



The
Sabbath
RECORDER

October 2009

News for and about Seventh Day Baptists

The background of the cover is a sepia-toned photograph of several high-voltage power line towers and their associated power lines. The towers are arranged in a perspective that recedes into the distance, creating a sense of depth. The lines are thin and delicate against the darker background.

The POWER of
Conference

SDBs and Suffrage



Time for a Tune-up



Who are Seventh Day Baptists?

If you've never read *The Sabbath Recorder* before, you might be wondering who Seventh Day Baptists are. Like other Baptists, we believe in:

- salvation by grace through faith in Christ Jesus.
- the Bible as the inspired word of God. The Bible is our authority for our faith and daily conduct.
- baptism of believers, by immersion, witnessing to our acceptance of Christ as Savior and Lord.
- freedom of thought under the guidance of the Holy Spirit.
- the congregational form of church government. Every church member has the right to participate in the decision-making process of the church.

The seventh day

God commanded that the seventh day (Saturday) be kept holy. Jesus agreed by keeping it as a day of worship. We observe the seventh day of the week (Saturday) as God's Holy Day as an act of loving obedience—not as a means of salvation. Salvation is the free gift of God through Jesus our Lord. It is the joy of the Sabbath that makes SDBs a people with a difference.

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On-line Church?

The **Maranatha Community Church** (SDB) of Colton, Calif., has launched a new venture to give Sabbathkeepers a chance to attend a virtual church.

At www.ColtonChurch.tv Pastor George Lawson invites you to attend their worship service on your computer. The "lobby" opens up at 11:30 on Saturday morning (Eastern time) with the message starting at noon. They hope to form small groups across the country, and re-connect the "disconnected."

And they just started a Friday evening service at 8:00, with fellowship in the lobby at 7:30. As their site says, "The only thing missing is coffee and donuts... and we're working on that!"

More specifically:

The Philadelphia (Pa.) SDB Church actually had its beginning in Ambler, Pa., on July 10, 1982. (See the Sept. *SR*)
Thanks, Rolleesa!

We did "*Survivor*" at Conference so why not—

The Biggest SDB Loser!

Here's a contest to see which SDB church can lose the biggest percentage of weight in 9 months. One of the prizes will be to have your group's picture featured on the cover of the *Sabbath Recorder*. (So take a "before" photo of your group right away.) The contest **begins in October** and will end on **June 30**.

Each participating church can build a team of 5, 10, 15 or 20 people. A church can have more than one team if there are more than 20 people who want to participate.

Each church will develop their own plan for organizing their weight loss program. PLEASE: As with any weight loss or exercise program, check with your physician first. The weigh-ins for the contest will be once a month, and reported to our coordinator Peggy Chroniger at chroniger@frontiernet.net.

Here's an example for figuring percentage of weight loss:
A person starts at 180. They lose 6 pounds the first month.

$$6 \text{ divided by } 180 = 3.33\%$$

The next month, they lose 5 more pounds.

$$11 \text{ (total pounds lost) divided by } 180 = 6.11\%$$

The church with the highest average percentage will win!

The *SR* will also run a monthly column on exercise, healthy eating and weight loss.

READY? SET? LOSE!!

And become the

Biggest SDB Loser





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The *POWER* of Conference (and Prayer)

by Leanna Wethington, Grand Rapids, Mich.

Does your church ask anyone to present a “Conference report”? You know, if you send a delegate to our annual Conference, you might want to know what happened there, right?

Well, here is a Conference report that became a powerful Sabbath morning message at the All Nations SDB Church in Grand Rapids, Mich.

Here is what Leanna’s mom, Patti, wrote when she sent me the text: “There are few times my heart has been overwhelmingly filled with joy as it was when I read the text to Leanna’s message. She told me she was going to share with the church about her Conference experience, but I had no idea that the whole event had this much impact in her life. Leanna is fiercely afraid of public speaking and has always shied away from taking any form of front stage presence, so for her to do this tells me that God has taken control of her very being, and this is truly a miracle. God is so good!”

This is not your usual Conference summary. And you might want to consider helping some of your young adults get to Conference next year.—Editor

General Conference is always a busy time of the year. It is notorious for business meetings, great worship services, catching up with old friends and meeting new ones, and very little sleep.

This year our Conference President was Ed Cruzan from the White Cloud, Mich., SDB Church. He selected “PRAY” as his theme for Conference.

I must admit I didn’t really appreciate the theme until I arrived at the Conference site in Lancaster, Pa. The week before, I met up with Joel Osborn who directs the video ministry for the SDB church in Milton, Wis., and also runs the visuals for all the events and services at Conference.

Joel has become my “techno-mentor” and agreed to let me be his assistant for the week of Conference. What a great opportunity and benefit for me! I was able to sit with him and soak up a lot of

“
**All the parts
of Conference—
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info about the software we use for our services here in Grand Rapids. I was even able to help run some of the programs in Lancaster.

Most of all, it forced me to be at every Conference event! I was in the chapel first thing in the morning to help Joel start things up, and then stayed until after the evening service ended. It was my first Conference where I had gone to every morning Bible study, every business session, and every evening service!

And actually I am so thankful for

it. All the parts of Conference—even some of the more “boring” ones—were a blessing to me.

Before we headed East, the church had selected Jenna [Leanna’s sister] and me to be voting delegates for the business part of Conference. This meant that we each had a vote to represent the local church in the denominational business.

There were only two times during the week when it came down to a head-count vote. Although the issues might not have been extremely important, it was really awesome to be a part of the vote.

Right before the morning Bible study, there was a time of worship. It opened with a media clip, that I had the honor of selecting. Some of the mini movies were ones we have watched together here.

Then, Pastor Nate Crandall, along with Jenna, Amanda Tremlin, and Lena Parrish led everyone in a won-

derful time of praise and worship. What a refreshing way to wake us up in the morning!

All of the Bible studies were centered on prayer. To summarize them all, I would say that we had the opportunity to discover the many different “vessels” of prayer. We had times of personal prayer, prayer in small groups, and prayer in large groups. We prayed expressing the attributes of God, we prayed for the unsaved, the denomination, our local churches, and our friends and family. We prayed silently, out loud, and even all at once.

It was an amazing time of growth and reflection on the gifts and opportunities that God has given us through the medium of prayer.

Since “PRAY” was the theme of Conference, a focus on prayer was woven into every part of the week. The evening worship had topics such as “Praying in God’s Will,” “Passion in Prayer,” and “Praying to Bring God Glory.” One message that particularly touched my heart was on Thursday night, given by Pastor Steven James. Entitled “Praying with the Heart of Jesus,” it was based on Hebrews 5:7.

