mental health has become part of mainstream conversation during the last year. That is good news in a year when nearly everyone has experienced more stress.

So how do we keep calm and carry on? Faith in God and continual prayer is our foundation – relying on Him we find happiness and strength. Our well-being is rooted in Jesus and in His ministry of teaching, preaching and healing. As His disciples, we use our various talents and training to encourage and support one another. The healing ministry of Jesus continues today through the work of Adventist Health and its mission to live God's love by inspiring health, wholeness and hope.

On the following pages, experts from Adventist Health offer practical, day-by-day steps to improve your mental health and reestablish your sense of resilience and happiness – from science-backed strategies for cultivating happiness to a reminder about why your mental health matters. You have what it takes to take that first step toward the fullness of joy – just turn the page and begin.

1. <https://www.kff.org/coronavirus-covid-19/issue-brief/the-implications-of-covid-19-for-mental-health-and-substance-use/>

**ONE OF THE MOST POWERFUL LESSONS FROM THIS PAST YEAR – A YEAR FILLED WITH TURMOIL, ANXIETY AND UNREST – IS THAT JOY ISN'T DEPENDENT ON EXTERNAL CIRCUMSTANCES. REAL CONTENTMENT COMES FROM GOD. WITH DIVINE HELP, WE CAN CULTIVATE JOY EVEN THROUGH LIFE'S MOST CHALLENGING MOMENTS. AS CHRISTIANS, WE KNOW THIS, YET WE SO EASILY FORGET.**

At Adventist Health we strive to live God's love by inspiring health, wholeness and hope. Helping our communities live more joy-filled lives is part of what brings that wholeness to those we serve. More joy and happiness can contribute to increased health, better relationships, longer life and improved productivity. Joy can be cultivated with practice. Here are five science-backed ways to experience more peace and joy.

# 5 Ways to Experience Joy CONTINUED

## 1

### 1. FIND THE GOOD

When you're feeling unhappy, it's natural to look for things to fix so you can feel joyful again. However, research shows that recognizing what's good around you is more likely to bring lasting joy than looking for what's broken.<sup>1</sup>

**WRITE IT DOWN** One way to see the good things around you is to simply keep track. Every day take time to write down three things that went well. Think about why those things happened and note how you felt. This exercise can help you reduce depression and burnout, experience more joy and improve your work-life balance.

**WALK FOR JOY** God created the world specifically for your enjoyment. Seeing the good around you can be as easy as taking a walk and focusing on your senses. Observe the sights, sounds and smells. When you encounter something beautiful or positive take a moment to reflect on why you enjoy it.

Consider what Ellen White said about this important joy-building practice: "Nature and revelation alike testify of God's love. Our Father in heaven is the source of life, of wisdom and of joy. Look at the wonderful and beautiful things of nature. Think of their marvelous adaptation to the needs and happiness, not only of man, but of all living creatures. The sunshine and the rain, that gladden and refresh the earth, the hills and seas and plains, all speak to us of the Creator's love. It is God who supplies the daily needs of all His creatures" (*Steps to Christ*, p. 7).

**MAKE SPACE FOR JOY** It's easy to spend all your spare time checking things off to-do lists. This can lead to having trouble seeing the good that's right in front of you. In other words, you smother your capacity for joy.

The good news is there is a specific strategy you can use to regenerate and recover from this tendency. You can choose to carve out space for joy.

Make time for enjoyment by praying, reading, listening to music or simply resting. Meet or call a friend, volunteer in the community or take a bike ride. This exercise helps reconnect your brain to your sense of pleasure, engagement and meaning.

## 2

### 2. SUBTRACTION ADDS JOY

You've probably heard that too much of a good thing can be bad for you. It's easy to take beauty and the good in life for granted. Over time, repeated exposure to a good thing brings less and less satisfaction. In fact, eventually that good thing will stop registering in your consciousness. However, if you introduce a little deprivation on occasion, you can help increase your appreciation for life.

**CONSIDER ALTERNATE OUTCOMES** One way to increase your appreciation for life is to think about a positive event and recall all of the circumstances that made it possible. Then, consider how things might have turned out unfavorably under different circumstances.

Taking a few moments to picture alternative realities helps create a favorable comparison for your brain. This exercise helps your mind see that the good things in life aren't inevitable, which puts your current reality in a positive light.

**GO WITHOUT** If imagining life without blessings isn't quite sparking joy, consider going without something. This exercise takes something you enjoy that is relatively abundant in your life and removes it for one week. Take a favorite food or social media as an example. After a week, treat yourself to that item again. As you reintroduce the item, pay attention to how it feels.

A 2013 study showed that people who tried this exercise experienced better moods when they reintroduced the thing they had gone without. Comparatively, people who didn't go without the same thing and kept it in their life all week experienced less enjoyment.<sup>2</sup>

FOR MORE LIFESTYLE NEWS AND TIPS,  
GO TO [adventisthealth.org/blog](https://adventisthealth.org/blog)

#### FOOTNOTES

1. Christopher Peterson, et al., "Orientations to Happiness and Life Satisfaction: The Full Life Versus the Empty Life," *Journal of Happiness Studies* (2005)

2. Jordi Quoidbach, Elizabeth W. Dunn, "Give It Up: A Strategy for Combating Hedonic Adaptation," *Social Psychological and Personality Science* (2013)

3. Dan Buettner, Blue Zones research

4. Ed Diener, Martin E.P. Seligman, "Very Happy People," *Psychological Science* (2002)

5. Sonja Lyubomirsky, et al., "Pursuing Happiness: the Architecture for Sustainable Change," *General Psychology* (2005)



# 3

## 3. IDENTIFY PURPOSE

If you can sum up your life purpose in one phrase, research suggests that you could live up to seven good years longer.<sup>3</sup> Immersing yourself in an environment you find meaningful and rewarding brings joy and happiness.

Paul talked about this in his letter to Christians in Ephesus. “It’s in Christ that we find out who we are and what we are living for. Long before we first heard of Christ and got our hopes up, He had His eye on us, had designs on us for glorious living, part of the overall purpose he is working out in everything and everyone” (Eph. 1:11–12, *The Message*).

**ACKNOWLEDGE GOD’S PURPOSE** There are specific ways you can find purpose in your life. For Christians, the first step is to acknowledge the source of everything good in life. You can read about it in Jeremiah where God says, “For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you a hope and a future” (Jer. 29:11, NIV).

God has a plan for your life, and what’s better, it’s a good plan. There’s nothing in that plan that says God intends harm or unhappiness. Knowing this gives you a strong foundation to build upon as you seek to discover your unique purpose.

**A WEEK OF PHOTOS** One way to discover purpose is to take photographs of meaningful things around you for one week. Is it people in your family, favorite haunts, childhood keepsakes or friends that encourage you? After seven days set aside an hour to look at the photo album you’ve created. What does every photo represent? Why is it meaningful? If it helps, write down some of your thoughts.

Taking time to remind yourself of what is important provides energy and ability to deal with the stress of everyday life. It helps to highlight what’s meaningful to you. Knowing what’s really important empowers informed decisions about how you spend your time and energy.

**JULIE KOSEY**  
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human performance  
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Adventist Health  
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# 4

## 4. USE YOUR TALENTS

God gave you unique personality traits and gifts. Ask yourself what positive character traits you possess and then make a plan to use those gifts for good.

Every day for a week, choose one of these strengths. Then, put it to work in a new and different way. You can use the same strength every day or you can focus on different strengths each day. When the week is over, reflect on the exercise and note how it made you feel and what you learned.

This simple act of focusing on your God-given strengths fights depression and boosts happiness. It can increase success at work and in relationships and can support your efforts to build joy.

## Practice Joy

### FINDING JOY IN LIFE ISN’T SOMETHING THAT HAPPENS OVERNIGHT.

There isn’t one magic solution. Ask God to lead you on your journey to joy and He will. As you walk together, these simple practices can help you discover joy as you slow down and refocus on the good things around you.

Go ahead. Pursue happiness! And may your heart leap for joy, as did the psalmist’s (Psalms 28:7, NIV).

# 5

## 5. CONNECT WITH OTHERS

While the previous four practices require introspection, research shows that turning outward and connecting with others is a proven way to discover joy. Developing a network of social connections can bring contentment.<sup>4</sup>

**PRACTICE KINDNESS** One thing you can do to feel joy right away is to just do something for others. It doesn’t have to be extravagant or elaborate. A random act of kindness goes a long way toward feeling connected with others.

Reach out to neighbors and strangers alike. Research shows you can increase that sense of connection by choosing one day a week to focus on offering acts of kindness to others and performing those acts multiple times in different ways.<sup>5</sup>

**LIVE GENEROUSLY** Another way to build joy through connections is through generosity. Give of yourself, your time and your resources. Generosity is most effective at building joy when it meets three criteria:

- » Give without feeling coerced or obligated.
- » Intentionally connect in some direct way with those you help.
- » See the impact of your generosity. For example, find out how your donation will be used.



# Why Mental Health Matters

Rebecca Dragomani  
Adventist Health Ukiah Valley  
behavioral health nurse practitioner

## SIGNS AND TREATMENT OF DEPRESSION

### IT MAY SURPRISE YOU TO LEARN THAT YOUR MENTAL AND PHYSICAL HEALTH ARE CONNECTED IN POWERFUL WAYS.

How your body feels can affect how your brain feels, and vice versa. Mental health conditions – particularly depression – can increase your risk for type 2 diabetes, heart disease and stroke. In fact, depression is just as significant a risk factor for heart disease as smoking and high cholesterol. The good news is that just like many other health disorders, depression is treatable.

Sometimes depression can be difficult to identify on your own, but it helps to know the signs. Your healthcare provider may ask:

- » Do you have less energy than you used to?
- » Do you lack interest in activities you used to enjoy?
- » Do you struggle with making simple decisions or finishing small tasks?
- » Do you feel “fake” when you smile?
- » Does it feel like there’s a glass wall between you and the rest of the world?
- » Do you get irritable about minor things?
- » Do you feel like there’s nothing to look forward to?

Often, a stigma persists that says we should be able to force ourselves into a better mood or that if we are depressed we haven’t been “trying hard enough.” This simply isn’t true. Depression, and other mental health disorders, are the result of chemical changes in the brain. Help is available. Your healthcare provider may recommend:

- » **LIFESTYLE CHANGES** Exercising and eating nutritious foods can help many people reduce depression symptoms.
- » **TALK THERAPY** Talking with a therapist can help you learn to deal with stressors in a healthy, productive way.
- » **MEDICATIONS** Antidepressant medications are a common treatment for depression. They work by balancing the chemicals in your brain to ease symptoms.

Your mental health should take the same priority as other health concerns. Just like with heart disease, diabetes and other chronic health conditions, getting treatment for depression can make a huge difference.

# Blue Zones Power 9

## BOOST YOUR WELL-BEING

IMPLEMENT BLUE ZONES POWER 9 PRACTICES INTO YOUR DAILY LIFE. SOON YOU’LL BE ON YOUR WAY TO A LONGER, HEALTHIER LIFE. (READ MORE ABOUT BLUE ZONES AND ITS CONNECTION TO ADVENTIST HEALTH ON PAGE 39.)

**1**  
**Move Naturally**  
The world’s longest-living people live in environments that constantly nudge them to move naturally without thinking about it. In the regions of the world where these people live, activity is second nature and part of their culture.

**2**  
**Purpose**  
Having a clear sense of purpose can help people live up to seven years longer than they otherwise might. You can begin tapping into your own purpose by creating an internal inventory of your life. Articulate your values, passions, gifts and talents, then think about how you can apply your strengths and purpose to your daily life.

**3**  
**Downshift**  
Everyone experiences some level of stress. Unmanaged, that stress leads to chronic inflammation, which is tied to every major age-related disease. The world’s longest-lived people have routines to downshift, such as Adventists do when they enjoy Sabbath rest and rejuvenation.

**4**  
**80% Rule**  
This traditional Japanese strategy can help you avoid eating too much. The idea is to stop eating when your stomach is 80% full. The 20% gap between not being hungry and feeling full could be the difference between losing and gaining weight.



PRACTICAL STEPS  
FOR REDUCING  
**Pandemic  
Stress**

Pam Strachan  
Adventist Health Tillamook chaplain



**DURING THE PANDEMIC, STRESS LEVELS HAVE BEEN HEIGHTENED FOR EVERYONE. WITHOUT AN INTENTIONAL PLAN TO NURTURE OURSELVES, WE CAN STRUGGLE TO RESUME OUR ROUTINES WITH RESILIENCE. WHILE WORKING FROM HOME DURING THE PANDEMIC, I DEVELOPED A FIVE-STEP APPROACH TO COPING WITH THIS INTENSE STRESS. I CALL THEM THE FIVE Rs.**

Begin with **RECOGNITION**. In this step, I acknowledge to myself and others that this is a difficult time and I am hurting, anxious and afraid.

The next step is to **REACH IN**. I ask myself, "What and who do I need right now in order to cope?"

After evaluating, I **REACH OUT** to harness tools and resources for my specific needs. For this step, it is crucial to cultivate an action plan. Mine includes daily exercise, healthy meals, lots of tea, reading Scripture, finding a quiet space for prayer and meditation, trust in God's presence, reading sacred books to lift the spirit, utilizing inspirational internet resources and staying connected with friends and family.

Another important step is to **REMINISCE**. In this step I think back to positive coping strategies I've used in the past and creatively employ them to cope in the present.

The last step is **RESILIENCE**. I'm reminded that in John 10:10 Christ said, "I came that they may have and enjoy life, and have it in abundance [to the full, till it overflows]."

Healing is a choice. Practicing these approaches empowers me to handle stress during difficult times. It allows me to bounce back with strength, hope and peace.



**6**

**Friends at 5**

Spark more happiness by sharing your day with others. The benefits of daily connection with friends and family come from ending work at a reasonable hour and enjoying time each day to destress and socialize.

**5**

**Plant Slant**

Aim to fill 95% of your plate with plants or plant products. Eat a rich array of legumes, fresh fruits and vegetables. A handful of nuts a day can give you an extra 2 to 3 years of life.

**7**

**Belong**

Faith and fellowship can serve as a power source for longevity. Adventists enjoy Sabbath as a weekly break from the rigors of daily life and a time to focus on family, faith, camaraderie and nature. This practice can relieve stress and strengthen social networks.

**8**

**Loved Ones First**

The practice of putting loved ones first and keeping aging parents and grandparents nearby or in the home can lower disease and mortality rates of everyone in the family. Committing to a spouse can increase your life expectancy by three years. People who live in healthy families with strong ties experience lower rates of depression, suicide and stress. Those who live at a distance from relatives receive positive health benefits from having strong ties to their "chosen" family.

**9**

**Right Tribe**

Invest in a lifelong circle of friends. These social networks can provide safety nets that lend financial and emotional support in times of need and the stress-shedding security of knowing there is always someone there for you. Proactively connecting to social networks that support healthy behaviors will do more to add years to your life than just about anything else.

LEARN MORE ABOUT BLUE ZONES  
AT [BLUEZONES.COM](http://BLUEZONES.COM).

+

# Apple Rose Tart With Maple Custard & Pecan Crust

PINTEREST IS BOTH THE BEST AND THE WORST SOCIAL MEDIA PLATFORM EVER CREATED. I LOVE IT BECAUSE I CAN FIND SO MANY CREATIVE AND FUN THINGS TO TRY. I HATE IT BECAUSE IT MAKES BEAUTIFUL ELABORATE CREATIONS SEEM SO EASY AND I UNWITTINGLY JUMP IN HEAD FIRST.



## Pecan Crust

### INGREDIENTS

- 2 ½ cups pecan pieces
- 4 tablespoons butter, melted
- 2 tablespoons granulated sugar
- 1 large egg white
- ¼ teaspoon kosher salt

### INSTRUCTIONS

- » Preheat oven to 400 degrees
- » In a food processor or chopper, pulse the pecans until they are finely chopped and the pieces are about the size of breadcrumbs.
- » Place the chopped nuts in a large bowl and add the remaining ingredients (mix together with a fork).
- » Press the mixture evenly into the bottom and up the sides of a 9-inch tart pan.
- » Bake for 15 minutes.
- » Cool completely before filling with the maple custard and topping with apples.

## Maple Custard

### INGREDIENTS

- 1 ½ cups milk
- 6 large egg yolks
- ½ cup pure maple syrup
- ¼ cup cornstarch
- ½ teaspoon kosher salt
- 1 teaspoon vanilla extract

### INSTRUCTIONS

- » In a medium-sized bowl, whisk together egg yolks, maple syrup, cornstarch and salt.
- » Heat milk in a small pot over medium heat until small bubbles form around the edges.
- » After egg mixture is thoroughly whisked, slowly pour the hot milk into the mixture while whisking.
- » Transfer the mixture back to the pot and place over low heat.
- » Stirring constantly, heat until the mixture becomes very thick.
- » Remove from burner, stir in the vanilla.
- » Strain through a fine-mesh sieve into a heat safe bowl.
- » Place plastic wrap directly onto the surface and refrigerate for 2 hours.
- » Spread the maple custard in the pecan tart shell. (Optional: Place the tart in the freezer for a couple hours to make sure the custard is firm.)

## Apple Topping

### INGREDIENTS

- 3 fresh apples (approximately)
- 2 tablespoons lemon juice
- ¼ cup honey (optional)

### INSTRUCTIONS

- » Quarter and core the apples. Slice very thin and place in cold lemon water.
- » To make apples pliable, place a handful of slices on a plate and warm in the microwave for approximately 85 seconds.
- » Roll a slice of apple into a tight spiral and stand it up vertically in the custard.
- » Continue to arrange apple slices in a concentric pattern around the first one, building a rose pattern.
- » Repeat until the top of the tart is completely covered with apple roses
- » Brush honey over the apples for shine. (optional)



DESIREE LOCKWOOD  
Gleaner managing editor

If you're like me, halfway through the project you scream, "What was I thinking?!"

While the apple rose tart takes a little patience, the sense of accomplishment once finished is pretty awesome. Don't forget, you get to eat it too!



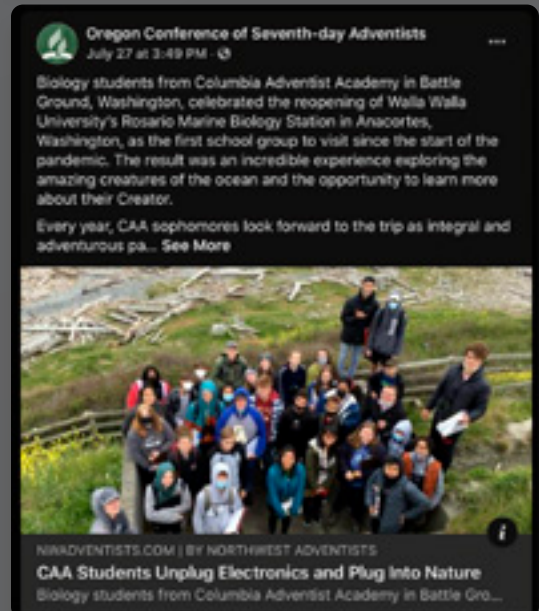
Use your favorite variety of apple.  
This is a gluten free recipe. let's eat!

