

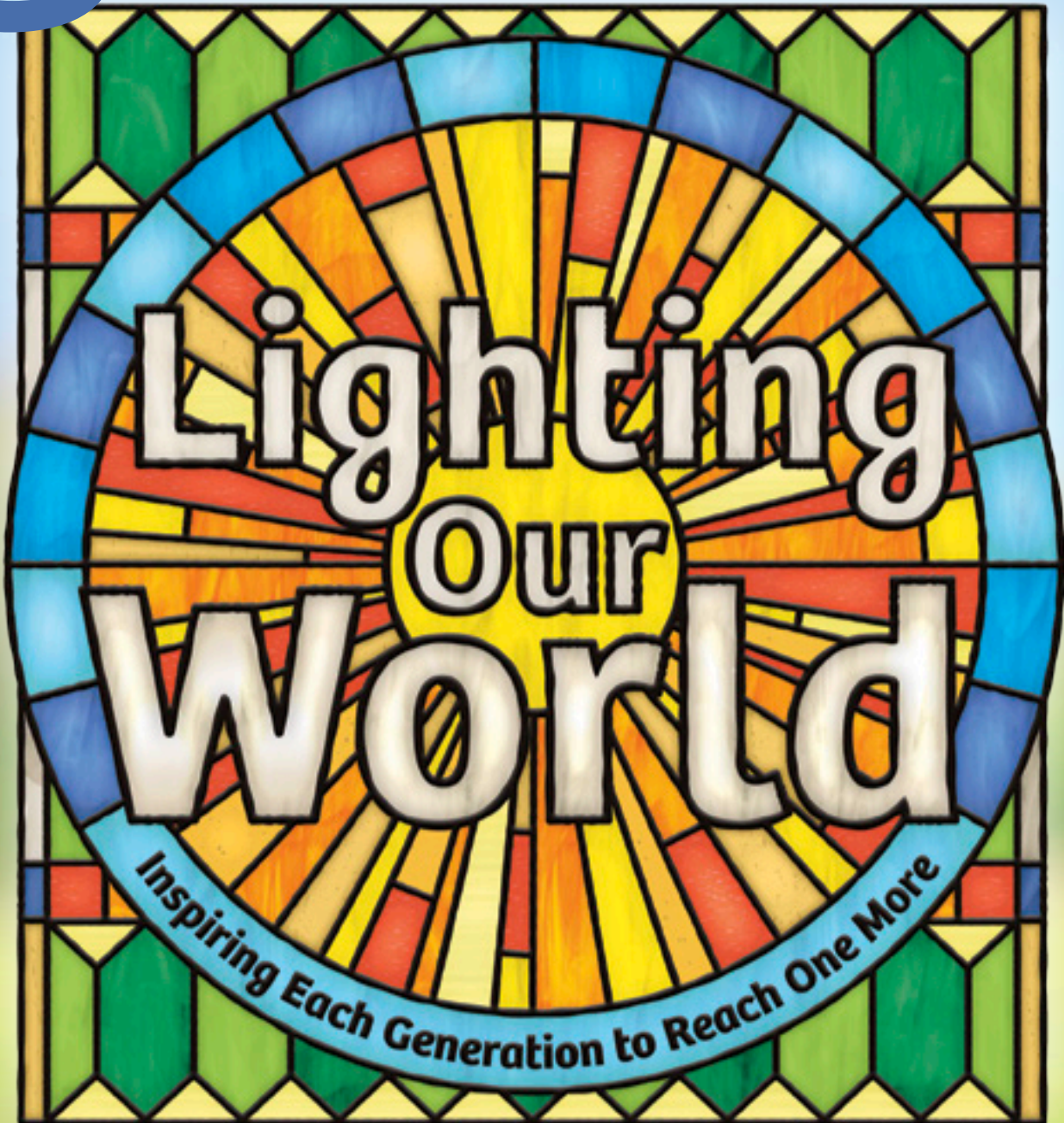
**EDITORIAL**  
Listening to the Voice of God

**JUST FOR KIDS**  
Paper Clip Bookmarks


**PERSPECTIVE**  
Don the Armor of God

# gleaner

NORTHWEST ADVENTISTS IN ACTION



JAN/FEB  
2024  
VOL. 119, N° 1

An aerial photograph of a vibrant turquoise lake nestled in a snowy mountain landscape. The lake is surrounded by dense evergreen forests and snow-covered slopes. In the background, majestic snow-capped mountain peaks rise above a thick layer of white mist or low clouds. The sky is a soft gradient of pink, orange, and purple, suggesting a sunset or sunrise. A winding road or path is visible on the left side of the lake.

*Praise the Lord from the heavens above.  
Praise Him young and old. Let them praise  
the name of the Lord. His glory is higher  
than the earth and the heavens.*

*Psalm 148*

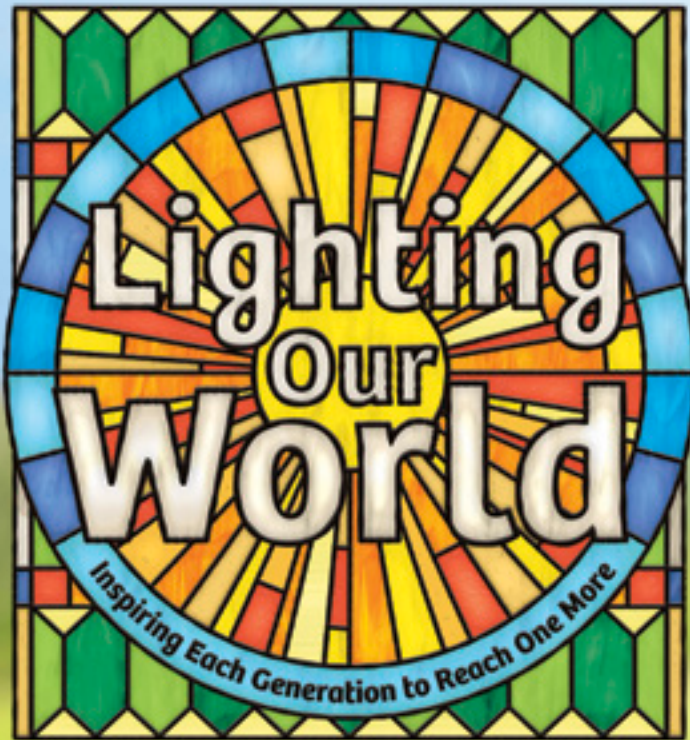
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JANUARY/FEBRUARY 2024

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**GOD WILL WORK** on our behalf in answer to prayer. There is power in prayer. We need all generations in our churches to come together in prayer.

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**6** **HAVE YOU EVER MARVELED** at the stories illustrated in a stained-glass window? They're more than art — they offer a creative connection between generations to showcase gospel stories of faith and grace. But here's what's fascinating: just like those panes and pieces, every one of us has a unique part in shining Jesus' love. May each generation find practical, creative and innovative ways to light up our world with hope — one person at a time.

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**AS WE LIVE OUR LIVES**, with this battle raging, how do we make sure we are prepared to encounter everything that is hurled at us?

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# LISTENING TO THE VOICE OF GOD

**PAIN AND SUFFERING  
ARE EXPERIENCES THAT  
EVERYONE ON EARTH  
HAS IN COMMON. NO ONE  
IS IMMUNE TO THEM.**



JOHN FREEDMAN  
*North Pacific Union president*

The attacks in Ukraine and Israel are causing incredible amounts of suffering and death. Our hearts should be moved to do something. We can support humanitarian relief. We can encourage diplomacy between the nations to help bring an end to the wars.

We can also pray for God's intervention. We are especially calling our North Pacific Union constituency to 10 days of prayer from Jan. 10-20, 2024.

The Bible tells the story of Naaman in 2 Kings 5. Naaman was a wealthy and powerful general of the Syrian army. He was dying slowly of leprosy and had no hope of healing.

His wife's servant girl was a captive from Israel. She told Naaman's wife about a prophet of the God of Israel who could cure him if he asked.

She shared the good news with her husband. Hope sprang up anew in Naaman's heart. He requested the King of Syria to let him go to Israel for a cure. The king granted his request.

Naaman quickly left with a letter from his king. He also took along his servants, silver, gold and clothing to pay for the cure. The King of Israel, upon reading the threatening letter from the King of Syria, was amazed and angry that he was demanding Naaman be cured of leprosy.

The King of Israel admitted he possessed no cure for leprosy. In other words, "Don't look to me for something only God can do!"

We need to get this message. When we confront suffering and pain, we think the solution is government policy, diplomacy, science, psychology or technology, but the world's darkness is too deep.

By ourselves, we cannot defeat the powers of darkness that cover the earth. More knowledge or artificial intelligence advances will not bring enough light.

Rarely do we admit how dark the world is until we experience events like 9/11, the war in Ukraine that is killing thousands of people, the attack on Israel by Hamas and resulting battles in the West Bank.

These are all wake-up calls. Yes, we need to do what is humanly possible to relieve the suffering and death we see all around us.

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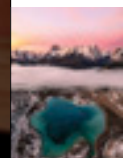
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**IMAGES OF CREATION, P. 2**



"Winter Sunrise in the Sawtooth Mountains," near Stanley, Idaho, by William S. Frohne, of Walla Walla, Washington.

Yet it's important to realize that such measures will never be enough. The powers of darkness in this world are strong. Evil resides deep in the hearts of humanity and cannot be controlled or eliminated by humanity. It takes more than human resources to destroy all pain, suffering and death.

Naaman eventually found the prophet of God. Elisha sent him on a journey. In that journey, Naaman discovered that wealth, influence or power couldn't deliver him. Instead of trusting in his own or other's ability, Naaman learned humility and how to listen to the voice of God.

Turning toward God, Naaman was cured of leprosy and received a new relationship with the living God. Grace, joy and hope filled his heart. Suffering led to his salvation.

One of the main teachings of the Bible is that almost no one finds God or grows in His grace without suffering. Painful experiences are wake-up calls, revealing things about life and our own hearts. Even Jesus learned from suffering. Jesus calls His followers to trust Him, listen to His voice and with humble hearts face suffering with patience and courage.

The administrative leadership of NPUC is calling our constituency to 10 days of prayer and fasting. We're also inviting you to a Northwest prayer broadcast on Jan. 20 at 4 p.m. (PST). Find more details about how you and your church can be involved at [npuc.org](http://npuc.org).

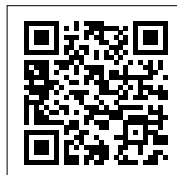
Recognizing the forces of darkness are covering the world in deep darkness, we know the only power to bring light and healing is God.

God will work on our behalf in answer to prayer. There is power in prayer. We need all generations in our churches to come together in prayer.

Ask our heavenly Father to bring an end to these wars that are destroying so many innocent lives.

Pray for our own government and the preservation of our democracy.

Pray for the anointing of the Holy Spirit. God is able to do more than we can ask or imagine.

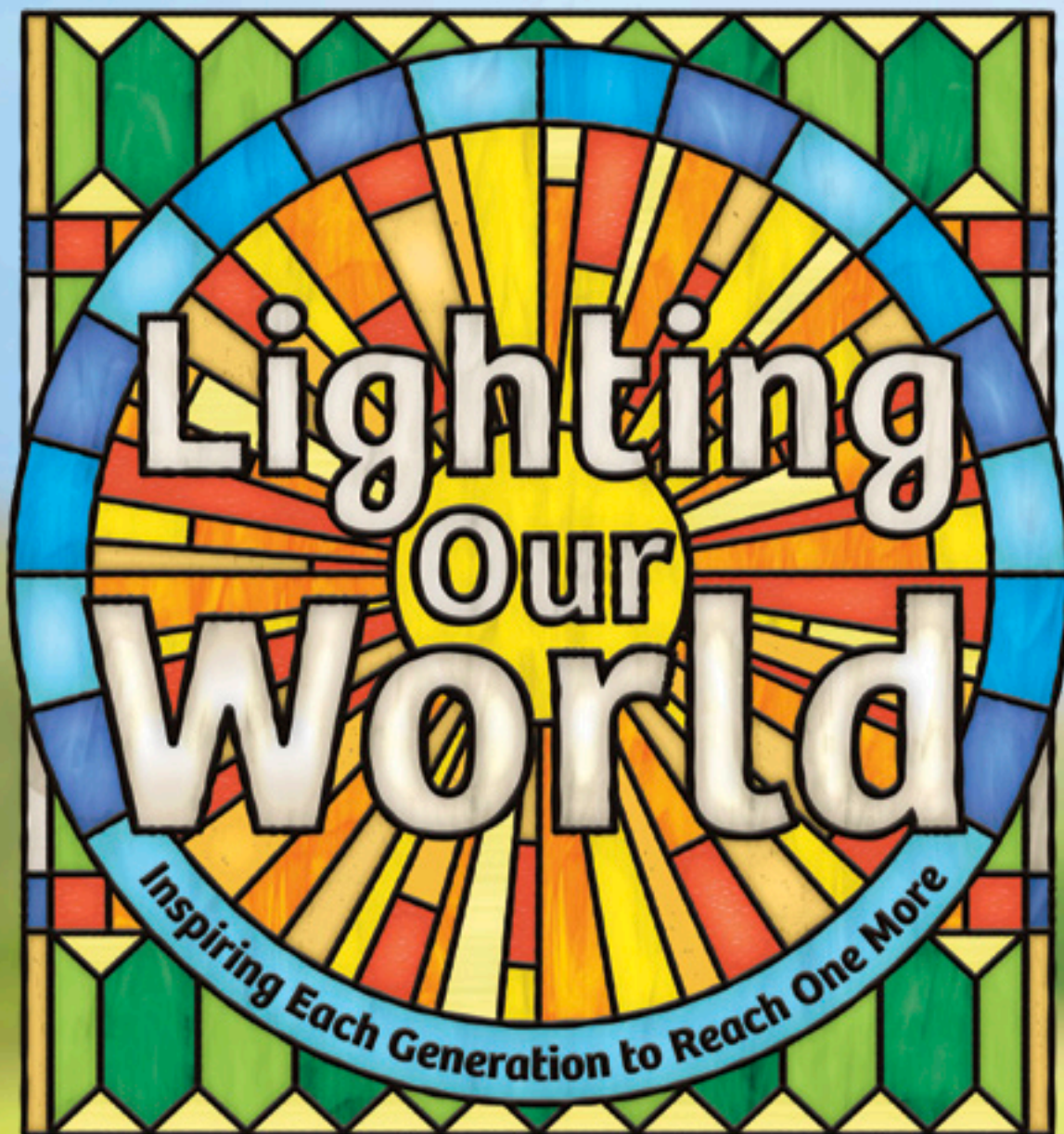


JOHN FREEDMAN  
*North Pacific Union president*

More online at  
[NWADVENT.ST/119-1-EDT-65](http://NWADVENT.ST/119-1-EDT-65)



Stained-glass windows are living stories of faith and grace, connecting generations through vibrant hues and enduring narratives. Each person, like each pane in the stained-glass window, has a unique role in illuminating the world with the love of Jesus. Together, we create enduring narratives of faith and grace, connecting us in our shared mission to brighten our world with His love.



**We invite you to explore the journey of stained-glass artists Clinton Conley and Monte Church and reflect on how you, too, can make your own unique difference in your community.**



Angels, stars, 'iwi birds and nail-scarred hands crafted in light-shattering, inch-thick glass have textures and colors so brilliant your eyes forget to blink.

Place the masterpiece in the wall behind a pulpit or at the top of a long staircase. Illuminate it during the day with full-on sunlight, and light it at night from inside the building with the brightest LED lights you can afford.

Now, stand nearby and watch as worshipers of all ages bow in awe or stare in wonder.

Many churches across North America have stained-glass windows conceived and created by Oregon artists Clinton Conley of Cottage Grove and Monte Church of Boring.

They are the artists associated with Church Glassworks. Conley does most of the original artwork, and Church turns the design into glass. Not only are these windows a thrill to view, but they are also a satisfying legacy for the artists.

"It's not about the glass or even the design," Conley smiled from above his crystal-white worktable, "it's all about giving light a chance to sing."

Conley has spent his life making windows for God and placing them where people will see God's stories etched in light for years to come. It's a many-step process that often starts with a call from the chairperson of a building committee.

People ask:

- » "We'd like to tell the story of creation on the wall of our new summer camp nature center. Could you help us with that?"
- » "When we built our new church 13 years ago, we put a clear glass window behind the pulpit. We always wanted a huge stained-glass window that tells the story of God's grace. We finally have the funds and would like you to give us some design options. How soon could you work on this with us?"

» "We need your help with a very special project. We're building a new union office and would like a giant stained-glass window at the top of the stairs – a window that shows how God is working in each of our conferences."

» "This church needs a window that speaks clearly of how God loves America's Native people. Monte, you have Native blood. What would you include in the design?"

Conley loves to draw the "possible" and often starts work before the phone call ends. Once he has the basic details – horizontal and vertical dimensions and theme colors – he begins to dream and draw.

Then he calls Church and the men begin putting the details together. Conley draws and gives Church full-sized plan sheets. Church orders the glass dowels, cuts the colors to match the design and sets them in place. Then Conley and a handful of helpers come to Church's workshop for days of mixing, pouring and sanding the cement that will hold the design in the window.

There's much more, including multiple conversations with the building committee to make sure everyone is in love with the design, colors and message. Don't forget the wonderfully long hours of chipping facets out of the glass so light will fracture into mini rainbows.

"My favorite part of this work is watching as people walk into the room and see their dreams come to life in living color for the first time," said Church.

Their most recent Oregon masterpiece is the story of Christ's Second Coming, which shines behind the pulpit in the Adventist church in Brookings, Oregon. The lower frames of the window show the ocean rocks at nearby Natural Bridges and the colors draw you to the face of Christ who is coming to bring His children home.

# How Stained Glass Comes to Life

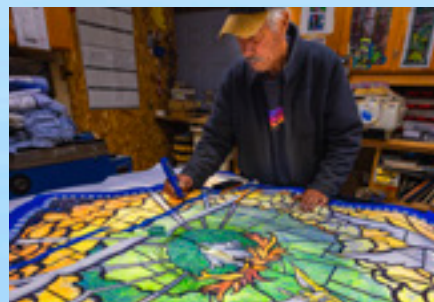
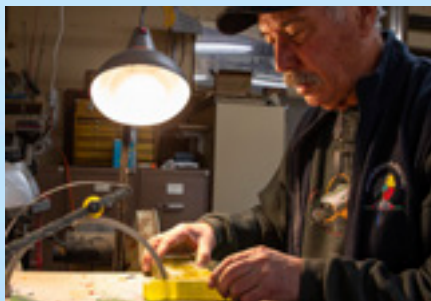
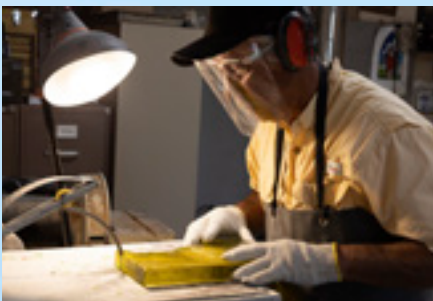
Stained glass making, much like any ministry, involves the collaborative effort of numerous talented individuals.

Just as Conley and Church transform ideas into stunning stained glass gospel artwork, so too can you bring your practical, creative and innovative ministry concepts to life, one step or stage at a time.

## CLINTON CONLEY: Sketching Ideas and Concepts



## MONTE CHURCH: Crafting Ideas into Reality





“We waited 13 years for this window,” said the chair of the building committee, “and now it’s here, promising the return of Jesus, brilliantly! We are so pleased!”

The light story currently on Church’s workshop table uses green leaves, a waterfall, bright flowers and joyful angels to tell the story of God’s creation and love. This window is being crafted for a church on the Hawaiian island of Kauai.

“I love each of the windows we’ve created,” said Conley. “When I see them, my eyes fill with tears. It’s just God’s light shining through colored glass, but I love the stories they tell.”