Here are verses 7-9: *“During the days of Jesus’ life on earth, he offered up prayers and petitions with loud cries and tears to the one who could save him from death, and he was heard because of his reverent submission. Although he was a son, he learned obedience from what he suffered and, once made perfect, he became the source of eternal salvation for all who obey him.”*

Pastor Steve offered several points to help us learn how to pray with the heart of Jesus. He said that when we



“ ***It was an amazing time of growth and reflection on the gifts and opportunities that God has given us through the medium of prayer.*** ”

approach God, we need to bring our true selves—no matter how raw and imperfect we are—because God already knows our hearts. I believe that He is truly insulted when we try to come to Him in prayer all “masked” and pretentious.

If we know that God has full access to our hearts and thoughts, isn’t it a slap in His face to try to be someone other than who He created us to be? When we come to God in prayer, it is vitally important that we come honestly and openly.

Personally, I found that I was struggling greatly with this concept. I would focus so much on how *others* would pray and how eloquent they were, always able to find the right words. For a while, I would try to do that, too, giving the Lord the cliché phrases just because it was what I thought I had to do.

But now I approach prayer differently. I come to Him “just as I am” in this very moment. Sometimes it may be along the lines of “God, I’m just not feeling this right now.” And other times, “I just can’t seem to find the right words now, Lord, but You know what’s on my heart.”

I don’t want to be fearful of praying in a group setting just because I think my prayer might not sound “holy” enough.

Another form is priestly prayer, or praying for others. I find that this type of prayer—in order to pray as Jesus did—seems simple enough. But I came to discover at Conference that the key element of this is often overlooked.

How many times does someone approach us with a need or issue, and we simply respond with, “I’ll pray for you.” And then we walk away. I’m not saying that this response is particularly bad, or to say that you don’t go home and later fulfill your word. But if we look at the actions of Christ and his attitude toward prayer, he never walked away from a hurting soul without praying for the person right at that moment.

I believe that we should model Jesus in this way and “pray in the moment” when someone presents a request to us.

cont. next page

Hebrews 5:7 says that Jesus “offered up prayers and petitions with loud cries and tears.” How often do we have conversations with God without that kind of passion? I think the passion in our prayers reflects the fire we have in our relationship with Christ.

People are dying without the hope that one day their soul can reunite with the very God Who created them and loves them. People are walking this planet without knowing the unsurpassable grace and mercy given as a gift by the one, true Savior of mankind.

If you truly understand the price that Jesus Christ paid for us on the cross, and the pain and suffering he went through—as well as the heart-break that God experienced in giving His Son for us—then you can pray with loud cries and tears. You can pray with thankfulness for the price Jesus paid so we wouldn’t have to be separated from our Father.

You can pray for the lost who are living without knowledge of the love of Christ. And you will shout, and you will give God your petitions. If you wonder why your prayer life is void of such a passion, maybe a good place to start is in reevaluating the relationship you have with Christ.

This is exactly where I was as I approached Conference. I dreaded prayer because it seemed hollow. I was annoyed any time it was mentioned.

It wasn’t until I heard Ed Cruzan speak on Sunday night that I understood what was happening. Ed was bringing the salvation message, which is something I had heard too many times in my life to count and was very familiar with it.

But all of a sudden Ed flashed some words up on the screen and it just “clicked.” He asked, “Have you accepted Jesus Christ as your Lord and Savior?”

My first response was, “Well yeah, of course!” I had been told the story for years, although I never actually recalled it myself.

I was about 4 years old, and as we were coming home from church I asked Christ into my heart. I didn’t even tell my parents until we were home later that day. But I know—without a shadow of a doubt—from

“***I was great at ‘playing’ a Christian. But it was still a surface relationship with Christ.***”

that moment on, Christ has been with me, right here in my heart.

I have turned to him in times of need and cried with him when things got tough. I’ve had some fun times with him and we’ve had some deep conversations, too. But that’s not the part of Ed’s question that stuck out to me that night.

He asked, “Have you accepted Jesus Christ as your LORD and Savior?” Could I truly answer yes to that?

I sheepishly tried to justify it for a moment in my heart, but ended with a resounding “NO.”

If Jesus asked me to go, would I go? If he asked me to pray, would I pray? If he asked me to know his words and teaching, did I study? If he asked me to serve, did I put my desires aside and serve?

I was great at “playing” a Christian. I excelled at making myself busy at church. But it was still a *surface* relationship with Christ, without a heart of worship in the things I filled my time with.

So my conversion story is not epic in the world’s eyes. But a friend of mine, Josh Rankhorn, shared

these words in the *Conference Crier* regarding testimonies:

“I felt like they were asking me to give a story I did not have, and thus saying I did not have a ‘good enough’ testimony. That is why I said I refuse to let anyone cheapen the grace shown to me by God. He paid the same price for everyone. A testimony (in my humble opinion) is simply letting others know that you are a sinner saved by God’s grace.”

And so my testimony goes:

“I accepted Jesus Christ as my Savior at 4—too young to even remember the actual event; and I relinquished power of myself, allowing him to be Lord as well as Savior, at age 23. I am not perfect now, nowhere near it.

“But Christ, who began a good work in me, will be faithful to complete it. I have an amazing, awesome, unsurpassable, incomprehensible (nothing else like), never-failing Lord and Savior. And if you don’t know this man I speak of, I’d love to introduce you to him—because I know he’d love to get to know you!”

If you have any doubt of the change that I’ve experienced or if you question anything I’ve said, know this: The very fact that I’m standing up here today is a testimony of the change Christ has made in me.

He spoke and told me to go, and I’ve finally chosen to say, “Yes Lord, as You will!” **SR**



Leanna Wethington

SDBs and Suffrage

by G. Douglas Clarke, Alfred, N.Y.

You may have read the snippet in the July/August issue of *The Sabbath Recorder*.

In the 1880s, women of the First SDB Church of Alfred, N.Y., voted in an election, were charged with the crime of voting illegally, and were ordered to appear in court. The historical monograph published in Alfred stated that when people woke up to the fact that they would have to prove “that these women were women” in order to convict them, the wind blew out of their Victorian prosecutorial sails.

Last fall, the Baptist History and Heritage Society was calling for papers on the subject of Baptist Contributions to Social Justice. When I learned of this, I wanted to write and present this story at their conference to be held in June in Huntsville, Ala.

Plus, having grown up in a Seventh Day Baptist pastor’s family and often attending General Conference, I had visited 43 of the 50 states. Alabama would make 44, so I was pleased when my abstract was approved.

I knew that while Oberlin (Ohio) College was founded three years before Alfred University, the women at Oberlin were not allowed to study along with men until well after its founding. At Alfred, women and men shared the same curriculum from the beginning, in 1836.