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**Upper Columbia Conference** @UCConline · Jul 29  
 The Spokane Slavic Seventh-day Adventist Church's YouTube Channel has seen their subscribers grow from 538 in March 2020 to more than 4,940.

Learn more about how the changes they made that contributed to this growth below.



Spokane Slavic Seventh-day Adventist Church YouTube Success  
 uccada.org

**Oregon Conference of Seventh-day Adventists** was live.  
 July 23 at 2:38 PM · 🌐

Oregon Conference Camp Meeting



**Idaho Conference of Seventh-day Adventists**  
 July 28 at 10:26 PM · 🌐

Love It!




**Gem State Adventist Academy**  
 July 28 at 8:19 AM · 🌐

We played a little Ding, Dong, Ditch this week in the valley! If you live further away, we will have a yard sign for you on August 15 at Check-in Day. We ❤️ our... See More

**Upper Columbia Conference** was live.  
 May 9 · 🌐


Listen to the last Devotional Reading -- Day 40 -- for the 40 Day Prayer Challenge.



**Montana Conference of Seventh-day Adventists**  
 June 12 · 🌐

We started our convocation weekend last night with an interview to get to know Elder Ken Norton. You can watch it here.

Just a reminder, we are going live at 11:00 a.m. MST with a sermon by Elder Norton called "Called Out of Darkness" at [live.montanaadventist.org](http://live.montanaadventist.org)



June 11 8:12  
[www.montanaadventist.org](http://www.montanaadventist.org)

YOUTUBE.COM  
 Get to know Elder Ken Norton

**Alaska Conference of SDA** shared a video from the playlist *Revival For Mission*.  
 Published by Tandi Perkins · July 15 at 7:34 AM · 🌐



**Witnessing for Jesus to the Ends of the Earth Brings Joy**

**Oregon Conference of Seventh-day Adventists**  
 July 29 at 5:43 PM · 🌐

(1 / 3) "I got my bar license in 1999. In 2001 the Twin Towers and that was meaningful to me because of Testimonies Volu where I perceived, in my opinion, Ellen White was talking ab I read it that night after it was brought to my attention. The r continued to do reruns of the day's events of 9/11.

It had a huge impact on me. I started listening to my Bible in instead of what I had been listening to; I got really serious at relationship with.... See More



**Washington Conference of Seventh-day Adventists**  
 July 29 at 8:00 AM · 🌐

Jesus Won at the Cross  
 Now He is Showing Us Off to the Watching Universe  
 I am overwhelmed with gratitude!... See More



**WashingtonConference** @WashConf · Mar 3  
 What's your nickname? Do you like it? -



**Alcoholic father, Spiritual mother. Troubled teen.**  
*A gripping story of Hope Uncovered*

Washington ACTS E-Update  
 Family: a source of joy, sorrow, togetherness, separation, peace, discord, bonding, growing, memory making. Washington ACTS e...  
[match.mp](http://match.mp)

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**NWADVENTISTS.COM**

# En El Corazon de Washington

More online at [NWADVENT.ST/116-5-HSP-89](http://NWADVENT.ST/116-5-HSP-89)

**La Palabra nos dice: Entonces le dijo al siervo: “Ve a los caminos y veredas, y haz venir a toda la gente para que se llene mi casa” Lucas 14:23.**

Este desafío de Jesús se hace resonar en todos aquellos que son parte del cuerpo de Cristo sin hacer distinción de ninguna clase, llegando a los corazones de todas las nacionalidades, clases y distintas personas que necesitan de la Esperanza de Cristo.

Los desafíos únicos presentados en 2020-21 nos impulsaron a adaptarnos rápida y creativamente. Nuestro distrito de White Center, Burien y Renton aceptaron la misión de compartir la esperanza de Cristo como parte de la hermandad de las iglesias en la conferencia de Washington. Experimentamos una variedad de oportunidades ministeriales, como el ungir a un paciente de COVID-19 en la Unidad de Cuidados Intensivos y el seguir brindando apoyo y esperanza continuo a nuestras comunidades y a nuestra hermandad de creyentes.

Una variedad de estrategias evangelistas nos ha ayudado a continuar nuestra misión de compartir el mensaje de las Buenas Nuevas de salvación en Jesús. Nuestro distrito ha continuado con sus

servicios de adoración cada sábado, cultos de oración los miércoles, la recepción del sábado, grupos pequeños, servicios para jóvenes, Club de Conquistadores y Aventureros. Además de

oración. Durante una serie evangelista virtual, Leopoldo fue invitado, por su hermana, a conectarse con esta serie virtual de temas bíblicos. Leopoldo, que se encontraba en otro país, se conectó a

Comparto un agradecimiento especial a los pastores César De León de los ministerios hispanos de NPUC, al pastor Wagner Cilio, Coordinador de ministerios hispanos en nuestra conferencia, y a nuestro Presidente de Conferencia, el pastor Douglas Bing por su liderazgo, apoyo y recursos.

PASTOR JIM J. LEÓN  
*Pastor del distrito White Center, Burien y Renton en la conferencia de Washington*



• El Ministerio de Mujeres en White Center y Burien.

• White Center and Burien Hispanic churches women's ministries.

actividades híbridas de alcance comunitario, que incluyen los servicios en persona y en línea, y plataformas como Zoom, Facebook Live y YouTube.

Nuestro distrito ha sido testigo de muchos Milagros. Uno de estos milagros lleva por nombre de Leopoldo, quien fue recién bautizado, gracias al esfuerzo de los líderes y miembros de nuestras congregaciones que están en constante y perseverante

esta serie evangelista y seis meses después, al llegar a Washington, selló su decisión de entregar su vida a Jesús a través del bautismo.

Continuamos enseñando y predicando que cada miembro de iglesia forma parte de un cuerpo mayor de creyentes. Alabamos a Dios por encender y mantener vivo nuestro ardiente deseo de compartir la esperanza de Cristo a todos sin distinción o prejuicios.





**CHURCH**

# From the Heart of Washington

More online at [NWADVENT.ST/116-5-HSP-90](http://NWADVENT.ST/116-5-HSP-90)

Then the master said to the servant, 'Go out into the highways and hedges, and compel them to come in, that my house may be filled' (Luke 14:23, NKJV).

Jesus' challenge resonates with all those who are part of the body of Christ. He doesn't make distinctions of any kind as He invites all to join Him in reaching the hearts of people from all nationalities.

The unique challenges presented in 2020 and 2021 have created a need for rapid adaptation and creativity. The Hispanic churches of White Center, Burien and Renton District accepted the mission to



- Isai and Maribel Villareal participating in food and toy distribution at the Burien Hispanic Church.
- Isai y Maribel Villareal participando en la distribución de comida y juguetes en la iglesia de Burien.

hope to their communities and brotherhood of believers.

A variety of outreach strategies and approaches to these communities have helped to continue the mission to share the Good News message of salvation in Jesus.

District churches continued their Sabbath worship services, Wednesday prayer meetings, Sabbath receptions, small groups, youth services, Adventurer and Pathfinder Clubs. Hybrid community outreach activities included both in-person and online services on Zoom, Facebook and YouTube.

Many miracles were witnessed. One of those miracles is Leopoldo.

During a virtual evangelistic effort, Leopoldo's sister invited him to watch the series virtually because he was living outside of the country. He did watch. Six months

later, Leopoldo came to visit his sister and was baptized into her congregation.

The combined efforts of church leaders and members in constant prayer and perseverance work to bring people to Christ. Together, these congregations continue to teach and preach that each church member is part of one larger body of believers. They praise God for igniting and sustaining a burning desire to share the hope of Christ to human hearts without distinction or prejudice.

JIM LEÓN  
*White Center, Burien and Renton District pastor*



- La Iglesia Adventista Hispana de Renton le dio la bienvenida al Senaido Martínez Mejía Adelmo.
- The Renton Hispanic Adventist Church welcomed Senaido Martínez Mejía Adelmo in baptism.

share the hope of Christ as part of the sisterhood of churches in the Washington conference.

The churches experienced a range of ministry opportunities, from anointing a COVID-19 patient in the Intensive Care Unit to providing ongoing support and

• Club de Adventureros de la iglesia de White Center.

• White Center Hispanic Church Adventure Club.



# Wrangell Encourages Bethel Kids



• VBS volunteers acted out stories from the Bible.

More online at [NWADVENT.ST/116-5-AK-59](http://NWADVENT.ST/116-5-AK-59)

• Bethel Church kids enjoy a craft after learning a Bible story.



arrived to participate in games and crafts, hear stories and sing and praise the Lord. The stories were acted out by the adults in costume playing Bible characters while children had a role in the acting as well.

With a team of seven, the adults had to get creative and reimagine the small set of costumes available so they could portray each story and character as vividly as possible.

The first night's story was called "Rahab and the Spies," the second night's was "Crossing the Jordan River," the third night's was "The Walls of Jericho." The fourth story was acted out on Sabbath morning and was called "Joshua's Mistake."

The children learned about bravery, faith, perseverance, forgiveness and other character traits. Most of all, they learned of God's love through the stories and interactions with the caring adults who, with God's help, made VBS possible.

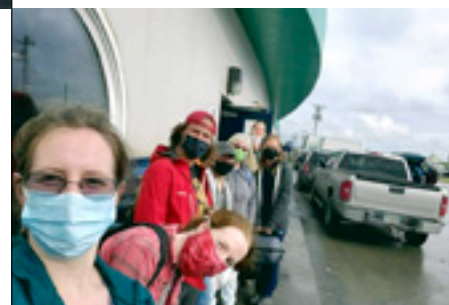
By the end of the week, the children had learned many of the songs and hand motions, especially for the theme song, "Be Bold, Be Strong." An important line in the song, "for the Lord your God is with you," perfectly tied together the VBS theme, "God Makes Me Brave." The

## WRANGELL CHURCH HELPED TO PLAN AND PUT ON A VACATION BIBLE SCHOOL IN BETHEL, A SMALL TOWN ALONG THE KUSKOKWIM RIVER.

A mission-minded team of seven pulled together to present the VBS at the Bethel Church. It was a combined effort by both Wrangell Church and Alaska Camps. The Bethel Church hosts the event, helps with registration and provides rides to kids if needed. Last year's COVID-19 restrictions prevented gathering for VBS, so this year they were very excited to return to the community.

The VBS leadership team came from far and wide. They included Brooke Reynolds, Jackie Eilertsen and Stephanie Kowalske from Wrangell; Tess Dudley from Anchorage; sisters Hannah and Sarah Klingbeil from Silver Springs, Maryland; and Logan Carle from Canon City, Colorado.

The VBS theme "God Makes Me Brave" focused on the stories of Joshua. Children learned how God helped Joshua and other Bible characters to be brave. Each evening, about 16 kids



Vacation Bible School volunteers en-route to the village of Bethel.

memory verse provided a mission for the children to take with them, "But as for me and my household, we will serve the Lord" (Josh. 15:24).

TESS DUDLEY  
*Hillside-O'Malley Church member*

## YOUTH

# Summer Camp The Alaska Way

**FOR ALASKA NATIVE YOUTH, THE CHANCE TO ATTEND A RESIDENTIAL SUMMER CAMP IS AN OPPORTUNITY OF A LIFETIME. IT IS A WEEK OF COUNTLESS FIRSTS.**

For some, it's the first time they have ever left their village. For many, it's the first time they've flown in an airplane (the only way to get



Selawik youth prepare to board the bush plane.

to one of the camp locations). For others, it's a first time being away from friends and family. And sadly, for some, it's the first time they can just be a kid, the first time they get three meals a day and the first time they'll experience healthy relationships with adults.

Thanks to private sponsors and donations from the North American Division's Adventist Community Services, the Alaska Conference's Arctic

Mission Adventure ministry was able to send 15 kids to camp this summer.

Getting to camp from the Selawik village isn't easy. Travel began with a 30-minute ride in a bush plane to the village of Gambell. It was followed by a 90-minute flight to Anchorage. Next, they had an hour-long car ride to camp.

For several campers, it was truly a culture shock!

During the entire car ride, kids were glued to windows with wide-eyed amazement as they took in what would be

very ordinary things for most. "Oh, the road is paved and so smooth." – "We can ride our bikes forever without a sore rear-end!" – "Look! There is Taco Bell! Can we eat there?"

At camp, more incredible adventures continued. New friends were made and so many fun memories created. But most importantly, and best of all, they met their friend Jesus.

By the end of the week, campers learned that an amazing God goes with them. There is comfort and security

in knowing He cares for each of them, that He'll never abandon them and that He'll always be with them through their toughest times.

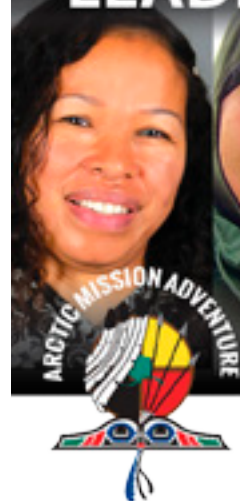
Taiku (thank you) to all who provided this opportunity to plant seeds the Holy Spirit will nurture through the experience of summer camp.

EDNA ESTRELLA  
Selawik Arctic Mission  
Adventure worker  
JOSE ESTRELLA  
AMA volunteer



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EDUCATION

**WEBSTER RETIRES**

Dan Webster retired after a 40-year teaching career. He spent the last 24 years at Enterprise Seventh-day Adventist Christian School where twice he was awarded the Zapara Award for Excellence in Teaching.

The school is known for investing in the community. Before the COVID-19 pandemic, students served meals at the senior center and provided programs for residents at Wallowa Valley Senior Living Care in Enterprise, Oregon.

During Webster's tenure, the school consistently scored one to two years higher grade levels in academic achievement on the Iowa Basic Skills Test.

Former student and Umpqua Bank store manager in Enterprise, Mark Piper said, "I have nothing but good to say about the man. He taught me fifth through the eighth grade. He reinforced my love for math and numbers and how much fun they can be. I wouldn't be where I am today without him."

GAIL PELLEY  
Enterprise Church member



MORE ONLINE AT  
[NWADVENT.ST/116-5-ID-56](http://NWADVENT.ST/116-5-ID-56)

# Book Found in Dump Helps Bring Man to Jesus

**GENE GLAZE GREW UP FOLLOWING THE CROPS WITH HIS FAMILY. IT WAS NOT AN EASY LIFE AND AS A TEENAGER HE JOINED THE NAVY WHERE HE MET AND BECAME FRIENDS WITH DEVERE CRAWFORD. IT'S A FRIENDSHIP THAT HAS LASTED A LIFETIME.**



A picture of Morris Venden's book, *Faith That Works*, which helped lead Gene Glaze to Jesus.

DeVere didn't have an easy life either. He joined the Navy after the death of his parents. He was an Adventist and followed a vegetarian lifestyle which was difficult to practice in the military.

Gene made poor choices over the years. One sent him to prison for 18 years. Following his release from prison 20 years ago, he gave his heart to the Lord.

One day, while working at the town dump, he found a discarded devotional book. The picture on the cover was barely recognizable, but he could make out the title and author, *Faith That Works* by Morris Venden. He took it home.

Several years later, while visiting DeVere and his wife Cynthia, Gene

brought a book he'd found at Goodwill. The book was *The Desire of Ages* and he highly recommended it. They told him it was a book they loved too.

Time passed and the Crawfords attended a seminar at their home church, Hood View Adventist Church in Oregon. Hoping to build a lasting memory of the seminar, Cynthia created a simple

## CHURCH



• Lee Venden reacts as Gene Glaze tells his story.

fill-in-the blank worksheet with each of the evening Bible verses. When the seminar was finished, she gathered them into 30 packets, attached personal notes to each and mailed them to friends and family. One of those packets went to Gene.

Two months later, the Crawfords got a call from Gene telling them he had completed the lessons and that it was the best gift anyone had ever given him.

Then he told them about a card he received notifying him that he had been signed up for Voice of Prophecy lessons. When Gene had two left to complete, the woman responding to each lesson wrote him a note inviting him to the local Seventh-day Adventist church. He accepted.

Gene began attending church and continued studying. On May 20, 2015, Gene was baptized at the Woodland California Adventist Church.

That summer, Gene joined the Crawfords at Gladstone Camp Meeting for his very first camp meeting as a new Adventist. Lee Venden, Morris Venden's son, was the featured speaker every evening. What an experience to discover a connection to someone whose written words made a life-changing difference.

This summer, Lee Venden spoke at Idaho Conference's hybrid camp meeting. Gene, DeVere and Cynthia made the long trip to Idaho so Gene could present his tattered copy of *Faith That Works* to Venden.

God uses many ways to draw His children to Him. From the beginning of Gene and DeVere's friendship, God was working. During Gene's 18 years in prison, God was working. When Gene rescued a devotional book from the garbage dump, God was working.

In the lives of those struggling, but always clinging to Jesus, it is evident, God is working.

More online at [NWADVENT.ST/116-5-ID-61](https://NWADVENT.ST/116-5-ID-61) +

CYNTHIA CRAWFORD  
Hood View Church member

## Pax is Back!

**CAMPERS WERE ECSTATIC TO RETURN TO CAMP PAXSON THIS SUMMER WHERE A FANTASTIC CAMP STAFF TEAM AWAITED THEIR ARRIVAL. MONTANA CONFERENCE'S SUMMER TRADITION WAS HALTED BY COVID-19 IN 2020. IT WAS BACK IN 2021!**



More online at [NWADVENT.ST/116-5-MT-64](https://nwadvent.st/116-5-MT-64)

If you've ever attended or worked at summer camp, you know the feeling of excitement that fills your heart as camp begins. From struggling to decide which classes to sign up for to meeting new friends, there are a lot of new things to experience.

Learning to shoot arrows at targets or riding a wild tube behind a boat will always attract a crowd, but there were many other popular classes. Wood burning, water-skiing, wakeboarding, kayaking, paddleboarding and so much more, filled a camper's day.

In years past, cooler temperatures and mosquitos were typical. But not this summer. Record high temperatures beat down on the camp, keeping mosquito counts low and making the lake a perfect escape. Camp nurse, Sarey Robinson kept a close watch on campers and staff alike, ensuring everyone stayed hydrated and regularly applied bug spray and sunscreen.