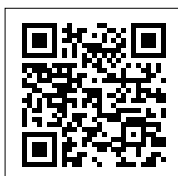
God’s presence often shows up in unexpected ways—beyond Sabbath sermons, food banks, special music, Pathfinders and special church events. His voice also speaks through your church

building’s architecture, the quality of your church’s landscaping and the cleanliness of your parking lot.

Just as light refracts through the intricate beauty of stained glass, God’s love is clearest when we come together to create a tapestry of light, guiding us toward a shared future filled with His grace and truth.

DICK DUERKSEN

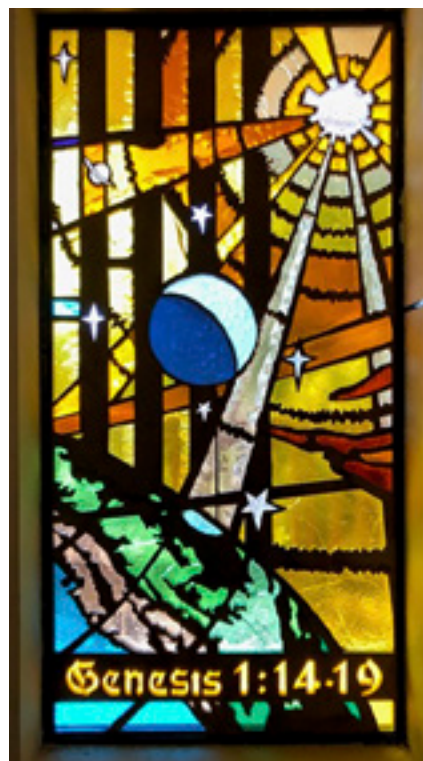
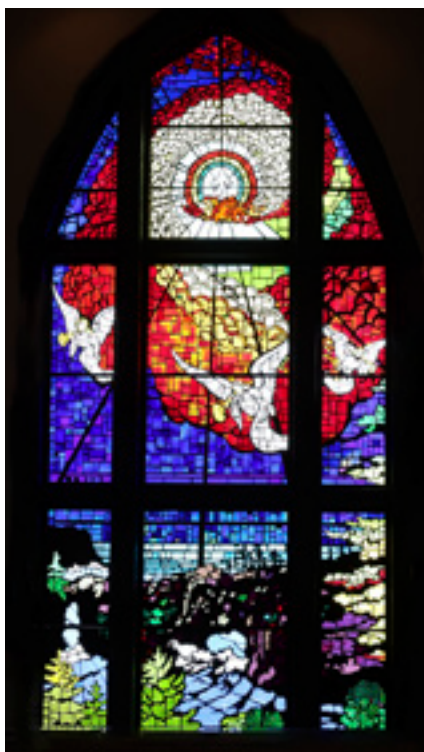
*Portland, Oregon, storiycatcher*



More online at [NWADVENT.ST/119-1-FT-80](https://www.nwadvent.org/st/119-1-ft-80)

## REFLECTION QUESTIONS

- » How can each generation in your church community find ways to let their light shine for Jesus?
- » What are the unique gifts and talents that each generation brings to the table?
- » How can the different generations in your church community collaborate to ensure that the timeless message of Christ is communicated effectively and creatively to a rapidly changing world?
- » What innovative approaches can your church use to bridge generational gaps as you seek to share God’s light?
- » How can your church encourage each generation to find their unique voice and role in advancing the Kingdom of God? With your family, small group or Sabbath School class, share practical ideas for fostering a sense of purpose and belonging among all age groups.





# Getting to Know Generations

Adventists have great interest in seeing the passage of faith from one generation to the next so “future generations will be told about the Lord” (Psalm 22:30–31). We are on the cusp of adding a new generation to our mix.

## OVERVIEW OF GENERATIONS

*(with age range in 2024)*

- » **Greatest Generation:**  
1901–1924, ages 100–123
- » **Silent Generation:**  
1925–1945, ages 79–99
- » **Baby Boomers:**  
1946–1964, ages 60–79
- » **Generation X:**  
1965–1980, ages 44–59
- » **Generation Y (Millennials):**  
1981–1996, ages 28–43
- » **Generation Z:**  
1997–2012, ages 12–27
- » **Generation Alpha:**  
2013–2025, ages 0–11
- » **Generation Beta:**  
2025–2039, not yet born

# Understanding Generational Differences

**When thinking about North Pacific Union's current theme, "Reach One More," it's important to understand the audience we are seeking to reach — and this includes understanding generational differences.**

Right here in the Pacific Northwest, we have a local expert in intergenerational ministry. Jason Canfield, from Puyallup, Washington, is the first Adventist pastor to complete his intergenerational doctoral studies through Andrews University. He shares here the vital concept of intergenerational ministry.

## **Q: Why is it important for church leaders and members to understand generations in our mission to reach one more?**

CANFIELD: In 1 Corinthians, Paul talks about the body of Christ. If you look at the body parts in light of generations, what happens to the body when you only have one arm and try to make everybody an arm? We are decapitating and mutilating the body of Christ when we kick out the generations. So, we have to figure out how to bring generations together.

Each generation responds to things within their context. In his book, *Generational IQ*, Haydn Shaw wrote, "To fulfill God's purposes in our congregations, we will need to figure out how to speak the languages of different generations. The real God is amazing, so we need to be able to explain Him to the next generation."

## **Q: What are some examples of generational differences within the church?**

CANFIELD: Consider John 3:16, one of the most well-known Bible verses. The Silent Generation reads this as "Jesus is the only Son of God." Baby Boomers view this as, "Was Jesus a liar, lunatic or Lord? I need to know the options and analyze them myself."

Generation X says, "I need more proof that the historical Jesus is the biblical Jesus." Millennials say, "Would you consider that Jesus might be God's only son?" Generation Z then says, "Jesus is the friend you've never had and will never lose."

Here's another application: offering appeals. Someone from the Silent Generation is likely to say, "It's time to give God what He is due." Baby Boomers will say, "Giving is a part of worship, isn't it?" Gen Xers will share statistics and testimonies on the benefits of giving.

Millennials will focus on generosity as a value of Jesus that impacted everything He did and said. Gen Zers will share a message about how "Jesus values you and me more than anything we could give to Him."

One of the reasons we have conflict between generations in the church is that we don't understand why other members want what they want and do what they do. There is no clear understanding and no black-and-white answers. It's about preferences. This is one reason why we can't agree upon music, for example.

HEIDBAUMGARTNER



Jason Canfield is the first Adventist pastor to earn a doctorate in intergenerational ministry from Andrews University. He is the lead pastor for Puyallup Church in Washington.

## Q: What is the core idea behind intergenerational ministry and its approach to fostering connections between different age groups in the church community?

CANFIELD: Intergenerational ministry addresses the interplay and intercommunication between generations, versus just having multiple generations present.

Here's the thing about intergenerational ministry: It's not just about the older generations expressing interest in the younger generations. It's the younger generations also expressing interest in older generations, too. It goes in all directions.

Most people are scared that you are going to prioritize one generation over the other. Many people, when they hear "intergenerational," perceive that there is a high prioritization on young people and that it means old people should be quiet and go away. It was never supposed to be about prioritizing one over another. It's supposed to be about the benefits of being interconnected.

## Q: What is the scriptural significance of intergenerational ministry?

CANFIELD: One of our big challenges is how to transmit faith without requiring it to look identical and how to allow each generation to contextualize the message.

In the Old Testament, you will find the first Elijah with a message for his generation. John the Baptist is referred to in the New Testament as the second Elijah who prepared the way for Jesus.

The Old Testament ends with a message about turning the hearts of fathers and children. This is generational reconciliation that Ellen White and others wrote about as preparing the way for the Second Coming of Jesus.

The generational reconciliation didn't happen in the times of Jesus. Consider how the disciples shooed away the children.

The Elijah message comes together at the end of time and fits into something specific the remnant is supposed to do. If we don't take action, conflicts and divisions are going to further disease the body of Christ.

## Q: What are some best practices for churches that want to be more intentional about engaging generations?

CANFIELD: It's important to have fun together. Church socials are a good place to start because it's not confrontational or intimidating. Intergenerational worship committees help evaluate how to present worship services that speak to all generations. Small groups are helpful.

Some churches will host progressive dinners, guess-who-is-coming-to-dinner or opportunities to "share the table." This all helps people get to know those they normally wouldn't and starts spiritual conversations.

Speed conversations are one of my favorite generational activities. With this activity, you give everyone a generational name tag and a clipboard with one question (at a time). You place people within two circles that rotate every minute. The participants ask each other a question like, "What do you think is more important in church: reverence or engagement?"

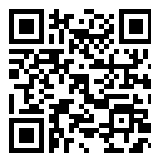
As the answers come in, the participants will quickly realize how we all think differently and notice trends within the local context.

## Q: What is your prayer for the church?

CANFIELD: My prayer is that we can truly be a united church that creates an intergenerational culture attractive to all generations outside the church.

I spent six years as a missionary in Asia. If you didn't study the people, you didn't know their customs, culture and language. The same applies to the church. As practitioners of faith, we have to get to know the languages, cultures and customs of the generations in our church.

In the last year in my church here in Puyallup, Washington, we've had 30 baptisms of multiple ages and another 15 people preparing for baptism. When you address the needs of all generations in the church, people will keep coming back, asking more questions and growing in faith.



HEIDI BAUMGARTNER  
North Pacific Union communication  
director and Gleaner editor

More online at  
[NWADVENT.ST/119-1-FT-64](http://NWADVENT.ST/119-1-FT-64)



## Intergenerational Reading List

It's no longer sufficient to merely coexist within separate age groups, but to thrive by engaging in meaningful relationships across generations.

From fostering connections to nurturing a sense of unity within the family of God, these books — as recommended by Jason Canfield — offer insights, strategies and inspiration from a variety of Christian and/or Adventist authors for embracing the full potential of intergenerational ministry within the church.

Scan the QR Code on the right to view the full list of books.



More online at  
[NWADVENT.ST/119-1-FT-44](http://NWADVENT.ST/119-1-FT-44)

# Your Words

**WHAT LIFE LESSON HAVE YOU LEARNED FROM THE OLDEST PERSON AT YOUR CHURCH?**

**Trust God, and LIVE!**

– DAVID CANDLER

**I am the oldest. I've learned to love and respect all people and keep a positive attitude!**

– RAMONA SEATH-LUBKE

**Faith, regardless of the difficulties life throws your way.**

– RYAN RYAN

**The power of prayer and wisdom.**

– ERIK SWEITZER

**No matter your age or ability, God still adds purpose to your life.**

– CARRIE FERGUSON

**God our Father will leave you in total awe.**

– SABREEHNA S. ESSIEN

**Next question:** What inspires you the most when seeing the world through a child's eyes? Respond on Facebook or email [talk@nwadventists.com](mailto:talk@nwadventists.com).



# Stepping Forward in Faith

In countless meetings, I've encountered the recurring phrases: "We don't do it like that," "We've never done it this way before" and "We prefer the old approach." These sentiments are all too familiar within the realm of leadership.

This resistance to change isn't a new phenomenon. Even Joshua grappled with such attitudes among the Israelites as they stood on the edge of entering the Promised Land.

Israel was preparing to cross the Jordan River. Spies had already scouted out Jericho. The people were in great anticipation of exiting the desert and finding their new home in the Promised Land. They had been holding out hope for an entire generation as they dreamed of greater things.

Joshua rose early to commune with God and then led the Israelites to the banks of the Jordan, where they camped for three days.

Officers wandered through camp with specific instructions to the people. The Israelites were supposed to keep a defined amount of space between them and the Levites who were carrying the ark of the covenant. The specific instruction was not to come near the ark, but to follow it, as "you have not passed this way before" (Joshua 3:4).

The river, however, was at flood stage and the obstacle of getting to greater things was huge. The Lord gave the Israelites a specific instruction through Joshua to sanctify themselves so they could see the Lord's wonders.

As we are on the edge of eternity, we, too, have similar obstacles and challenges in our world through generational divides, family challenges, political tensions, wars

and rumors of wars, pandemics, endemics and so much more.

God had a lesson for the Israelites that applies to us too. God wants us to be right with Him, to have a devoted state of mind and to follow where He is about to take us.

As Moses started closing his chapter of leadership, he reminded the Israelites, on this side of the Jordan, that God said they had dwelled long enough at Mount Horeb. It was time to turn and take the journey to greater things for them and for their descendants (Deut. 1:1-8).

Frankly, it's time for God's last-day church to quit wandering in the wilderness as well. It's time for us to seek greater things and see where God is leading us.

For many years, we've talked about the changing demographics of our church. Since the pandemic, this conversation intensified with topics of churches that are multiplying, growing, plateauing or declining.

Churches need to be gospel-oriented and gospel-sharing. They need to be Spirit-filled places seeking out and doing God's will to nurture the faith of each generation in relevant ways.

As the Israelites passed through a new pathway, Joshua encouraged his people to embrace the new thing that was about to come. New isn't bad. Even in heaven, we are going to sing a new song and we will be learning it from the angels.

Even Jesus used new or different methods to heal people while

communicating the same message of His love and saving grace. In His healing miracles, for some He spoke, for others He mixed up clay and still others He touched or was touched.

Jesus is the personification of doing things in a new way. He waltzed into the temple and kicked out people who didn't belong there and invited people to sit down in His Father's house to learn about the Father.

He invited children to come and be blessed. He uplifted the role of women in a depressed time. He was always doing things that set the establishment on edge because it was new and out of the ordinary.

Joshua is telling the people they are headed into new territory. New paths are going to be followed. New paths are going to be made. The Israelites needed to sanctify themselves so they would be ready and willing to discern God's leading.

As God's last-day people, we will move forward expecting greater things. We need to move forward with God as our leader. We need effective biblical change to help all churches revitalize and grow.

There should be some lead time of prayer between us starting on the path so we can allow God to go ahead of us. If you see change ahead and don't see God, slow down. Let God show up first and take the lead.

The Israelites, like us, wanted to see their new homeland. On the banks of the Jordan, an entire nation was watching to



see what God would do. They committed themselves to prayer and a covenant relationship with God.

As they stepped into the water, the miracle took some time to get there. They had to wait a bit for the miracle of the water to stand still 15 miles upstream. The Israelites had to let go of the past with a step of faith so they could accept the future.

God made their pathway forward clear so they could move forward toward the greater promised gifts of their homeland.

Let us not be bound by the traditions of yesterday, clinging to the old ways. The message is eternal, but the methods may change. Our faith, like a radiant array of colors, should adapt and shine through different lenses and generations. The diversity within the family of God is our strength, not our division.

As we look to the future, let us stand united in the knowledge that God will continue to work in His time and His way through every generation of the church. Our mission remains constant, but our strategies may differ. Let us step boldly into the future, ready to share His light and inspire each generation to reach one more soul for Christ.

DOUG BING  
*Washington Conference president*



More online at  
[NWADVENT.ST/119-1-FT-95](https://NWADVENT.ST/119-1-FT-95)

“  
**Let us not be bound by the traditions of yesterday, clinging to the old ways. The message is eternal, but the methods may change. Our faith, like a radiant array of colors, should adapt and shine through different lenses and generations.**

# Anchorage Spanish Church Experiences Healing

**ALASKA HAS A COUPLE NICKNAMES THAT I HAVE COME ACROSS: “THE SALMON STATE,” “THE LAST FRONTIER,” “THE GREAT LAND” AND MY FAVORITE, “GOD’S PLAYGROUND.”**

Having been here for almost two years, I understand why this state is considered a paradise. Being surrounded by mountains, glaciers, rivers and wildlife is a blessing that constantly serves as a reminder of God’s existence and presence.

Even though nature serves as a great way to feel connected with God, this blessing is better found in the people of Alaska and especially in God’s church.

As the only Hispanic Adventist church in Alaska, the responsibility the Lord has placed upon His church is great. As a church, we are striving to be a place where all Hispanics can feel at home and part of a community. Hispanics are a small portion of Alaska’s population, and we are all spread-out, so remaining connected is challenging at times.

Anchorage Spanish Church, before my arrival, underwent division. Members were left with some trauma and families left the church with a bitter feeling towards Adventism.

Before we could have any plans of growing or do any kind of ministry, the Lord impressed me to focus on healing. How could I, as a pastor, go about this? It

was a hard task at hand, but I knew that I had to develop genuine friendships with my members. So instead of developing evangelistic visions, my focus shifted to creating bonds.

Fellowship and food are a great way to get people together, and it’s a great time for members to develop friendships. Organizing some outings and events were challenging and tiring, but I could see that they were helping.

My sermons were centered in God’s love, and we were reminded that God was still present and guiding our church. In the time I have been in Alaska, we have made beautiful memories and we are excited to make more.

I believe God is now guiding us into the next step of His plans – reaching the Hispanic community. We are so excited about next year as we have two

evangelistic series planned. We want to focus on developing a better children’s ministry and we want to conduct more Bible studies.

God is rekindling our passion for ministry, but sometimes this takes time. Many churches today are eager to grow and do outreach, but it has come to my attention that maybe some churches aren’t at a stage to evangelize.

Our church had to heal so it could be a place where members could feel safe and loved. This required patience and fervent prayer, but God has been faithful. God is starting to bring people to our doors, and we are all excited to introduce them to our loving Father. We can only praise the Lord for helping us this far.

SERGIO VASQUEZ

*Anchorage Spanish Church pastor*

Anchorage Spanish Church builds friendships through outings and events.





MISIÓN Y ALCANCE



# Iglesia Hispana de Anchorage Experimenta la Curación

**ALASKA TIENE UN PAR DE APODOS CON LOS QUE ME HE ENCONTRADO: “EL ESTADO DEL SALMÓN,” “LA ÚLTIMA FRONTERA,” “LA GRAN TIERRA” Y MI FAVORITO, “EL PARQUE DE DIOS.”**

Habiendo estado aquí durante casi dos años, entiendo por qué este estado se considera un paraíso. Estar rodeado de montañas, glaciares, ríos y vida silvestre es una bendición que sirve constantemente como un recordatorio de la existencia y presencia de Dios.

Aunque la naturaleza sirve como una excelente manera de sentirse conectado con Dios, esta bendición se encuentra mejor en la gente de Alaska, y especialmente en Su iglesia.



Como la única iglesia Adventista Hispana en todo el estado, la responsabilidad que el Señor ha puesto sobre su iglesia es grande. Como iglesia, nos esforzamos por ser un lugar donde todos los Hispanos puedan sentirse como en casa y parte de una comunidad. Los Hispanos son una pequeña porción de la población de Alaska, y todos estamos dispersos, por lo que permanecer conectados a veces es un desafío.

La Iglesia Hispana de Anchorage, antes de mi llegada, sufrieron una división. Los miembros quedaron con algunos traumas y las familias abandonaron la iglesia con un sentimiento de amargura hacia el Adventismo.

Antes de que pudiéramos tener planes de crecer o hacer algún tipo de ministerio, el Señor me impresionó para que me concentrara en la sanación. ¿Cómo podría yo, como pastor, hacer esto? Era una tarea difícil, pero sabía que tenía que desarrollar amistades genuinas con mis miembros. Así que en lugar de desarrollar visiones evangelísticas, mi enfoque se centró en crear vínculos.

El compañerismo y la comida son una excelente manera de unir a las personas, y es un excelente momento para que los miembros desarrollen amistades. Organizar algunas salidas y eventos fue desafiante y agotador, pero pude ver que estaban ayudando.

Mis sermones se centraron en el amor de Dios y recordamos que Dios todavía estaba presente y guiando nuestra iglesia. Durante el tiempo que he estado en Alaska, hemos creado hermosos recuerdos y estamos emocionados de crear más.

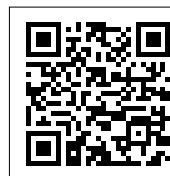
Creo que Dios ahora nos está guiando hacia el siguiente paso de Sus planes: alcanzar a la comunidad Hispana. Estamos muy emocionados porque el próximo año; tenemos dos series evangelísticas planeadas. Queremos centrarnos en desarrollar un mejor ministerio infantil y queremos realizar más estudios bíblicos.