I also knew that Alfred’s Seventh Day Baptists had helped escaped slaves on their way to Canada, and that the church women had voted in elections before it was legal for them to do so. I decided that I would like to bring some more of this history to light.

Gathering research for the paper

During the winter I attended a meeting of the History Preservation Roundtable of Allegany County, N.Y. I mentioned to the group that I was writing a paper for the Baptist Society and would like more information about women in Alfred (or other communities) voting before the law was changed.

One of the historians remembered cataloging some newspaper clippings, and sent them to me a few days later. This armed me with dates for two incidents in Alfred, allowing me to search the microfilmed archive of Alfred’s weekly newspaper and the County court records.

As it turned out, the monograph that had piqued my interest was a wonderful story, but didn’t completely match the official records.

Nevertheless, I was able to get my paper written, and flew to Huntsville in early June.

Never been there; Strangely familiar

After checking into the motel, I walked to the First Baptist Church of Huntsville where the conference was being held. The church was easy to find since it has the world’s tallest prefabricated carillon tower at 229 feet.

This made me feel at home because Alfred also has a carillon, though not nearly as tall.

As I got closer to this large, modern church, I noticed a bell on display just outside the front door. It was cast by the same firm (Meneely Bell Company of Troy, N.Y.) that cast the third of three bells to have hung in our steeple in Alfred—another story in itself.

By this time I half-expected that the organ in this church would be a Moeller like the one installed back home after a fire in 1929, but I quickly learned that theirs is an impressive Casavant organ named “Beulah” after one of their dedicated organists.

I was thinking that there had already been plenty of happy co-



Abigail Allen (wife of Alfred University’s President Jonathan Allen) was not only interested in art, but in women’s suffrage and social justice.

incidences when I learned that their current pastor's name is Hull. That's the same surname as one of Alfred's longest serving pastors, at 35 years. Nathan Vars Hull also edited *The Sabbath Recorder* for nine years and contributed numerous items to it. David Hull has pastored First Baptist of Huntsville since "only" 2002.

My presentation to the Society

After meeting a number of Baptists I hope will be friends for many years, and hearing several presentations, it was my turn to present

“*This all occurred—in Alfred, N.Y.—many years before American women were given the right to vote.*”

my paper. I told the audience how Lucy Barber voted alone in 1885 and was not indicted. But two years later, when nine other women of our church joined her, she was indicted and convicted. Her sentence was one day in jail.

One of the women who voted with Lucy was none other than the wife of Alfred University President Jonathan Allen. In her obituary, it is said that Abigail Allen:

“...was one of the pioneers in the state of New York for the advancement of the political rights of women, and counted among her intimate friends the leading spirits in this movement, Julia Ward Howe, Elizabeth Cady Stanton, and others. At the reception given to Susan B. Anthony at Washington, on her eightieth birthday, Mrs. Allen was by special invitation an

honored guest.... It is a striking fact that her old friend and fellow laborer in the cause of equal rights for women, Mrs. Elizabeth Cady Stanton, should have died on the same day with Mrs. Allen.”

Ripples reach to Wisconsin

I also quoted an 1869 article regarding another of Alfred's leading citizens who spent time in Wisconsin between periods of living in Alfred:

“On the 8th of February, the Assembly of Wisconsin passed—by a vote of 39 to 22—a bill submitting

to a vote of the people of the State, at the November election of 1870, the question of extending the right of suffrage to females, with the same conditions as already prescribed for males. The bill was introduced by Mr. D[arwin] E[lldridge] Maxson.”

Equality in the church

This all occurred many years before American women were given the right to vote. Maxson was also the one to first propose (in 1858) that women be made voting members of the Alfred SDB Church. It took him and other men who agreed (including Jonathan Allen) until 1874 to persuade enough of the men to gain a constitutional majority for the measure, but his persistence won the day.

Soon, women were being ordained as deaconesses, including our

great-great aunt. The women would later take it upon themselves to organize into a Society, raise money, and build a social hall for the church. This building has housed dinners and receptions, and Sabbath School classes and business meetings since 1906, and they have carried on this tradition begun so long before in our little community.

Evangelism or Practical Service?

I told my audience in Huntsville that Seventh Day Baptist churches have usually been small and rural, and how some have argued that this is why our denomination has never been much larger than its current size. Another contributor may be the fairly common practice—even in mission endeavors—of focusing on being of practical service to people in need, rather than on being purely evangelical.

It seems that this balance between evangelism and practical service varies in different times and places. It allows me to live in hope that a recent commitment by our regional Association to support the rebuilding of our church will bear fruit. Further support may also come from our denominational leadership.

It may be that the Alfred congregation may once again be able to put off its concern for mere survival, in favor of devoting its energies more toward furthering evangelism and social justice. **SR**



Doug Clarke

Pass me a hymnbook, PLEASE!

by Donna S. Bond
Shiloh, N.J.

“Seventh Day Baptists Sing Unto the Lord.”

Some of us old-timers remember an album by this title on which a young Paul Green, a quartet from Shiloh, and others presented songs on a large vinyl disk called a “record.” The record was placed on a machine called a “record player” which turned the record beneath a needle running between concentric grooves to produce what we considered then to be glorious sound.

Long before this record album was made—and long after it as well—SDBs were noted for their ability to generate awe-inspiring music to the glory of God.

During the last half of the 20th century (at least), hymn singing in our individual churches was rivaled only by our collective talents at General Conference. We sang clear four-part harmony. Women sang soprano (usually the melody) or alto, depending on the range God gave to their voices. Men sang tenor or bass, again based on their vocal range.

Hymnbooks enabled us to learn our various parts because we could see the notes to be sung, and because there was a piano or organ accompaniment to cue us as to where the notes were. With all the words printed on the same page, we were able to appreciate the craftsmanship of the poet who penned them into a message or maybe even a “story.”

Old-fashioned? Perhaps.

Glorious, worshipful, inspiring, and meaningful? You bet!



“ *It is reasonable to expect that more members will learn and enjoy new songs faster if printed music is provided.* ”

Admittedly, having words projected onto a screen is advantageous for those who wish to look up and even raise their hands toward Heaven. It is useful for those who already know the melody or (less frequently) a harmonizing part.

If words are projected onto a screen AND a hymnbook (or music sheet) is provided, every worshiper can choose their more comfortable method for praising God. Many are not able to stand or crane their necks for the duration; holding a hymnbook allows worshipers to place the words and music at their own focal points and assume comfortable postures.

Now I realize that not everyone can read music, but with the demise of the hymnbook, even fewer of our next-generation singers will learn. I am also not averse to introducing new songs in our churches. However, it is reasonable to expect that more members will learn and enjoy them faster if printed music is provided.