The incredible kitchen crew kept everyone satisfied! It is no easy task to make food that pleases everyone, but somehow, Denise Ferro and Debbie King made it happen morning, noon and night.

After dinner, campers had more fun with unique challenges like knot tying, designing cabin flags and creating a functional paper wheel.

Some may wonder. Why run a summer camp?

At Camp Paxson, the answer is simple: To create a safe place for campers and camp staff to learn more about Jesus and inspire them to have a relationship with Him.

Every morning, campers gathered for worship as camp staff shared engaging devotionals. Evenings brought them together to sing camp songs and hear spiritual insight.

Stephen Carlile, Billings Church pastor, loves to share the love of Jesus, sometimes through comical illustrations from his own life. Campers learned that God is with us, hears us, spends time with us, forgives us, knows us, loves us and helps us.

The week ended with a moving baptism on Sabbath afternoon. Riley Schillo wanted to be baptized last year at camp. But his plans were delayed by pandemic restrictions. The day finally came. Schillo's family and Paxson campers gathered onshore to witness his commitment of faith. While the sun was shining brightly, Carlile lowered Riley into the water. The joy was evident on Riley's face as he rose out of the water.

So, why run a summer camp?

It's where young people make unforgettable memories. It's where they make life-long friendships. It's where they meet Jesus and commit their lives to Him.

To watch Camp Paxson's summer of 2021 memory video, go to [mt.nwadvent.st/kus0p](https://mt.nwadvent.st/kus0p).

STEPHEN CARLILE  
Billings Church pastor and Montana Conference communications coordinator

MISSIONS & OUTREACH

# Spirit Lake Church Energized by Native Mission Trip

More online at [NWADVENT.ST/116-5-MT-24](http://NWADVENT.ST/116-5-MT-24)

**WITH COVID-19 RESTRICTIONS LESSENING ACROSS THE COUNTRY IN 2021, IDAHO'S SPIRIT LAKE CHURCH SEIZED AN OPPORTUNITY TO ASSIST A NEW CHURCH PLANT ON THE FORT PECK INDIAN RESERVATION IN POPLAR.**



The project had been at a stand still for an entire year, due to the pandemic. It was time for volunteer workers to help move it through to completion.

Despite being in the middle of their own remodel project, Spirit Lake Church members decided to step out in

faith and set a fundraising goal of \$15,000 for Poplar. They also prayed for at least 20 volunteers to join a mission trip to work on the Poplar building.

In the end, the little church had raised \$24,000 and had 45 volunteers signed up for the mission trip!

Be sure to read the full story online at [nwadvent.st/116-5-MT-24](http://nwadvent.st/116-5-MT-24) and discover the impact this mission trip made among Native Americans.

JOE REEVES  
*Spirit Lake Church pastor*



CHURCH

## FRIENDSHIP EVANGELISM CONTINUES STRONG AMIDST COVID-19 RESTRICTIONS

Bozeman Church is building up their community. By partnering with Love INC (In the Name of Christ), a ministry that works with local churches to meet people's needs, the Bozeman Church members are building relationships with neighbors and helping to improve their lives.

The church has been faithfully hosting Love INC classes for four years. The 10–13 week sessions cover topics like cooking, money and conflict management. A homemade meal is served at every event.

Due to COVID-19 guidelines, meals had to be purchased instead of prepared at homes. It was a serious barrier, but thanks to a generous and caring community and members of Bozeman and Mount Ellis Academy churches, bountiful meals were served all 13 weeks.

Despite the pandemic, the church remains committed to sharing Christ's love through service in the spirit of Romans 15:2, "Let each of us please his neighbor for his good, to build him up."

MAYRA LINDBERG  
*Montana Conference communication department editor*



**MORE ONLINE AT**  
[NWADVENT.ST/116-5-MT-01](http://NWADVENT.ST/116-5-MT-01)

# Bringing the Dream to Life

FOR THE OREGON CONFERENCE, THE DREAM WAS CRYSTAL CLEAR: CREATE A VIRTUAL CAMP MEETING TO HELP PEOPLE FALL IN LOVE WITH JESUS.

The main seminar and devotional speakers had already been chosen, the Hispanic ministries department was planning a “caravana” touring camp meeting, the young adult ministries were designing creative approaches to personal growth and the children’s ministries department was knee-deep in preparing a program featuring the African jungles!

But the pandemic eliminated the ability to hold an in-person camp meeting. Our communications and production team needed to figure out the best ways to deliver the programs to our members.

“How can we make it feel as much like camp meeting as possible?”

“What if our conference churches meet in-person to watch camp meeting together?”

“How about having hosts who interview each presenter with questions submitted by online viewers?”

“If we’re going to put our programs online, we need a high-quality set where the speakers can look professional and feel at home.”

Our team quickly covered a large white board with ideas. Some were awesome. Some were impossible. All required hard work.

After weeks of dreaming, plans started coming together into what promised to be a feasible and fun camp meeting.

- » Create a camp meeting app that will make it easy for people to register, choose their programs and interact with the presenters.
- » Invite all conference churches to be “partner sites” that will run in-person programs for adults and kids.
- » Provide partner sites the resources to help make this an easy process for congregations and their A/V crews.



GARY MCCLAIN

• Evening speaker, It Is Written's John Bradshaw, speaks to the virtual audience.



DICK DUERKSEN

• (From left) Gary McLain, David Schwinghammer, John Bradshaw and Robert Zama go over the evening program before it begins.

- » Upgrade all audio capabilities so people will be able to hear clearly.
- » Design and construct two different TV sets, one for seminar presenters and another for the evening worship speaker.
- » Ensure all wiring and Wi-Fi connections are secure and able to deliver a consistent signal to both YouTube and Facebook.
- » Use the *Gleaner*, *OC Connections*, local church publications and more to share details about the camp meeting app and featured programs.
- » Design and implement a traveling “Gladstone Today” program that will broadcast from a different church each evening.
- » Discover and produce stories featuring members from around the conference to showcase during “Gladstone Today” programs.





More online at [NWADVENT.ST/116-5-OR-82](http://NWADVENT.ST/116-5-OR-82) +

Mitchell tested audio till his ears hurt. Gary and Scott built the walls and floors. Mitchell and I worked together to design the sets. I prepared furniture and art. Krissy worked on staging and Greg added 32 lights to the set to ensure everything was illuminated perfectly.

Someone dared to ask what we were doing with our time since it must be so much easier to operate a virtual camp meeting. Not true! We've discovered it's much more difficult.

The most difficult part of the plan was taking "Gladstone Today" on the road. Traveling to five different churches around the conference took five people to plan, schedule, drive, set up, write, work through local internet challenges, produce the program, tear it all down and move to the next site—all while trying to stay healthy during a pandemic.

4,325 Pronto Pups, 1,463 vegeburgers and a gazillion(ish) bags of kettle corn!

How do we feel about our original dream?

According to the phone calls, texts, emails, YouTube comments and Facebook shares, viewers were blessed, encouraged and affirmed in their faith.

How does our team feel about the experience?

Glad you asked. We're exhausted but already dreaming of ways to create another wonderful experience next year!

DICK DUERKSEN

*Oregon Conference storyteller and storyteller*

Sounds easy, doesn't it?

We had used an app last year and it worked pretty well. Building on that experience, Gary added features and made it more user-friendly.

Jonathan and Mitchell made sure all of the computers, screens, interfaces and cables were tuned to perfection in the production streaming trailer. Krissy designed postcards, digital ads, video thumbnails and so much more.

- Seminars took different forms. This one discussed how to recharge your church's children's ministries now that churches are opening back up.



GARY MCCLAIN



JEREMY BARBER

Are we tired? Yes. Are we happy? Yes. Especially since YouTube and Facebook statistics show that people continue to watch and re-watch the video programs and stories every day.

By the way, the Snack Shack was open for business during the week selling

- Joseph Kidder from Andrews University did both the 9 a.m. Bible study time and a 10 a.m. seminar. He quickly became a big hit with both younger and older viewers for his easy style and wonderful way of presenting.

CHURCH

# Gladstone Today Hits the Road for Camp Meeting Week

More online at [NWADVENT.ST/116-5-OR-84](http://NWADVENT.ST/116-5-OR-84)

DURING A TYPICAL WEEK AT GLADSTONE CAMP MEETING, "GLADSTONE TODAY" FEATURES DAILY NEWS STORY VIDEOS FROM AROUND THE CAMP MEETING GROUNDS. THIS YEAR, THE CREW WAS INSPIRED TO HIT THE ROAD AND JOIN CONGREGATIONS THROUGHOUT OREGON AS THEIR CHURCH HOSTED A VIEWING PARTY OF THE LIVESTREAMED EVENING PROGRAM.



• One afternoon seminar was even held from a remote location, since both host and presenter were in Tillamook. (From left) Jonathan Russell and Gary Parks. (Foreground) Tylor Watts and Savannah Pascoe.

Every evening, "Gladstone Today's" *On the Road* crew broadcasted from a new church or school partner site with hosts Jonathan Russell and Laura Pascoe. They featured local interviews and video segment stories.

The viewing parties encouraged local members to build fellowship by gathering together for evening programs instead of staying at home to watch. Many congregations stepped up and organized kids programs and meals each night.

Although everyone couldn't be together for camp meeting this year, *On the Road* broadcasts allowed viewers to feel a little more connected with congregations throughout the entire conference.

SAVANNAH PASCOE  
*Meadow Glade Church member*

CHURCH

## COMMUNITY COOKING CLASSES AT FOREST GROVE

**THE FOREST GROVE CHURCH** has been offering free plant-based cooking classes.

At every class, a healthy and delicious meal is served, followed by a demonstration to cook the meal they just enjoyed.

Those attending are encouraged to take a free copy of Ellen White's book, *The Ministry of Healing*, along with the recipes shared in each class.

Many people found the class to be helpful in transitioning to a plant-based diet. They learned the original diet was made up of fruits, nuts, grains and vegetables and is still the best diet for mankind today. Discovering it can be delicious as well as nutritious has been encouraging.

All the recipes from the class can be found at [fgsda.netadvent.org](http://fgsda.netadvent.org).

MARLA DANIELSON  
*Forest Grove Church communication leader*



Mike Schrader is demonstrating how to make 100% stone-ground whole wheat bread.

MORE ONLINE AT  
[NWADVENT.ST/116-5-OR-84](http://NWADVENT.ST/116-5-OR-84)

## EDUCATION

# PAA Retiring Math Teacher Leaves Music Ministry Legacy

**AFTER 32 YEARS** teaching math at Portland Adventist Academy, Bob Johnson retired in June leaving a music ministry and legacy that will continue to bless PAA beyond measure.

One of Johnson's most notable contributions is the school's music recording studio, a unique feature of PAA's academic program that continues to draw talented young people to the school.

Twenty years ago, a thriving guitar program inspired early concepts of the recording studio. Not long after, Johnson got to work. "In September of 2002, I stepped out in faith to buy three recording interfaces that were on sale," he said. "That was the beginning of an almost 19 year ministry for me and my wife, Rhonda."

Piece by piece, they bought microphones, headphones, computers and professional software. He spent the summer constructing a professionally designed soundbooth. Before the 2003–2004 school year began, the music recording studio was ready for students.

Since then, Johnson has faithfully maintained and updated equipment and instruments. His stewardship has fueled an incredibly successful program that carries on today with teacher Jeremy Long, a PAA graduate



- Retired PAA math teacher, Bob Johnson (right), built the school's recording studio almost 20 years ago. More than 10 years ago, PAA music teacher, Jeremy Long (left), learned to use the studio as a PAA student. Today, their mutual care for the studio supports students eager to grow their skills.

of 2011 who got his start at PAA. "Professionally, [this is] a unique opportunity to teach the very programs I've benefited from," said Long.

Long is one of many alumni who have built careers in music following their time at PAA. Hundreds of PAA seniors produced their senior projects in the studio. Some have gone on to have success as performers, sound engineers, producers and music teachers. Some have even built their own recording studios and are working with talented clients. Some have used their work in the studio to fulfill a personal mission and calling to serve Jesus.

Danny Ramos, a 2020 graduate, is a great example. After receiving a rare perfect

score on his senior project, he said, "[I'm] thankful to God for the chance to spread the Gospel through my first single. May all the glory and honor be given to Him."

Johnson says investing in the recording studio has been fulfilling. "It's been a lot of fun to get to know how things work in the area of sound management. And it's been a great way to make long-lasting friendships with both staff and students. It's a connection that lasts a lifetime!"

Long plans to keep the studio operating with Johnson's legacy in mind. "I will continue to remind students what a privilege we all share to simply have access to the state-of-the-art recording equipment and musical instruments. That

is all thanks to Bob Johnson."

Bob Johnson's music ministry will live on through this unique program. "The music recording studio remains a priority," says Mechelle Peinado, PAA principal. "Keeping equipment and instruments updated and maintained honors Bob's hard work and generosity. The studio is a beautiful legacy and we are privileged to keep it alive and thriving!"

To read more about Johnson's faithful generosity, as well as Ramos' senior project, go to [nwadvent.st/116-05-0R-67](http://nwadvent.st/116-05-0R-67).

LIESL VISTAUNET  
PAA Gleaner correspondent



# Called to Surrender: VBS Returns at Village Church

**AFTER MORE THAN A YEAR OF PANDEMIC RESTRICTIONS, THE VILLAGE CHURCH IN COLLEGE PLACE, WASHINGTON, IS SLOWLY GETTING BACK TO NORMAL. THIS MEANS MORE GROUP ACTIVITIES, MORE FACE-TO-FACE MEETINGS AND MORE OPPORTUNITIES TO CONNECT WITH THE COMMUNITY.**

Few things emphasize this point better than the return of live and in-person Vacation Bible School. For five days, children came to the Village Church and enjoyed making new friends, having fun and learning about God's love for them.

The VBS theme, "Called to Surrender," told the story of Moses and the children of Israel and how God rescued them from Egypt.

More than 160 children attended the program where they made crafts, sang songs, watched skits and played games. The wide variety of activities were designed to teach the story of Moses and how God worked in his life and ours.

Every day started with opening worship where children sang songs, learned the day's memory verse and watched a skit depicting a scene from the life of Moses. Then the children would split off into smaller groups in different rooms for new activities. They even got to meet Moses, played by Village Church associate pastor Dan Solis, and listen to his special message. Afterward, it was back to the main sanctuary for more songs and another skit from the story of Moses.

Each day featured a new skit, Bible verse and lesson to explore. Monday began with baby Moses being found in the Nile, teaching the children how to trust God when we don't know what to do. Tuesday continued with Moses growing up and learning to trust God's timing rather than his own. Wednesday and Thursday told the tale of the plagues in Egypt and how we can still trust God when things are difficult or scary.

At the end of the week, when Moses and the Israelites crossed the parted Red Sea, children saw how God's miracles can work for us when we surrender ourselves to Him.

Vacation Bible School is a large and exciting project only made possible through the hard work and



DALE PETTIBONE

- Depicting a scene of pulling the baby Moses from the river is Katherine Ayerdis Jennings as the princess with Lauren Ellis and Emeline Duncan as her maids.

More online at [NWADVENT.ST/116-5-UC-46](http://NWADVENT.ST/116-5-UC-46)

CHURCH

generosity of volunteers. Every activity and event station required its own dedicated team of helpers, whether it be group leaders to corral the children, organizers to set up the snacks, crafts and games or cast members to portray iconic Bible characters.

There were 39 volunteers involved in the making of VBS. Through their hard work and dedication, children were able to see one of the great stories of the Bible brought to life. They gained a deeper understanding of what it means to surrender our lives and our choices to God.



DALE PETTIBONE

- Each day the children watched as scenes from Moses' life was acted out by the volunteers. This scene is of the Israelites after they crossed the Red Sea.

The Village Church is thankful for their VBS helpers and volunteers. They are grateful for God's helping hand and are excited for next year's VBS where they can introduce more children to God and His word.

ELIZABETH TRAVIS  
Village Voice newsletter  
contributing writer



Deary Youth Bell Choir, under the direction of Tom Hunt, in concert at the Kamiah Church on April 10.

## DEARY YOUTH BELL CHOIR CONCERT

**IN IDAHO**, the Kamiah Church hosted the Deary Youth Bell Choir in concert. More than 100 guests attended the service followed by a vegetarian lunch.

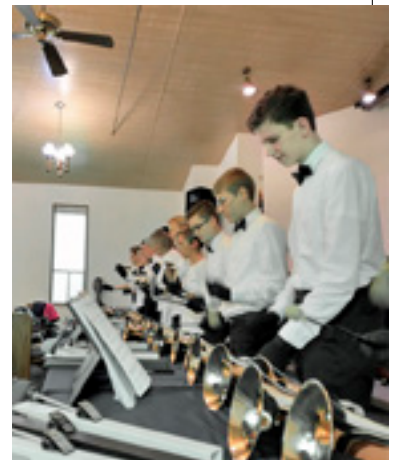
The service included choir members introducing each selection with a short history of the composition or a fitting testimony. Piano, cello, violin and clarinet instrumentation were featured during the service as well.

One attendee, on hearing the bright harmonies of ringing bells, said, "It sounds like heaven!"

Deary Youth Bell Choir was organized a year ago by Tom Hunt. His two sons and five other young people from Deary Church became the first members. Adults (young at heart) also joined the choir to occupy positions behind the four-octaves of Malmark handbells and three octave chime set.

"We began 90-minute, once-a-week practice sessions in our home in Kendrick (last August)," Hunt said. "Our purpose is to provide a venue for these very talented and gifted young people to share their love of music and their love for the Lord to any group or establishment who would like to listen to them."

CATHY LAW  
Kamiah Church communication leader



[MORE ONLINE AT NWADVENT.ST/116-5-UC-85](https://www.nwadventist.org/stories/116-5-uc-85)

YOUTH

# In-Person Pathfinder Teen Retreat Offers Opportunities for Connection



• The Pathfinder teen retreat was held at Camp MiVoden.

**ONE OF THE HIGHLIGHTS** of being a Pathfinder is the opportunity to join other clubs at conference, union and global events. During those events, Pathfinders experience being a part of something much bigger by making friends and forming connections with those beyond their club alone.

In April, the Upper Columbia Conference Pathfinder Teen Retreat was held at Camp MiVoden in Hayden, Idaho. It was the

first in-person event UCC Pathfinders had experienced together in more than a year.

Riverview Church pastor, Jared Spano was the speaker for the weekend. Teens attending the retreat were engaged every moment as he shared messages highlighting the cost Christ paid for the lives of His beloved creation.