Dios está reavivando nuestra pasión por el ministerio, pero a veces esto lleva tiempo. Muchas iglesias hoy en día están ansiosas por crecer y hacer la obra misionera, pero me ha llamado la atención que tal vez algunas iglesias no estén en una etapa para evangelizar.

Nuestra iglesia tenía que sanar para poder ser un lugar donde los miembros pudieran sentirse seguros y amados. Esto requirió paciencia y oración ferviente, pero Dios ha sido fiel. Dios está comenzando a traer gente a nuestras puertas y todos estamos emocionados de presentarles a nuestro amoroso Padre. Solo podemos alabar al Señor por ayudarnos hasta aquí.

SERGIO VASQUEZ

Pastor de la Iglesia Hispana de Anchorage



Move online at [NWADVENT.ST/119-1-HSP-03](http://NWADVENT.ST/119-1-HSP-03) +

Danya Nicketa-Kiljoa leads the kids in a group activity.

YOUTH



# VBS Hosted in Togiak

**AFTER SPENDING WEEKS PLANNING AND PREPARING, DANYA NICKETA-KILJOHA, BRIANNA LAWRENCE AND TERESA JENSEN LED A VACATION BIBLE SCHOOL PROGRAM FOR 30 KIDS AGES 5-13 IN TOGIAK, ALASKA, ON SEPT. 28-30, 2023.**

The weekend consisted of four VBS sessions, a church service and a community potluck. From the onset, the group faced challenges. Even though things didn't turn out quite as expected, God provided every step of the way.

Weather and mechanical issues caused Nicketa-Kiljoa, Lawrence and Jensen to arrive late on Friday. They had no time to unpack their supplies so they shared the story of how God ensured their safe arrival. The parents and children who attended the Friday evening session quickly shared the story with others in the village. That night, the leaders praised God for His provision and opportunity to witness.

As the team prepared for Sabbath, the leaders were unsure of what to expect. Although the second session was scheduled for 10 a.m., most of the children were

not expected to wake up before noon on weekends. Much to the leaders' surprise and excitement, attendance nearly doubled from the previous night by 10:15 a.m.

With some challenging kids in attendance, the leaders were able to adapt planned activities to better engage them. The team presented two sessions of VBS, a Sabbath School program, two potlucks and a reception for the kids and their parents on Saturday night. Despite the exhaustion, they were able to reach out to these families in love, thanks to God's providence and strength.

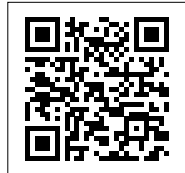
Truly, the weekend was an unbelievable experience. The group arrived home tired yet knowing that God's hand guided them throughout the entire trip.

Along with the seeds planted to reach the families of Togiak, God taught

the program coordinators that He is all-powerful and all-knowing. No matter the challenges in life, God loves us all. There are miracles all around us, we just need to listen and trust Him.

Thanks to Arctic Mission Adventure for helping fund the weekend and make a difference in the village Togiak. Truth be told, it made a greater difference in the lives of those who led out.

TERESA JENSEN  
*Anchorage Northside  
Church children's  
ministry coordinator*



More online at [NWADVENT.ST/119-1-AK-07](https://NWADVENT.ST/119-1-AK-07)



## MISSION AND OUTREACH

# Anchorage Northside Church Meets Community Needs

**IN SEPTEMBER 2008, EPHRAIM PALMERO STARTED A FOOD BANK AT ANCHORAGE NORTHSIDE CHURCH, LOCATED IN DOWNTOWN ANCHORAGE. A SMALL CLOSET SITUATED AT THE BOTTOM OF THE CHURCH STAIRS WAS DESIGNATED AS THE STORAGE AREA WHEN IT OPENED FOR OPERATION.**

As food insecurity was the major concern and a greater community need, the church decided to eliminate clothing distribution and move operations to a larger storage area. Under new leadership and over the years, the food bank has expanded to fill two refrigerators, three freezers and two convertible freezer/refrigerators, plus multiple racks of shelving.

The food bank closed due to the pandemic, and necessary repairs to the church structure delayed reopening until October 2022.

A team of volunteers picks up supplies from the main office at the Food Bank of Alaska and delivers them to the church on Wednesdays. Additional volunteers carry the supplies downstairs for storage and sorting.

Every Thursday, volunteers arrive at the church to organize the distribution of food. Clients choose from a variety of items such as bread, fruits, vegetables, canned or frozen fish, other meats, personal care items, laundry soap and toilet paper.

At the final station, a volunteer offers a copy of *The Great Controversy* to interested clients, along with a Bible if requested. "There is hope in our world," she tells people. Over the past three

months, the food bank has distributed 200 copies of *The Great Controversy*.

Several interviewed clients related how they learned about this food bank. One client said, "My mom's sister told me about the food bank on Thursdays here at the church." While another added, "I found out about this in a Facebook post." A third person chuckled, "I saw the sign as I was walking down the street."

Clients use IDs to register; however, an ID is not required. Recently, someone just out of jail who didn't have any photo ID was still able to be served. Registration data provides accountability in the use of resources.

The food bank is always recruiting volunteers. Without them, services could not be provided. The food bank served 22 clients in November 2022. That number grew to 72 clients in January 2023. Posting on Facebook has brought awareness and now the food bank serves 80-130 clients per week.

With more than 16 years of serving the Anchorage community, God has grown this outreach effort with volunteers from area churches coming together to meet an ever-growing community need.

GINY LONSER

*Anchorage Northside Church member*

BRENDA CAMPBELL-JOHNSON

*Alaska Conference communication director*



More online at [NWADVENT.ST/119-1-AK-09](https://NWADVENT.ST/119-1-AK-09) 



Nancy Sherertz and Lynda Cazort register clients.



(Left to right) Tim Carleton, Dane Christopher and Barney Baty get ready to serve clients.



Lynda Cazort welcomes a client.

# Elders Learn How to Best Serve Their Churches

ELDERS FROM SEVERAL CHURCHES IN IDAHO CONFERENCE RECENTLY GATHERED FOR TRAINING AT CAMP IDA-HAVEN.



The elders who completed the weekend training were given certificates. Mike Sanchez, David Salazar, VicLouis Arreola III and David Brown joined the graduates in the front row.

The 2022 Elders Retreat was so well received that Idaho Conference administration decided to make it an annual event, rather than every other year.

The retreat's purpose was to provide training and inspiration to local church elders to equip them for ministry in their churches. Elders also learned how to assist pastors in the care of the congregation and in the church's outreach ministries. Spouses and families were invited to attend, all at the expense of Idaho Conference. They experienced the beauty of the environment and delicious food.

This year's guest speaker was VicLouis Arreola III,

Pacific Union Conference vice president for Asian Pacific ministries who recently served as the coordinator of multi-ethnic ministries for North American Division.

He also serves as founder, president and professor of Pacific Institute of Christian Ministry, an equipping school for lay pastors and church leaders in North American Division. Arreola began Friday evening with an introduction to the ministry of local elders. He continued with sessions on visitation, sermon preparation and church revitalization.

The sessions were not just lectures. For sermon preparation, he provided several methods of developing sermons. The attendees were

divided into five cohorts and tasked with developing a sermon outline based on one of the methods. Each cohort shared their sermon method, topic/title and scripture they would use for the sermon.

David Salazar, Idaho Conference vice president for administration, provided the worship service. He shared "Anchored in Change," based on the experience of Ruth and Naomi. Salazar moved through Ruth's life experiences, showing how her faith in God began as "borrowed faith" from her mother-in-law, Naomi, and developed into her own faith in God.

He began the sermon by asking for four volunteers who sat one behind the other. The person at the back was given the task of drawing a simple shape with their finger on the back of the person in front of them. Then each successive person would draw their interpretation of that shape on the person in front of them.

The last person would draw on paper what they thought had been drawn on them. Salazar called the exercise objective truth. Each individual interpreted it as they felt it. The final result and the original shape were not close to

the same. Even objective truth is viewed differently from one person to the next, based on our own experiences.

Salazar also hosted the "Elder-to-Elder Open Forum," beginning with an icebreaker where groups of two introduce themselves in 90 seconds, then moving on to merging two groups and having the members introduce their partner to the others in just 60 seconds.

Elders asked questions about conflict, including how to deal with a visitor who becomes a divisive distraction or a church member who demonstrates harmful behavior. Other questions included how a church can grow, especially with a small congregation.

Saturday evening's session concluded with a graduation. Each elder who attended was given a certificate of extension education, with continuing education credit provided by Andrews University and La Sierra University.

Arreola was assisted in the weekend by David Brown, Idaho Conference pastor, who is transitioning to Montana Conference. Brown also serves as the field director for Pacific Institute of Christian Ministry. Those

who graduated were invited to continue their education with the second session of the Elders Certification Training, either online or in person. Further information can be found at [picm.org](http://picm.org).

Elders from churches large and small participated in the weekend training. Twelve churches were represented: Caldwell, Eagle, Emmett, Garden Valley, Idaho Falls, Meridian, Nampa, Payette, New Plymouth, Olive Tree Ministry Center, Ontario and The Experience. They all left equipped with more tools and resources to assist in their church's ministry.

Joyce Biggs, a church leader from The Experience, said this about the weekend: "I really liked the way Arreola presented each phase of the

lessons in a methodical and clear way. The stories he used for illustrations were inspiring and encouraging. I appreciated the chance to present, using his instructions as well. I wish we had been able to have one more session on Sunday morning so we wouldn't have felt so rushed, with so much information stuffed into our heads."

At the same time, Hispanic elders were receiving training as well. Fredi Murrieta, Nampa Spanish/Magic Valley Spanish district pastor, led out in their training.

Several young elders attended, beginning to learn what their role as elders involved. Elders came from Boise Hispanic Company, Caldwell Hispanic Company, Jerome Hispanic Company,

Nampa Spanish Church, Payette Spanish Church and the Twin Falls Hispanic group.

Elvis Diaz presented sessions on Adventist leadership and how to develop and manage an interest list. Development includes how a church finds people who are looking for something more in their lives and management is how the church moves the interests into membership and discipleship. Diaz serves as the director for sales and marketing for El Centinela and Spanish language books at Pacific Press Publishing Association.

Oscar "Mike" Sánchez provided additional training on the church budget, Sabbath School and the need to reach Generation Z. Sabbath School is a ministry for all ages that can make a huge impact on

the life of a church and its members. It's a way to increase church attendance and membership. Sánchez is the associate treasurer at Idaho Conference and has a passion for pastoral ministry.

Plans are underway for next year's Elders Retreat, to continue to provide those who are chosen to serve as elders with the tools they need to assist in the administration and ministry of their local church.

EVE RUSK  
*Idaho Conference  
communication director*



More online at [NWADVENT.ST/119-1-ID-65](https://www.nwadvent.org/st/119-1-id-65) 



Kevin Harvey shared the 60-second version of his partner's story, as Mary Kay Frey and Marge Van Dyk listened.

Attendees learned small engine mechanics during the mission training weekend.



MISSION AND OUTREACH

# Northwest Montana Hosts Mission Training Weekend

**AROUND CHRISTMAS 2022, MY FAMILY AND I WERE IN GEORGIA VISITING MY BROTHER-IN-LAW, JEFF SUTTON, WHO RUNS A MISSION TRAINING SCHOOL IN BELIZE CALLED MOVE.**

We discussed ways to inspire young people to service while equipping them with skills to prepare them for wherever God would lead them. We also talked about our mutual desire to help strengthen family relationships.

My brother-in-law mentioned he was planning a short, intensive event at his school in the spring that would include training in small engine mechanics, welding, agriculture and natural remedies—a first-of-its-kind program at MOVE.

From this discussion, we developed a plan to do a similar training in Montana in July 2023 on the Eller Blueberry Farm to focus on young people and families. As we planned by faith, we shared the training

with our friends, church and community, and we found many who were interested.

As the four-day weekend approached, we were blessed to have many friends and family volunteer their time to help with set-up, preparation and how to host the event's logistics. We originally planned and budgeted for 100 people to attend, but God had other plans. As we prayed for God to send people, he exceeded our expectations by sending 140.

The classes offered included small engine mechanics, welding, agriculture, natural remedies and food preservation, horsemanship,

Stop the Bleed, medical, advanced medical and mission aviation.

Sutton was our main speaker for worship and evangelism-focused training. We were blessed and inspired as he told stories of God's leading in his life and ministry. Young people led Sabbath School and church programs in three area churches.

Sunday morning, we divided into groups to go out into the community and volunteer our time to help people with various projects. It was beautiful to see God use each team. One team helped cut firewood and stack it. When

I stopped by to check on them, the lady who lived there said to me, "I have been praying God would send someone to help me for months. You guys are an answer to my prayer."

Other teams helped cut trees, repair roofs, remove trash, mow lawns, weed-whack, fix house siding, wash windows and muck horse barns. Sharing Jesus through acts of service to our community was such a blessing.

As we look to the future, we don't know what it holds, but we know who holds the future. God has called each of us to a life of service. This means different things to each of us, but being a disciple of Jesus is not for spectators. God needs each of us to work, for the night is coming when no man can work.





## CHURCH



## TECHNOLOGY BRINGS CHURCHES TOGETHER

**OVER THE PAST YEAR**, Montana Conference has been equipping churches across the state with technology to meet together online. This vision came from Ken Norton, Montana Conference president, to not only bring churches into the digital age but to also unite the conference family in mission.

The first meeting was a conference-wide prayer meeting on Oct. 18, 2023. Nineteen churches logged in and participated in singing, listening to God's Word and praying.

Attendees prayed specifically for revival in conference churches, outreach efforts in the communities, safety in conference schools and blessings over teachers and pastors. Each church had time to pray separately for their local community and church's needs. Participating in something like this with other churches reminds everyone that they are part of a global movement, and they aren't in this mission field alone.

While this meeting was the first, it will not be the last. Future meetings are being planned, and it goes beyond just prayer meetings. Training, seminars and evangelistic series plans are in the works.

If you want to be notified when events like this are taking place, sign up for the e-newsletter mailing list by going to [mtcsda.org](https://mtcsda.org) and subscribing today.

STEPHEN CARLILE  
*Billings Church pastor  
and Montana Conference  
communications coordinator*



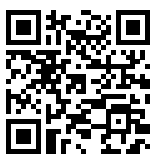
**MORE ONLINE AT**  
[NWADVENT.ST/119-1-MT-46](https://NWADVENT.ST/119-1-MT-46)

As Ellen White wrote in *Christ Object Lessons* on page 326, "Christ's followers have been redeemed for service ... By living to minister for others, man is brought into connection with Christ. The law of service becomes the connecting link which binds us to God and to our fellow men."

May God lead each of us in serving others and allowing God to use us to bless others.

BEAVER ELLER  
*Trout Creek church member*

REBECCA ELLER  
*Trout Creek church member*



More online at [NWADVENT.ST/119-1-MT-12](https://NWADVENT.ST/119-1-MT-12)



This team was an "answer to prayer" when they showed up to cut and stack firewood for a woman in their community.

# Bible Camp Expands to Include Junior High Students

**THE ANNUAL TRIP TO BIBLE CAMP AT WASHINGTON FAMILY RANCH EXPANDED THIS YEAR. THE OREGON CONFERENCE YOUTH DEPARTMENT ADDED A SECOND WEEK TO THE BIBLE CAMP EXPERIENCE TO INCLUDE STUDENTS IN JUNIOR HIGH AS WELL.**

“Junior high can be a terrible time for youth,” said Jason Calvert, Oregon Conference associate youth director. “There are a lot of confusing things going on and sometimes it feels like everything is falling apart.”

“We want to create spaces to remind junior high kids they are loved and God is willing to walk with them through all of that and can make a difference in their life today,” continued Calvert.

“I believe providing positive spiritual experiences at the beginning of the year creates the foundation for the rest of it. It encourages kids to go back and make their school communities better, too,” Calvert added.

“Even beyond that, we remember that the high school years pass quickly and today’s youth are already growing into leadership. We want to train them for that and prepare them to take ownership of their youth ministry. Planting seeds for that vision starts in seventh and eighth grade,” said Calvert.

Each Bible camp experience was uniquely tailored to its age group. More than 200 junior high students attended their respective Bible camp, which focused on the theme “Fully Alive!” and featured a familiar face: Urijah Saenz, who served in Oregon as a Big Lake staff member and youth pastor at Bend Church before moving to California.

“Saenz did a great job sharing what it means to be fully alive in Jesus,” said Calvert. “He focused his message on John 10 and the idea that our calling from Jesus is more than just having a beating heart and breathing lungs; it’s about living life fully the way Jesus calls us to.”

The second week of Bible camp saw more than 600 high school students in attendance, which featured speaker Baron Savory and the theme of “Disruption.” “For this season of high school students, we wanted to recognize the disruptive time they have been living through,” explained Calvert.

“For many, their entire high school experience has been nothing but disruption

– from COVID-19 and the lockdowns, to everything else happening in the world, it’s been so full of disruptions and it’s easy to get bogged down in the negativity of it all. But when we walk back through the pages of scripture, we see that God shows up and does some of his most powerful work in seasons like that,” said Calvert.

“We wanted to give the students a lens to help them understand that,” he added. “Instead of focusing on how bad things are, what if we focused on how God would show up in the midst of them?”

“God shows up in the disruption and often calls humans to help Him disrupt the trajectories of people or groups of people,” shared Calvert. “We want to encourage that pivot from ‘life is bad and the world is awful’ to ‘God is working and He’s calling us to disrupt the paths of society and lives when they’re headed in harmful directions.’”

Bible camp is a labor of love that brings youth, local church families, school staff and volunteers, and so many others together every year. Oregon Conference leaders are so grateful for the village that invests so strongly in young people as they set out into the world and follow the calling God places in each of their lives.

KALEB EISELE  
*Oregon Conference digital content specialist*



More online at [NWADVENT.ST/119-1-OR-49](https://www.nwadvent.org/st/119-1-or-49)







Ingrid and Dave Schwinghammer

## CHURCH

# Schwinghammers Announce Return to Canada

**IN SEPTEMBER 2023, DAVE AND INGRID SCHWINGHAMMER ANNOUNCED THEY ACCEPTED A CALL TO RETURN TO CANADA, WITH DAVE JOINING ADRA CANADA AS PHILANTHROPY AND MARKETING DIRECTOR.**

"We love our Oregon Conference family here so much and it was a difficult decision, but God's call to serve with ADRA was clear to us," said Dave. "We're looking forward to following God's call back to Canada as we return home where we can serve close to our family in Ontario again."

Dave first came to Oregon Conference in July 2018 from Ontario Conference and served as vice president for administration for four years before transitioning to working with local churches as assistant to the president for church ministries and revitalization last year.

In fall 2019, Ingrid joined Oregon Conference after working with the finance department at ADRA for 13 years. She has served as an accounts payable clerk and assistant treasurer since 2020.

After pioneering the role of assistant to the president for church ministries and revitalization, Dave shared that the intentional effort toward church revitalization will continue.

"We've had such good traction from the start," said Dave. "When I look back and think that I was able to step into this ministry, I count it as an honor. We've gotten churches engaged, and we're starting to see amazing things come from this."

"It has been a special blessing to serve with Dave and Ingrid Schwinghammer in Oregon Conference these past five years," said Dan Linrud, Oregon Conference president.

"Dave's infectious love for Jesus and others, his heartfelt worship gifts and his commitment to his professional roles

have had a significant impact across the conference and with the office team as we served together," continued Linrud.

"Ingrid has also been a significant team member in our treasury department, always dependable and serving with a warm and humble spirit. They will both be missed by our team and everyone in the field," said Linrud. "We wish them God's abundant blessings as they move to a new area of service for God."