God created mankind with the ability to find innovative ways of doing things. Just as the CD and mp3 has replaced the record album, it may be that one day we will be expected to read music from our personal phone/camera/computer/dishwasher/television.

In the meantime, pass me a hymnbook, PLEASE. **SR**

He walks with us

by Mark and Linda Bentz, Milton, Wis.

To prepare for their 2-1/2 year mission assignment in Lesotho, Africa, the Mark and Linda Bentz family (Milton, Wis.) is currently on an 18-week tour of SDB churches, sharing their testimony and raising support.

Here's a snapshot of their experience so far.



The Bentzes are adding many miles and stories to their pre-mission adventures.

We are in the fourth week of this adventure that the Lord has put us on, and we stand in complete awe of how much He walks with us.

He was in the White Cloud, Mich., parsonage—so lovingly stocked with our favorite things by the church members. The house was sitting empty, and they had been praying for an opportunity to use it for ministry.

The Lord was at a laundry mat in a large city—where we met a girl who had grown up in the SDB church, but had since strayed from the Lord. She was hurting, but so excited that God sent us to *her* laundry mat to encourage her.

He was with us in downtown Toronto on a Sabbath morning—when we discovered we had an old address for the church and were unable to reach anyone by phone. He led us to a friendly woman who went out of her way to get us back on the right track, but not before the detour became a divine appointment with a hungry homeless man.

The Lord is with us in each town we stop, meeting the kids' need for fellowship with other young people.

We sensed God's presence as we drove our van through the twisting mountain roads across New York

and Pennsylvania. The van drove perfectly until we reached our destination, where we learned that the steering mechanism was breaking away from the frame! The repairs would cost \$3,500.


This happened in a town where a church member—shocked that we had survived the drive through the mountains—owns a car repair shop.

The church people gathered to pray for us, and one member GAVE us a wonderful van that had been sitting on their property, mostly unused, for 10 years! They often thought of getting around to sell it, but held on to it... “for this, I guess!”

In this one month, we have experienced:

- 10 meals with wonderful SDBs
- 9 states and 5 churches
- 4 fellowship meals
- 4 bee or bizarre insect stings
- 3 vehicle switches and 1 flat tire
- 2 teen centers
- 2 campgrounds and 2 church camps
- 2 customs agents
- 2 talent shows
- 1 parsonage
- 1 coffee house fundraiser
- 1 Obama sighting
- 1 radio interview
- 1 AA picnic
- Countless critters for Wesley to talk to. (“Hello Canadian toad”; “Hello toad from my country”)

Everywhere we go, **we see the Lord in the faces of the people** that He uses us to touch—in their tears, hugs, stories and passion for missions. **He walks with us.**

May He be with you in a mighty way today. 

You can “follow” the Bentzes on their blog at mlbentz.aimsites.org.



Kingdom of Heaven Is Like a Seed

by Morgan Shepard



“A farmer went out to sow his seed.” (Matt. 13:3)

I was reading my Bible this morning looking for some muse for this month’s Financial Faith

page. Matthew 13 begins with the Parable of the Sower, followed quickly by the Parable of the Weeds and the Parable of the Mustard Seed.

The basic theme is what God does with a seed and how it grows into “a crop yielding a hundred, sixty or thirty times what was sown” (Matt. 13:23).

What has this got to do with finances? Faith.

God challenges us to bring our tithes into the storehouse and He will open the windows of heaven and pour out a blessing so great that you won’t have room for it (Malachi 3:10).

This is not a guarantee of instant wealth but a test of our faith.

So, what is a tithe? A tithe is the **first 10%** of what God has entrusted to you from His abundance. It’s not yours but *His* that we are giving back. It could be money, time, or even actual crops from your garden!

Another question is, what are you tithing and to whom? Your tithe (the first 10%) should go to your church and its efforts in fulfilling the Great Commission. That’s the covenant you have with your fellow believers.

If your church is actively reaching out to the local community in some tangible way and showing people the love of Christ, then that investment—seed—will come back multiplied. That’s the faith we should have in God’s promise.

God also lets us know what will happen if we *don’t* show faith in His abundance. Those who “have” will be given more, and those who “don’t have” will have that taken away. (See Matt. 13:12.) What do *you* have?

If everyone in the church planted God’s “10% seed” in faith, can you imagine the forest of mustard trees there would be? Can you picture the hundred-fold crop that would be sown? God does. That’s the faith He wants us to have in Him and His promises.

Give Him a chance to prove it.

* * * * *

Conference Giving Update

As we approach the end of 2009 (it’s October already?) I thought I’d give you an update on how the General Conference is doing financially.

Through August, you have faithfully given gifts totaling \$275,784. This is 83% of what was budgeted through August to provide the assistance we promised. Thank you for your generous gifts and offerings!

Conference Services (i.e., the SDB Center) has raised \$167,944 towards the annual budget. Your gifts represent 59% of that total so you can see how important your gifts and offerings are toward our efforts.

As we head toward the end of another year, please consider what you can do with the abundance God has given. Your tithes, gifts and offerings—no matter the size—can multiply to make a big difference.

“...some seed fell on good soil where it produced a crop—a hundred, sixty or thirty times what was sown.” (Matt. 13:8) SR





Big Decision: To Lose or Not to Lose

by Barb Green, Parish Nurse
Milton, Wis.

October is here—the kickoff time for the “Biggest SDB Loser” contest. In case your church hasn’t formed a team or you haven’t decided to join, here are some reasons that may help you with that decision:

Wellness

Losing weight is part of a larger wellness picture. Think of “wellness” as a continuum, with health at one end and disease at the other. Which end would you rather be closer to?

Lifestyle

Lifestyle choices are the biggest factors affecting health in our country. From 50-90% of disease and half of all deaths in the U.S. can be attributed to these choices.

Longevity

One of the leading indicators of longevity is moderate eating and a healthy body weight. (Of course, choosing the right parents plays a part also...)

Obesity

If you are 20-30% above the average weight for your age, sex and height, you are obese. The risks of obesity include diabetes, gallstones, cancer, cardiovascular disease, osteoarthritis, sleep apnea, pulmonary embolism (blood clot to lungs), and surgical complications to name a few. The Centers for Disease Control list obesity as a chronic disease.

Overweight

Even being 5-15% above your ideal weight affects every part of your life, not just your health. This includes self-esteem, depression, fatigue; the ability to breathe, exercise, walk, play with your kids and enjoying life.

“

For now, try keeping a food diary. Write down everything that you eat or drink, how much, the time of day, and why you ate.

”

Two out of three of us are either overweight or obese. On average, we are 23 pounds overweight, and one out of five kids are in the same boat.