Many teens question their value in the world as their self-confidence waivers during the transitions between childhood and adulthood. Spano challenged them to dwell on the fact that God found them so valuable that they were worth the sacrifice of Jesus' life.

Sabbath afternoon included an extensive

The retreat gave Pathfinders the chance to reflect on God in His nature. While overlooking Hayden Lake, Sunday morning's worship was followed by a communion service reminding them to follow Jesus' example of service. They showed such respect and reverence as they participated. Spano reminded them of the magnitude of the sacrifice Jesus paid to restore each of their lives.

After the service, Pathfinders packed up their belongings. But before leaving, they gathered to share some of their favorite moments of the weekend. There were many reflections, laughs and hollered "goodbyes" as teens and club leaders loaded their vehicles to head home.

On the way home, Pendleton Pathfinders had more time to reflect. They loved the band, the music as well as the meetings. "The pastor really got me into the message," said Luke Clayville. "You could tell he was genuinely excited about what he was preaching."

PENDLETON PATHFINDER CLUB

More online at [NWADVENT.ST/116-5-UC-80](https://nwadvent.st/116-5-UC-80)

scavenger hunt. Groups followed clues leading them throughout the camp. Once a team figured out where to go, getting there became the next challenge. Most clues included a challenge that had to be fulfilled between locations. Some of these challenges included carrying a teammate to the next location, tying legs together in three-legged race fashion and getting to the next location while blind-folded.

YOUTH

# Discovery Junction Offers Free Morning Programs to Local Children

**DISCOVERY JUNCTION, A SPOKANE CENTRAL CHURCH OUTREACH MINISTRY, OFFERED FREE WEEKDAY MORNING PROGRAMS FOR CHILDREN IN THE SURROUNDING COMMUNITY.**

Spokane community children learn about Lego robotics during Discovery Junction program.

“This summer we did [two weeks] of Lego robotics, a week of cooking and a week of art,” said Gayle Haeger, Upper Columbia Conference urban ministries coordinator.

The Spokane Public Library lends kits to Discovery Junction for their Lego robotics program. Each kit includes a specific project with plans, software and building supplies.

“I think technology is a real draw for many children,” said Haeger. “They make some

really fun robots. One is called ‘Reptar’ and is a snake-like robot with the ability to move in all directions with a heat sensor that makes it strike at a warm object, like your leg. Another is called ‘Tracker’ and it can throw marbles.”

Due to COVID-19 precautions in 2020, Discovery Junction was unable to offer the traditional program. So they continued their community outreach in other forms.

“Last winter, during the COVID shutdown, we asked the [nearby public elementary] school if there was anything we could do to help,” said Haeger. “They asked us if we could provide a safe place with wireless internet to help neighborhood children who were having difficulty staying on task at home. We served eight children over several months. The teachers and administrators expressed deep gratitude for that service.”

More online at [NWADVENT.ST/116-5-UC-81](https://www.nwadvent.org/st/116-5-UC-81)

**DISCOVERY JUNCTION HISTORY**

Beginning in 2016, Discovery Junction worked with the nearby public elementary school twice a week to provide an after-school program focused on STEAM (science, technology, engineering, art and mathematics). The programs went so well they decided to begin providing

summer programs for all the neighborhood children, ages 8-13.

Since then, Discovery Junction has been holding summer sessions with programs that vary in subject matter, including courses in microscope studies and biology.

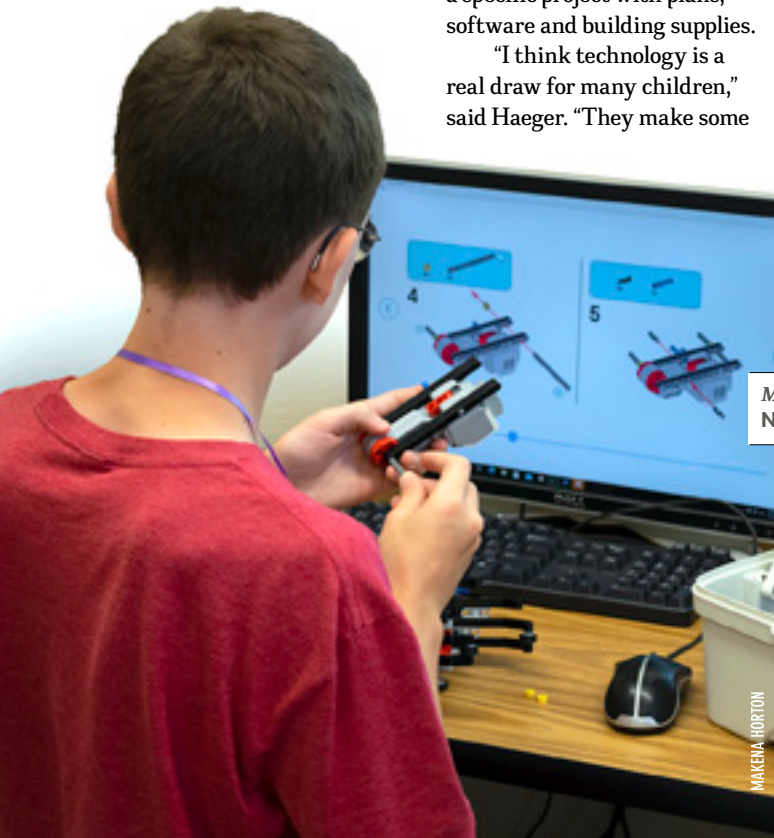
The summer programs had a slow start in their early years, but now they’re flourishing and are full each week. “When we began six years ago, the classes were very small,” says Haeger. “This year they were full. Our limit is 12 because our space is not large.”

The Discovery Junction ministry happens in a small house between the Spokane Central Church and its fellowship hall. It had been privately owned until the church purchased it in 2015. Soon after, the 80-plus-year-old home was converted into a space for ministry.

With volunteers from Upper Columbia Academy, church members and Pathfinders, the house was transformed into Discovery Junction, a safe place for local children to enjoy extracurricular activities.

Donated supplies and computers, as well as the financial gifts of generous donors, made Discovery Junction a reality. Find out more about this unique community outreach at [facebook.com/SteamAheadDJ](https://www.facebook.com/SteamAheadDJ).

MAKENA HORTON  
UCC communications coordinator



MAKENA HORTON

# Women Inspired to be 'Up From the Ordinary' at Retreat

**"UP FROM THE ORDINARY," A VIRTUAL SPRING WOMEN'S RETREAT, INSPIRED WOMEN FROM ACROSS THE NORTH PACIFIC UNION CONFERENCE AND THE WORLD.**

The spring event was sponsored by the women's ministry departments from both the Upper Columbia and Alaska conferences. The event was like none other because of far reaching partnerships.

"The women's ministry team partnered with ladies from the Walla Walla Valley, with Ater Munson leading out and with Alaska Conference's women's ministries director, Jean Gobah," said Patty Marsh, UCC women's ministry director. "We were blessed!"

The featured speaker was Jean Boonstra, Voice of Prophecy's associate speaker and executive producer of *Discovery Mountain*. Boonstra presented several vignettes of characters from the Bible who brought themselves 'up from the ordinary'—characters like Eliezer, Esther and Tabitha.

Cindy Walikonis and Gail Lane discussed how their church works to provide meals for homeless people in their area and how their ministry has been impacted by COVID-19. Another feature focused on Eden's Pantry, a ministry of the WWU Church. Khai-Ling Tan and Susan Willard explained how much-needed food is feeding their community and that even university students not able to afford nutritious meals are being served.

Several musical guests were highlighted during the retreat, including Alana Glendrange, a lawyer from Walla Walla, and Shalah McCarthy, a student from Alaska Conference.

Wedding photographer Emily Poole presented a feature on how to develop a

creative eye for photography and how to use those approaches in your spiritual life.

In a typical year, this event is held at the UCC headquarters. But the last two women's retreats have been held virtually. "While we look forward to the time when we can have in-person fellowship again," says Marsh, "a surprising benefit from our virtual retreats is that participants join from as far-away as places like New York, Illinois, Arizona, California and even from Great Britain."

The event is even reaching beyond Adventist churches. "Some guests list various denominations or even 'no church' when they register," said Marsh. "This year's keynote speaker, Jean Boonstra, gave hope

More online at  
NWADVENT.ST/116-5-UC-97



Jean Boonstra, Voice of Prophecy ministry associate speaker, was the featured speaker for the retreat.

and encouragement to [viewers with] no faith to those who are rich-in-faith by focusing on how God uses ordinary people."

To watch the broadcast of the retreat, go to [uccsda.org/womensretreat](https://uccsda.org/womensretreat).

DUSTIN JONES  
Upper Columbia Conference  
communication director



Follow **@NWAdventists**  
on Instagram,  
Facebook and Twitter  
for daily Bible verses.

**BIBLE READINGS**  
*for*

# September

Follow the daily list and in one year you will have read the entire Bible.

S	M	T	W	T	F	S
			<p><b>1</b></p> <p>Job 40:1–42:17 2 Cor. 5:11–21 Psalm 45:1–17 Prov. 22:14</p>	<p><b>2</b></p> <p>Eccl. 1:1–3:22 2 Cor. 6:1–13 Psalm 46:1–11 Prov. 22:15</p>	<p><b>3</b></p> <p>Eccl. 4:1–6:12 2 Cor. 6:14–7:7 Psalm 47:1–9 Prov. 22:16</p>	<p><b>4</b></p> <p>Eccl. 7:1–9:18 2 Cor. 7:8–16 Psalm 48:1–14 Prov. 22:17–19</p>
<p><b>5</b></p> <p>Eccl. 10:1–12:14 2 Cor. 8:1–15 Psalm 49:1–20 Prov. 22:20–21</p>	<p><b>6</b></p> <p>Song of Sol. 1:1–4:16 2 Cor. 8:16–24 Psalm 50:1–23 Prov. 22:22–23</p>	<p><b>7</b></p> <p>Song of Sol. 5:1–8:14 2 Cor. 9:1–15 Psalm 51:1–19 Prov. 22:24–25</p>	<p><b>8</b></p> <p>Isa. 1:1–2:22 2 Cor. 10:1–18 Psalm 52:1–9 Prov. 22:26–27</p>	<p><b>9</b></p> <p>Isa. 3:1–5:30 2 Cor. 11:1–15 Psalm 53:1–6 Prov. 22:28–29</p>	<p><b>10</b></p> <p>Isa. 6:1–7:25 2 Cor. 11:16–33 Psalm 54:1–7 Prov. 23:1–3</p>	<p><b>11</b></p> <p>Isa. 8:1–9:21 2 Cor. 12:1–10 Psalm 55:1–23 Prov. 23:4–5</p>
<p><b>12</b></p> <p>Isa. 10:1–11:16 2 Cor. 12:11–21 Psalm 56:1–13 Prov. 23:6–8</p>	<p><b>13</b></p> <p>Isa. 12:1–14:32 2 Cor. 13:1–14 Psalm 57:1–11 Prov. 23:9–11</p>	<p><b>14</b></p> <p>Isa. 15:1–18:7 Gal. 1:1–24 Psalm 58:1–11 Prov. 23:12</p>	<p><b>15</b></p> <p>Isa. 19:1–21:17 Gal. 2:1–16 Psalm 59:1–17 Prov. 23:13–14</p>	<p><b>16</b></p> <p>Isa. 22:1–24:23 Gal. 2:17–3:9 Psalm 60:1–12 Prov. 23:15–16</p>	<p><b>17</b></p> <p>Isa. 25:1–28:13 Gal. 3:10–22 Psalm 61:1–8 Prov. 23:17–18</p>	<p><b>18</b></p> <p>Isa. 28:14–30:11 Gal. 3:23–4:31 Psalm 62:1–12 Prov. 23:19–21</p>
<p><b>19</b></p> <p>Isa. 30:12–33:9 Gal. 5:1–12 Psalm 63:1–11 Prov. 23:22</p>	<p><b>20</b></p> <p>Isa. 33:10–36:22 Gal. 5:13–26 Psalm 64:1–10 Prov. 23:23</p>	<p><b>21</b></p> <p>Isa. 37:1–38:22 Gal. 6:1–18 Psalm 65:1–13 Prov. 23:24</p>	<p><b>22</b></p> <p>Isa. 39:1–41:16 Eph. 1:1–23 Psalm 66:1–20 Prov. 23:25–28</p>	<p><b>23</b></p> <p>Isa. 41:17–43:13 Eph. 2:1–22 Psalm 67:1–7 Prov. 23:29–35</p>	<p><b>24</b></p> <p>Isa. 43:14–45:10 Eph. 3:1–21 Psalm 68:1–18 Prov. 24:1–2</p>	<p><b>25</b></p> <p>Isa. 45:11–48:11 Eph. 4:1–16 Psalm 68:19–35 Prov. 24:3–4</p>
<p><b>26</b></p> <p>Isa. 48:12–50:11 Eph. 4:17–32 Psalm 69:1–18 Prov. 24:5–6</p>	<p><b>27</b></p> <p>Isa. 51:1–53:12 Eph. 5:1–33 Psalm 69:19–36 Prov. 24:7</p>	<p><b>28</b></p> <p>Isa. 54:1–57:14 Eph. 6:1–24 Psalm 70:1–5 Prov. 24:8</p>	<p><b>29</b></p> <p>Isa. 57:15–59:21 Phil. 1:1–26 Psalm 71:1–24 Prov. 24:9–10</p>	<p><b>30</b></p> <p>Isa. 60:1–62:5 Phil. 1:27–2:18 Psalm 72:1–20 Prov. 24:11–12</p>		

For previous Bible Reading Plans, go to [nwadvent.st/2021BibleReadingPlan](http://nwadvent.st/2021BibleReadingPlan).

CHURCH

## Washington Members Walk Forward in Faith

**WHEN WASHINGTON CONFERENCE ANNOUNCED PLANS FOR HYBRID CAMP MEETING, THERE WAS A RANGE OF REACTIONS. FROM SORROW IN NOT GATHERING TOGETHER TO CONFUSION ABOUT WHAT THESE HYBRID PLANS WOULD LOOK LIKE AND A WILLINGNESS TO TRY SOMETHING NEW.**



HEIDI BAUMGARTNER

• Evening host Doug Bing listens as Eddie General shares reflections from the virtual morning times of worship including insights learned about Walking Forward with Jesus and prayers shared with one another.

The hybrid model sent a broadcast signal from Puyallup Church to 32 different church host sites. Church partners hosted local events, bringing their communities together for fellowship as well as the nightly broadcast.

The Lacey Church plans included selling traditional camp meeting food for an evening picnic. “We wanted to make it feel like you were at camp meeting as much as possible,” said Mona Griffith, Lacey Church office manager. “We encouraged people to bring blankets and chairs ... We even had a used book sale and sold a lot of books!”

Most nights, 30–40 people would come for dinner. A make-your-own sandwich

bar, French fries and ice cream were the most popular foods. Families with young children would come for supper, take their kids home to bed and then watch the program from home. Some church members who hadn't been to church during the pandemic came back and felt comfortable enough to keep coming back.

“I wouldn't undo this experience because it was such a blessing,” Griffith said. “It was like a big campout. People were happy, laughing and talking.

It was way better than I thought it would be. We felt like we were all together as a big family at camp meeting.”

In all, 32 churches were host sites for the Sabbath programs. There were hundreds of devices connected for each program

representing individuals, couples, families, small groups and local church gatherings.

Sheila Jordan, a South Tacoma Adventist Fellowship member, invited a neighbor to her home to watch messages from Lee Venden, Ty Gibson and John Bradshaw. They especially liked the theme song reminding people that “Never Once” have we walked alone because Jesus was right there.

Bonnie Parle from the Burlington area faithfully logged onto Facebook each morning and evening to listen, interact with online friends and respond to the messages she heard. She's anticipating getting baptized this fall.

In the church studio audience, Janice Cook came to her home church to



HEIDI BAUMGARTNER

• Wherever we are at home, at work, at church, in our neighborhood or at camp meeting, there is such encouragement and support that comes from praying with one another.

participate in the camp meeting experience. The final Sabbath of camp meeting, she was baptized before her Puyallup Church family and the entire Washington Conference camp meeting audience.

“Our Walking Forward with Jesus theme addressed the needs of our nation, our church, our families and ourselves,” said Craig Carr, Washington Conference camp meeting executive producer. “The church today has new opportunities for growth. As we step forward from the pandemic, relational losses, personal anxieties and racial-political tensions [we can] step closer to the Kingdom of God.”

This year's camp meeting messages for children, teens and adults are archived at [washingtonconference.org/playlist](http://washingtonconference.org/playlist).

HEIDI BAUMGARTNER  
Washington Conference  
communication director

More online at [NWADVENT.ST/116-5-WA-86](http://NWADVENT.ST/116-5-WA-86)

YOUTH

# Chosen to Connect

**THE ADVERTISEMENTS SEEMINGLY HADN'T WORKED. JUST THREE CHILDREN SHOWED UP FOR THE FIRST COUPLE DAYS OF MARANATHA CHURCH'S VACATION BIBLE SCHOOL.**

Nitza Salazar, Washington Conference children's ministry leader, and her teen leaders were discouraged. They started praying. Then they decided to knock on a few extra neighborhood doors.

Day three arrived and seven children showed up. The team kept praying.

Day four came and 21 children arrived. The team rejoiced!

"We saw God answer our prayers and offer us a boost of encouragement," Salazar said.

Restarting a Vacation Bible School program after a pandemic hiatus has its

challenges. To help ease the transition, Salazar offered to bring a traveling VBS team to six church partners—Mount Vernon, Auburn City, Maranatha, Port Orchard, Seattle Spanish and Poulsbo.

Teen leaders from Auburn City Church helped with set up. They interacted with the children and began to grow leadership experiences.

"Getting to meet new people and kids everywhere is so cool," said Aitza Cendejas.

"I never thought before about how much time and effort it takes to run a VBS," said Jackie Romero.

"I'm not a very outgoing person," said Savannah Loken, "but before long I was on my feet doing the motions to the songs and talking with new leaders from each church that I hadn't met yet. It's been truly amazing to watch the kids come out of their comfort zones, too."

Additional churches hosted their own VBS experiences. Renton and Mount Tahoma both opted for virtual programs, Chehalis Church planned four summer weekends and the Edmonds and Monroe churches both had stellar turnouts.

"Not only is VBS great for connecting with the community, it is also a place to connect with each other again," Salazar said.

HEIDI BAUMGARTNER



• Nitza Salazar and three little friends tour the food distribution boxes that are ready for sharing at Maranatha Church. Maranatha Church routinely sees answers to prayer in their food ministry, legal clinic, and now with their children's ministry.