KALEB EISELE  
*Oregon Conference  
digital content specialist*

More online at [NWADVENT.ST/119-1-OR-53](https://NWADVENT.ST/119-1-OR-53)

# Dauncey to Lead New Department

**ON JAN. 1, 2024, MIKE DAUNCEY JOINED OREGON CONFERENCE AS DIRECTOR OF A NEW DEPARTMENT, COMMUNITY ENGAGEMENT. WORKING ALONGSIDE THE OUTREACH MINISTRIES TEAM, DAUNCEY COMES UNIQUELY QUALIFIED FOR THIS NEW ROLE.**

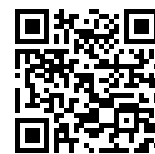


Marci and Mike Dauncey

Dauncey has spent the past 10 years deeply involved in innovative community service initiatives, including the Acts of Kindness initiative in Langley, British Columbia. AOK has organized oil changes for single mothers, extreme home repairs, summer camp sponsorships, free dental days and much more.

Most recently, he has served as the associate pastor for media and outreach at Church in the Valley in British Columbia, and has served as the creative director for It Is Written's TV ministry in Canada.

We look forward to the many ways God will work through Dauncey, Oregon Conference's community engagement and outreach ministries and our greater church family in the coming years to connect with our neighbors and share the love of Jesus.



KALEB EISELE  
*Oregon Conference  
digital content specialist*

More online at [NWADVENT.ST/119-1-OR-54](https://NWADVENT.ST/119-1-OR-54)

# ACTS Group Cleans Up Salem

**IN THE SALEM, OREGON, AREA, MEMBERS OF EAST SALEM CHURCH HAVE BEEN HARD AT WORK SERVING THEIR COMMUNITY.**

"We've already completed 57 projects so far this year," shared Derrick Teague, one of the founding members of Affirming Community Through Service. ACTS takes inspiration from the biblical books of Hebrews and Acts.

"And let us consider how we may spur one another on toward love and good deeds" (Heb. 10:24). "In everything I did, I showed you that by this kind of hard work we must help the weak, remembering the words the Lord Jesus himself said: 'It is more blessed to give than to receive'" (Acts 20:35).

"It started in 2019," said Teague. "One of my good buddies I'd worked and went to church with told me about an older church member who could use some help cutting firewood. He was around 90 and he'd had an area logged near his house out in the country, but the loggers had left extra logs and things behind."

"We got a group of guys together and said, 'Let's go take care of it!'" said Teague. What began as a single project quickly became two as the group discovered that the man's neighbors also needed help cutting wood.

In February 2021, a brutal ice storm came through Oregon, knocking trees down over power lines and major roadways.

"When I drove up the street, the branches from the oak trees were higher than the vehicles from all the

trees that had fallen," Teague said. "So the spark for us was just asking, 'Hey, why don't we help this person and that person?'"

Soon, the group was serving on a weekly basis disposing of debris, completing small maintenance and construction projects, helping people move and getting to know both their neighbors and each other better.

"I always tell people, 'We're going to get more out of this than you are. You're going to get labor, but I'm going to get fellowship, service, a sense of accomplishment and good exercise,'" said Teague.

"I've learned through this process that even if you go to church with someone, you often aren't going to each other's homes every week or getting to spend three or four hours together outside of church. Having something like this really brings us together," said Teague.

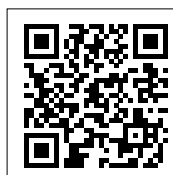
"Our focus is out in the community. People really don't care how much you know until they know how much you care," said Teague. "I can't speak for everybody, but I've been an Adventist for a long time now, and sometimes I think we struggle with that.

Teague continued, "We want people to care about how much we know before we show them how much we

care about them – and it's just not going to work that way. The three most important calls for us are love, give and serve. That's what we're going to do out there."

Through this service, Teague hasn't just gotten closer with his neighbors, but his church has grown closer, as well. "The funny thing is that I've gotten to know my church family way better while doing this. I'm in their homes and yards more," said Teague.

"Sometimes in the church lobby we'll make eye contact and it's just so different. It's like we have a relationship now. We're connected," Teague said. "I hate to admit it, but there were people I'd been in church with for more than 20 years and never had a conversation with! This has given us a platform to come together and an opportunity to change that, too."



KALEB EISELE  
Oregon Conference  
digital content specialist

More online at [NWADVENT.ST/119-1-OR-55](http://NWADVENT.ST/119-1-OR-55)

East Salem Church members have been hard at work serving their community.



MISSION AND OUTREACH

# Hallowed Be Thy Name Event Lights Up the Community

**AMIDST THE BACKDROP OF A CRISP AUTUMN EVENING, THE AIR BUZZED WITH EXCITEMENT AS THE COMMUNITY GATHERED NOT FOR A TYPICAL HALLOWEEN FESTIVITY, BUT FOR AN ALTERNATIVE CELEBRATION THAT PROMISED TO BE BOTH MEANINGFUL AND JUBILANT.**

Hallowed Be Thy Name, hosted by Sharon Church, created a family-friendly atmosphere that steered away from the traditional Halloween narrative and, instead, provided a wholesome experience centered around biblical events from creation to the cross and promise of the Second Coming.

The success of the night was undeniable, as attendees walking through elaborately decorated passages that depicted various biblical scenes. The involvement of young adults was particularly noteworthy, as they donned costumes of historical figures and acted out scenes, bringing the stories to life with enthusiasm and authenticity.

Ayanna Roberts, a local college student and one of the event volunteers, shared, "It was incredible to see so many young people like myself engaging with kids and families and sharing stories that are so foundational to our faith. The energy was contagious."

The event was more than just a spectacle of faith; it also provided an opportunity for young adults in the community to take on leadership roles, showcasing their talents in organizing, storytelling and creating a welcoming space for all. Their involvement underscored the event's dual purpose: to celebrate faith and to foster a sense of agency and community among the youth.

The festivities also included games and activities that catered to all ages, and yes, there was candy – lots of it. Yet, perhaps more sweetly received were the

prizes that elicited gasps of delight from the crowd – Nike gear, Apple products and a bevy of gift cards, which were awarded throughout the evening.

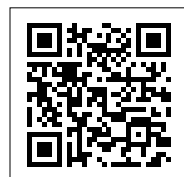
A member of Sharon Church expressed his joy over the event's impact: "Seeing our young adults step up and make such a positive mark on this celebration is a testament to the vibrant spirit of our community. It's a clear message that our youth are not just the church of tomorrow, but they are the church of today."

The positive feedback from the community has been overwhelming, with many praising the event for providing a safe and enriching experience that nurtured both fellowship and faith.

As families departed with smiles and stories to tell, it was evident that Hallowed Be Thy Name had achieved something special – a new tradition that honored beliefs, united generations and celebrated the joy of community in the heart of Portland.

For more information and updates on upcoming events, visit [sharonsda.net](http://sharonsda.net).

ROScoe SHIELDS JR.  
*Oregon Conference regional ministries director*



More online at [NWADVENT.ST/119-1-OR-60](http://NWADVENT.ST/119-1-OR-60) +



All ages enjoyed games, activities and, of course, candy at Hallowed Be Thy Name.



Exciting prizes were handed out during the event.

PHOTOS BY ROSCOESHIELDSJR.

EDUCATION

# TVA Approved for Senior Academy Accreditation

**TUALATIN VALLEY ACADEMY IS REJOICING AFTER RECEIVING SENIOR ACADEMY CANDIDACY ACCREDITATION FROM NORTH AMERICAN DIVISION.**



TVA students play in the handbell choir.

While TVA is approved to expand their Pre-K-10 program up to 12th grade as of the 2024-2025 school year, the school has opted to gradually work toward a full secondary program, adding 11th grade in fall 2024 and 12th grade the following year.

Keith Waters, North Pacific Union secondary education director, explains that during this regular three-year candidacy status, the school can “operate with all the privileges of an academy.” The NAD will do another site evaluation in three years so TVA can continue to operate with a full secondary program.

This accreditation comes after years of dreaming, praying and carefully planning the school’s expansion. TVA constructed ample space for a senior academy more than 20 years ago but took no official steps toward accreditation at that time. With the support of the school board, constituent churches and conference administration, TVA submitted its official request for accreditation in fall 2021.

When Christina Orozco-Acosta, TVA principal, received notice that the school’s accreditation request was approved, she said, “I felt a burst of confidence I had not felt in a while.”

During her involvement in the planning and application process, Orozco-Acosta shared she has had to lean on God more than she ever. Now that the school has the approval, Orozco-Acosta feels it gives everyone involved confidence to make this happen.

For students who have already decided to invest in TVA for their high school education, the news was especially exciting. One 10th-grade student at TVA shared that when she heard the senior academy application was approved, she was so happy and relieved. She has attended TVA since first grade and chose to stay for high school because of how much she loves the program.

The student stated, “I love the environment and all my friends. I think the teachers here are just amazing. They are so supportive.” Now she is thrilled to be part of the first high school class that will graduate from TVA in 2026.



TVA high school students study in the technology lab.

Families with students in the lower grades also see the benefit of expanding the high school program. Julie Hadley, mother of three students, reflected, “TVA high school academy status will now allow our kids to stay engaged in the local churches and community from K-12. The population is growing on this side of the city, and a full high school is a long overdue necessity for the Adventist community’s kids here.”

TVA is grateful for the opportunity to be a solution for students and families on the west side of Portland looking for a Christ-centered, close-knit, four-year high school experience.

The school solicits your prayers as it continues to build its high school program and seeks to fulfill its mission of impacting students for eternity.



MCKENZIE WALLACE  
*Tualatin Valley Academy  
writer and English teacher*

More online at [NWADVENT.ST/119-1-OR-64](https://NWADVENT.ST/119-1-OR-64)

PHOTOS BY TUALATIN VALLEY ACADEMY

BIBLE READINGS

for

# January

2024

Follow the daily reading plan and you will read the entire Bible in a year.

S	M	T	W	T	F	S
	<b>1</b> Neh. 8–10	<b>2</b> Neh. 11–13 Psalm 126	<b>3</b> Mal. 1–4	<b>4</b> Luke 1 John 1:1–14	<b>5</b> Matt. 1 Luke 2:1–38	<b>6</b>
<b>7</b> Matt. 4 John 1:15–51	<b>8</b> John 2–4	<b>9</b> Mark 2–3	<b>10</b> John 5 Mark 1	<b>11</b> Matt. 12:1–21 Luke 4–7	<b>12</b> Matt. 5–7 Matt. 8:1–13	<b>13</b>
<b>14</b> Matt. 11	<b>15</b> Matt. 12:22–50 Luke 11	<b>16</b> Matt. 13 Luke 8	<b>17</b> Matt. 8:14–34 Mark 4–5	<b>18</b> Matt. 9–10	<b>19</b> Matt. 14 Luke 9:1–17	<b>20</b>
<b>21</b> Matt. 15 Mark 6–9	<b>22</b> Matt. 16 Luke 9:18–27	<b>23</b> Matt. 17 Luke 9:28–62	<b>24</b> Matt. 18	<b>25</b> John 6–8	<b>26</b> John 9–10 Luke 10	<b>27</b>
<b>28</b> Luke 12–13	<b>29</b> Luke 14–16	<b>30</b> Luke 3 Luke 17:1–10	<b>31</b> Matt. 2–3 Luke 2:39–52			

Our Bible reading plan leaves Sabbath as a time to share and reflect on your readings for the week. Find creative ways each Sabbath to share your reflections with others on what God is teaching you from your Bible reading time!

More online at [NWADVENT.ST/119-1-BLE-80](https://NWADVENT.ST/119-1-BLE-80)



Follow us @NWAdventists on Instagram and Facebook.

# MiVoden Camper Experiences Walk With God

**“I CAN’T! I CAN’T DO IT!” CRIED EXTREME CAMPER JOSH. HE HAD JUST LEANED OVER THE EDGE TO BEGIN REPELLING ONLY SECURED BY A THIN STRAND OF ROPE, BUT WITH THE DESIRE TO PROVE SOMETHING TO HIMSELF. HOWEVER, AT THIS MOMENT, HE HAD THE STRIKING MENTAL CLARITY TO REALIZE HIS TWO FEET BELONGED ON THE GROUND, NOT WHERE HE CURRENTLY DANGLED.**



Camp MiVoden, nestled on the eastern shore of Hayden Lake in Idaho, has an extensive selection of camps during the summer months. Basic youth camps occur at the main camp, where campers participate in all activities available around camp.

Ultimate camps include a variety of outpost camps for a specific area of interest. These camps include extreme, wakeboard, equestrian, survival, Disciple-Trek, Abba’s Child and – brand new this summer – art camp. Each of these camps offers unique experiences unlike anything else. Extreme camp allows campers to participate in rock climbing, repelling, mountain biking and white-water rafting.

“Hey! Josh, look at me,” said a Camp MiVoden staff member. “I want you to take a deep breath and slowly let the rope slide through your hand.” The extreme camper hesitantly took his eyes off the ground, off the foreboding cliff in front of him and met the confident gaze of the MiVoden staff member standing above.

Josh realized the staff member was watching out for him and hesitantly began to follow his directions. As he did, Josh found himself starting to lower closer to the ever-welcoming ground.

Right as Josh started getting comfortable, the staff member told Josh, “I want you to try something new now that you’re getting the hang of it. I want you to let go of the rope.”

Josh looked up at him in disbelief as he gripped the rope even tighter, “What?”

Camp MiVoden’s ministry is a positive and encouraging atmosphere to grow in. It’s a window of time in which many experience the love of Christ in a way they have never had before. Camp MiVoden passionately believes that Matt. 18:5 is why camp has the impact it does,

• Extreme campers participate in white-water rafting.

“Whoever welcomes one such child in My name welcomes Me.”

“Trust me,” the MiVoden staff member said in answer to the question in Josh’s eyes. While Josh had been distracted processing the severe implications of letting go, Summer Neil, extreme camp director who was holding the other end of the rope, explained she had control and could stop or lower him even if he let go.

Once Josh understood, he slowly released his grip and instead of falling, as he had imagined, he didn’t move. After the exercise, the staff handed control back over to Josh and he lowered himself the rest of the way down. The moment his feet hit the ground, the staff asked him how it went, a big smile spread across his face as he said, “Great! Can I do it again?”

At the end of the day, extreme camp staff debriefs the experiences of the day, talking through with the campers the challenges they faced, the victories made and most importantly how the experiences of the day related to their individual spiritual journeys.

It is without question the most important part of the day; it’s the time when each person realizes their experiences are representative of their walks with God. Campers get to experience growth and realize there are ups and downs in life. Josh grew not only in his confidence, life experience and how to be a team player, but also in his trust in God.

If you want to be a part of the ministry of Camp MiVoden, we welcome your participation in person as a staff member, as a volunteer, as a camper and/or financially at [mivoden.com/summer-camps](http://mivoden.com/summer-camps).



ALLEN STAFFORD  
Upper Columbia  
Conference youth  
taskforce

More online at [NWADVENT.ST/119-1-UC-75](http://NWADVENT.ST/119-1-UC-75) 

## MISSION AND OUTREACH

# Prayer Ministries Works to Blanket UCC

**UPPER COLUMBIA CONFERENCE PRAYER MINISTRIES BEGAN A REMARKABLE PROJECT THAT IS IMPACTING THE LIVES OF MANY OF ITS CONSTITUENTS. THE PRAYER BLANKET MINISTRY BEGAN WITH THE GOAL OF PROVIDING A BLANKET TO EACH CHURCH AND SCHOOL IN THE CONFERENCE.**

“When the idea of this project was brought to me, I felt so impressed that this was something we needed to do for UCC,” shared Kathy Marson, UCC prayer ministries coordinator. “This ministry will work to blanket the conference in prayer.”

The prayer blanket ministry was designed to create fleece tie blankets, which would then be given to churches or schools. Upon receiving the blankets, a group would gather to tie knots in the blanket while praying.

Once the blanket was completed, it would be gifted to someone within the church, school or community who was going through a challenging time. The recipient would be the focus of prayers and blessings as they received the beautiful blanket.

“As I took on this project, we decided that we would pre-cut each of the 160 blankets before they were presented to the churches and schools at the 2023 Constituency Session,” explained Marson. Realizing the need for assistance, the group opened up the opportunity for a one-day mission.

The first one-day mission welcomed 20 volunteers, eager to help cut in the

five-hour time frame. At the end of the first day, 29 blankets were completed. With only two weeks left before constituency, there was pressure to complete the other 131 blankets.

“Several volunteers offered to help each afternoon to get more blankets completed. We also set another one-day mission project the following Sunday,” said Marson. “We managed to complete 71 blankets that week, totaling 100 blankets. We only had 60 left to complete, and my brain was having a hard time computing this.”

The final one-day mission involved 10 volunteers who miraculously completed the remaining 60 blankets. “I don’t know how it was possible, but I know God was involved,” shared Marson. “He helped us complete this project.”

At the 2023 Constituency Session, the prayer blankets were beautifully presented around the Upper Columbia Academy gym for the constituents.

During worship, before the session began, David Jamieson, UCC president, invited attendees to go and pray while tying some of the knots on the blankets.



The blankets were blessed with hundreds of prayers. Then at lunch, constituents were invited to take a blanket back to their church or school.

Each blanket featured a label that read, “From Upper Columbia Conference and prayed over at the Constituency Session.” Directions for creating these no-sew fleece tie blankets can be found at [uccsda.org/prayer](https://uccsda.org/prayer). The concept is simple: create a prayer blanket and gift it to someone you are praying for, spreading warmth and love throughout the community.

AUTUMN DUNZWEILER

*Upper Columbia Conference communications coordinator*



More online at [NWADVENT.ST/119-1-UC-76](https://NWADVENT.ST/119-1-UC-76) +

CHURCH

## Bowman Begins as New ABC Manager

**UPPER COLUMBIA CONFERENCE WELCOMED SANDI BOWMAN AS THE NEW ADVENTIST BOOK CENTER MANAGER IN NOVEMBER 2023. BOWMAN WAS VOTED TO SERVE IN THIS POSITION DURING THE 2023 UCC CONSTITUENCY SESSION IN SEPTEMBER.**



AUTUMN DUNZWEILER

Sandi Bowman

“I am excited to be a part of UCC and serving in the ABC,” shared Bowman. “Literature is a very important ministry, and I am thankful to be a part of reaching people through our books, tracts and Bible studies.”

Bowman and her husband, Chad, both graduates of Walla Walla College, have two children, Alyse and Taylor. Bowman graduated with a degree in business administration and has worked in ABCs since being in college.

“ABCs have been a part of my life since college when I worked as a student employee,” explained Bowman. “Later in college, I was able to work as a summer intern for Pacific Press facilitating events, camp meetings and filling in for store vacancies.”

Since then, Bowman’s experience included working for Pacific Press as the retail marketing director. Most recently, Bowman worked at Arizona Conference as the ABC manager and literature ministries director for 10 years. There, she learned the importance of literature ministry and how it’s involved in every ministry including schools, summer camps and churches for evangelistic series, Bible studies and Sabbath School classes.

“The ministry of the ABC has limitless possibilities, and I am excited to explore the potential of

UCC in addition to the other territories we serve,” said Bowman. “I am planning to implement much of what I have learned in my other positions and see where God leads us in this store.”

UCC has two ABC branch locations in Spokane and College Place, Washington. The UCC ABC also serves the territories of Alaska, Montana and Washington Conferences.

“Sandi has a wealth of experience working in literature ministry,” shared Allee Currier, UCC vice president for finance. “We welcome her back to the Pacific Northwest and are excited to see how God will lead in this ministry.”

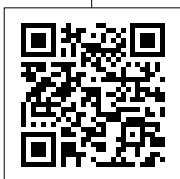
The purpose of the ABC is to equip, serve and meet the needs of the constituents in UCC, other territories and the community by providing Christian literature, bookmobiles and vegetarian food.

“I am so thankful to have the opportunity to work in ministry and share my love for Jesus openly with others all day,” said Bowman. “Without question God has been with me, helped me and guided me all my life. I am so thankful to have the opportunity to share my faith through my daily work.”

AUTUMN DUNZWEILER  
*Upper Columbia Conference  
communications coordinator*

“Literature is a very important ministry, and I am thankful to be a part of reaching people through our books, tracts and Bible studies.”