Financial Consequences

Billions of dollars are spent each year on diets, but the obesity rate continues to climb. Americans spend \$50 billion more each year on health care because of obesity than on cancer. Nearly 10% of healthcare dollars go to treat obesity-related diseases. Insurance rates increase due to these costs.

It’s Biblical

God commands that we take care of our bodies. Romans 12:1 (*The Message*) says, “Take your everyday,

ordinary life—your sleeping, eating, going-to-work and walking-around life—and place it before God as an offering.” An offering was something without blemish. Is your overweight body that offering? (*See also 1 Corin. 3:16.*)

God has a plan for the way we treat our body. Each day we have endless opportunities to cooperate with our Creator as He molds each of us to fit into His design. Our choices hamper or help this process.

Stewardship

It’s good stewardship of your own personal health resources. Health is a gift that you can cherish or destroy. God wants you to take care of the wonderful body He has given you. Losing 5-10% of current weight would make most of us feel better. For a 180-lb. person, 5% is only 9 pounds. That’s doable.

JOY

Just think of how joyful you’ll be a year from now with your slimmer body, health and increased energy!

For now, try keeping a food diary. Write down everything that you eat or drink, how much, the time of day, and why you ate.

Do this honestly for a week and it will give you a fairly accurate picture of what triggers your eating and how to get started losing weight. Oh, and a walk around the block wouldn’t hurt either! **SR**



Women's Society page by Kristin Camenga
www.sdbwomen.org

The new Women's Board *Moves from Florida to Midwest*

by Althea Rood, Dodge Center, Minn.

Greetings from your new SDB Women's Board!

We are primarily comprised of women from the North Central Association and west of Lake Michigan. Our purpose is to encourage the women of our denomination to carry out Christ's mission through Seventh Day Baptists.

As I began thinking about this incredible opportunity, I asked our SDB Librarian-Historian about what the role of the Women's Board has been since its start in 1884. The Women's Board was founded because women were tired of having limited access to the ministries of the General Conference; at that time no women were delegates to Conference, and no women were on the Board of Directors of any agency. Thus they formed the Women's Board to aid all the agencies of the Conference as they were able.

Perhaps the most striking characteristic of the Women's Board has been their ability to be responsive to the needs that arise in the course of ministry. Women haven't waited to be asked to contribute to ministries. "When a need comes up, the Women's Board gets the word out, the women go out and get it done in order to support the ministries." *

This was true in the past in continuing the China Mission both with money and missionaries, and is true today in women's timely support of needs through the Love Gift. This responsiveness was accomplished by communicating needs through the Women's Page of the *Sabbath Recorder* and making suggestions for how women could mobilize to support these projects.

Because women were responsive, they initiated and supported a wide range of Conference ministries. "Women unabashedly supported evangelism, even when the men weren't as interested."

During the last part of the 19th century, the Women's Board organized the women of the Conference to concurrently support home missionaries, foreign missionaries, and student evangelism quartets—both male and female members. At one time, the women were supporting six home missionaries and the work of the China Mission.

Another consistent area of concern and effort has been to support education for the next generation. The Women's Board has helped youth and children to participate meaningfully in the affairs of the Conference and in the local church by preparing them intellectually and culturally. One example of this type of ministry is SCSC (Summer Christian Service Corps), which trains college-age young adults to serve not only during the summer but also in their home church.

The fact that the Women's Board moves periodically is a strength. While there are a few names that appear over the life of the Board, it is more often the case that we are known by where we are located: Denver, Milton, Salem, Riverside, New Jersey, Florida, etc.

"That's an unbelievable strength because it is an implicit statement that no one personality can do the work alone." Women from the start have recognized the need to unite to get things done.

We, the current Women's Board,

know that we cannot do this work without all of you! My request is that you pray for us as your new Women's Board, that we would be as responsive to the needs of Seventh Day Baptists as the women of the past have been.

Do you have a concern for a particular ministry? Do you have ideas for how to fund some of those ministries? Are there things that you could do together with the women in your area that would further a ministry of SDBs?

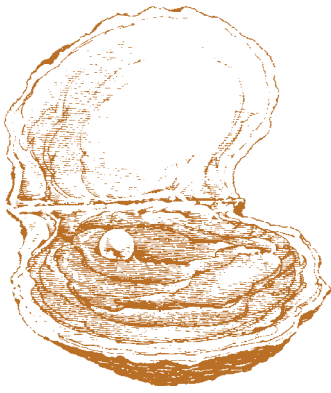
We want to encourage you and work with you in furthering God's Kingdom here on earth. We would love to hear from you!

E-mail us at SDBwomen@seventhdaybaptist.org or write to the Women's Board Newsletter, Jeanne Yurke, Editor, 10760 Sandhurst Drive, Boise ID 83709-0261. **SR**

* All quotes from
Historian Nick Kersten



Althea Rood is the new president of the Women's Board. She lives and attends church in Dodge Center, MN, and teaches high school math. She has two grown children and two grandchildren.



Witness in the South

“ *I formed the habit of looking up every reference to the Bible cited in other books and marking them with a pencil...*



...until the old family Bible was characterized by dotting. ”

The biographical sketch of James F. Shaw in Volume 3 of *Seventh Day Baptists in Europe and America* simply states:

SHAW, REV. JAMES FRANKLIN, 1845-1918. Born Walker Co., Ga., Feb. 26, 1845, son of William P. and Rhoda Hardin Shaw; married Samantha A. Masser, 1862, died 1908, marriage 2 Mrs. Lizzie M. Turner, 1912; founded town of Fouke, Ark., 1889, as S.D.B. colony; aided in organizing several S.D.B. groups in Southwest; organized Southwestern Association, 1888; died Fouke, Ark., Apr. 13, 1918.

These facts only serve as an outline for a significant life in the history of Seventh Day Baptists in the South.

James F. Shaw was one who responded to the questionnaire in the *Sabbath Recorder* that asked ministers whether they felt any hereditary tendency to ministry, and what influences led them to their chosen profession. Shaw wrote:

So far as I have the history of my father's ancestry, there were no preachers. They were of English nonconformists stock and migrated to America chiefly from a desire for greater religious liberty. On my mother's side, I come from Huguenot ancestry who fled out of France from papal perse-

cutions and are descended from old Protestant stock.

After settling in South Carolina, they followed the pioneer movement westward with Boone, Shelby, Levier, and Robinson. Under these circumstances they were trained in Indian fighting and had but little time for church matters, and so produced no preachers.

My parents were members of the Baptist Church at Lafayette,

Ga. I fully gave my heart to the Lord at the age of 13, and was baptized into the fellowship of the same church. When I was being baptized, one of the deacons prophesied that a minister was being baptized. Learning of this may have led my mind more in that direction.