Vacation Bible School had an added benefit: an increase in Sabbath School attendance. Auburn City Church, for example, had 30 additional children show up to Sabbath School following VBS. The VBS programs also promoted Adventist Education.

"We ended each VBS by showing our community how each school can be like a VBS experience where children can learn and connect with God on a daily basis by attending our schools," Salazar shares. "VBS helps connect our community to additional ministries that our churches offer."

HEIDI BAUMGARTNER  
*Washington Conference  
communication director*

Move online at [NWADVENT.ST/116-5-WA-62](https://www.adventist.org/116-5-WA-62) +

• Auburn City Church loves investing in children and in their community. This church family saw an uptick in Sabbath School attendance after Vacation Bible School.



YOUTH

# Meeting with God on the Mountain

**MOUNTAIN TOP EXPERIENCES ARE NOT SOON FORGOTTEN. EXPERIENCES LIKE A SYMPHONY PERFORMANCE, A HARD-EARNED ACHIEVEMENT, A SIGNIFICANT LIFE MILESTONE OR DISCOVERING NATURAL BEAUTY.**

Like many camps in an emerging pandemic, Sunset Lake Camp in Wilkeson shortened their week to accommodate safety protocols between groups.

Instead of leaving on Sunday mornings, campers left on Friday evenings in a carefully executed system to protect the health and wellbeing of campers, parents and staff. This impacts the sequence of programming, staff days off and Sabbath.

"Sabbaths are very different; there are no kids here," said Madison Turner,

program director and chaplain. "This makes Thursdays and Fridays more important for helping campers spiritually connect with the messages and activities of the week."

Camp staff having Sabbaths off, meant rediscovering the benefits of Sabbath rest.

"We have a box in our minds about what Sabbath should look like," said Shadrach Grentz, staff photographer. "We can worship God in many ways. This summer, the staff had opportunities to do something in nature and to experience God in a new way."

One Friday night, Grentz and a few friends went the highest point in Mount Rainier National Park to camp overnight and watch the sunrise. An additional 20 camp staffers joined them in the wee hours of the morning. After a short 3 a.m. hike, they watched the pre-dawn colors and brilliant moon illuminate Mount Rainier.

As the sun came up, they took several moments to be silent and listen. They joined together in a prayer circle in the morning light then hiked back down to enjoy breakfast, thoughtfully delivered by camp executive director, David Yeagley.

Yeagley said, "We planned a series of outings (mostly around Mount Rainier) for those who wanted to go and it has made an impact. At the end of Sabbath, when we come together for Bible study and

worship, you hear the stories and see how the staff are rediscovering the blessings of Sabbath."

Jessie Park, a student nurse and health assistant, wasn't planning on going on each weekly outing. Yet with every excursion, she found herself learning life lessons like setting her own pace or stretching beyond her comfort zone. Most importantly, she found herself in greater awe of God's creation. "I feel how magnificent God is when I am in nature," she said.

"God wanted us to have a mountain top experience like this," said Michael Herrera-Teran, a boy's counselor. "I felt reassured and knew I could trust God in my relationships, thoughts, doubts and worries. This experience set me up for a better rest of my day and for a better week. I knew God was with me."

HEIDI BAUMGARTNER  
*Washington Conference  
communication director*

Sabbath outings to Mount Rainier National Park for Sunset Lake staff are optional, yet with each outing and each challenge, the staff find themselves growing closer to God and closer to each other so, in the essence of Sabbath keeping, they keep coming back for another revitalizing adventure.

SHADRACH GRENTZ

More online at [NWADVENT.ST/116-5-WA-02](http://NWADVENT.ST/116-5-WA-02)



CHURCH

More online at [NWADVENT.ST/116-5-WA-75](http://NWADVENT.ST/116-5-WA-75) +

# Myanmar Families Recount God's Faithfulness

**THERE'S A SMALL POPULATION OF NORTHWEST NEIGHBORS ORIGINALLY FROM MYANMAR.**

Myanmar, with its various tribes and languages, is facing a crisis of misery. People are battling the COVID-19 pandemic with one of the weakest health care systems in the world, many are being displaced due to floods and the country is struggling to stabilize after a chaotic military coup. For family members in the United States, this creates added stress and concern for the wellbeing of friends and loved ones.

In July, the Washington Myanmar Adventist Group invited their local ministry partners and friends to an evening of prayer, praise and in celebration for how far the Lord has helped them. The evening included singing, testimonies, a Good Samaritan skit by the children and prayer time in English, Zomi and Karen

languages. Each illustrated God's faithfulness, protection and promises of shelter.

"Amidst the pandemic and military coup in Myanmar 'Burma,' many of us have been stroked by waves of pain, disappointments and loss of our loved ones," said KhaiKhai Cin, pastor. "We needed to come together to pray and praise God for His faithfulness."

"The act of gathering to celebrate landmarks of life's journey is Biblical," affirmed Craig Carr, Washington Conference vice president for administration.

Carr points to the events of 1 Samuel 7:10-12. When the Philistines were moving in on the Israelites for battle, the

Lord "thundered" so loud it sent the Philistines into a panic. As an act of worship and prayer, Samuel and the Israelites set up a stone they named Ebenezer, which translates to "thus far the Lord has helped us." The

looming trouble was subdued following the time of prayer.

"Each of us can be walking, talking Ebenezers, recounting what God has done," Carr said.

Church leaders, Khai No and Saw Htoo recounted and shared how God brought together the Washington Myanmar Group about three years ago with the support of the Kent Church and their pastor, Willie Iwankiw.

"There are just a few of us here in Seattle," No explained. "We started gathering in homes on Sabbaths for a meal and prayer time. In 2018 we started worshipping together in

the evenings at Kent Church and now we are helping Kent with the Neighbor 2 Neighbor ministry."

"Our story is simple," No continued. "God hasn't forgotten us. We're still surviving today, we're still receiving the spiritual support we need and we are stronger now."

The Myanmar church family knows God supplies every daily need, bestows grace, makes the way brighter and makes life sweeter.

Just like God is taking care of the Bermese families here in the United States, the Myanmar members find reassurance that God is taking care of their families back home.

HEIDI BAUMGARTNER  
*Washington Conference communication director*



Just like God is taking care of the Bermese families here in the United States, the Myanmar Church members and friends find reassurance that God is taking care of their families back home.

CHURCH

# Signs Reach New Readership

**ARLINGTON CHURCH HAS BEEN PLACING *SIGNS OF THE TIMES* BOXES AROUND THEIR COMMUNITY FOR MANY YEARS. THEY'VE USUALLY PLACED THE BOXES WHERE THE CHURCH HAS AN ADVENTIST CONTACT. THERE'S ONE NEAR AN ADVENTIST-OWNED BICYCLE SHOP AND ANOTHER NEAR AN ADVENTIST-OWNED COMMERCIAL BUILDING. WHILE SOME OF THE FREE PAPERS ARE TAKEN, THE NUMBERS HAVEN'T BEEN HIGH.**

Those working with the literature ministry have often wondered if there was another opportunity they should try. Was there a place they had missed or some place they hadn't considered?

As they looked around their community, members noticed a truck stop where a lot of newspaper boxes sat empty. In many cases, the publication was no longer in business.

This particular truck

stop caters to trucks moving between Seattle and Canada. Many of these truck drivers have a connection to India and are less likely to know about Adventism.

There was initial hesitancy to approach the owner to ask if they could distribute *Signs* papers in the empty boxes. They felt it might seem they were pushing Adventism or Christianity where it wasn't wanted.

However, after praying over the matter, members approached the truck stop owner and left a sample paper. They were told the owner would get back to them. It felt like they'd been politely brushed off.

A week later, the truck stop owner contacted them and said it would be okay to replace one of the existing boxes. The church had also contacted the publisher of one of the empty boxes. Since they were no longer in business, the church was given permission to replace that box with one of their own.

This new box is maintained with three issues of *Signs of the Times* papers and sometimes a couple of books or other papers. Members stamp the books and papers with a little note that says, "Compliments of the Arlington Seventh-day Adventist Church."

On average, more than five papers a week are taken from this box and as many as 15 have been taken in eight days. It seems as if truckers are looking for something to read.

It is quite a privilege to provide informative and spiritual reading for these travelers. The members of Arlington Church feel God is blessing not only the truckers but their entire church through this ministry.

DAVID PATRICK  
Arlington Church  
communication leader

DAVID PATRICK

*Signs of the Times* are available for anyone interested, compliments of the Arlington Seventh-day Church.

More online at  
[NWADVENT.ST/116-5-WA-90](http://NWADVENT.ST/116-5-WA-90)





HEALTH

# Adventist Health Leads Movement to Improve Well-Being

**THE ADVENTIST HEALTH MISSION**, to live God's love by inspiring health, wholeness and hope, is rooted in Jesus' ministry of healing and the distinctive Seventh-day Adventist tradition of health care and healthful living. As part of that mission, Adventist Health is leading a well-being transformative movement that broadens the organization's focus from solely caring for the sick to helping people live longer and better.

Adventist Health teams are inspiring this transformation by improving well-being and longevity in communities across the nation through Blue Zones, a nationally recognized leader in well-being that Adventist Health acquired in 2020. This work to improve well-being started with the more than 30,000 Adventist

More online at [NWADVENT.ST/116-5-AH-85](https://www.adventisthealth.org/nwadventist/116-5-AH-85)

Health employees in Washington, Oregon and California and is moving outside the organization to local Blue Zones projects across the country.

Two projects are underway in St. Helena, California, and Walla Walla, Washington. More than 50 additional communities across North America are engaging in Blue Zones projects and that impacts more than 3.4 million Americans. Participating communities have experienced double digit drops in obesity and tobacco use and have saved millions of dollars in health care costs.

Blue Zones was founded in 2008 by Dan Buettner who partnered with a team of scientists sponsored by National Geographic and the National Institutes of Health. They research longevity hotspots

across the globe, identifying what lifestyle habits people in these six zones have in common.

The original blue zones are diverse geographical and cultural regions—Okinawa, Japan; Sardinia, Italy; Nicoya, Costa Rica; Ikaria, Greece; and Loma Linda, California—where residents live extraordinarily long and/or happy lives. Residents of these regions have nine commonalities, known as the Power 9, which contribute to physical, social and emotional well-being. (Read more about the Power 9 on page 10.)

Roughly 80% of a person's health can be attributed to health behaviors, physical environments and socioeconomic factors, while clinical healthcare makes up just 20%. The Adventist Health well-being movement will focus on what happens when a health system takes steps to improve factors related to the identified health habits and to provide a path forward for individuals to improve their health and resilience.

KIM STROBEL  
*Adventist Health project manager: religion, faith and mission*

Learn more about Blue Zones at [bluezones.com](https://bluezones.com) and find lifestyle news and tips at [adventisthealth.org/blog](https://adventisthealth.org/blog).



EDUCATION

# Students Gain Workplace Experience Through Summer Internships

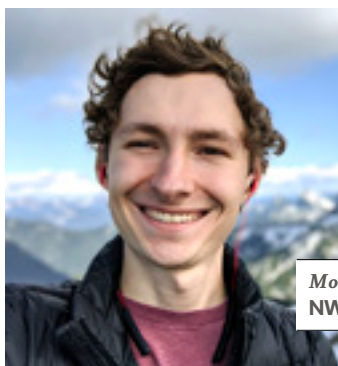
**WALLA WALLA UNIVERSITY** students are growing real-world work skills in summer internships. More than 40 students participated in unique internship opportunities placed around the country.

Through internships at Kettering Health, Adventist Health and various summer camps, students gained experience in business, communications and health and physical education. While requirements for each internship can vary significantly, WWU's Student Development Center (SDC) helps guide students to find internships that balance student passions as well as their academic and professional goals or objectives.

Heidi Roberts, SDC coordinator, affirms that helping connect students with internships is a favorite task in working for WWU. "It's really neat for me to hear about the things that students are doing out there and there is a certain joy I have when a student takes what they've learned in the classroom and puts it into practice."

Joshua Beaudoin, a senior business administration student, had a summer internship working in warehouse quality control with Sorbatto Fresh, a blueberry packing company in Wapato, Washington. One of his responsibilities was to look for efficiency on the sorting line.

During his time at the company, Beaudoin found the high level of responsibility as the most important source of learning. "I feel privileged to have had the job



• Joshua Beaudoin



• Kade Baham

To learn more about the internship opportunities available to students at WWU, you can visit [wallawalla.edu/SDC](http://wallawalla.edu/SDC).

because, while it was just an internship, I was a manager and had real responsibilities," Beaudoin said. "There was pressure to do well because my actions had consequences. One of my supervisors was always asking why we were making decisions the way we did and it forced me to make sure that I did everything with purpose."

The internships have also guided students in discovering the kinds of environments they aspire to work in. Kade Baham, a senior graphic design student at WWU, worked at Advoglobal, a marketing agency located in Walla Walla, Washington. "I wasn't really sure if I wanted to pursue a job at a big company or work for an up and coming one," said Baham.

"But after the fifth week of the internship, I knew that a small office was the place for me. From the close-knit friendships that are built to learning something new each day, why would I want to experience anything else?"

"The biggest way WWU has helped me," said Beaudoin, "is by providing this opportunity for me to gain experience as a leader. I've had the honor of managing a team as president of Enactus at WWU and now as editor-in-chief at *The Collegian*. I would not be the person I am today without WWU."

KIERSTEN EKKENS  
WWU university relations student writer

More online at [NWADV.ENT.ST/116-5-WWU-87](http://NWADV.ENT.ST/116-5-WWU-87)



EDUCATION

# WWU Selected by U.S. Air Force, Hosts Flight Academy

Information about the aviation program is available at [wallawalla.edu/aviation](http://wallawalla.edu/aviation).

**OVER THE SUMMER, WALLA WALLA UNIVERSITY HOSTED STUDENTS IN THE RESERVE OFFICER TRAINING CORPS (ROTC) FLIGHT PROGRAM THROUGH THE UNITED STATES AIR FORCE (USAF).**

Prior to the pandemic, the USAF reached out to Matthew Toelke, WWU's aviation program director and assistant professor of technology, to ask if the university would consider hosting about a dozen recently graduated high school students selected for a special Flight Academy program.

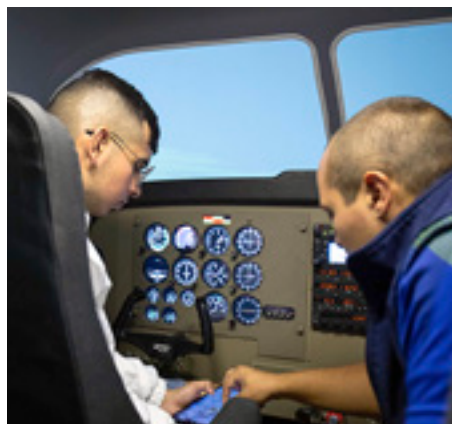
"The USAF funded the students entirely, which included covering commercial travel to and from Washington," said Linda Felipez, department chair and professor of technology at WWU. "[We are] one of 22 colleges and universities throughout the country that is hosting students." The cadets

stayed in WWU's Foreman and Conard residential halls for eight weeks and ate in the campus' cafeteria.

During their time on campus, the visiting students studied flight and general aviation at WWU's Technology Flight Center and Canaday Technology Center. The training and course work prepared students to successfully pass testing required for their private pilot's license.

One student, Kaleb Runyon, hopes the training

gives him an advantage. "[I hope] I can reach higher ranks and make my way to a fighter pilot," said Runyon. Another student, asking to remain unidentified, spoke highly of his experience. "My favorite



part about the program was that we got to fly every day [and got] a lot of experience flying to multiple airports."

University faculty staff and qualified students worked as professors, certified flight instructors and chaperones. "Teaching this class was my senior project, and I was super excited to work with the university and the junior ROTC program," said Lydia Krueger, a senior in aviation management.

The USAF's main goals for working with WWU was to increase general interest in the Airforce and to encourage both female and minority students to explore aviation as a career.

BROOKE SAMPLE  
*WWU university relations student writer*

More online at [NWADVENT.ST/116-5-WWU-88](http://NWADVENT.ST/116-5-WWU-88) +

MISSIONS & OUTREACH

# Evangelism Shark Tank

**IN APRIL, THE NPUC ROLLED OUT A PROGRAM CALLED EVANGELISM SHARK TANK. NORTHWEST PASTORS WERE ASKED TO SUBMIT THEIR IDEAS ON HOW TO BETTER REACH THEIR COMMUNITY. GRANTS FOR AS MUCH AS \$15,000 WERE AWARDED IN EACH CONFERENCE. HERE IS A LITTLE BIT ABOUT EACH WINNING PROJECT:**

Crosspoint church plant in Portland, Oregon, will make an intentional effort to reach the disconnected or disillusioned. They plan to hold a Love Well outreach opportunity so when they gather, they focus on a loving God, loving each other and loving their community well.

Inside Out, another Portland church plant, will offer their community a weeklong spiritual retreat on the Santiam River, away from hard city life. The weekend features food, fellowship, Bible studies and spiritual messages.

Montana's Billings Church plans to use online platforms to host an evangelism video series to share relevant Biblical teachings that tie into Seventh-day Adventist beliefs. This series will be promoted through online advertising using social media and Google based AdWords. It will have its own web domain which will allow for leads to be generated to contact and follow up with those who watched.

The Hamilton Church in Montana will do a traditional 24-part evangelistic series targeting their population of 50,000.

The funds will cover advertising through a variety of media. They'll have a children's program, nightly Bible studies and have several books for giveaways.

LifeBridge, a new church plant in Tacoma, Washington, has a sequential outreach plan beginning with a community fall festival in October, leading to a free dental clinic in November, a Christmas outreach to local children's hospital, a live nativity in a local park and a Christmas worship experience where guests will be invited to Bible studies and baptism. Other events will lead to a final evangelistic seminar.

Idaho's Bonners Ferry Church will use a video series to target specific populations and draw them into a connection with their local church community. The videos would be hosted on a platform that would allow an automated follow up and response system to prompt inactive viewers that a video is waiting. It can also prompt them to watch another recommended series, join an online study, connect with a local small group, start a correspondence Bible study

or have someone come to their home to study the Bible.

Palmer Church in Alaska will launch a podcast called "More Better." Like investigative journalist takes listeners on an audio journey, this pastoral journalist podcast will capture moments and conversations showing God at work. Every episode calls listeners into a Jesus-centered life that is more and better than anything they can imagine.

Idaho is partnering with the NPUC on Operation Exponential Growth to provide resources for personnel, finances, training and discipling. Evangelistic meetings will take place throughout the conference either conducted live by the local pastor or through a livestream of meetings at the Nampa Church.