— SANDI BOWMAN



More online at [NWADVENT.ST/119-1-UC-70](http://NWADVENT.ST/119-1-UC-70)



YOUTH

# Pathfinder Adventure Camporee Answers Puzzling Questions

**ADVENTURE CAMPOREE WAS THE BEST WAY TO DESCRIBE THE 2023 UPPER COLUMBIA CONFERENCE PATHFINDER CAMPOREE. THE WEEKEND BEGAN AS 470 PATHFINDERS, STAFF AND COORDINATORS FROM 21 CLUBS GATHERED AT SHERIDAN MEADOWS JUST OUTSIDE OF REPUBLIC, WASHINGTON.**

“This weekend wasn’t your typical gathering; it was an epic weekend of non-stop adventure and fun,” shared Richie Brower, UCC associate director for club and youth ministries. “The weekend was a great success as we tried a new format for the 2023 Pathfinder Camporee and thought that Adventure Camporee would be the most fitting way to capture this unique experience.”

Adventure Camporee was all about activities and creating experiences for the Pathfinders to build community, have fun and participate in team challenges. No meetings were in the schedule. Instead, it was designed with the idea that worship and learning were built into activities. The theme, “Puzzled,” set the stage for Pathfinders to tackle the questions that perplex them the most.

“Many of our Pathfinders are at a point in their life where they are learning to find their way,” Brower explained. “They wonder if they have a place in God’s Kingdom or if they are needed in the church.”

Adventure Camporee was the perfect opportunity to help Pathfinders discover the answers to some of these questions.

The weekend’s activities included a color run, a challenging obstacle course, a fossil dig, community service and many other learning opportunities. On Sabbath, Pathfinders engaged in active learning followed by facilitated discussions about how to live out the Pathfinder pledge and law and continuing to discover where they each fit and how they contribute to the Kingdom of God.

Among the busyness of the weekend, one moment left everyone talking. Friday night, all 470 Pathfinders gathered in the mountain meadow under the starry skies. While sitting there admiring God’s creation, they joined in song.

“Friday night we lifted up our voices in worship,” shared Brower. “It was truly a goose bumps worship experience.”

The impact of Adventure Camporee was tangible, with 100 Pathfinders desiring to learn more about Jesus and 72 Pathfinders making a profound decision to prepare for or be baptized.



AUTUMN DUNZWEILER  
*Upper Columbia Conference  
communications coordinator*

More online at [NWADVENT.ST/119-1-UC-72](https://nwadvent.st/119-1-uc-72) +



Pathfinders enjoy a color run.

DANIEL JEFFERY



470 Pathfinders, staff and coordinators from 21 clubs gathered at Sheridan Meadows.

JAMES JEFFERY

# 7UP Brings Students Closer to God

**WHAT HAPPENS WHEN YOU BRING TOGETHER MORE THAN 140 ENTHUSIASTIC SEVENTH- AND EIGHTH-GRADERS, 30 DEDICATED SPONSORS, UPLIFTING MUSIC AND THOUGHT-PROVOKING WORSHIP EXPERIENCES IN A UNIQUE SETTING? YOU GET 7UP — A SPIRITUAL RETREAT WEEKEND DESIGNED FOR SEVENTH- AND EIGHTH-GRADERS, HOSTED BY THE UPPER COLUMBIA CONFERENCE OFFICE OF EDUCATION.**

The creation of the 7UP retreat stemmed from UCC's strategic plan, "Serve One More." Brian Harris, UCC vice president for education, shared, "When we evaluated the available programs for this age group, we realized that we had a gap to fill. While our fifth- and sixth-graders have their annual outdoor school experience at camp, there was nothing in place for our seventh- and eighth-graders."

He continued, "Bringing these kids out to worship at camp aligns perfectly with our overarching goal: to guide students towards an encounter

with Jesus, acceptance of His gift of salvation and the decision to follow Him."

From Sept. 29 to Oct. 1, 2023, the inaugural 7UP retreat unfolded at Camp MiVoden, welcoming seventh- and eighth-graders from across UCC eager to participate in the inspiring event.

"This retreat offers students the opportunity to worship together, establish new friendships and immerse themselves in the wonders of God's creation found at Camp MiVoden," explained Harris.

The central theme of the weekend was "The Love

of Jesus," with inspiring messages delivered by Lindsey Haffner, Redlands Church associate pastor. Haffner has Pacific Northwest roots and is an alumna of Rogers Adventist School and Walla Walla University. Luke Irvine, WWU alumnus, led praise and worship alongside a music team featuring WWU students and alumni.

Among many of the standout moments during the retreat were the Sabbath afternoon activities, where students ventured outdoors to connect with the natural world. The options were

abundant, with hiking, canoeing and boat rides topping the experiences the retreat participants enjoyed.

"During this time, Caleb Foss, Camp MiVoden program director, orchestrated team-building activities that were not only fun but also held valuable spiritual lessons for the attendees," shared Harris.

The success of 7UP has set the stage for it to become an annual event, with the date for the 2024 session already marked on the calendar.

"This retreat not only strengthens the spiritual bonds of these students but also serves as a testament to the commitment of UCC office of education to provide meaningful spiritual experiences for the students in our schools," said Harris. "7UP represents a promising initiative that reinforces the mission of nurturing young hearts and souls in their faith journey."



AUTUMN DUNZWEILER  
Upper Columbia  
Conference  
communications  
coordinator

More online at  
[NWADVENT.ST/119-1-UC-73](http://NWADVENT.ST/119-1-UC-73)

- Seventh- and eighth-graders attended 7UP, a spiritual retreat weekend.



BIBLE READINGS

for

# February

2024

Most Christians have never completely read their Bible. Many start, but then get overwhelmed.

Follow this Bible reading plan to read the entire Bible in one year.

S	M	T	W	T	F	S
				1 Exod. 7-9	2 Exod. 10-12	3
4 Exod. 19-21	5 Exod. 22-24	6 Exod. 25-27	7 Exod. 28-29	8 Exod. 30-32	9 Exod. 33-38	10
11 Exod. 39-40	12 Lev. 1-4	13 Lev. 5-7	14 Lev. 8-10	15 Lev. 11-13	16 Lev. 14-18	17
18 Lev. 19-21	19 Lev. 22-23	20 Lev. 24-25	21 Lev. 26-27	22 Num. 1-2	23 Num. 3-6	24
25 Num. 7	26 Num. 8-10	27 Num. 11-13	28 Exod. 13-15	29 Exod. 16-18		

Our Bible reading plan leaves Sabbath as a time to share and reflect on your readings for the week. Find creative ways each Sabbath to share your reflections with others on what God is teaching you from your Bible reading time!

More online at [NWADVENT.ST/119-1-BLE-81](https://NWADVENT.ST/119-1-BLE-81)



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## Revitalized Women's Ministry Empowers and Nurtures Faith

**IN LATE OCTOBER 2023, WASHINGTON CONFERENCE WOMEN'S MINISTRIES ORCHESTRATED A TRANSFORMATIVE RETREAT, "YOU DO 'EU,' BOO," HOSTED AMIDST THE SERENE BACKDROP OF SUNSET LAKE CAMP.**

The event served as a sanctuary for women, providing an invaluable opportunity to decompress, foster connections and rekindle spiritual relationships.

At the core of the retreat was a compelling talk by Amanda Anguish, co-host of *The Brain People Podcast*. Anguish delved into the intricacies of stress, unveiling the effectiveness of cognitive behavioral therapy and the A-B-C-D-E approach for thought transformation.

Attendees were treated to a diverse range of activities designed to harmonize their faith and adventure spirit. The offerings encompassed hiking, canoeing, crafts and much more – each aimed at cultivating a deeper connection with God and effective stress management.

Participant testimonials underscored the emotional journey experienced during the retreat. One attendee recounted an intensely personal experience, saying, "Through the words of surrender and giving it all to Him, I felt the conviction of handing over the reins of my life to Christ. I stood sobbing while I tried to sing to God. It was all touching and reassuring, reminding us that, as Adventists, God is still

fighting for our surrender and control for us to be vulnerable with Him."

The retreat also served as a launchpad for new initiatives within women's ministries, designed to further empower and inspire women on their spiritual journeys.

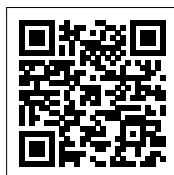
- » Lead 1, Love All: LILA, born from the heart of Washington Conference women's ministry, encourages women to share their biblical knowledge with others. It empowers women to embrace the Word and actively share it.
- » RUBI: An acronym for Relevant, Uplifting, Biblical and Impactful, RUBI equips women to host Zoom book clubs that explore reading selections that are both spiritually enriching and thought-provoking.
- » Pray All The Time: PATTi focuses on prayer, providing women with the tools to initiate prayer groups within their local churches or via virtual meetings.
- » Cooking And Teaching: CATE aims to inspire women across Washington Conference to promote better health

and wellness. It equips them to run healthy cooking and educational classes, making a positive impact on their communities.

- » Team Tabitha: This initiative encourages active outreach to communities, fostering education and awareness of humanitarian causes, both locally and globally. The program equips women to plan and execute cause walks/runs.

The "You do 'Eu,' Boo" retreat by women's ministries stands as a testament to the power of faith, community, and empowerment. It provided women with the tools and experiences necessary to deepen their faith, create lasting connections and serve as agents of positive change in their communities.

LACEY STECKER  
*Washington Conference  
communication intern*



More online at [NWADVENT.ST/119-1-WA-62](http://NWADVENT.ST/119-1-WA-62)



Amanda Anguish, co-host of *The Brain Podcast*, teaches attendees about stress management and the A-B-C-D-E cognitive therapy approach: activating the event or situation, beliefs, consequences, disputing beliefs and effective new approaches to dealing with the problem.



New friends Parsi Gonzalez and Khloe Bucknor display their creative work from a retreat painting class.



Jennifer Bullion, Washington Conference women's ministries director, speaks to attendees.

MISSION AND OUTREACH

# Retreat Supports Emotional Well-Being

**IN OCTOBER 2023, A DIVERSE GROUP OF INDIVIDUALS GATHERED AT SUNSET LAKE CAMP TO EMBARK ON A TRANSFORMATIVE EMOTIONAL FREEDOM RETREAT.**

This unique nine-day program was carefully designed to guide a dozen participants on a journey towards emotional resilience and equip them with invaluable tools to effectively manage stress and life's challenges.

One of the distinctive features of this retreat was the personalized support provided to each participant. Upon arrival, every attendee was paired with a dedicated health coach who engaged in a 20-minute daily session with them throughout the duration of the retreat. The matching process, led by Washington Conference health ministries director Elida Jerez and her team of health coaches, aimed to create optimal connections for participants.

The retreat's itinerary was thoughtfully crafted, offering a blend of educational workshops and therapeutic sessions led by distinguished professionals. Neil Nedley, Amanda Anguish, Heather Reseck, Esther Park Hwang and Rameana Sirabani, experts in various facets of healthcare, facilitated enlightening discussions and practical exercises.

Additionally, attendees had the opportunity to indulge

in rejuvenating experiences like hydrotherapy, massages and craniosacral therapy to nurture their physical and emotional well-being.

Violet Douglas, an emotional health retreat health coach, expressed her gratitude, and said, "I was so blessed by all the health coaches because we were there for each other and supported each other." Her sentiments resonated with many, emphasizing the significance of forming meaningful connections.

Kendra Danner, a participant, cited "making new friends without judgment" as the most rewarding aspect of the retreat.

Luisa Feher's poignant journey to the retreat was driven by the sudden loss of her husband a year and a half ago and the immense responsibilities of caring for his elderly parents. She described the experience as "emotionally and physically overwhelming."

Her strong faith led her to seek divine intervention and support for her emotional well-being. She reflected, "As a Christian, I prayed that God would provide the help I needed since conventional health care could never do what God can for



Emotional Freedom Retreat graduates pose with their certificates.

ELIDA JEREZ

a hurting soul. I knew that in this program I was going to find all the elements that I needed to get a much-needed break."

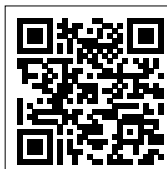
The retreat culminated in a graduation ceremony where nine of the attendees celebrated their accomplishments. This meaningful event recognized their dedication to the program, serving as a physical reminder of the knowledge and skills they had acquired – knowledge they could now share with others on their journey to emotional freedom.



Violet Douglas led workshops during the Emotional Freedom Retreat.

VIOLET DOUGLAS

LACEY STECKER  
*Washington Conference  
communication intern*



More online at [NWADVENT.ST/119-1-WA-42](https://NWADVENT.ST/119-1-WA-42) 



The Emotional Freedom Retreat provided participants the tools they needed to deal with their emotions in a healthy way.

ELIDA JEREZ

# Outdoor School Encourages Students to Be Curious

**OUTDOOR SCHOOL IS AN ANNUAL EVENT HELD AT SUNSET LAKE CAMP IN WASHINGTON, OFFERING A FUN-FILLED, TWO-DAY TRIP PACKED WITH EXCITING ACTIVITIES AND OPPORTUNITIES FOR SOCIAL INTERACTION. THE RETREAT OFFERS KIDS A BLEND OF EDUCATION AND RECREATION, WHICH IS FUN FOR ALL INTERESTS AND AGES.**

One of the activities at outdoor school 2023 was archery, a favorite among students. The archery activity had two components: traditional archery and archery tag. While traditional archery is relatively straightforward, archery tag adds an exciting twist.

Divided into two teams positioned behind protective barriers, students engaged in a thrilling battle to tag opponents with foam-tipped arrows. The combination of accuracy, strategy and camaraderie made this activity a fun highlight of outdoor school.

For those who enjoy problem-solving and navigation, orienteering provided an exciting challenge. Teams were given a sheet of instructions that guided them to various stations scattered throughout a field.

Armed with compasses, they had to measure the degree angles between stations and answer questions to progress. Orienteering not only heightened kids' navigational

skills, but also encouraged teamwork as they collaborated to answer the questions.

Adding a bit of creativity to the event, kids participated in a do-it-yourself car project. Each team was tasked with crafting a cardboard car around a dolly and adding unique designs to it.

At the end of the project, a race was held where teams pitted their cars against each other. This hands-on activity allowed everyone to unleash their creativity and engineering skills while encouraging healthy competition and collaboration.

The theme for 2023's outdoor school was "Be Curious," an invitation to explore and learn about the world in a fun and interactive way. The camp was buzzing with curiosity and excitement as they embraced this theme, building a spirit of curiousness and wonder.

As an added bonus, the musical talents of the singers shined at outdoor school. The event was graced with an

original song composed by the singers themselves, adding to the musical element to the event. This addition enhanced the sense of community and unity among the people attending outdoor school.

Outdoor school at Sunset Lake Camp was an exciting experience that combined education and recreation, encouraging everyone to explore, learn and bond with their peers. With activities like archery, orienteering, DIY car building and the "Be Curious" theme, outdoor school provided a well-rounded and fun adventure that left everyone with cherished memories and a sense of accomplishment.

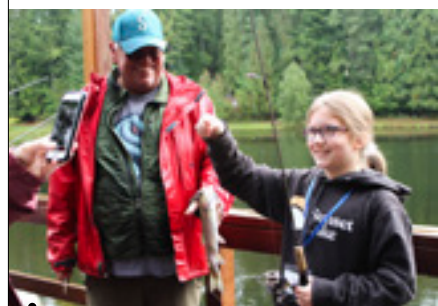


JOHN RICKABY  
*Cypress  
Adventist  
School student*

More online at [NWADVENT.ST/119-1-WA-57](https://www.nwadvent.org/st/119-1-wa-57)



Students had the opportunity to play archery tag at outdoor school.



Students learned how to catch fish.

Students from all over Washington Conference enjoyed outdoor school at Sunset Lake Camp.



## MISSION AND OUTREACH

# SAGE Under New Leadership

**FOR THE PAST 27 YEARS, BOB GRADY HAS BEEN THE FACE OF WASHINGTON CONFERENCE'S SENIORS IN ACTION FOR GOD WITH EXCELLENCE. NOW, GRADY IS HANDING OVER LEADERSHIP RESPONSIBILITIES TO A NEW GENERATION OF SENIORS.**



Bob Grady hands over SAGE leadership responsibilities to Rick and Valerie Serns.

SAGE is a service organization that provides opportunities for active seniors who love the Lord and want to do something special for Him to serve others while enriching their personal lives as well.

Each year, SAGE members partner with Maranatha Volunteers International to go on an international mission trip to help build churches and schools around the world.

The group regularly helps with building and repair projects at Sunset Lake Camp and various projects to help local churches. In addition, the group provides opportunities for seniors to participate in various social activities to build friendships and enjoy outings with others their own age.

Grady stepped down from his leadership duties with SAGE in October 2022. The executive committee voted to offer the position to Rick Serns, a long-time educator in Washington Conference.

The director of SAGE is a volunteer who works with an advisory board made of other volunteers to plan and carry out the recruitment of others to participate in the various outreach activities. Serns' wife, Valerie, will also be involved with SAGE as the secretary for the group.

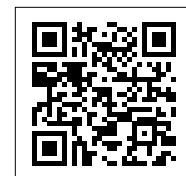
Serns was a teacher and administrator in Adventist schools for many years. After receiving his law degree, he worked as a human resources administrator and a superintendent in public schools. He said he is excited and honored to take on this important role.

He believes two of the most challenging things that people face in retirement are not feeling useful or needed anymore and facing feelings of loneliness that come with less interaction with people. Serns said, "SAGE is the perfect way to address those issues."

Serns and his wife will be visiting churches throughout the conference in the coming weeks to promote SAGE and let people know more about the organization and how to become a part of the activities.

Those interested in receiving more information about the group can be added to the mailing list by sending their email address or contact information to [valerie.serns@wc.npuc.org](mailto:valerie.serns@wc.npuc.org).

RICK SERNS  
*SAGE director*



More online at [NWADVENT.ST/119-1-WA-51](http://NWADVENT.ST/119-1-WA-51) 

MISSION AND OUTREACH

# Refuge Church to Begin Music Ministry

**WHAT HAPPENS WHEN A CHURCH LEANS INTO ITS MEMBERS' TALENTS? IT CREATES PROGRAMS WITH TREMENDOUS POTENTIAL.**



Refuge Church praise team has created a musical atmosphere that attracts many young adults.



Refuge Church has many connections with the musical scene of Seattle.



Meldody Val Nelwan, music director of Refuge Church, looks forward to the Music for the Community initiative.

In Seattle, many young adults don't know the love of Jesus. Refuge Church designed its ministry outreach for young adults who didn't grow up in a Christian environment. The church invests in the quality of the worship experience. A big part of that experience is the music.

Melody Val Nelwan, Refuge Church music director, has made many connections in the artistic and musical scene of Seattle. Many musicians have come to Refuge Church and stayed because of her invitations and the church's music program. This has created a church of music.

From this pool of talent comes a new way for Refuge Church to reach out to the community: the Music for the Community initiative, designed to make bridges with the larger Seattle community by harnessing the power of music and providing one-on-one mentorship.

Starting in February 2024, Refuge Church will host eight sessions accommodating up to eight participants who will receive one-on-one mentorship from an expert in their respective musical field. Sam Nyambe—a contributor to Marvel's and Netflix's musical teams—along with Val Nelwan and other members of the Refuge Church music team, will act as expert mentors.

At the conclusion of these sessions in April, Refuge Church will host a concert, providing participants a platform to showcase the skills they've learned. A second session will begin in September.

The Music for the Community initiative intends to get participants in a church setting and create an interest in

the gospel, encouraging them to learn more about Adventists and God.

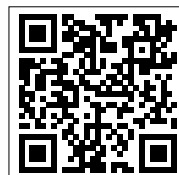
"We are very excited about connecting with creatives and empowering people from the community through this new music and worship initiative!" said Val Nelwan. "We're looking forward to pouring into people the same way we've been poured into and hope that people are able to view worship and praise in a new and powerful way."

This initiative does not come without costs. While the generosity of church members and the support of NPUC's Spark Tank have already provided stipends for mentors and new sound equipment, additional funds can significantly enhance the effectiveness of the Music for the Community initiative.