Shaw continued this account by giving credit to his parents' piety as the strongest influence in entering

the ministry. His mother was a devout reader of the Bible, and was often called upon to defend Baptist faith against Universalist doctrines and the Thomas Paine style of infidelity.

Of his desire to be fitted for the ministry, he said:

“I was a born student, with no recollection of a time when I could not read. Living in a new country when books were scarce, I read all of my father’s small library, and borrowed all the books from our neighbors’ libraries. And when nothing else could be obtained, I filled my time reading from the Bible.

“I never read a book of fiction until I was grown. The books I had access to were theological, biographical and school books. I formed the habit of looking up every reference to the Bible cited in other books and marking them with a pencil until the old family Bible was characterized by dotting.”

His account of entering the ministry continued by outlining his army experience, where he carried his Bible and often loaned it to the Army chaplain for Sunday services. It was also here that he saw the depravity of men.

In the last years of the Civil War—when the few godly chaplains joined in one grand effort to save men’s souls—an era of widespread revivals sprung up among the soldiers. It was his happy privilege to aid the revival that led to his decision to enter the ministry.

Clifford Beebe recorded the circumstances of how Shaw accepted the Sabbath while serving as a Baptist pastor in the Texarkana area.

“The deacon, a shoe cobbler, sat in his shop at work on a Sunday when James Shaw strolled by. And being a man of stern moral sense, Shaw entered the shop to remonstrate with the deacon as to his Sabbath-break-

ing. Whether from conviction or contrariness, or purely from a desire to justify his conduct, the deacon challenged his preacher to prove from the Bible either that Sunday is the Sabbath, or that it just wasn’t there.

“Many a less conscious man would have let it rest there, but the next Sunday a startled congregation heard their pastor announce from the pulpit that he was convinced from the Bible that the Seventh Day was the Sabbath of the Lord for the Christians as well as for the Jews, and would they unite with him in keeping it.

“They would not, as a church. But on May 17, 1884, twelve dedicated men and women organized the Seventh Day Baptist Church of Texarkana.”

From that beginning, other churches started in the area, including the church at Fouke, Arkansas. This church drew a number of SDBs at a time when land was cheap, but the economic depression brought hardship to many.

Yet the Fouke Church was a land-

mark for Seventh Day Baptists. In a sense, Fouke was for a time the “most Seventh Day Baptist community” in the country. They not only established a church but also a school that provided leadership training for a generation or more.

From a personal perspective, I can relate to Fouke since my parents spent their honeymoon year there in 1921-22. My mother taught grades 1-3, Fucia FitzRandolph taught 4-6, and my father taught 7-8 grades plus coached the high school basketball team and pastored the SDB church.

About 10 years after my parents served at Fouke (and when I was just a youngster in school), Dad and Mother were delegates in Fouke from the Eastern, Central and Western Associations. I still remember how the members welcomed us with open arms and homes.

As further evidence that Fouke might have been the “most SDB town” around, many of its streets bore such names as Alfred, Milton, Newport, Babcock, Potter and Lewis. Even some of their stores and businesses were located on the street named after the prominent SDB businessman Arthur E. Main. **SR**



The former Fouke, Ark., Seventh Day Baptist Church.



2009 Scripture Memorization participants

Ed Cruzan, 2008-09 Conference President, worked with the Board of Christian Education to choose Scripture verses that highlighted the year's theme, *Pray*. More than 200 SDBs completed the Memorization program, and more than 30 churches participated. The participants are listed here as an example to encourage others to hide God's Word in their hearts.

The Toronto, Ontario, SDB Church had the largest number of participants complete the program this last year, so they will hold and display the Mary G. Clare Scripture Memorization Bowl for the year.

The 2009-2010 Memorization program was listed in last month's *Sabbath Recorder*. Brochures were mailed to churches in August. In addition to or instead of those verses, you may participate in this year's program by memorizing 1 Corinthians 12:12-25. Additional copies are available from the Board of Christian Education. Call (607) 587-8527; e-mail us at sdbbce@educatingchristians.org; or go to EducatingChristians.org.

The following people are recognized for completing the 2008-2009 Scripture Memorization Program:

Ahtanum Community Yakima, WA
Judy Baugher
Margaret Ann Fox

Alfred Station, NY
Elaine Brundage
John Brundage
Ivan Cherry
Nancy Cherry
Elianna Chroniger
Kenneth Chroniger
Madge Chroniger
Katelyn Dickerson
Phyllis Mattison
Reid Mattison
Voni Mattison
Abigail Noel
Dorothy Noel
Melissa Noel
Samantha Quick
Eden Rao
Clare Sands
Amanda Snyder
Sarah Torkaman
Ray Wilson
Mary Woodworth

All Nations Gardena, CA
Paulette Campbell
Gwendolyn Ewen
Tremel Jelks
Vivian Lynch
Venice McLean
Komar Simpson
Alecia Thompson

Asheville, NC
Kenneth Lance

Bay Area Pinole, CA
Tiffany Hancock
Victoria Hancock
Brent Hannah
Brock Hannah
Carla Hannah
Conor Hannah
Norma Johnson

Berlin, NY
Paula Dibble
Luke Greene
Seth Greene
Wade Greene

Boulder, CO
Ellen Behme
Nathan Crowder
Patricia Karlin
Gregory Looper
Jason Looper
Nicholas Looper
Darrian Muniz
Patrick Muniz
Gabrielle Osborn
Michaella Osborn
Rachael Osborn
Seth Osborn
Doris Rood
Cletus Severance
Kiana Severance
Lynne Severance
Matthew Severance
TJ Severance
Pat Williams

Bradenton, FL
Richard Bond
Susan D. Bond
Laura Mirabal

Central SDB Mitchellville, MD
Aaron Alonzo

Carlos Alonzo
Pratt Chroniger
Rose Chroniger
Jean Cook
Cliff Gordon
Pam Gordon
Ruth Hazen
Lydia Thompson

Daytona Beach, FL
Everald Kelly
Otis Lastinger
Leora Pinder

Dodge Center, MN
Maria Bonser
Althea Rood
Dale Rood

First Genesee Little Genesee, NY
Barbara Welch

First Hebron Hebron, PA
Pearl Brock
Breanne Dubots
David Hauber
Fay Hauber

Emily Kandel
Brooke Shepard

First Hopkinton Ashaway, RI
Susie I. Lamphere
Barbara Nugent
Joel Roache
Matthew Roache
Robert P. Roache
Thelma Tarbox

First Toronto Toronto, Canada
Norma Anderson
Herlitz Condison
Merlin Condison
June Dillon
Marva Edwards
Sharai Fyffe
Winsome Gilmore
Debralee Gooden
Herman Grant
Hermine Hunter
Lorette Hunter
Margaret London
Nyle London
Winston London

cont. on p. 26



FOCUS on Missions

High potential in Liberia

by Kirk Looper

During my trip to Liberia, Africa, earlier this year I visited the home of Dr. Josiah Pah, the SDB General Secretary. I was able to meet his family and see the school next to his home.