MARELLA RUDEBAUGH  
*NPUC evangelism, creation,  
ministerial and Native ministries  
administrative assistant*

More online at [NWADVENT.ST/116-5-NPUC-40](https://www.nwadventist.org/st/116-5-NPUC-40)



# CROSSWALK

in the city



## **Urban Ministries Convention**

a virtual event, September 16-18, 2021

This equipping event will spotlight innovative, successful and sustainable ministries operated by Adventist churches in the urban context. You'll learn principles and practices of community engagement that address the needs of people and communities in the world today.

Register today: [nwadvent.st/urban2021](https://nwadvent.st/urban2021)



North Pacific Union  
of Seventh-day Adventists

Follow **@NWAdventists**  
on Instagram,  
Facebook and Twitter  
for daily Bible verses.

BIBLE READINGS  
for

# OCTOBER

Follow the daily list and in one year you will have read the entire Bible.

S	M	T	W	T	F	S
					<b>1</b> Isa. 62:6–65:25 Phil. 2:19–3:3 Psalm 73:1–28 Prov. 24:13–14	<b>2</b> Isa. 66:1–24 Phil. 3:4–21 Psalm 74:1–23 Prov. 24:15–16
<b>3</b> Jere. 1:1–2:30 Phil. 4:1–23 Psalm 75:1–10 Prov. 24:17–20	<b>4</b> Jere. 2:31–4:18 Col. 1:1–17 Psalm 76:1–12 Prov. 24:21–22	<b>5</b> Jere. 4:19–6:15 Col. 1:18–2:7 Psalm 77:1–20 Prov. 24:23–25	<b>6</b> Jere. 6:16–8:7 Col. 2:8–23 Psalm 78:1–31 Prov. 24:26	<b>7</b> Jere. 8:8–9:26 Col. 3:1–17 Psalm 78:32–55 Prov. 24:27	<b>8</b> Jere. 10:1–11:23 Col. 3:18–4:18 Psalm 78:56–72 Prov. 24:28–29	<b>9</b> Jere. 12:1–14:10 1Thess. 1:1–2:8 Psalm 79:1–13 Prov. 24:30–34
<b>10</b> Jere. 14:11–16:15 1Thess. 2:9–3:13 Psalm 80:1–19 Prov. 25:1–5	<b>11</b> Jere. 16:16–18:23 1Thess. 4:1–5:3 Psalm 81:1–16 Prov. 25:6–8	<b>12</b> Jere. 19:1–21:14 1Thess. 5:4–28 Psalm 82:1–8 Prov. 25:9–10	<b>13</b> Jere. 22:1–23:20 2Thess. 1:1–12 Psalm 83:1–18 Prov. 25:11–14	<b>14</b> Jere. 23:21–25:38 2Thess. 2:1–17 Psalm 84:1–12 Prov. 25:15	<b>15</b> Jere. 26:1–27:22 2Thess. 3:1–18 Psalm 85:1–13 Prov. 25:16	<b>16</b> Jere. 28:1–29:32 1Tim. 1:1–20 Psalm 86:1–17 Prov. 25:17
<b>17</b> Jere. 30:1–31:26 1Tim. 2:1–15 Psalm 87:1–7 Prov. 25:18–19	<b>18</b> Jere. 31:27–32:44 1Tim. 3:1–16 Psalm 88:1–18 Prov. 25:20–22	<b>19</b> Jere. 33:1–34:22 1Tim. 4:1–16 Psalm 89:1–13 Prov. 25:23–24	<b>20</b> Jere. 35:1–36:32 1Tim. 5:1–25 Psalm 89:14–37 Prov. 25:25–27	<b>21</b> Jere. 37:1–38:28 1Tim. 6:1–21 Psalm 89:38–52 Prov. 25:28	<b>22</b> Jere. 39:1–41:18 2Tim. 1:1–18 Psalm 90:1–91:16 Prov. 26:1–2	<b>23</b> Jere. 42:1–44:23 2Tim. 2:1–21 Psalm 92:1–93:5 Prov. 26:3–5
<b>24</b> Jere. 44:24–47:7 2Tim. 2:22–3:17 Psalm 94:1–23 Prov. 26:6–8	<b>25</b> Jere. 48:1–49:22 2Tim. 4:1–22 Psalm 95:1–96:13 Prov. 26:9–12	<b>26</b> Jere. 49:23–50:46 Titus 1:1–16 Psalm 97:1–98:9 Prov. 26:13–16	<b>27</b> Jere. 51:1–53 Titus 2:1–15 Psalm 99:1–9 Prov. 26:17	<b>28</b> Jere. 51:54–52:34 Titus 3:1–15 Psalm 100:1–5 Prov. 26:18–19	<b>29</b> Lam. 1:1–2:22 Philemon 1:1–25 Psalm 101:1–8 Prov. 26:20	<b>30</b> Lam. 3:1–66 Heb. 1:1–14 Psalm 102:1–28 Prov. 26:21–22
<b>31</b> Lam. 4:1–5:22 Heb. 2:1–18 Psalm 103:1–22 Prov. 26:23						

For previous Bible Reading Plans, go to [nwadvent.st/2021BibleReadingPlan](http://nwadvent.st/2021BibleReadingPlan).

**O'DAY 60TH**

Bob and Wilma O'Day celebrated their 60th wedding anniversary on June 6, 2021.

Robert O'Day and Wilma Meske were married on June 6, 1961, in Monroe, Washington, after graduating from Walla Walla College with their degree in education. Their work in elementary education took them to a number of schools over their years of service in the Washington Conference.

They live in Aberdeen, Washington, where, after retirement, they started a food bank and thrift store at the Grays Harbor Church to serve their local community. With eyes fixed on Jesus, they eagerly await His soon coming.

The O'Day family includes Anita (O'Day) and Greg Dorland of Newcastle, Washington; Carol (O'Day) and Brent Hildebrand of Marquette, Michigan; 7 grandchildren and a great-grandchild.

**WELKLIN 70TH**

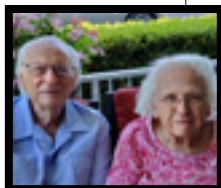
Philip and Claire Welklin celebrated 70 years of marriage on June 24, 2021, as family and close friends joined them for a special anniversary dinner.

Philip Welklin met Claire Lundquist at Emanuel Missionary College (now known as Andrews

University). They married on June 24, 1951, in Berrien Springs, Michigan.

Philip pastored churches in Indiana, Colorado, Idaho, Washington and Oregon. Claire taught elementary school for many years.

They are now enjoying retirement in Medford, Oregon.



**ABRAMS** – Paul Denver, 101; born Jan. 31, 1920, Cornell, Wisconsin; died Feb. 27, 2021, College Place, Washington.

**BIGGS-JARRELL** – Beatrice “Bee” Geneva (Wagner) Biggs, 89; born Oct. 19, 1931, Walla Walla, Washington; died Jan. 15, 2021, Caldwell, Idaho. Surviving: sons, Jay Biggs, Swan Valley, Idaho; Mark Biggs, Nampa, Idaho; Bruce Biggs, Caldwell; daughter, Holly Bee (Biggs)

Sesay, Meridian, Idaho; 14 grandchildren and 12 great-grandchildren.

**BLEVINS** – Arda June (Wachter), 81; born June 17, 1939, Bagley, Michigan; died Feb. 28, 2021, Walla Walla, Washington. Surviving: daughters, Patricia Rue, Seattle, Washington; Mary Bukovskis, Santa Ana, California; Billie Munden, Walla Walla, Washington; 4 grandchildren and 2 great-grandchildren.

**BUCKINGHAM** – Althea R. (Rands) Shabo, 98; born Oct. 31, 1921, Corvallis, Oregon; died May 13, 2020, Puyallup, Washington. Surviving: sons, Kenneth Duane Shabo, Lake Tapps, Washington; Frederick Wakefield Shabo, Camano Island, Washington; daughters, Rebecca Jeanne (Shabo) Brown, Post Falls, Idaho; Deborah Ann (Shabo) Wade, Puyallup; 9 grandchildren, 17 great-grandchildren and 2 great-great-grandchildren.

**CAMPBELL** – George Edward, 95; born Nov. 23, 1925, Long Beach, California; died Dec. 3, 2020, Medford, Oregon. Surviving: daughters, Susan Calzaretta Campbell, Ann H. Campbell and Michelle Hogue, all of Medford; 13 grandchildren and 13 great-grandchildren.

**DASHER** – Wilmer “Bill” Horton, 89; born Feb. 21, 1931, Portland, Oregon; died Feb. 12, 2021, Palm Springs, California. Surviving: sons, William “Tex”, Hale Center, Texas; David, Federal Way, Washington; daughters, Maryann Liu Huffman, Desert Hot Springs, California; Nancy Dasher Garcilazo, Glendale, California; 11 grandchildren and 12 great-grandchildren.

**DEHKORDI** – Janice Neriene (Spidal), 37; born Sept. 15, 1983, Hillsboro, Oregon; died Jan. 14, 2021, Tigard, Oregon. Surviving: daughters, Aryana Dehkordi and Lilah Dehkordi, both of Beaverton, Oregon; parents, John and Bethann (Sather) Spidal, Forest Grove, Oregon; and brother, Walter Spidal, Banks, Oregon.

**EDWARDS** – Cora Marjorie (Kaemmlle) Cowles, 89; born Aug. 18, 1931, Forks, Washington; died Jan. 20, 2021, Warrenton, Oregon. Surviving: sons, Ivan Cowles, Forks; David Cowles, College Place, Washington; daughters, Susan (Cowles) Armstrong, Warrenton, Oregon; Joan (Cowles) Perkon, Forks; Jessica (Cowles) Gow-Lee, Battle Ground, Washington; 11 grandchildren and 13 great-grandchildren.

**EDWARDS** – Donovan, 94; born Aug. 27, 1927, Wapato, Washington; died Oct. 3, 2020, Walla Walla, Washington. Surviving: wife, Eileen (Bitzer); daughters, Twyla Kruger, Walla Walla; Annie Kruger, Milton-Freewater, Oregon; 8 grandchildren and 9 great-grandchildren.

**ELLISON** – William “Bill” E., 83; born June 25, 1937, Ellensburg, Washington; died July 31, 2020, Tacoma, Washington. Surviving: wife, Janice (Reiswig), Bonney Lake,

Washington; sons, Dewitte, Walla Walla, Washington; Jim, Spanaway, Washington; sisters, Isabelle Morris, Port Orchard, Washington; Dora Burnard, Orting, Washington; and 3 grandchildren.

**FERRIS** – Roger Hockey, 87; born May 7, 1933, Port Chester, New York; died Dec. 1, 2021, Edmonds, Washington. Surviving: wife, Ida (Kleinsmith), Shoreline, Washington; sons, Jeffrey, Marysville, Washington; Timothy, Woodinville, Washington; daughter, Jeri-Beth Bowman, Mesquite, Nevada; and 3 grandchildren, 2 step-grandchildren and 2 step-great-grandchildren.

**FORD** – Rhonda Lynne (Casper), 66; born Aug. 11, 1954, Myrtle Point, Oregon; died Aug. 27, 2020, Vancouver, Washington. Surviving: sons, Ryan, Vancouver; Kevin, Washougal, Washington; mother, Joyce Casper, Medford, Oregon; brothers, Kakule Kisunzu, Centreville, Virginia; Dennis Casper, Shoreline, Washington; Martin Casper, Meridian, Idaho; and a grandchild.

**FRITZ** – Huldah Marjorie (Peterson), 98; born May 3, 1922, Portland, Oregon; died Dec. 18, 2020, College Place, Washington. Surviving: son, William J., Staten Island, New York; a grandchild, 2 great-grandchildren and 2 step-great-grandchildren.

**FUNNER** – Elsie Myra “Myke” (Decker), 93; born Jan. 31, 1928, Glendale, California; died Feb. 8, 2021, Nampa, Idaho. Surviving: husband, Carl, Boise, Idaho; sons, Mike, Rock Island, Washington; Larry, The Dalles, Oregon; daughters, Sandy Johnson, Nampa; Carla Bautista, Stamford, Connecticut; 7 grandchildren and a great-grandchild.

**GALLENTINE** – Joyce (Allen), 89; born Feb. 1, 1931, Syracuse, New York; died Dec. 13, 2020, Hood River, Oregon. Surviving: daughters, Roxanne Dodge, Rockland, California; Elaina Mathisen, Hood River, Oregon; stepson, Bill Allen, Arvada, Colorado; 3 grandchildren and 3 great-grandchildren.

**GIVENS** – Euna Adeline (Drew), 103; born Nov. 28, 1917, Eugene, Oregon; died March 6, 2021, Vancouver, Washington. Surviving: son, Randy Givens, Ridgefield, Washington; daughter, Virginia Bittler, Vancouver; 3 grandchildren, 5 great-grandchildren and 3 great-great-grandchildren.

**GRIFFITHS** – Monty Wayne, 61; born Dec. 19, 1959, Boise, Idaho; died Dec. 22, 2020, Twin Falls, Idaho. Surviving: wife, Bonnie Sue (Dallas), Jerome, Idaho.

**HAWKS** – Gerald Thomas, 93; born May 19, 1923, Waitsburg, Washington; died April 1, 2017, Walla Walla, Washington. Surviving: sons, Thomas L., Dayton, Washington; Paul Floyd, Walla Walla; Gerald Wayne, Wenatchee, Washington; daughter, Mary Elizabeth Miskuski, Victoria, British Columbia, Canada; sister, Helen Elizabeth Hall, of Arizona; 8 grandchildren and 8 great-grandchildren.

**HAWLEY** – Ruth (Guinn) Montgomery, 93; born Feb. 22, 1927, Lubbock, Texas; died Dec. 21, 2020, Roseburg, Oregon. Surviving: son, Kendall Montgomery, Daphne, Alabama; daughter, Trudy (Montgomery) Snawder, Roseburg, Oregon; brother, Charlie Guinn, Keene, Texas; sister, Frances O’Conner, Fort Worth, Texas; 2 grandchildren and 2 great-grandchildren.

**HAYNES** – Marie E. (Hansen), 94; born May 20, 1926, La Center, Washington; died Feb. 2, 2021, Vancouver, Washington. Surviving: sons, Wes, Battle Ground, Washington; Gary, Gresham, Oregon; daughter, Maretta Kandoll, Vancouver; 5 grandchildren and 6 great-grandchildren.

**HENDRICKSEN** – Dale Alvin, 87; born Sept. 17, 1933, Charlo, Montana; died Nov. 17, 2020, Missoula, Montana. Surviving: wife, Irene (Donalson) Hendricksen; son, Eric Hendricksen, Stevensville, Montana; daughter, Shelley Scott, Florence, Montana; stepsons, Brian Mitchell, Milton-Freewater, Oregon; Brock Mitchell, Walla Walla, Washington; and 6 grandchildren.

**HILTON** – N. Jane, 92; born Nov. 14, 1928, Seattle, Washington area; died Jan. 25, 2021, Milton-Freewater, Oregon. Surviving: daughters, Pam Stubbe, Malaga, Washington; Jana Perrin, Milton-Freewater; Diana Martinez, Chelan Falls, Washington; 12 grandchildren and 21 great-grandchildren.

**HUTSON** – Lillian Esther (Hutson), 87; born Aug. 22, 1932, Hood River, Oregon; died Aug. 19, 2020, Hood River.

**JACOBUS** – Eugene Edward, 88; born May 14, 1932, Coupeville, Washington; died Jan. 11, 2021, Beaverton, Oregon. Surviving: wife, Carol (Cameron), Cornelius, Oregon; daughters, Elizabeth Kiester, Beaverton; Nona Jean Lake, Portland, Oregon; brother, Leroy Jacobus, Spokane, Washington; 8 grandchildren, 9 great-grandchildren and 2 great-great-grandchildren.

**JONES** – Ruth Arlene (Vredenburg), 85; born March 2, 1934, Pisgah, Iowa; died Dec. 28, 2020, Battle Ground, Washington. Surviving: husband, Robert; daughters, Roberta Keene, Battle Ground; Robin Patterson, College Place, Washington; Rhonda Gustin, Sumner, Washington; Roxanne Ballowe, Battle Ground; and 4 grandchildren.

**JUBERG** – Terry Keith, 72; born Nov. 27, 1948, Lincoln, Nebraska; died Feb. 2, 2021, Portland, Oregon.

**KRAMER** – Judy Ann (Kelsey), 80; born Sept. 6, 1940, Payette, Idaho; died Jan. 28, 2021, Nampa, Idaho. Surviving: husband, Gene, Caldwell, Idaho; son, Brian, Boise, Idaho; daughter, Kristine Hardy, Caldwell, Idaho; 9 grandchildren, 5 step-grandchildren, 18 great-grandchildren and a step-great-grandchildren.

**LOGAN** – Margie L. (Carr), 98; born Sept. 29, 1922, Milton, Wisconsin; died Jan. 1, 2021, Salem, Oregon. Surviving: sons, Marvin, Cornell, Michigan; Alan, Myrtle Creek, Oregon; daughters, Linda Johnson, Grand Junction, Colorado; Marvis Hays, Kamiah, Idaho; Marilyn Glassford, Berrien Springs, Michigan; brother, Robert Carr, Salem; 12 grandchildren and 30 great-grandchildren.

**LUTTS** – Yvonne A. (Knudson), 89; born Feb. 19, 1931, South Bend, Washington; died Dec. 9, 2020, Gresham, Oregon. Surviving: husband, Theodore “Ted”; sons, Stephen, Portland, Oregon; Gregory, Portland, Oregon; daughters, Sandra White, Rosario Beach, Washington; Karen Lewis, New Cuyama, California; 7 grandchildren and 5 great-grandchildren.

**MARKLE** – James Rodney, 67; born April 29, 1953, York, Pennsylvania; died Dec. 31, 2020, Florence, Oregon. Surviving: wife, Carolyn (Harvey); stepdaughter, Lela (Soard) Graf, Honolulu, Hawaii; sisters, Alice (Markle) Twiford, Williamsburg, Virginia; Jennifer (Markle) Stouter, Largo, Florida; and 4 grandchildren.

**MATHIESEN** – Viola Mae (Bigelow), 90; born May 21, 1930, Sherwood, Oregon; died Jan. 8, 2021, Canby, Oregon. Surviving: stepson, Rob Mathiesen, of Oregon; sisters, Opal Krieger, Pendleton, Oregon; and Leona Blahak, Spokane, Washington.