If you'd like to support this meaningful endeavor, please consider making a donation at [adventistgiving.org/donate/ANIM2D](https://adventistgiving.org/donate/ANIM2D). Your contribution can help Refuge Church continue to make a positive impact on the Seattle community through the universal language of music.

Refuge Church and its passionate team look forward to a future where music serves as a bridge, connecting souls and inspiring spiritual growth. Together, they're striving to create a harmonious and inclusive community where the power of music transforms lives.

LACEY STECKER  
Washington  
Conference  
communication intern



More online at  
[NWADVENT.ST/119-1-WA-58](https://NWADVENT.ST/119-1-WA-58)



The NPUC Office of Regional Ministries  
Invites You to Join the

# BLACK HISTORY CELEBRATION



FEBRUARY 2-3, 2024

Join us for an inspiring weekend of fellowship and music:

**Distinguished Guest Speaker: Jesse Wilson**

Director of the Bradford, Cleveland, Brooks Leadership Center at Oakwood University

**Friday, February 2**

- 8:00 PM: BSCF Vespers
- Location: Walla Walla University Church
- Featuring: Berean Gospel Choir

**Saturday, February 3**

- 10:30 AM: Berean Fellowship - Black Box
- 11:45 AM: Worship Service at Walla Walla University Church

**Total Praise: Festival of Choirs Concert**

- 4:00 PM: Walla Walla University Church

*Prepare to be uplifted by the musical talents of our special guests:*

- Wayne Bucknor and Andrew "Benji" Young (Oakwood University)
- Portland Adventist Academy Gospel Choir
- Les Chanticleers

Mark your calendars and invite friends and family for a weekend of spiritual rejuvenation and incredible music. We look forward to seeing you there!

EDUCATION

# WWU Affordability Aimed to Support God's Work

**WALLA WALLA UNIVERSITY KNOWS THAT A COLLEGE EDUCATION IS AN IMPORTANT INVESTMENT – ONE THAT CONTINUES TO PAY OFF IN JOB SECURITY AND WAGES, AND THAT ALIGNS GRADUATES TO MAKE A PROFOUND CHRISTIAN DIFFERENCE IN OUR WORLD.**

Unemployment rates are less than half for those who have a college degree versus those with a high school diploma, and the average annual income of a college graduate is nearly \$70,000 as compared to only \$30,000 for high school graduates according to the Bureau of Labor Statistics. That's a compelling case for a WWU degree. However, we believe that being good financial stewards also sets in motion amazing possibilities for God's work.

For example, WWU offers generous scholarships and financial aid in order to make a Christian university education financially possible for many families. This year, WWU is ranked as the second-best college for financial aid in Washington

state and the best Adventist college for financial aid in the nation by LendEDU.

LendEDU's overall rankings take into account need-based financial aid, non-need based financial aid and financial aid for international students. Some families may think they don't qualify for financial aid, but it's still worth it to apply. More than 96% of WWU students qualified for financial aid last year, with a total of \$43.5 million in aid awarded last year.

According to Niche, a well-known college search tool, WWU ranked in the top 10 of more than 300 U.S. Christian colleges for overall best value—a category that weighs both the affordability and quality of education.

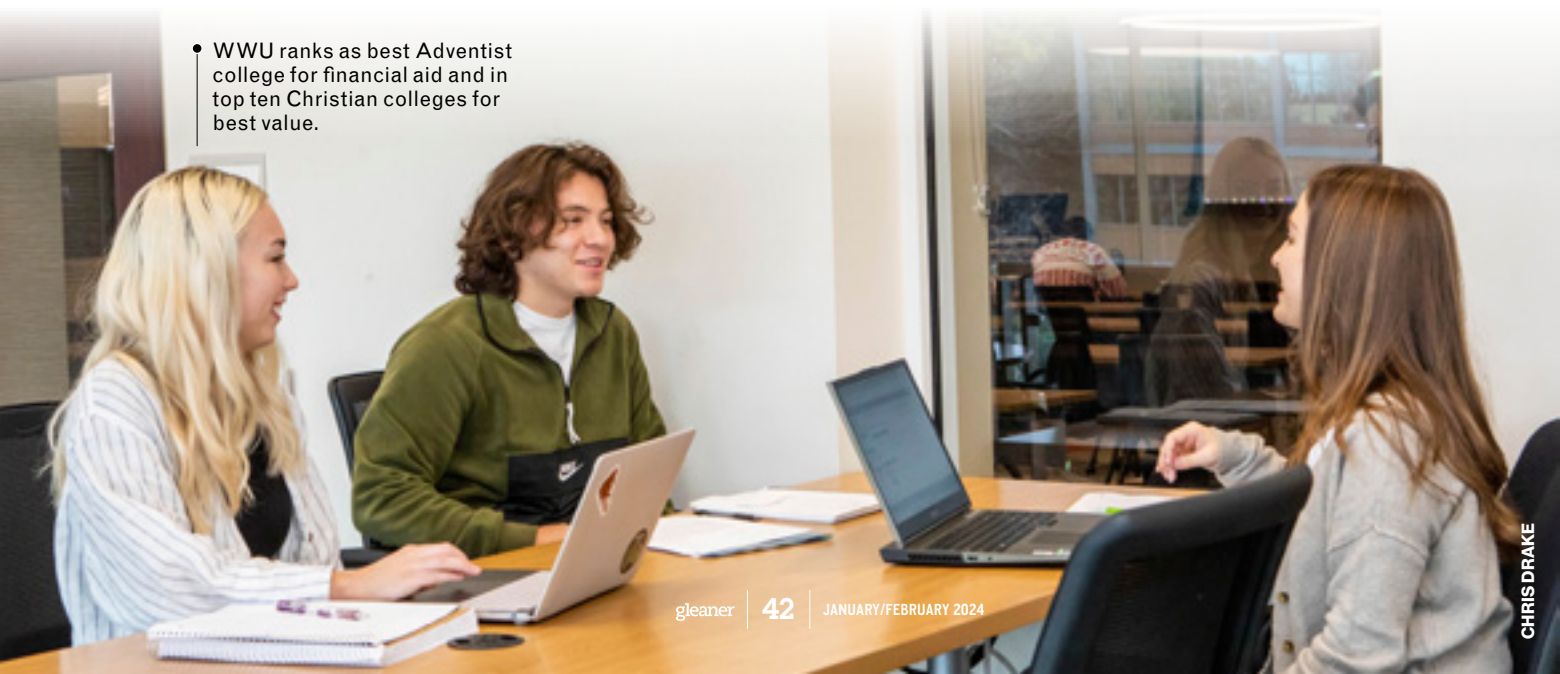
Though WWU ranks well in affordability, we realize an investment in a WWU education is indeed a significant step – one we take seriously by supporting the success of our students. As a community of faith, we recognize that our investment in students boosts the potential for Christian professionals to further God's work.

KELSI DOS SANTOS  
*WWU university relations supervisor*



More online at  
[NWADVENT.ST/119-1-WWU-93](http://NWADVENT.ST/119-1-WWU-93)

- WWU ranks as best Adventist college for financial aid and in top ten Christian colleges for best value.



## EDUCATION

# Campus Visit Inspires Prospective Student

**HAVE I TOLD YOU HOW I DECIDED ON WALLA WALLA UNIVERSITY? IN OCTOBER 2023, WWU HOSTED FALL CLASSIC, A TIME WHEN VARSITY HIGH SCHOOL ATHLETES FROM ALL OVER THE WEST COAST AND EVEN CANADA CAME TO WWU TO COMPETE IN VOLLEYBALL AND SOCCER TOURNAMENTS.**

It was also Week of Worship here at WWU. Week of Worship happens each quarter, with the first series led by a guest speaker. It includes a daily sermonette between classes and concludes with a Friday night vespers. Many are in attendance at vespers, both college students and Fall Classic visitors.

Let's jump back four years to early October 2019 to another Week of Worship and another Fall Classic.

At that time, I was dealing with deep depression. All my plans for the future seemed to have fallen apart and I was adrift with no idea where my life was heading. I'd been depressed for three years and there was no indication that it would wane any time soon.

My sister was in high school and got the opportunity to compete in Fall Classic despite being in junior varsity because one team from a sister school had dropped out of the tournament. So, she packed her bag and her best volleyball and made the trip east. I dragged myself out of the bed that had become my home and went along with her and our mom.

I had never seen the WWU campus before, nor any Adventist college campus, and I was curious. College was not in my future — at least that's what I told myself — but it wouldn't hurt to look. I didn't end up seeing much of the campus, but I got to feel the energy of the place. I loved it.

The speaker that Friday night was Andreas Beccai, the new University Church lead pastor. I remember listening to his sermon on the prodigal son and being moved down to my core.

"This is a Godly place," I thought, "I need to be here." That night ignited in me a desire to attend WWU. A year later, I did, and it carried me out of four years of darkness.

Now, in my senior year at WWU, I marvel at all the stars that aligned to get me here. If that high school varsity team hadn't dropped out, I wouldn't be here. If I had chosen to stay in bed, I wouldn't be here. If Beccai hadn't moved my heart, I wouldn't be here.

Last week was again Week of Worship and Fall Classic. Four years later, Beccai was again invited to speak. The pews were filled to the brim with people Friday night. And as I sat there, a fourth-year student at the school I love, I was reminded of the power of God.

Everything had come full circle. I remembered what God had done for me and how he moved the pieces into place to give me a future I couldn't have dreamed. I am immensely grateful.

Interested in bringing a student to visit WWU? Learn more about getting a personalized tour, meeting with professors, connecting with financial aid advisors and how we'll help cover travel costs at [wallawalla.edu/visit](http://wallawalla.edu/visit).

LAUREN VIZCARRA  
WWU senior  
communication major



More online at [NWADVENT.ST/119-1-WWU-67](http://NWADVENT.ST/119-1-WWU-67)



Lauren Vizcarra, WWU senior communication major, had an impactful experience during WWU's Fall Classic tournament.



# Adventist Health Tillamook Offers Grief Support



**GRIEF IS THE NATURAL EMOTIONAL RESPONSE TO LOSS. IT CAN BE CAUSED BY A VARIETY OF EVENTS, INCLUDING THE DEATH OF A LOVED ONE, THE END OF A RELATIONSHIP, THE LOSS OF A JOB OR THE IMPACT OF A SERIOUS ILLNESS.**

Grief can also be caused by major life changes, such as moving to a new city or retiring. People who are grieving may feel sadness, anger, guilt, loneliness and confusion. They may also experience physical symptoms, such as fatigue, changes in appetite and difficulty sleeping.

Adventist Health Tillamook offers in-person adult grief groups for people experiencing any kind of loss. Pam Strachan, Adventist Health board-certified chaplain and bereavement specialist, facilitates the groups.

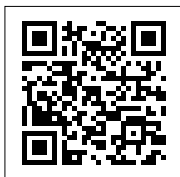
Adventist Health also offers an online grief support program called

Beyond Loss that is available to anyone in need. Beyond Loss creates safe spaces to process grief within community. Small groups meet online every week, year round. Participants join as needed.

Learn more about the in-person program at Adventist Health Tillamook by calling 503-815-2411. To get more information about the online Beyond Loss program, visit [AdventistHealth.org/BeyondLoss](https://AdventistHealth.org/BeyondLoss) or call 818-409-8008.

KIM STROBEL

*Adventist Health program manager for religion, faith and mission*



More online at [NWADVENT.ST/119-1-AH-77](https://NWADVENT.ST/119-1-AH-77)



## 7 TIPS FOR COPING WITH GRIEF

### 1. Acknowledge the presence of grief

You aren't bad or good for experiencing grief. It's simply important to acknowledge that grief is something you feel and experience. On some days, it may feel more present than on other days. There is no time limit for grief.

### 2. Normalize

Understand your grief process is unique to you. What used to be "abnormal" prior to the presence of grief may be considered "normal" now.

### 3. Be kind to yourself

Grief is exhausting and it influences our physiology more than we know. While we are grieving, it's not helpful to have the same level of expectations for ourselves that we had prior to grieving.

### 4. Plan for events

Whether it is an anniversary, birthday or holiday, set a plan for what you would like the day to look like. Plan a day that is meaningful to you.

### 5. Find ways to express your grief

Expressing grief is a crucial part of moving forward. Expression may come through journaling, joining a support group, painting or another process that is meaningful to you. Holding in grief can lead to unhealthy coping mechanisms.

### 6. Create a routine

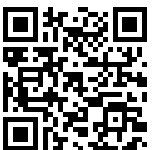
When we lose a loved one, we lose more than the person; we lose all the roles they were associated with — our church-going partner, our tax person, the person who hangs our Christmas lights. Acknowledging the secondary losses and creating a new routine can help you move forward in the grief process.

### 7. Share your grief

The journey of grief isn't one to walk alone. The more support you have, the healthier and easier your grief process will be.

ADENA SARKIAN

*Adventist Health spiritual care specialist*



MORE ONLINE AT  
[NWADVENT.ST/119-1-AH-79](https://NWADVENT.ST/119-1-AH-79)

# Walla Walla University HOMECOMING WEEKEND

**April 26-28, 2024**



## ***Join us for Homecoming Weekend 2024!***

This year, we celebrate 50 years of our social work program, pre-professional program alumni, and the 100th anniversary of Bowers Hall! The weekend will begin Friday morning with an engaging awards celebration and excellence in thought showcase. Other events include the annual golf tournament (on Sunday this year!), alumni dinner in Kellogg Hall, car show, music concerts, celebration of Alumni of the Year, honor year class reunions and photos.

**Honor years: Vanguard (pre-1964), 1964, 1969, 1974, 1979, 1984, 1989, 1994, 1999, 2004, 2009, 2019, and a special reunion of SFS current and former employees.**

- ▶ Submit a class member profile to share with your class at [wallawalla.edu/alumnnotes](http://wallawalla.edu/alumnnotes).
- ▶ Nominate a fellow alumnus for an award at [wallawalla.edu/nominate-alumni](http://wallawalla.edu/nominate-alumni).
- ▶ Find more information and register for homecoming at [wallawalla.edu/homecoming](http://wallawalla.edu/homecoming) or call (800) 377-2586.

**Registration  
opens  
February  
2024!**

**ANDERSEN** – Gladys (Denny), 86; born Dec. 11, 1936, Hewitt, Minnesota; died Jan. 24, 2023, Salem, Oregon. Surviving: son, Bruce; daughter, Carla; 5 grandchildren and 4 great-grandchildren.

**ANDERSEN** – Gordon, 88; born Aug. 10, 1934, Portland, Oregon; died March 7, 2023, Salem, Oregon. Surviving: son, Bruce; daughter, Carla; sister, Carol Lofgren; 5 grandchildren and 4 great-grandchildren.

**BIGELOW** – Arthur James, 92; born July 16, 1931, Minneapolis, Minnesota; died Aug. 3, 2023, Prineville, Oregon. Surviving: spouse, Mrytle (Wallen); sons, Lester, Robert and Kenneth; daughters, Carolyn Aalvik and Nita Jordan; 17 grandchildren, 25 great-grandchildren and 1 great-great-grandchild.

**CARVER** – Jack R., 97; born Feb. 26, 1926, Centralia, Washington; died June 8, 2023, Pacific, Washington. Surviving: son, Michael; daughters, Velma Johnson, Ruth Wright, Elaine Varga and Doreen Ahlberg; 12 grandchildren, 19 great-grandchildren and 9 great-great-grandchildren.

**CHAMBERS** – Gregory Leroy, 65; born Aug. 3, 1957, Yakima, Washington; died March 4, 2023, Colville, Washington. Surviving: spouse, Sherry Burkhart Chambers; daughters, Krista (Chambers) Thurston and Shira (Chambers) Reid; sisters, Karen Chambers and Valerie (Chambers) Ewert; 2 grandchildren.

**CHAMBERS** – LeRoy “Dale,” 87; born Nov. 18, 1934, Bozeman, Montana; died June 5, 2022, Spokane, Washington. Surviving: daughters, Karen Chambers and Valerie Ewert; brother, Jack; 4 grandchildren and 2 great-grandchildren.

**CLIFTON** – Yvonne Dylan (Glass), previously Yvonne Frei, 79; born Feb. 20, 1944, Spokane, Washington; died June 04, 2023, Reno, Nevada. Surviving: spouse, Caryl; sons, Vaughan Frei, James Frei and Chris Frei; 2 grandchildren.

**COLEMAN** – Kenneth Hunt, 78; born Oct. 21, 1944, Portland, Oregon; died April 11, 2023, Deer Park, Washington. Surviving: spouse, Starla Leno; son, Chad; daughters, Christina Coleman Baker and Brooke Hage; stepson, Adam Leno; stepdaughter, Dione Anterola; 16 grandchildren.

**COOK** – Beverly Kathleen (Hilde), 83; born April 24, 1940, Auburn, Washington; died April 27, 2023, Marysville, Washington. Surviving: spouse, Ron; daughter, Kami Borg; stepsons, Vic Cook and Chris Cook; stepdaughter, Monica Godsil; brother, Richard Hilde; sisters, Lovella Hansen and Shirley Harchenko; 6 grandchildren and 7 great-grandchildren.

**DAVIDSON** – Ivadell Blanche (Davis), 95; born March 11, 1928, Sprague River, Oregon; died March 27, 2023, Portland, Oregon. Surviving: sons, Henry, Max and Marlin; daughter, Maridell (Davidson) Moore; 10 grandchildren and 21 great-grandchildren.

**DAVIS** – Nellie Bell (Soule), 90; born March 12, 1933, Memphis, Tennessee; died Aug. 4, 2023, Milton-Freewater, Oregon. Surviving: sons, Scott Davis and Timothy Metler; daughters, Michelle Davis Dale and Debbie Davis Berglund.

**ESSELSTYN** – Susan Louise (Wagner), 69; born June 6, 1954, Spokane, Washington; died July 25, 2023, Pendleton, Oregon. Surviving: brothers, Jon Wagner and Chris Wagner.

**FILAN** – Doris Lucille (McCulloch), 95; born Jan. 23, 1928, Walla Walla, Washington; died Aug. 7, 2023, Walla Walla, Washington. Surviving: son, LaVerne.

**FORSYTH** – Donna Christine (Powell), 81; born Dec. 2, 1941, Seattle, Washington; died July 3, 2023, College Place, Washington. Surviving: spouse, Jim; sons, David and Jerrold; sisters, Sue (Powell) Barrett and Linda (Powell) Martinsen; 3 grandchildren.

**FRANZMAN** – Lela Mary (Ruthmann), 95; born Oct. 16, 1927, Boise, Idaho; died June 27, 2023, Vancouver, Washington. Surviving: spouse, Herb; son, Walter; daughters, Debbie (Franzman) Simpson, Holly (Franzman) Proel and Gretchen (Franzman) Watson; 6 grandchildren.

**FRAZEE** – Richard Eugene, 90; born Oct. 15, 1932, San Bernardino, California; died Feb. 28, 2023, Gladstone, Oregon. Surviving: spouse, Annemarie (Spycher); son, Steven; daughter, Beverli (Spycher) Herkemij.

**GOODMAN** – John Charles “Tut,” 45; born July 30, 1978, Salmon, Idaho; died Sept. 16, 2023, Eagle, Idaho. Surviving: father, John Goodman; mother, Susan (Elg) Roth; stepmother, Sherri (Wentz) Lukens; brothers, David Goodman and Steven Seth Goodman; sister, Marissa (Goodman) Swallow.

**HANEY** – Barbara (Tapper), 94; born Sept. 12, 1928, Albany, Oregon; died July 9, 2023, Enumclaw, Washington. Surviving: sons, Matt and Mike; 4 grandchildren and 10 great-grandchildren.

**HANEY** – Phillip, 90; born Jan. 11, 1922, Gainesville, Texas; died April 8, 2012, Auburn, Washington. Surviving: sons, Matt and Mike; 4 grandchildren and 10 great-grandchildren.