Their school is a single-roomed building where the classes gather in groups according to their grade level. The building is in relatively poor condition, with bricks made of dirt as opposed to clay. A strong rainstorm could melt the walls. They could use funds to replace the bricks and cover them with a metal roof. The roof alone would cost about \$2,000 US. The bricks would cost about the same.

The Liberian SDB Conference has 18 churches with three schools. One way they develop the churches is when they establish schools. All of the students learn Scripture and the beliefs of the church.

I saw no Communion sets at the churches. The cost to purchase and ship these sets is high, and we will need some support to complete this project.

It was easy to locate vehicles costing around \$2,500 that would last long enough to warrant their purchase. With the distance between churches and the lack of public transportation on those back roads, a Conference-owned vehicle is important. The southern churches are located over 400 miles from Monrovia.

Speaking of Monrovia, I met with pastors from four

of the churches near that city. They expressed the need for materials such as the International T.I.M.E. (Training In Ministry by Extension) program. They also said that some of the pastors might want to attend seminary in the near future.

According to Dr. Pah, the Conference could use a good public address system to use during evangelistic meetings and for starting new churches. The cost would be about \$2,000 and would include all the necessary components.

One other project discussed by the pastors was the purchase of animals for food and income. Many people are without jobs but live on or near a farm where animals could be raised. They were thinking of chickens, rabbits, goats and sheep. There is a good market for those types of animals and raising them would be rather easy.

The work done by Dr. Pah appears to be strong. Six churches in the Bomi Province are located about 50 miles northwest of Monrovia. Another four

churches and a school are situated in the southern province of Maryland. Five churches and one school are in the northern part of the Grand Jide Province. Each church needs a roof.

It was good to finally get into Liberia and to speak with the pastors and Dr. Pah. I found him very well respected and a hard working gentleman. I look forward to hearing more of the growth of SDBs in Liberia. **SR**

“
They expressed the need for materials such as the T.I.M.E. program. Some of the pastors might want to attend seminary.
”



A proven way to establish SDB churches in Liberia is to start schools.



This unfinished school in Liberia needs better walls and roofing.



the BEACON

Produced by the Youth Committee of the Board of Christian Education
For and by members of the SDB Youth Fellowship

October 2009

Directions

by Dakota Watt

Hey, how ya doin'? My name is Dakota Watt, and I'm the editor of *The Beacon* this year.

I am honored to be able to have this task and will do my best to represent Seventh Day Baptist youth.

At first I was going to talk about pants, but my mother said no. My sister laughed at me, and my dad said it would cause controversy, so now we're going to look at "putting life together."

I was at the mall the other day looking for a way to spend my summer pay. Walking into the sporting goods store (my favorite place ever to shop), I happened to stumble upon a Gold's Gym Circuit Training System—because abs are so important to me. I bought it for \$50. Separately, the components would have been \$100 so I feel I got a deal.

I couldn't wait to get it home, so I ripped open the package in the car and noticed that there were parts that I needed to put it together. I panicked! I couldn't find the directions! They said there would be directions and a DVD. Thankfully my sister found them in the box. What a relief!

When I got home I took my newfound directions and system to the basement and proceeded to mess it up. Oops—I forgot to look at the directions again! After a lot of time and frustration, I decided to look for them once more. This time my mom



Dakota
Watt

found them, I referred to the guide, and successfully put my system together.

This reminds me of what it's like each year at Conference time.

I go to PreCon and Conference with great expectations and I find what I'm looking for: good messages, prayer, Christian friends, spiritual growth and good times. I come home ready to use my newfound spiritual commitments, but then what happens? I can't find the right way to go. I try to apply the things I've learned into my daily life, but it's hard when I can't remember the direction.

In 2 Timothy 3:16, God tells us that "all Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness." Basically, the Bible is a big book of directions for when we can't figure out how to put our lives together.

Psalm 119:105 says that God's Word is a lamp to my feet and a light

for my path. As we read this book of directions that God gave us, it is so important to use those directions as a guide in our lives.

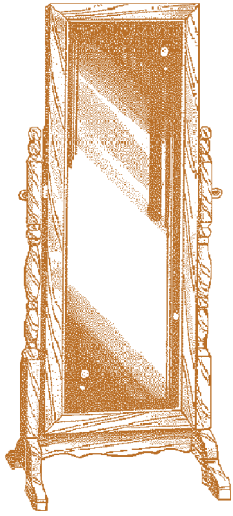
If I had the directions for Gold's Gym Circuit System and hadn't used them, my \$50 worth of awesome abs would have been useless. God's Word is there to give us directions and it's free to all who will receive it. So why would we want to ignore those directions? Why would we want to waste a good deal like that?

James 1:25 says, "But the man who looks intently into the perfect law that gives freedom, and continues to do this, not forgetting what he has heard, but doing it—he will be blessed in what he does."

Following God's direction gives us freedom, peace, and the satisfaction of knowing that God will help us keep it together, even after Conference. **SR**

HELP WANTED!!

If any youth would like to contribute to the Beacon or have a great topic idea you would like me to discuss, please e-mail me at dakota.watt@yahoo.com. I'd love the help, please.



Reflections

by Leanne Lippincott-Wuerthele

*"Now we see but a poor reflection as in a mirror;
then we shall see face to face." —1 Cor. 13:12*

Appreciation vs. Agenda

*"Appreciation is a wonderful thing:
It makes what is excellent in others
belong to us as well."*

—French philosopher Voltaire

*"Slow down and enjoy life. It's not
only the scenery you miss by going
too fast; you also miss the sense of
where you are going and why."*

—Singer Eddie Cantor

Two years ago, a handsome young man walked into a Metro station in the heart of Washington, D.C. Dressed in jeans, a long-sleeved T-shirt and a baseball cap, he stood by a wall and removed his violin from its case. He then began playing six classical pieces by Bach.

Throughout his 45-minute impromptu "concert," hardly anyone stopped to listen. Some people tossed dollar bills or a few coins into his open violin case, but they kept walking. One young man paused for a couple of minutes to listen, then checked his watch and hurried on. If any children stopped to hear the fiddler, their parents immediately herded them along like wayward sheep.

The stranger eventually collected about \$32. After he finished playing, no one applauded.

That violinist turned out to be Joshua Bell, a former child prodigy who's considered one of the finest

classical musicians in the world. His violin was handcrafted by Antonio Stradivari in 1713, and is worth over \$3 million dollars. Two days before his Metro appearance, Mr. Bell sold out Boston's Symphony Hall, where the average seat cost \$100.