**NORTON** – Sharon Augusta “Gussie” (Lund) Thomas, 79; born March 20, 1941, Prineville, Oregon; died Dec. 4, 2020, Woodland, Washington. Surviving: sons, Fred Thomas, Vancouver, Washington; Gary Thomas, Scott Thomas, Eddie Norton and Buddy Norton, all of Woodland; Jason Norton, Wisconsin; daughters, Ladell Thomas, Woodland; Joyce Harmon, Kalama, Washington; Kim (Norton) Hulen, Tacoma, Washington; 19 grandchildren and 12 great-grandchildren.

**OHLUND** – Paul, 74; born Nov. 26, 1946, Klamath Falls, Oregon; died Feb. 19, 2021, Medford, Oregon. Surviving: wife, Debbie (Niedermeyer); sons, John, Healy, Alaska; Jerry, Meridian, Idaho; Dennis, Athens, Michigan; 8 grandchildren and a great-grandchild.

**PAMPAIAN** – Effie M. (Hale), 110; born May 16, 1910, Edmonton, Alberta, Canada; died Dec. 3, 2020, College Place, Washington. Surviving: daughter, Sheryl Pampaian Learned, Kirkland,

Washington; a grandchild and 3 great-grandchildren.

**PERRY** – Monty, 79; born April 22, 1941, Scotia, California; died Jan. 2, 2021, Simi Valley, California. Surviving: wife, Nancy (Madsen); son, Jim, Loma Linda, California; daughters, Jane Gimbel, Denver, Colorado; Kelly Gaines, Simi Valley; and 7 grandchildren.

**PETERSON** – William “Bill” Durward, 94; born April 9, 1926, Omaha, Nebraska; died Nov. 10, 2020, Sunny Valley, Oregon. Surviving: wife, Joan (Larson); sons, Douglas, Monument, Colorado; Daniel, Loma Linda, California; 5 grandchildren and 5 great-grandchildren.

**POWELL** – Sterling, 80; born Nov. 21, 1940, Mount Pleasant, Michigan; died Jan. 3, 2021, Walla Walla, Washington. Surviving: surviving wife, Willadeen; sons, Lee Powell, Cincinnati, Ohio; Chris Powell, St. Louis, Missouri; stepson, Daryl Oster; daughter, Laura Powell Brown, Charlotte, North Carolina; stepdaughter, Sheri Oster, College Place, Washington; brother, Dan Powell, Grand Rapids, Michigan; sister, Beverly Powell DeGeer, Mount Pleasant, Michigan; 7 grandchildren, 4 step-grandchildren and a great-grandchild.

**PURDY** – Mavis M. (Zuver), 93; born April 9, 1927, Falls City, Oregon; died Sept. 20, 2020, Corvallis, Oregon. Surviving: sons, Dwight, Falls City; Ken, Salem, Oregon; daughter, Laurel Purdy, Falls City; 5 grandchildren and 2 great-grandchildren.

**REBMAN** – John Halleck Jr., 96; born April 14, 1924, Ashland, Ohio; died Feb. 28, 2021, La Center, Washington. Surviving: sons, John Rebman III, Cornelius, Oregon; Mike Rebman, La Center; daughters, Annette Bohanan-Maness, Hillsboro, Oregon; daughter, Barbara Polimeni, La Center; 8 grandchildren and 16 great-grandchildren.

**ROSENTHAL** – Dora J. (Phillips), 81; born March 17, 1939, Waldron, Arkansas; died Jan. 11, 2021, Creswell, Oregon. Surviving: sister, Margie (Phillips) Whitaker, Springfield, Oregon; and a grandchild.

**SCHWARZ** – Pauline (Widrowich), 100; born June 6, 1920, Hafford, Saskatchewan, Canada; died Dec. 14, 2020, College Place, Washington. Surviving: son, Arthur, Keene, Texas; daughters, Linda Pierce, Los Angeles, California; Wendy Frampton, San Diego, California; 4 grandchildren and 4 great-grandchildren.

1924–2020  
&  
1927–2020

**FRED & VELMA BEAVON**

Fred and Velma Beavon began their lifelong romance while attending Emmanuel Missionary College (now Andrews University). Fred looked out his dorm window and saw Velma walking across campus. He turned to his roommate and said, “I’m going to marry that girl.” They were married Aug. 24, 1947.



Fred and Velma adored their three sons Eric, Fred and Ted and were devoted to their extended family, many friends and the Seventh-day Adventist Church. They were passionate about serving Jesus. They ministered to others by pastoring churches, working with youth and helping people plan trusts and wills. Velma loved working with students at Mt. Ellis Academy in Bozeman, Montana, where she served as food service director.

In retirement, they enjoyed volunteering with Maranatha and other mission projects. As they traveled the world, they made their home base on the shore of Montana’s Flathead Lake.

Fred was born to missionary parents in Africa. Velma was born in Minnesota and later moved with her family to a farm in Wisconsin where she grew up.

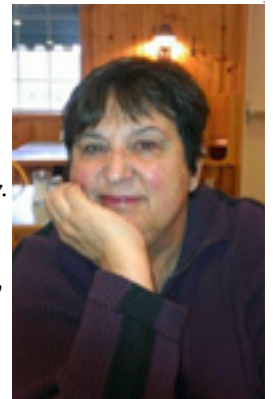
Fred died on Father’s Day, June 21, 2020. Velma went to her rest Nov. 13, 2020.

They are survived by their son Eric, two daughter-in-laws, six grandchildren and four great-grandchildren.

1947–2021

**KATHY CASE**

Kathleen Sue Boldman was born Jan. 21, 1947 in Seattle, Washington, to Gil and Ruth Boldman. After graduating from Newberry Park Academy, Kathy attended Walla Walla College. She met the love of her life, Gary Case, during the very first week of school. They married Aug. 20, 1967.



After time in Sacramento, California, where Kathy taught and Gary attended law school, they settled in Boring, Oregon, to raise their daughters. Kathy became involved at the academy and church in Hood View. Eventually teaching at Hood View Jr. Academy and Portland Adventist Elementary School. Self-worth, resilience and love were just a few of the lessons Kathy taught her students.

They moved to Bend, Oregon in 2000, to be near grandchildren, the joy of Kathy’s life! She served the Bend Church, Three Sisters School and on the Oregon Conference K–12 Board. She filled her soul with family, friends, tote-bag making, sending cards to others and making people feel loved.

Tragically, Kathy died in a car accident on Feb. 4, 2021 at the age of 74.

Surviving: husband, Gary; daughters and sons in-law, Kristi and Matt Kaufman, Lisa and Peter Stiles; grandchildren, Blake Kaufman, Macy Kaufman, Hannah Stiles, Alex Stiles; siblings, Phil Boldman, Linda Owen, Joyce Case Mowry, Mary Jo Timmons; and many extended family and dear friends.

**ULERY**—Phyllis L., 83; born Dec. 5, 1936, Santa Clara, California; died Nov. 30, 2020, Silverlake, Washington. Surviving: husband, Nelson; son, Bud, Bonney Lake, Washington; daughter, Shelley Mortam, Panama City, Florida; 5 grandchildren and 5 great-grandchildren.

**UREN**—Theodore Healey, 86; born April 25, 1934, San Diego, California; died Dec. 20, 2020, Myrtle Creek, Oregon. Surviving: wife, Jotta Fern (Smith); sons, Theodore “Ted” C. Uren, College Place, Washington; Calvin Uren, Aptos, California; daughter, Connie Roberson, Blacklick, Ohio; 4 grandchildren and a great-grandchild.

**VENDEN**—Marilyn Louella (Moore), 88; born March 12, 1932, in California; died April 9, 2020, Walla Walla, Washington. Surviving: son, Lee Venden, Walla Walla; daughters, Lynn Venden, Walla Walla; LuAnn Venden, College Place, Washington; 3 grandchildren and a great-grandchild.

**WADE**—Bill R., 80; born July 11, 1940, New Boston, Ohio; died Jan. 16, 2021, Lewiston, Idaho. Surviving: wife, Lou (Scully); son, Donald, Clarkston, Washington; daughters, Lori, Des Moines, Washington; Edie, Lewiston; 3 grandchildren and a great-grandchild.

**WAHLEN**—Earnest Lloyd, 95; born March 5, 1925, Pope County, Minnesota; died Nov. 20, 2020, Vancouver, Washington. Surviving: wife, Wanda (Manke); son, Clinton Wahlen, Silver Spring, Maryland; daughters, Debra Cianci and Brenda Richards, both of Portland, Oregon; stepsons, Rusty Warren and

Mike Warren, Vancouver; stepdaughter, Christy Evans, Vancouver; 13 grandchildren and 12 great-grandchildren.

**WALLACE**—Joyce Elizabeth, 79; born July 6, 1941, Jordan, Montana; died Dec. 23, 2020, Portland, Oregon. Surviving: brothers, Carl Wallace, Glenwood City, Wisconsin; Ray McPhail, Joliet, Montana; sisters, Kathleen (Wallace) Severance, Portland, Oregon; and Alice (Wallace) Graham, Odessa, Texas.

**WALLEY**—Dorothy Suzann “Sue” (Fallang), 74; born July 4, 1946, Livingston, Montana; died Feb. 6, 2021, Kelso, Washington. Surviving: husband, Michael “Ross”; stepson, Christopher Walley; stepdaughter, Justine (Walley) TenKley, Kelso, Washington; mother, Gladys (McKinstry) Fallang, Billings, Montana; brothers and sisters-in-law, Paul and Karri Fallang, Great Falls, Montana; Rudy and Monica Fallang, Billings, Montana; sister, Sandy Smith, Big Timber, Montana; 4 grandchildren and a great-grandchild.

**WESTERGARD**—Juanita Dell (Black), 89; born May 2, 1931, Portland, Tennessee; died Feb. 4, 2021, Medford, Oregon. Surviving: daughters, Kathleen Finley, Central Point, Oregon; Judy Harvey, Medford; 3 grandchildren and 5 great-grandchildren.

**WILBUR**—Kenneth Luther, 82; born Feb. 28, 1938, probably Portland, Oregon; died Feb. 2, 2021, Cloverdale, Oregon. Surviving: sons, Marvin, Troy, Montana; Virgil, McKenna, Washington; 4 grandchildren and 3 great-grandchildren.

**WOLCOTT**—Lyla Elaine (Weeks), 96; born Aug. 26, 1924, Williston, North Dakota; died Dec. 13, 2020, College Place, Washington. Surviving: daughters, Carol Wolcott Parshall, Kathy Wolcott Hazen and Linda Wolcott Torretta, all of College Place; Margie Wolcott Torretta, LaGrande, Oregon; Sandy Wolcott Kinsfather, College Place; 10 grandchildren, 20 great-grandchildren and 3 great-great-grandchildren.

**WRESCH**—Kathryn G., 75; born Aug. 15, 1945, Portland, Oregon; died Dec. 9, 2020, Vancouver, Washington. Surviving: brother, Robert Wresch, in Guam.

**WRIGHT**—Marvin E. Jr., 88; born Nov. 7, 1931, Jerome, Idaho; died Oct. 22, 2020, Renton, Washington. Surviving: wife, Pluma (Wallen); son, Lloyd, Mountlake Terrace, Washington; 5 grandchildren and 3 great-grandchildren.

**WRIGHT**—Melva Marie (Wills), 95; born Nov. 18, 1924, Burlington, Iowa; died Nov. 15, 2020, Edgemere, Idaho. Surviving: sons, Roger, Priest River, Idaho; Tim, Sandpoint, Idaho; daughters, Sherry Wright-Lewis, La Grande, Oregon; Becky Wright-Schlaht, Edgemere; 10 grandchildren and 22 great-grandchildren.

**YARBROUGH-WIND**—Leona Mar (Parcher), 87; born Oct. 17, 1933, Bellingham, Washington; died Jan. 3, 2021, Sutherlin, Oregon. Surviving: sons, Dale Yarbrough and Dar Yarbrough, both of Sutherlin; daughters, Ruth (Yarbrough) Crisp, Sutherlin; Lori (Yarbrough) Bonifant, Lake Tapps, Washington; grandchildren, great grandchildren and great-great-grandchildren.

**YOUNG**—Eldon Eugene, 88; born Sept. 9, 1932, Hewitt, Minnesota; died Jan. 12, 2021, The Dalles, Oregon. Surviving: sons, Richard (formerly Young) Ringering, Troutdale, Oregon; Gene (formerly Young) Ringering, Boring, Oregon; daughters, Twyla (Young) McIntyre, Boring; Paula (Young) Benson, Albany, Oregon; Victoria (Young) Hewitt, Toledo, Washington; stepsons, Maurice St. Jean, Tacoma, Washington; Robert St. Jean, Centralia, Washington; David St. Jean, Tacoma, Washington; Doug Webberly, Bountiful, Utah; Lee St. Jean, Olympia, Washington; stepdaughters, Donna (St. Jean) Howard, Burien, Washington; Ann (St. Jean) Frydenhall, Onalaska, Washington; Charlene (St. Jean) Schwartz, Toledo, Washington; Kathy Webberly, Arlington, Oregon; Becky Webberly, Camas, Washington; 8 grandchildren, 11 step-grandchildren, 2 great-grandchildren and 17 step-great-grandchildren.

All family announcements are published online at [NWAadventists.com/family](http://NWAadventists.com/family).

To submit family announcements, go to [NWAadventists.com/contribute](http://NWAadventists.com/contribute). To publish an expanded obituary with a short bio and photo, contact [info@nwadventists.com](mailto:info@nwadventists.com) or call 360-857-7000 for submission and cost information.

The North Pacific Union Conference *Gleaner* accepts family listings as a service to members of Adventist churches in the Northwest. While this information is not intended as an endorsement of any facts or relationships represented, the *Gleaner* does not knowingly print content contrary to the biblical beliefs of the Seventh-day Adventist Church.



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# ANNOUNCEMENTS

## NORTH PACIFIC UNION CONFERENCE

### Offering

Sept. 4—Local Church Budget;  
 Sept. 11—World Budget (GC);  
 Sept. 18—Local Church Budget;  
 Sept. 25—Local Conference Advance;  
 Oct. 2—Local Church Budget;  
 Oct. 9—Walla Walla University (NPUC);  
 Oct. 16—Local Church Budget;  
 Oct. 23—Local Conference Advance;  
 Oct. 30—Local Church Budget.

### North Pacific Union Conference Association Official Notice

Official notice is hereby given that a Regular Membership Meeting of the North Pacific Union Conference Association of Seventh-day Adventists is called for 2 p.m., on Wednesday, Nov. 10, 2021, at Walla Walla University in College Place, Washington. The membership is comprised of the members of the North Pacific Union Conference Executive Committee. The purpose of the Regular Membership Meeting is to hear reports and to transact such other business as may properly come before the meeting.

*John C. Freedman, president*

*James H. Brown, secretary*

## OREGON

### The 18th Annual Bobby McGhee and Friends Vespers

Sept. 4—The 18th annual Bobby McGhee and Friends Vespers at 6 p.m. will be held at Sunnyside Church at 10501 SE Market St., Portland, Oregon. Musical inspiration and a special guest speaker Ed Boyatt are just part of a special evening. Plan now to attend this remarkable event and reconnect with friends from near and far.

### Missing Members

The Yacont (Washington) Church needs assistance in locating the following missing members: Betsy Caughie, Travisteen Cramer, Sandra Emery, Stanley and Cynthia Jeffery, Heather LeFever, Glenn and Adria Martenez, Rick Martenez, Holly Treichler and Dale A. Thobois. If you know any information about these missing members, please contact the church at jbttrgrnd@aol.com or 360-687-3716.

MORE EVENTS LISTED AT [NWADVENTISTS.COM/EVENTS](http://NWADVENTISTS.COM/EVENTS).

## Adult Care

**ADULT FAMILY HOME**, Adventist owned and operated, specializing in vegetarian meals. Gardening for residents on fenced five acres, church transportation and 5–8 minutes EMT service. Contact 360-904-9092, 254-314-6956, [countryassistance@gmail.com](mailto:countryassistance@gmail.com).

## Classes

**SOUTHERN ADVENTIST UNIVERSITY OFFERS MASTER'S DEGREES** in business, computer science, counseling, education, nursing, religion and social work. Flexibility is provided through some online and many on-campus programs. Financial aid may be available. For more information, call 423-236-2585 or visit [southern.edu/graduatestudies](http://southern.edu/graduatestudies).

## Employment

**HEALTHMOTIVATE CARE** is seeking primary care physicians that advocate healing and whole living. Invested in the infinite value of each person, we share the joy of setting health goals, inspiring behavior change and seeing lives being transformed. Located in the northwest, surrounded by nature's beauty and neighboring two universities, the Palouse is rich in culture, art, education, technology and diversity. Church family is nearby with local Adventist churches and schools. Walla Walla University is only a short two-hour drive away. Urban culture and country living at its finest is yours to enjoy. You will be supported by comprehensive benefits, relief from graduate school loans and healthy work-life balance. Visit us at [healthmotivate.org/opportunities](http://healthmotivate.org/opportunities) or contact Jayne Peterson, [Jayne@HealthMotivate.org](mailto:Jayne@HealthMotivate.org).

**UNION COLLEGE**, Lincoln, Nebraska, is seeking candidates for vice president for academic administration to provide strategic direction, leadership and oversight for the college's

academic programs and fulfillment of strategic goals. Earned doctoral degree required. Apply at [ucollege.edu/employment](http://ucollege.edu/employment).

**MISSION CREEK CHRISTIAN SCHOOL**, a small secondary boarding school in South Bend, Washington, is seeking Christ-centered applicants for: Plant-based cook and girls' mentor; boys' mentor and greenhouse manager; assistant grounds, construction and maintenance worker. Visit [missioncreekchristianschool.com](http://missioncreekchristianschool.com) or call Mary at 360-875-6050 or 360-942-9068.

### WALLA WALLA UNIVERSITY

is hiring! To see the list of available positions, go to [jobs.wallawalla.edu](http://jobs.wallawalla.edu).

**FACULTY HEALTHCARE FINANCE AND ECONOMICS** at Loma Linda University School of Public Health. We are seeking a full-time faculty member for the Master of Healthcare Administration (MHA) program with experience in financial management, economics, and/or quantitative methods. Instructs 4–6 graduate level courses per year (e.g., Healthcare Economics, Finance, Quantitative Methods in Healthcare Management and Accounting) using both face-to-face and online modalities. Produce research or practice activities that are industry-related and align with the school's strategic focus areas. Advise and mentor graduate students. Requires a doctoral degree from an accredited institution and healthcare experience in practice or research is preferred. Apply at [nwadvent.st/116-05-ad-llu3](http://nwadvent.st/116-05-ad-llu3).