**HEISEY** – Shirley Marie (Christensen), 75; born June 4, 1947, Spokane, Washington; died Jan. 27, 2023, Zionville, North Carolina. Surviving: sons, Darwin and Stan; daughters, Heidi and Heather; sister, Cheri Armstrong; brother, Stan Christensen; 11 grandchildren.

**HOUSE** – Dwayne Harlan, 79; born Aug. 18, 1943, Portland, Oregon; died Aug. 26, 2022, Vancouver, Washington. Surviving: spouse, Yvonne (Ames); daughters, Cristi (House) Bell and Shari (House) Schrader; sisters, Marilyn (House) Gibson and Rosalyn (House) Meyer; 4 grandchildren and 2 great-grandchildren.

**HYMAN** – Gary Lee, 73; born March 12, 1950, Portland, Oregon; died May 26, 2023, Vancouver, Washington. Surviving: spouse, Cheryl (Hart); son, Gabe; daughters, Macy Bienerth and Bonnie De Gase; sister, Joyce Rye; 9 grandchildren and 1 great-grandchild. *(This is a reprint with corrected information from July/August 2023.)*

**IVEY** – Bruce E., 77; born Feb. 21, 1946, Owosso, Michigan; died Sept. 20, 2023, Angwin, California. Surviving: spouse, Janet; sons, Mark and Brad; 2 grandchildren.

**JOHNSON** – Debra Elise (Morin), 57; born Dec. 11, 1965, Chicopee, Massachusetts; died July 13, 2023, Battle Ground, Washington. Surviving: spouse, Malcolm; daughter, Rachel Johnson; stepson, Nathan Johnson; stepdaughter, Heather Johnson; 4 step-grandchildren. *(This is a reprint with corrected information from November/December 2023.)*

**JOHNSON** – Mary Ella, 98; born Dec. 28, 1924, Hemingford, Nebraska; died Aug. 29, 2023, Walla Walla, Washington. Surviving: brother, Melvin Johnson.

**KANE** – Robert Leo, 76; born Feb. 12, 1947, San Francisco, California; died July 23, 2023, College Place, Washington. Surviving: spouse, Ronnie (Gevirtz); daughter, Debbie (Kane) Forsyth; brother, Steven; 1 grandchild.

**KNELLER** – Herman, 97; born June 15, 1924, Hepburn, Saskatchewan, Canada; died April 29, 2022, Portland, Oregon. Surviving: son, M. Byron; sister, Lenora (Kneller) Kerr; 1 grandchild.

**LIVELY** – Clara Jane (Miller), 91; born March 14, 1932, Colorado Springs, Colorado; died Aug. 16, 2023, Pacific, Washington. Surviving: son, Eldon; daughters, Fonda Cox and Danene Jordheim; stepdaughter, Karen McLean; stepson, Dennis Lively; 5 grandchildren, 9 step-grandchildren and 11 step-great-grandchildren.

**MARTIN** – James Lee, 91; born June 25, 1932, Three Oaks, Michigan; died July 23, 2023, Walla Walla, Washington. Surviving: stepson, Gary Henderson; stepdaughters, Joan (Henderson) Santee and Karen (Henderson) Andrews; 11 grandchildren, 13 great-grandchildren and 3 great-great-grandchildren.

**MARTIN** – Marie Idell (Merth), previously Marie Henderson, 96; born Aug. 20, 1926, Portland, Oregon; died June 10, 2023, Walla Walla, Washington. Surviving: spouse, James Martin; son, Gary Henderson; daughters, Joan (Henderson) Santee and Karen (Henderson) Andrews; 11 grandchildren, 13 great-grandchildren and 3 great-great-grandchildren.

**MENDENHALL** – Myrtle Elizabeth (Craver), 94; born June 2, 1929, Florence, South Carolina; died Aug. 18, 2023, Medford, Oregon. Surviving: son, Michael; daughter, Josephine (Mendenhall) Wilmoth; 5 grandchildren and 8 great-grandchildren.

1946–2023

**BRUCE IVEY**

Bruce Ivey was born in Michigan on Feb. 21, 1946. After graduating from Cedar Lake Academy and Andrews University, he taught math and science at Enterprise Academy and Mount Ellis Academy.

He earned a doctorate in education at Montana State University and then taught computer science, physics and astronomy at Pacific Union College. Throughout his career, he was also the software lead for MicroLab, a Bozeman company developing computer-based chemistry lab tools.

Bruce was deeply committed to his family, God and his church community. He was a pilot, trumpet player, traveler and photographer. He had a deep love of the outdoors, enjoying canoeing, fishing, backpacking, wildlife viewing, skiing and snowshoeing.

Lifelong hikers, Bruce and his wife, Janet, explored many trails in the Montana Rockies and northern California. They shared their love of nature with others by leading group hikes over the years for their students, church and local land trust.

Bruce passed away at home on Sept. 20, 2023, from idiopathic pulmonary fibrosis. He is survived by his wife, Janet; son, Mark, and his wife, Yana; son, Brad; grandchildren, Alex and Eric; sisters, Margaret Pottle and Josephine Prophet; and several nieces and nephews.

**MILLER** – Richard James Sr., 88; born Dec. 4, 1934, Meridian, Idaho; died June 28, 2023, College Place, Washington. Surviving: spouse, Bonnie (Mook); sons, James and Wallace; brothers, David and Gary; sisters, Joanne (Miller) Shockey, Hazel (Miller) Bunker and Lerae (Miller) Yeager; 3 grandchildren.

**PARKS** – Geri (Fowler), 83; born July 6, 1940, Walla Walla, Washington; died Oct. 1, 2023, Eagle, Idaho. Surviving: spouse, Dennis; sons, Randy, Ron and Don; daughter, Jennifer (Parks) Bellew; brother, Gayle Fowler; 6 grandchildren.

**PERUS** – Sheela Rosaline (Sannaraj), 75; born Nov. 29, 1947, Arakkonam, Tamil Nadu, India; died Sept. 20, 2023, Boise, Idaho. Surviving: son, Priyason; daughter, Sabina Sliney; brothers, Jacob Sannaraj and Stanley Sannaraj; sisters, Mary Annand, Annie Sannaraj and Rachel Sannaraj; 4 grandchildren.

**PHILLIPS** – Lester Leroy, 80; born Oct. 21, 1942, Harrisburg, Pennsylvania; died Sept. 16, 2023, Battleground, Washington. Surviving: spouse, Mary (Aldred); son, Jeff; daughter, Vicki Powers; sister, Sheryl Vance; 2 grandchildren.

**OUR FAMILY**

**PURVIS**—Janet Elaine (Dasher), 82; born Nov. 30, 1940, Santa Rosa, California; died July 9, 2023, Desert Hot Springs, California. Surviving: son, Duane; daughter, Diane (Purvis) DiPasquale; brother, Ron Dasher; sister, June (Dasher) Waggoner; 4 grandchildren and 3 step-grandchildren.

**RADKE**—Allen Kurt, 80; born March 19, 1943, Portland, Oregon; died Aug. 23, 2023, Shelton, Washington. Surviving: spouse, Barbara; sons, Clay, Will and Joel; daughter, Anna Radke; stepdaughters, Marie Hettick and Sally Bowman; brother, Robert; sister, Nancy Mathews; 10 grandchildren and 5 step-grandchildren.

**RIEDERER**—Paula Jean (Wickward), 91; born Aug. 17, 1931, Los Angeles, California; died June 18, 2023, Juneau, Alaska. Surviving: sons, Mark Riederer, Dwight Riederer, Drue Wagner and Craig Wagner; daughters, Carolyn Riederer Annerud, Gail Riederer, Sheri Wagner and Sandi Wagner Young; brother, David Wickward; 14 grandchildren and 6 great-grandchildren.

**ROBERTSON**—David George, 67; born Aug. 31, 1955, Walla Walla, Washington; died Aug. 23, 2023, Harrison, Idaho. Surviving: spouse, Jan (Patzkowski); son, Tyson; daughter, Jennifer Iacarella; brother, Chuck; sisters, Darlene (Robertson) Gravelle and Dawna (Robertson) Tate; 4 grandchildren.

1922–2022

## V. LARENE WARREN SPADY

V. LaRene Warren Spady was born May 23, 1922 in Baker, Oregon. She attended Walla Walla College and graduated with sequential secretarial science and nursing degrees in 1946.

Following graduation from WWC, she was dean of girls at Upper Columbia Academy and taught typing, art and business classes. A year after graduating from WWC, she married Louis Spady, a 1947 WWC graduate.

LaRene's mother was killed in a car accident, so Louis and LaRene opened their home to her two youngest siblings—sister Jeannine, age 12, and brother, Dale, age 10.

Louis and LaRene welcomed two children, Billie Jean (Spady) Knight, who is now married to Kent Knight, and Jay Spady, who is now married to Karin Ruprecht. Their first job together was at Gem State Academy. They spent 18 years as staff members at Laurelwood Academy and Grade School, during which LaRene acquired her master's degree in business education.

LaRene also worked at Portland Adventist Academy and Rogue Community College. Following retirement, Louis and LaRene worked as in-home caregivers. Their last home together was at Sun Terrace in Prosser, Washington. LaRene's hobbies included ceramics, painting and gardening.

LaRene passed away Sept. 23, 2022, at the age of 100 in Hermiston, Oregon. She is buried with her husband Louis at Hill Cemetery, in Gaston, Oregon.



**ROSS**—Beatrice Georgia (Waterbrook), 85; born Aug. 25, 1937, Modesto, California; died Aug. 12, 2023, Portland, Oregon. Surviving: son, Robert; daughters, Karen Ross and Kathryn (Ross) Schaffer; brother, Carl Waterbrook; 5 grandchildren.

**ROWELL**—Henry Harold Jr., 81; born March 12, 1941, Hermiston, Oregon; died July 4, 2022, Gaston, Oregon. Surviving: daughters, Cherry (Rowell) Walsh, Cynthia (Rowell) Gates and Carma Rowell; 1 grandchild and 1 great-grandchild.

**RUBLE**—Ronald Kelly, 79; born April 18, 1944, Chewelah, Washington; died July 24, 2023, Spokane, Washington. Surviving: spouse, Joan (Hyatt); sons, Ricky and Sean; stepson, Roger Hyatt; stepdaughter, Tami Pederson; 10 grandchildren and 25 great-grandchildren.

**SCOTT**—Martin William, 73; born June 11, 1949, Portland, Oregon; died Dec. 2, 2022, Walla Walla, Washington. Surviving: spouse, Beverly (Petersen); sons, Rudy and Jesse; 1 grandchild.

**SHELDON**—Dariene Eloise (DeVinny), 78; born Sept. 26, 1944, Lebanon, Oregon; died June 22, 2023, Albany, Oregon. Surviving: sons, Stanley, Donald, Dwayne and Jimmy; daughter, Penny; brother, Don DeVinny; sister, Karen Brown.

**SITTLER**—Richard K., 86; born Sept. 27, 1936, Chicago, Illinois; died Sept. 17, 2023, Shelton, Washington. Surviving: son, Ben; daughter, Eva Sittler; stepsons, Ron Coleman, Chris Coleman and Jerry Coleman; stepdaughters, Jalyne DeVries and Jonice Stripland; brothers, Art Brown and Don Sittler.

**SPADY**—V. LaRene (Warren), 100; born May 23, 1922, Baker, Oregon; died Sept. 23, 2022, Hermiston, Oregon. Surviving: son, Jay B.; daughter, Billie Jean (Spady) Knight; brother, H. Dale Warren; 2 grandchildren and 4 great-grandchildren.

**STATES**—Timothy Steven, 75; born July 27, 1948, Boise, Idaho; died Aug. 31, 2023, Fruitland, Idaho. Surviving: spouse, Nancy (Mock); son, Eric; daughter, Lisa (States) Stuart; brothers, George, Newton and Tom; 6 grandchildren.

**STILL**—Carlene Rae (Woodward), 79; born June 25, 1943, Walla Walla, Washington; died Jan. 20, 2023, College Place, Washington. Surviving: sons, Gene, Sam and Justin; 4 grandchildren.

**SULZLE**—Howard Winston, 83; born Oct. 7, 1939, Calgary, Alberta, Canada; died July 2, 2023, Mountain Home, Idaho. Surviving: spouse, Beth Sulzle; son, Howard Allen; daughter, Sharvonne Sulzle; 3 grandchildren and 3 great-grandchildren.



**SUMMERTON**—James William, 94; born Oct. 15, 1928, Manitoba, Canada; died June 16, 2023, Sumner, Washington. Surviving: son, Larry; daughter, Darilee Brown; 5 grandchildren and 6 great-grandchildren.

**SWARM**—Robert Allen, 88; born March 27, 1935, Caldwell, Idaho; died Sept. 25, 2023, Gresham, Oregon. Surviving: spouse, Beverly Crum Swarm; daughter, Bonnie Swarm Kist; brothers, Orval, Charles and Arthur; sister, Mary Ann Swarm Rais; 2 grandchildren.

**TOEBE**—Kenneth F., 92; born July 6, 1931, North Husdon, Wisconsin; died July 24, 2023, Springfield, Oregon. Surviving: spouse, Joann (Parmenter); sons, Richard Toebe, Marion Toebe, Alan Freytag and Robin Freytag; 9 grandchildren and 2 great-grandchildren.

**WHITE**—John “Jack” Stewart, 88; born Dec. 7, 1934, Portland, Oregon; died April 28, 2023, Oak Harbor, Washington. Surviving: son, Doug; daughters, Melinda Janke and Carol Hogue; 8 grandchildren and 9 great-grandchildren.

**WILSON**—Allison Estella (Miranda), 92; born June 14, 1931, Los Angeles, California; died Sept. 21, 2023, Twin Falls, Idaho. Surviving: son, John; daughters, Jonalie Nelson, Joylyn Blommer and Jonette McCloud; 9 grandchildren and 5 great-grandchildren.

**WISTER**—Dolores Mae (Hopkins), 86; born May 31, 1937, Kansas City, Kansas; died June 26, 2023, Pendleton, Oregon.

1943–2023

## DALE ZIEGELE

Throughout 40 years of pastoral ministry and into retirement, Dale's belief in God's faithfulness led him to seek and follow God's will. In 24 years of youth ministry in Wisconsin, he encouraged generations with a confidence that they were important to God and to him. People and relationships mattered most.

Youth ministry and leadership were genetic as his parents, Walter and Fay, and sister, Elaine, were Pathfinder pioneers. After Walter died when Dale was just 13, God provided many mentors who profoundly impacted his life.

A careful steward, he recounted God's promises to multiply our faith when we honor Him first. Dale's ability to find value in everything occasionally stretched the boundaries of “one man's trash, another's treasure!” He tackled construction projects and repairs with a contagious optimism of “let's go for it,” regardless of training or ability.

Dale deeply valued his family and loved spending time with his wife of 56 years, Judy; son, Paul, and his wife, Lisa; son, Jon, and his wife, April; and grandchildren, Christopher, Lauren, Hannah and Megan. They treasured his ability to listen and share stories. Dale loved to travel. He visited six continents, leading mission trips on five.

Living for a year with Lou Gehrig's disease, he shared Job's confidence that “my Redeemer lives.” He passed away Oct. 11, 2023, peacefully looking forward to reunion in eternity with his Creator, family and a multitude of friends.



**ZIEGELE**—Dale Walter, 80; born Aug. 4, 1943, Portland, Oregon; died Oct. 11, 2023, Ridgefield, Washington. Surviving: spouse, Judy (Konzack); sons, Paul and Jon; 4 grandchildren.

All family announcements are published online at [NWAdventists.com/family](https://NWAdventists.com/family). To submit family announcements, go to [NWAdventists.com/contribute](https://NWAdventists.com/contribute). To publish an expanded obituary with a short bio and photo, contact [info@nwadventists.com](mailto:info@nwadventists.com) or call 360-857-7200 for submission and cost information.

*The North Pacific Union Gleaner accepts family listings as a service to members of Adventist churches in the Northwest. This information is not intended as an endorsement of any facts or relationships represented.*

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**SOUTHERN ADVENTIST UNIVERSITY** seeks a full-time faculty in the area of counseling for School of Education/Psychology. A doctoral degree in counselor education from a CACREP-accredited program is required. Doctoral degree in clinical or counseling psychology from APA-accredited program could be considered if applicant has been employed as full-time faculty member in a counselor education program for a minimum of one full academic year before July 1, 2013. For a full job description and desired qualifications, please visit [southern.edu/jobs](http://southern.edu/jobs).

**SOUTHERN ADVENTIST UNIVERSITY** seeks a full-time engineer teaching faculty member for School of Engineering and Physics in the areas of mechanical, electrical and computer engineering. The ideal candidate will be proficient in developing and teaching undergraduate engineering courses, including both lecture and laboratory components. Master's degree in mechanical, electrical or computer engineering or related area required. Doctorate preferred. Prior higher education teaching

experience and/or relevant industry experience preferred. For a full job description and desired qualifications, please visit [southern.edu/jobs](http://southern.edu/jobs).

**SOUTHERN ADVENTIST UNIVERSITY** seeks a full-time program director to launch a new doctor of physical therapy degree program. The ideal candidate will be proficient in managing the CAPTE accreditation process, new program development and teaching graduate physical therapy courses as well as clinical practice. In addition, the successful candidate will be committed to mentoring advisees, nurturing student learning both in and out of the classroom and disciplining students in Jesus Christ. For a full job description and desired qualifications, please visit [southern.edu/jobs](http://southern.edu/jobs).

**SOUTHERN ADVENTIST UNIVERSITY** seeks a full-time associate vice president for academic administration and dean of graduate and professional studies. Candidate should have a doctorate with a minimum of five years of successful full-time graduate teaching experience at the higher education level. Applicant will assume a leadership role in all aspects of graduate education and provide academic, administrative and strategic direction to graduate studies, online campus and the adult degree completion program. For more details, visit [southern.edu/jobs](http://southern.edu/jobs).

**SOUTHERN ADVENTIST UNIVERSITY** seeks a full-time teaching faculty member for the Department of Biology/Allied Health, beginning fall 2024. The doctorate in biology will teach upper and lower division courses and labs. The

candidate should be committed to involvement with undergraduate students in the classroom as well as guiding independent student research projects. Additionally, the candidate should be a practicing Adventist, believing the biblical record of the creation of life on earth in six literal days. For more details, visit [southern.edu/jobs](http://southern.edu/jobs).

**SOUTHERN ADVENTIST UNIVERSITY** seeks qualified candidates for the following staff hourly positions: S.A.L.T. outreach coordinator for School of Religion; alarm technician; landscape supervisor; part-time cashier — Village Market. For more information, please visit [southern.edu/jobs](http://southern.edu/jobs).

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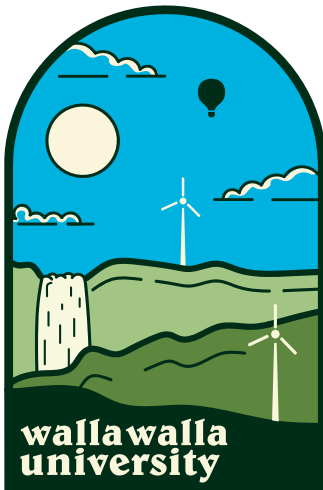


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at Walla Walla University



**U-Days** is not something a high school student should miss. If you know a junior or senior\*, encourage them to sign up. At this special event, they'll tour Walla Walla University's campus, attend classes, visit with a financial counselor, enjoy fun-filled events, earn scholarships, and more. Plus, their stay is on us—we'll even help with travel costs (up to \$350 per visitor). Space fills fast, so they should sign up now!

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*\*Seniors in NPUC academies will be attending the April event with their schools.*

**U-DAYS 2024: March 7-9 and April 7-9**

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# ANNOUNCEMENTS

## NORTH PACIFIC UNION

### Offerings

- Jan. 6—Local Church Budget
- Jan. 13—Religious Liberty (NAD)
- Jan. 20—Local Church Budget
- Jan. 27—Local Conference Advance
- Feb. 3—Local Church Budget
- Feb. 10—Adventist Television Ministries Evangelism (NAD)
- Feb. 17—Local Church Budget
- Feb. 24—Local Conference Advance

### Washington Conference Constituency Session

Notice is hereby given that the 61st Regular Session of Washington Conference of Seventh-day Adventists will convene at Auburn Adventist Academy Church, Auburn, Washington, on Sunday, May 5, 2024 at 9:30 a.m.