**EXECUTIVE DIRECTOR – EXSEED Program** at Loma Linda University, develops and coordinates STEM education, activities, events and professional development in support of Kindergarten through Graduate degrees

for the Adventist education system and San Bernardino Unified School District. Coordinates organizational networking throughout the Adventist educational system to collaborate with, support, and promote STEM-related clubs, projects and camps. Oversees the LLU pipeline and pathway programs for minorities to develop project-based science engagement at LLU. Requires a doctoral degree in related field, five years as faculty within a K-12 or higher education academic institution involved in substantial teaching experiences and experience or involvement in faculty professional development. Apply at [nwadvent.st/116-05-ad-llu2](http://nwadvent.st/116-05-ad-llu2).

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**FOR SALE** Four cemetery plots in Washington Memorial Park, Garden of Light section, Sea Tac, Washington. \$2,500 each. Proceeds benefit mission projects in India. If interested, call NPUC Association, 360-857-7021.

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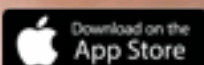


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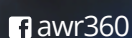
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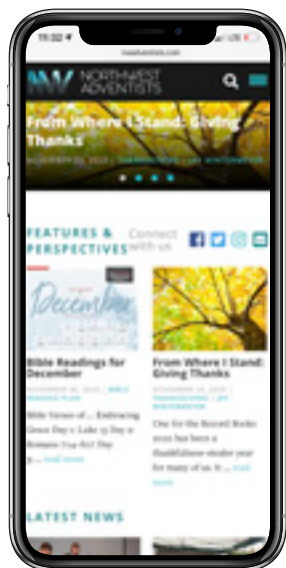
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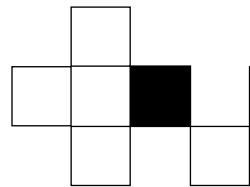
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# Apple Turtle Slices

**AS A KID, I LOVED MAKING** *candied apples with my family each fall. As the weather turned cooler we'd gather the ingredients and make these special treats. There was just one problem. They were always so hard to eat. I discovered a solution to the mess: candied apple slices! These are fun and easy to make. Just be sure to ask your grown up if they can help you make these tasty treats.*



## INGREDIENTS

- 2-3 very large apples
- 3 ½ cups semi-sweet chocolate chips
- 1 tablespoon coconut oil
- 1 cup caramels
- ½ cup chopped pecans

## INSTRUCTIONS

1. Slice apples in ½ inch pieces and remove the seeds. If apples are extra juicy, pat them down with a paper towel.
2. Insert a stick into each slice. Do it carefully so the apple slice doesn't break.
3. In a microwavable-safe bowl, melt chocolate chips in the microwave on high for about 2-minutes. Stir every 30 seconds so the chocolate doesn't burn.
4. Stir in coconut oil until the chocolate is smooth.
5. Cover the apple slices in chocolate and place on a parchment-lined cookie sheet.
6. Sprinkle chopped nuts over the chocolate apple slices.
7. Place caramels in a microwavable-safe bowl then microwave on high. Stir every 20-seconds until the caramels are smooth.
8. Drizzle the melted caramel over the chocolate and nuts.
9. Refrigerate for about one hour.

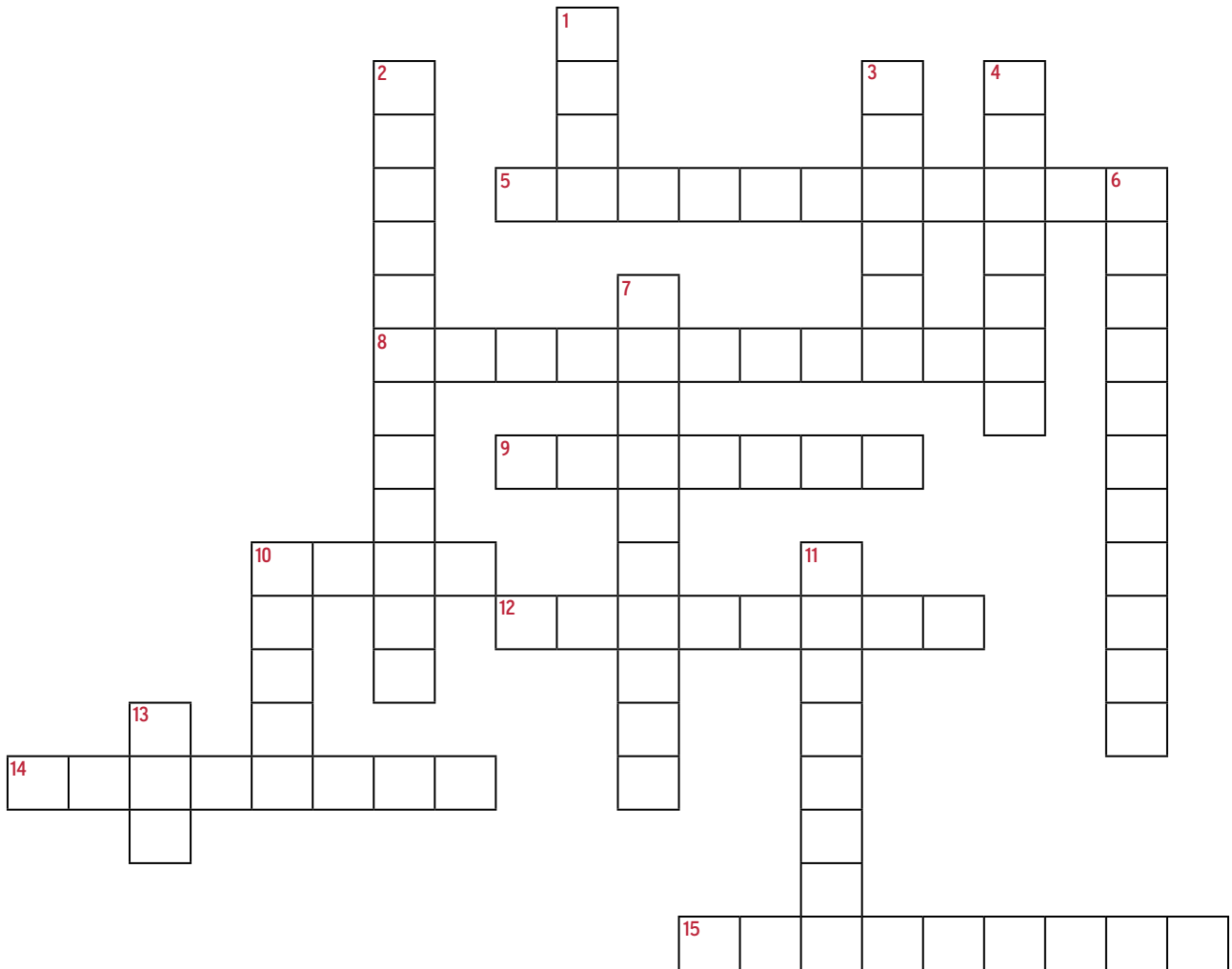
DESIREE LOCKWOOD  
Gleaner managing editor

*These taste best when you eat them the same day! Enjoy!*



# BEATITUDES AND FRUITS OF THE SPIRIT

## CROSSWORD PUZZLE



### ACROSS

- 5) Blessed are the \_\_\_\_\_, for they will be called children of God.
- 8) Or do you show contempt for the riches of his kindness, \_\_\_\_\_ and patience, not realizing that God's kindness is intended to lead you to repentance (Romans 2:4)?
- 9) The book of the Bible where you can find the Beatitudes.
- 10) Blessed are the \_\_\_\_\_, for they will inherit the earth.
- 12) Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, \_\_\_\_\_, humility, gentleness and patience (Colossians 3:12).
- 14) The sixth fruit of the Spirit.
- 15) The book of the Bible where Paul mentions the fruit of the spirit.

### DOWN

- 1) \_\_\_\_\_ your neighbor as yourself (Mark 12:31).
- 2) They are new every morning; great is your \_\_\_\_\_ (Lamentations 3:23).
- 3) Blessed are the poor in spirit, for theirs is the kingdom of \_\_\_\_\_.
- 4) \_\_\_\_\_ are the pure in heart, for they will see God.
- 6) ... gentleness and \_\_\_\_\_. Against such things there is no law (Galatians 5:23).
- 7) ... clothe yourselves with compassion, kindness, humility, \_\_\_\_\_ and patience (Colossians 3:12).
- 10) Blessed are those who \_\_\_\_\_, for they will be comforted.
- 11) Blessed are the \_\_\_\_\_, for they will be shown mercy.
- 13) May the God of hope fill you with all \_\_\_\_\_ and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit (Romans 15:13).

Check your answers at  
[NWADVENT.ST/116-5-KIDS-24](http://NWADVENT.ST/116-5-KIDS-24)

# 4 WAYS TO *Boost Emotional Development in Kids*



I don't know about you all, but for me, the past 18 months hasn't always been easy. In fact, it's often been a stressful time with school, work, quarantine and just day-to-day life during a pandemic. We've dealt with some big issues emotionally in our family (frustration, nervousness, worry, anger, etc.) and we've given out a lot of grace to each other the past year and a half. At times like this, and truly at all times, talking about mental health and emotions as a family is so important to the emotional development of our children.

I love what Paul wrote, "And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus" (Phil. 4:7 NIV).

With back-to-school season upon us, we don't just get our kids ready with their uniforms and school supplies, we also like to evaluate how they're doing emotionally. I will be the first to admit that both of my kids have a lot of room to grow emotionally. Healthy emotional development in children is important and, honestly, emotional development in my own life is, too. As parents, we play a key role in our child's healthy emotional development.

David invited God to grow him emotionally. He said, "Search me, O God, and know my heart; Try me and know my anxious thoughts" (Psalm 139:23).

You may be wondering what you can do to help ensure that your child's emotions are developing well. Here are just a few ideas that we utilize to get you started.

## **1. ENCOURAGE YOUR CHILD TO NAME THEIR EMOTIONS.**

If your child is young, it's important for them to learn to name their emotions. When kids experience emotions (frustration, excitement, nervousness, sadness, jealousy, fear, worry, anger and embarrassment), teach them what each one of those emotions is. Once they begin to learn them, start asking them specifically how they feel.



**AUTHOR** | LaVonne Long





## 2.

### USE YOUR CHILD'S FAVORITE CHARACTERS AS ILLUSTRATIONS.

As your child is learning about emotions, talk about how their favorite characters feel in books, movies or TV shows. This will help your child gain a better understanding of their own emotions. My 13-year-old is getting tired of us talking about how characters are feeling, but it has helped her ability to name her own emotions.

## 3.

### TEACH YOUR CHILD HOW TO MANAGE EMOTIONS.

This is the hard part for everyone. But, it's important for your child to learn what normal reactions to emotions are. For example, when our son is angry, we encourage him to take a deep breath or count to 10 or even take a break in another room. We talk about why we feel a certain feeling, how it felt, how we responded and how we can respond better next time.

## 4.

### HELP YOUR CHILD UNDERSTAND OTHER PEOPLE'S EMOTIONS.

Not only is it important for your child to learn how to manage their own emotions, but it's important for them to learn how to react to other people's emotions. For the rest of their lives, children will deal with other people and their emotions. Teach your child to feel empathy for others and how to deal with emotional conflicts.

*When kids experience emotions (frustration, excitement, nervousness, sadness, etc.), teach them what each one of those emotions is.*

Jesus gave us great advice to share with our children as we seek to help them be emotionally healthy. "Love your neighbor as yourself" (Mark 12:31 NIV).

Following these four tips can help grow your child's emotional development. Your child can gain a better sense of emotions and learn how to react to them. We will continue to talk about how we're feeling and give each other lots of grace. I hope and pray that you can do the same in your home.

#### LaVonne Long

*LaVonne works at her kids' school, Skagit Adventist Academy. She is a family lifestyle blogger and social media influencer. You can find her on Instagram @lavonnelong.*

More online at [NWADVENT.ST/116-5-POV-65](https://www.nwadventist.org/st/116-5-POV-65) 

# No Fear in Love

## PART 3

*“If you are repentant, it means that you love. And if you love, you already belong to God.”*

—FYODOR DOSTOEVSKY



AUTHOR

Kevin McGill

**A**t the root of all that is wrong with religion is a false and ugly image of God. If we believe that God’s love is conditional or that He won’t come back for us until we are perfect, it can lead to a heaviness that no human can bear.

Bad religion is worse than no religion. The fruit of bad religion is death. It’s hatred, condemnation and shame. It’s the feeling of never measuring up. In my wife’s case it was depression.

She desperately wanted to please God, but she was exhausted. I was absorbing hours of theology each day and Danelle felt like she wasn’t keeping up. The theology I was learning stressed the importance of perfection and she was feeling inadequate. This perfection is religious uniformity in disguise. If you don’t wear the same style of clothing, eat the same diet or show up to all the same meetings, it can feel like you are sinning.

During this time my quest for perfection led me to believe that eating eggs and wearing a wedding ring was wrong. I was stuck in

a religious groupthink that conflated everything as a sin and it was making Danelle feel uncomfortable. I thought she simply wasn’t trying hard enough.

I was convinced Jesus was about to come back and I wanted to be part of a generation of people that perfectly reflected his character. But instead of reflecting a character of love, the emphasis on perfection resulted in me becoming more judgmental.

During this time, Danelle could have reached out to her family for support, but my theology and belief about God kept her from doing that. I judged her family as too “liberal.” I believed we were living in the last generation and needed to overcome all of our “sins.” I didn’t think they would understand all of that. Writing this now, I realize how cult like that mindset was. Especially since Danelle’s family is so loving and kind. They would have done anything to help her through that period of depression.

Thankfully, true truth sets people free. If the truth doesn’t set you free then it is not TRUE truth. The journey to discovering this freedom did not happen instantaneously. The first key was the realization that depression is not a sin. This was an epiphany for both of us. We were striving so hard to be perfect, what we really needed to do was rest.

During this time, we listened to a song called “I Heard the Voice of Jesus Say.” The music and message of the song allowed us to release the weight of our burdens to Jesus. The first verse says:

*“I heard the voice of Jesus say,  
‘Come unto me and rest.  
Lay down, O weary one,  
lay down your head upon my  
breast.’*

*I came to Jesus as I was,  
so weary, worn and sad.  
I found in him a resting place,  
and he has made me glad.”*



## *Any expression of religion that emphasizes anything other than redeeming love misses the mark.*

The next spiritual breakthrough happened while Danelle was up late one night lying in bed. She was still feeling spiritually inadequate and thought she was lost because she was not obtaining perfection. In her mind she was contemplating this and thinking, “What a bummer. I don’t think I can make it to heaven. I’m not surrendering to Jesus enough.” While she was lying there, she heard a voice in her head that she believed to be God. The voice said, “You are here in this pit of despair and you are talking to me about it. You think that I wouldn’t save you in this very moment? At this very minute you don’t think you are saved?”

She was going back and forth in this conversation with God. Then God said, “How about now, we are talking, and you are broken, you don’t want to be broken, I love you and I want to save you, you don’t think that I will?”

This broken prayer and conversation with God led to an “aha moment.” It was the beginning of a change in her thinking. From this point on she never struggled again with assurance of salvation. It helped that at the same time I was having my own spiritual epiphanies.

I was starting to understand the implications of what it means for God to be LOVE. My fear-based theology was a rope of sand. All my

grasping for perfection was hopeless.

There is no fear in love. In his novel, *The Brothers Karamazov*, Fyodor Dostoevsky puts it like this:

“There is not and cannot be in the whole world such a sin that the Lord will not forgive one who truly repents of it. A man even cannot commit so great a sin as would exhaust God’s boundless love. How could there be a sin that exceeds God’s love? Only take care that you repent and chase away fear altogether. Believe that God loves you so as you cannot conceive of it; even with your sin and in your sin, he loves you.”

What we believe about God changes everything. If we serve God because of the threat of hell or the fear of missing out on heaven we have not yet been transformed by love. John says, “There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love” (1 John 4:18).

In each stage of my spiritual journey, I have been sincere. When I thought eating eggs and wearing a wedding band was a sin, my desire was to be faithful. When I judged

my wife for being too exhausted to get up and pray, I thought she simply wasn’t surrendered enough. I didn’t realize how I was weaponizing a spiritual tool against her.

My focus on becoming perfect made me judgmental and it directly led to my wife’s depression. I realize now that Jesus was always inviting us to rest in Him. His grace is sufficient, and His power is made perfect in weakness. Any expression of religion that emphasizes anything other than redeeming love misses the mark.

The Greek term for sin is “ἁμαρτία” which means “missing the mark.” If we are honest with ourselves, we have all missed the mark at times. So how do we recalibrate our aim? We have to get our focus back on a God of LOVE. True faith is about believing in and reflecting the love of Christ. God loves you, don’t be afraid. Believe that truth and be set free.

### **Kevin McGill**

*Kevin writes from Seattle as he shepherds the Green Lake Church. He loves spending time with his family.*

Find the other parts of this series online at [nwadvent.st/116-5-POV-19](http://nwadvent.st/116-5-POV-19).



## A VISIT WITH JESUS

### FROM WHERE I Stand



AUTHOR

**I** talked with Jesus today. I wasn't praying. I picked up my office phone and held an audible two-way conversation with Jesus. It wasn't a lengthy conversation and yet I immediately felt cared for and deeply valued. I felt encouraged, motivated and energized.

As I hung up the receiver, He said, "I love you."

Now before you think I have a higher connection, let me explain.

As editor, I often get calls or emails from people wanting to talk with me about a particular article. Today, I was returning a call to someone I'd never met. It turns out the man is an elder statesman in my faith community. He has served faithfully for decades pointing people to Jesus and a life of health and wholeness. I didn't know any of that at first.

What I discovered immediately when I spoke with him was that he cared about me. The way he spoke to me made me want to take him to lunch and have a long chat. I felt the divine working and speaking through him. It was clear by his words and tone that I mattered to him as a person.

After our conversation, I took a moment to reflect on the gift I'd just been given.

I had just spoken to a normal and a humble human. Yet there was no doubt in my mind that I'd been speaking to Jesus. This man's words and tone shared the same characteristics scripture uses to describe how Jesus interacted with people.

Jesus took time to make people feel seen and cared for.

What a powerful testimony. What a witness to the deep truth of what Jesus told us.

"So now I am giving you a new commandment: Love each other. Just as I have loved you, you should love each other.



Your love for one another will prove to the world that you are my disciples," (John 13:35, NLT).

I came away from that phone exchange encouraged and motivated. I came away wanting to embody Jesus. I do! I want to make sure people know they are loved and valued when they talk with me. When they walk away from an encounter with me, I want them not to see me but to see Jesus and know they truly matter.

Amen.

Jay Wintermeyer  
Gleaner editor

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