The purpose of the meeting is to receive reports of conference activities since the last Regular Conference Session; to elect officers, departmental directors, Washington Conference Executive Committee and the Board of Education for the ensuing quinquennium; for strategic planning and to transact any other business that may properly come before the delegates in session.

The Large Committee will meet on March 24, 2024 to elect the Nominating Committee for the Session, and the Nominating Committee will begin meeting on April 14, 2024.

Instructions have been sent to pastors, clerks and head elders of each organized church concerning delegate selection and other preparations for the Conference Session.

Douglas L. Bing, president

Randyle K. Maxwell, vice president for administration

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## Local Conference Directory

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Kevin Miller, president; Ashwin Somasundram, v.p. administration; James W. Jensen, v.p. finance

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F .... 10 a.m.–2 p.m.  
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Now, let's go back a bit and talk about a time when people used paper clips in a really cool way.

A long time ago, there was a time when many people around the world faced unfair treatment and hardships simply because of who they were. Some people in Norway stood up against this unfairness and started pinning paper clips to their coats to visually communicate, "Hey, every person is important, and together, we're stronger!"

Many years later, in a small town in Tennessee, some elementary school students were trying to understand the impact of difficult historical times in a way they could understand.

To help make history real and inspired by the story from Norway, the smart young scholars in Tennessee started collecting paper clips from family and friends. They had a goal of 6 million paper clips. And guess what? Over time, their "Paper Clips Project"

story spread beyond their town of 1,600 people, and soon, they had millions of paper clips!

The school children received a total of 30 million donated paper clips and 30,000 letters from people interested in their project. They had paper clip boxes stored in every corner of the school!

These clever kids, with the help of their teacher, decided to do something awesome with all those paper clips. They created a children's museum at their school to display the first 11 million of the donated paper clips.

The museum also features carefully cataloged letters; showcases books, documents and artifacts from the past; and shares powerful history lessons.

The community decided the museum, housed in a rail car, should be surrounded by a garden, so they dug up flower donations from their own yards. Artists came along and added other special touches like 18 copper butterflies — representing life and future hope — and created another monument to incorporate another 11 million of the collected paper clips.

Today, other students are giving tours at the museum, teaching more children about courage, kindness, perseverance, empathy and the power of standing together to make positive changes in our world as global citizens.


Now, here's where you come into the story: You can make a paper clip bookmark to remind yourself and everyone around you of the value of each person.

While you're making your bookmark, think about the incredible children who faced challenges in history, like those brave ones who lived through difficult times and the clever ones from Tennessee who, inspired by that story, collected millions of paper clips to honor and learn from the past.

Maybe, someday, you'll share your paper clip bookmark with someone and pass on the story of how small acts can make a big difference.

HEIDI BAUMGARTNER  
*North Pacific Union communication  
director and Gleaner editor*

# INSTRUCTIONS



To make paper clip bookmarks, you will need a few simple supplies that your parents or guardians likely have around the house.

## YOU WILL NEED:

- » A handful of large paperclips (silver or colorful ones)
- » Thin ribbon, yarn or string
- » Scissors
- » Your imagination



PHOTOS BY HEIDI BAUMGARTNER

**1.** Assemble your supplies on a table.

**2.** Cut your ribbon, yarn or string into 5- or 6-inch pieces.

**3.** Fold your ribbon, yarn or string in half.

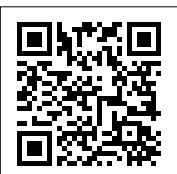
**4.** Poke the loop through the front side of the paper clip

**5.** Reach through the loop with your fingers and pull the ribbon ends through the loop.

**6.** Pull the ribbon ends gently yet tightly to secure the ribbon in place on the paper clip.

**7.** Depending on the ribbon, yarn or string you use, you may need to trim or knot the ends to keep them from unraveling.

**8.** Repeat as many times as you'd like to make more paper clip bookmarks!



More online at [NWADVENT.ST/119-1-KIDS-69](https://www.nwadvent.st/119-1-kids-69)



# Belief

*“Our success will be in proportion to their belief in our belief in, and appreciation of, them.”<sup>1</sup>*



**I**

f our primary objective is to make other Adventist believers, we will spend all our energy making people conform to our theological opinions. However, if we believe every human we encounter is worthy of receiving the love of God, those we come in contact with will feel understood and appreciated.

This is why the love of God is where I start and end every theological conversation. It's the most important belief, and there are all sorts of implications from this. I will name five.

**1. God believes in us, regardless of what we think of Him.** God gave up everything before we did anything (Rom. 5:8). To God, we are worth it. God's love remains constant, even if we do not change or love Him back.

**2. As disciples, God wants us to treat other people the way He treats us.** That means we should believe in others. We shouldn't just look at people as they currently are; we should seek to see them as God sees them.

The way the world knows we are Christ's disciples is by the authenticity of our love, and love believes all things and hopes all things (1 Cor. 13).

It's possible that acts of love can be taken for granted. There may be fear that those who are too loving may be exploited. Yet, perfect love drives out those fears. Belief grounded in love is transformative. It's the choice to believe in love, regardless of how

others respond. It's our modus operandi as followers of Christ.

**3. The Great Commission was a great conspiracy.** Jesus gave the mission to people who did not believe. Read Mark 16:9–18. It's repeated four times that they—the disciples of Jesus—did not believe.

Jesus gives the Great Commission to the very people who do not believe. He believed in the people who didn't believe, and He told them to go and make disciples. Belief begets belief. The faith of Jesus created faith in the disciples—they acted on His faith, followed in His footsteps and then they transformed the world.

**4. The most famous text in the Bible is about belief.** “For God so loved the world ... that whoever believes in Him would not perish, but have everlasting life” (John 3:16).

The belief that matters most is the belief that God is good. The belief that He wants the best for us and loves us as we are. When we believe God believes in us, we can tap into His faith and it's His faith in us that is transformative.

Brennan Manning, pastor and author, encapsulates this idea as highlighted and reshared by blogger Theresa Haskins, when he said, “On judgment day I believe the Lord Jesus Christ will ask us one question and one question only: Did you believe that I love you?”<sup>2</sup>

**5. In the Adventist Church, only 4.55% of all members in Canada and America are under the age of 25.**<sup>3</sup> A primary reason young people leave the church is

AUTHOR

**Kevin McGill**



More online at  
[NWADVENT.ST/119-1-POV-81](http://NWADVENT.ST/119-1-POV-81)







*... what if God is not using the church to change the world but is rather using those in the world as an opportunity to transform the church?*

lack of faith. I am not talking about their own lack of faith. I am talking about the lack of faith of the older generation to believe in them. It doesn't matter if they don't deserve it. To keep young people in the church, we have to believe in them. We have to invest in them. We have to accept them as they are. We have to believe in the power of love to transform them into what God would have them be, not what we think they should be. We have to believe in the power of love to collectively transform us and the church. Sometimes we think of the world as bad and those who are

in the church as good, but what if God is not using the church to change the world but is rather using those in the world as an opportunity to transform the church? We expect hypocrisy and division in the world, but what if the church made it a goal to transcend polarization? What if we have an opportunity to connect with people in the world rather than just correct them? What if we commit to looking for the good in our neighbors and loving them as we love ourselves? What if we demonstrate authentic love and risk believing it exists in those we are trying to reach? Is it

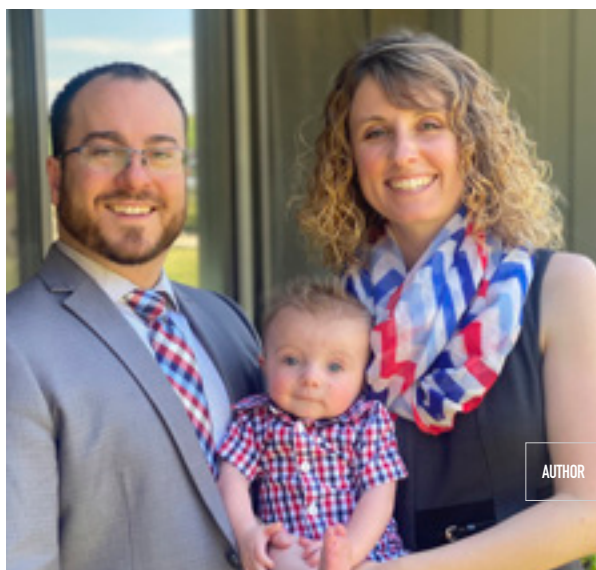
possible that our success will be in proportion to their belief in our belief in, and appreciation of, them? Our beliefs shape our priorities, and then our priorities shape us. All the law and prophets can be distilled into two essential beliefs: love God and love others. Everything else is a distraction if it does not lead to a belief that God is love and that we are called to love our neighbor as we love ourselves. And if we don't love ourselves, it may be best if we leave our neighbors alone.

KEVIN MCGILL  
*Green Lake Church senior pastor*

1. Ellen G. White, *Fundamentals of Christian Education* (Review and Herald Pub Assoc, 1977), 281.
2. Theresa Haskins, "Ragamuffin – The True Story of Rich Mullins," Theresa Haskins Sharing Life, September 24, 2014, <https://theresahaskinssharinglife.wordpress.com/2014/09/24/ragamuffin-the-true-story-of-rich-mullins/>.
3. "Endangered Adventism? | Adventist Review," Adventist Review, January 7, 2022, <https://adventistreview.org/endangered-adventism/>.



# Don the Armor of God



**O**ne of the most common nightmare scenarios as a public speaker is the idea of ending up in front of a group

of people when you aren't fully clothed. Being exposed, ridiculed and unprepared is enough to cause most people a fair amount of anxiety.

We would never walk out of our house naked in the morning, exposed to the world and people's stares. We would never run errands in the buff or attend an event without proper attire.

If we would never go around in our daily lives unclothed, if we would never be caught unprepared in regular life, it begs the question: As Christians, why do we so often walk around spiritually naked?

The Bible tells of a great battle that is raging on this planet: The Great Controversy, the battle between God and Satan. This battle revolves around us, human beings. Our lives are the battlefield, and it is filled with intense warfare.

Satan desires to draw us away from God, to discourage us, to cause us to give into sin and leave God behind. God, however, works earnestly to draw us near to Him, to remind us that He loves us and desires to save us. But the choice is ultimately ours: Who will we follow?

As we live our lives, with this battle raging, how do we make sure we are prepared to encounter everything that is hurled at us?

In the Bible, we are told that God has prepared a special suit of armor for us. He provides all the

necessary elements to keep us safe. Our job is simply to accept it and seek it daily.

The armor of God is listed in Eph. 6:10–18. God tells us to put on the full armor, not just certain parts but the whole suit of armor. He doesn't tell us this because He wants to control us, rather He desires that we would be covered and safe as we deal with Satan and his attacks on us.

First, we are to put on the Belt of Truth. Scripture is clear on who and what real truth is. John 14:6, Jesus says, "I am the Way, the Truth and the Life." We are to begin with Jesus as our truth. When we start with Him as the real truth, we can be safe. We are to hold steadfast to the Truth of God Himself and His leading in our lives.

Then we put on the Breastplate of Righteousness. By ourselves, we are not righteous, not even close. If we had to rely on our own righteousness for salvation, we would be lost. Scripture tells us that we can take Jesus' righteousness as our own, and then stand covered in Him. David writes about how God alone is truly righteous. Psalm 11:7, "The Lord is righteous."

A few chapters later, Job writes about how putting on God's righteousness truly clothes and covers us. Job 29:14, "I put on righteousness, and it clothed me." God provides the righteousness for us, creating yet another element of the armor we can put on from Him.

AUTHOR

Natashia McVay



## PERSPECTIVE

*There is nothing we can say or do on our own that will strike a blow to Satan, but when we rely on God and scripture, that cuts Satan to the core.*

Next, we are to cover our feet, fitted with the readiness that comes from the Gospel of Peace. I think of this as being grounded in the gospel. When I truly accept Jesus and His sacrifice for me, when I give up myself and let God lead my life, I have peace beyond anything the world can ever give.

The next piece of armor is the Shield of Faith. Our faith in Jesus as Creator, Sustainer and Redeemer creates a shield that extinguishes the flaming arrows of the devil. Our faith in Jesus thwarts Satan's attempts to distract us and harm us. We are safe and shielded when we remain steadfast in our belief and faith in Jesus.

The Helmet of Salvation is next. We put on a strong helmet to protect our heads from harm. We are also to put on our spiritual helmet – remember that our salvation rests in Jesus and He has provided a way for us to be safe and secure.

Finally, the only weapon mentioned is the Sword of the Spirit. Through Jesus Spirit living in us, we can combat whatever Satan throws our way. There is nothing we can say or do on our own that will strike a blow to Satan, but when we rely on God and scripture, that cuts Satan to the core. Satan knows he can't win against God, and when we fight with God as our weapon he must flee away.

My challenge to you is: Don't go around spiritually naked. Put on the whole armor of God; then you will be able to withstand anything Satan throws at you.

Much like getting dressed in the morning to start your day, we are to clothe ourselves spiritually. If we spend time with God on a regular basis, we can be truly prepared for each and every day.

NATASHIA MCVAY  
*Moscow and Pullman Church*  
associate pastor



More online at [NWADVENT.ST/119-1-POV-69](https://www.nwadvent.org/st/119-1-POV-69)



# Goal-Setting for Kids

**M**y husband and I like creating goals, having checklists and planning. We'd like our kids to be able to set and keep goals as well. It's important for personal spiritual growth.

Getting the kids involved in their own goal-setting is important. Helping them create goals that are doable, measurable and achievable now will help them in the future as well. I want to share a few ideas that your family can use in setting goals for the kids. Parents, let's walk beside our kids this new year and help them in their own personal and spiritual growth.

There are many goal ideas for kids. You can help tailor ones for your children that they can do, that would be meaningful in your family and that truly are achievable. Keep it simple and start small. Let them lead on what they'd like to focus on.

## Four Types of Faith-Based Goals

- » Spiritual
- » Acts of Kindness
- » Developing Fruits of the Spirit
- » Practice Gratitude

## Spiritual Goals

First, when I think about goals, spiritual goals are usually at the top of my personal list. I definitely want my kids to make spiritual goals for their life. These goals can include Bible reading, scripture memorization, prayer, involvement in church and more.

Setting goals to help grow our spiritual life is a great idea for

every member of the family. Yes, kids can participate and do this too. Maybe kids want to listen to one chapter of the Bible every day. They might even want to memorize a Bible verse weekly.

Keeping a prayer journal is another great idea that might help them keep a prayer goal. Get creative, let your kids lead in their own goal setting, and cheer them on and encourage them on their journey.

## Acts of Kindness

Prov. 11:17 tells us, "Those who are kind benefit themselves, but the cruel bring ruin on themselves."

Setting goals for kindness helps us all, don't you think? I truly want my kids to develop a kind and loving character towards others. Helping them set goals for kindness not only benefits others but truly helps them.

Examples of kindness goals could be including others at school during lunch recess, helping siblings with homework every Thursday evening, bringing church bulletins to sick/elderly on Sabbath afternoon, making cards for missing church members once a month, feeding the homeless one night a month, collecting canned food at the holidays and so much more.

Ask your children what they like to do best. Their goals need to be their own. Remember to help them create goals that are meaningful, doable, measurable and achievable.

## Developing Fruits of the Spirit

Gal. 5:22-23 tells us, "But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law."

We've featured kindness in its own category but could there be other goals that kids can have that relate to the other fruits? Patience and self-control are both fruits that my entire family can grow in.

If your kids want to make a goal of being more patient or practicing self-control, then really be intentional about noticing when they do this. Praise them, direct them, provide feedback and then praise them more.

## Practicing Gratitude

1 Thess. 5:18 tells us, "Give thanks in all circumstances; for this is the will of God in Christ Jesus for you."

This goal is important for the whole family. Get your kids involved. Practicing gratitude helps us to keep our focus on the positive things that God has blessed us with. It helps us remember how much God truly loves us.

The impact on mental health, of practicing gratitude daily, is so great. Kids can set their own gratitude goals pretty easily, and this goal is very doable. We all need to be practicing gratitude, don't we?

Setting goals is good for us all. Model this to your children. Share with them your own goals.



AUTHOR | LaVonne Long

“

*Getting the kids involved in their own goal-setting is important. Helping them create goals that are doable, measurable and achievable now will help them in the future as well.*

Don't pick so many goals that they become undoable. Start small, keep it simple. Track your progress and think of meaningful rewards for the kids when they meet their goals.

It's okay to adjust the goals if they are not working. Pray together as a family, asking God to help you with these new goals. What goals will you and the kids be setting this year?

We'd love to hear about them at Northwest Adventists. We also would love to cheer you on. Connect with us by emailing [talk@nwadventist.com](mailto:talk@nwadventist.com).

LAVONNE LONG  
Northwest Adventists family  
columnist



More online at [NWADVENT.ST/119-1-POV-68](https://nwadventist.com/119-1-POV-68)

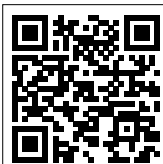


# A Sense of Belonging

**THE DOORBELL KEPT RINGING AT MY HOSTS' HOUSE AS A DOZEN GUESTS ARRIVED.**



**AUTHOR** Heidi Baumgartner



More online at [NWADVENT.ST/119-1-TT-73](http://NWADVENT.ST/119-1-TT-73)

In my recent visit to New England for a convention, I arranged to visit my family of faith who had supported me in my formative high school years.

The gathered guests were a sampling of the people who readily accepted me when my family moved across the country. They had prayed for me through our epic transition, our family's housing dramas and the loss of my first grandparent. They had involved me in church life and celebrated two academic milestones.

Coming around a table was and still is a common activity. This is where we conversed, dined, laughed, prayed and shared from our hearts. This became a foundation from which we healed from some spiritual wounds and found renewed purpose to be friends helping friends become fully devoted followers of Jesus.

Our recent evening carried many stories of love found, lost and multiplied; of growing families and processing changing family dynamics; of health challenges and victories; of ministries growing, changing and renewing; and of belonging together as a family of faith through good and hard times.

The theme of belonging brought a stream of reflective thoughts as I traveled back home to the Pacific Northwest. What does it mean to belong? What are the core characteristics of belonging and inviting people to belong as well?

A sense of belonging, feeling connected and united with a

This is a small, yet special, sampling of Heidi Baumgartner's community of faith in Massachusetts who demonstrated how to create a lifelong sense of belonging when she was in high school and college.

common purpose, is a basic and significant human need.

It's the feeling of being an integral part of a group, place or belief system. It's about feeling at home within your faith, knowing that you are loved and accepted by God, and finding a spiritual family in your fellow Christians. It's the assurance that you are a valued member of the family of God.

Mark 9 recounts telling sequence of interactions about belonging. Jesus asks His disciples why they were disputing among each other while they walked. They were debating who was the greatest among them. Jesus invites a child over to Him and begins His teaching moment about being a servant of all, caring for His children, sharing acts of kindness and extending invitations to belong.

Jesus doesn't stop there. He goes on to forbid sectarianism, the excessive attachment to people just like you, and the prejudice,

discrimination, exclusion or hatred can arise in related conflicts. Jesus goes on to promise that whoever does a good deed in His name will receive a reward.

We can contribute to creating a more connected world by emulating the spirit of acceptance and unity I found around the tables of my youth. We must be willing to receive others with open hearts, eliminate prejudice and exclusion and actively engage in acts of kindness and service, just as Jesus taught.

HEIDI BAUMGARTNER  
*North Pacific Union communication director and Gleaner editor*

## TABLE TALK PROMPT

What can you do to help foster a lifelong sense of belonging for all generations at your church home?

*Let's keep the conversation going. Share highlights of your table talk stories and reflections by emailing [talk@nwadventists.com](mailto:talk@nwadventists.com).*





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