It turns out that *The Washington Post* had organized Bell's Metro stop as part of a social experiment. The newspaper wanted to know how people perceive beauty. Do we take time out of our hectic schedules to really appreciate it? Do we recognize talent when it appears in unexpected contexts?

This story fascinated me for weeks. How would *I* have reacted if I had been in that station? Would I have paused several minutes to savor those beautiful tones as they floated around me and uplifted my spirit? My guess is that I would have kept walking, too.

Sadly, many people scurry through life with a false sense of urgency. We have appointments to keep, meetings to attend, a list of things that just won't wait. Or will they?

Schedules are important. There are times when we really do need to be somewhere or take care of "important business." It's good to be disciplined and organized—two skills that I'm still trying to master.

But life—a happy, rewarding life—also calls for flexibility. There are times when we need to give ourselves permission to play, slow down, relax,



and just "veg." This is especially difficult for multi-taskers like me. I've been known to eat supper while watching TV and reading the newspaper.

When I'm tempted to clean up the kitchen instead of taking my grandkids for a walk, I remind myself that an unkempt kitchen will be there tomorrow. (I'm still working on the "don't feel guilty" part of that decision.) Life is all about setting priorities and sticking to them.

When I was diagnosed with breast cancer 10 years ago, my priorities quickly changed. I learned to savor the "big" things in life—like good health and supportive friends. But I also learned to hold the "little" things closer to my heart. Like the bittersweet song of a mourning dove at dusk, the soul-quieting sight of a brilliant sunset melting into the horizon, the uplifting sound of a child's laughter, the calm of glowing embers peeking from a fireplace as a winter storm howls outside.

My wish for all of us is that we *make* time to "smell the roses." Or even pause to listen to a stranger playing classical music in a subway station. **SR**

"Servants Together..."



in God's Ministry"

SDB General Conference

Springfield, Missouri

July 25-31, 2010



The President's Page
by Pastor Paul Andries

Introducing the Conference Theme

My fellow Seventh Day Baptists, thank you so very much for allowing me to serve you as President of the SDB Conference for 2010.

Our theme for the year is **"Servants Together in God's Ministry"** based on Exodus 18:13-24. The theme verse is Exodus 18:14b, *"...why sittest thou thyself alone, and all the people stand by thee from morning unto even?"*

Permit me to share five observations relevant to our theme:

1. Moses was God's prophet (Exod. 3:9-10)

Moses was called by God. He was commissioned by God. Thus, he was honored by God.

We believe our leaders are called by God, so we should honor them by allowing them to be leaders—servants of the Most High God—by not undermining their leadership and authority.

2. Moses was following God's plan (Exod. 18:13)

"And it came to pass on the morning, that Moses sat to judge the

people: and the people stood by Moses from the morning unto the evening."

He was a willing servant to God's people and he served faithfully. He was busy doing what he was called to do.

God's servants should always be mindful of their calling and do what they are to do, not desiring someone else's position.

3. Moses was punishing himself and God's people (18:14)

"...why sittest thou thyself alone, and all the people stand by thee from morning unto even?"

Even though Moses was doing his ministry, he became so consumed that he had lost his perspective. We are given abilities for the benefit of the people. Let us keep them in mind when we minister. As servants of the Most High God, let not our good be spoken of as evil.

Moses' father-in-law needed to challenge him to adjust his focus. His family was neglected during those long hours of counseling.

4. Moses was prompted by God's servant (18:21-23)

The work needed to be shared, thus Jethro gave Moses some solid counsel:

- Seek out qualified people among you (v. 21a)
- Give them responsibilities according to their proportion (v. 21b-22a)
- Shared work will benefit the whole, even the leading servants (v. 22b)

The load for the leader is lighter. There is greater accountability.

It doesn't matter how gifted or organized we might be; having extra eyes, minds, hands and feet could help us endure longer. Others also need an opportunity to exercise their God-given abilities. It is essential that leaders share the ministry.

5. Moses agreed that the counsel was practical (18:24)

"So Moses hearkened to the voice of his father-in-law, and did all that he had said."

Seventh Day Baptists, the Lord has called us to a work—a great work. The success of this work cannot be accomplished by our pastors, or our executives, or our elected leaders or our other leaders alone!

Each one has a vital role to play in the advancement of God's Kingdom among us. Bear in mind that God's ministry is larger than any one individual or group of individuals.

Moses most certainly was God's man to lead Israel out of Egypt. However, it was not intended for *him* to do all the work by himself. He needed to seek out, identify, assign, and commission others in the work of ministry.

Just as Jethro challenged Moses to consider his way, I too am inviting you to join with me this Conference year by proclaiming and demonstrating that we are "Servants Together in God's Ministry." **SR**



by Executive Director
Rob Appel

Time for a Tune-up

At Conference in 2008, I stated that we are at a defining moment in our Seventh Day Baptist journey. We cannot use the old traditions and messages that we once did and expect progressive results.

This year I commented that we can't keep this Conference operating in the same ways we used to. The world has changed and is changing even faster with each passing day. Our past is past. It is behind us.

Certainly we should celebrate the good things that were accomplished. However, it is time for adjustment. I believe the greatest days are ahead of us, but I must confess that I am concerned about how our Conference operates today. I believe that adjustments are needed now!

Innovative things can only happen when the leadership of an organization will combine their unique talents and consistently involve others with specialized skills in the process.

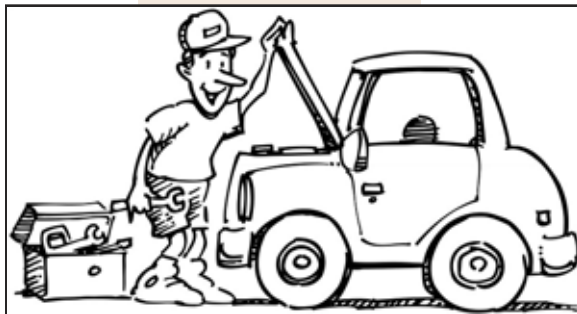
To ensure that successful adjustments can take place, we need to:

- Look at our **CULTURE** (or attitude)
- Improve our **COMMUNICATION**
- Have a sense of **URGENCY**
- Have a clear **VISION** of goals
- **PLAN** our priorities
- Set '**SMART**' **GOALS** (Specific, Measurable, Attainable, Realistic, and Trackable)

We must give our leadership the authority to deploy resources and utilize highly skilled people. And we need to verify the progress by being accountable to each other.

It is the opinion of many people—even some that were raised in the denomination—that our structure is confusing. To our newest Conference members it is downright frustrating and doesn't make any sense.

Concerns regarding some of our programs are repeatedly brought



up to me during my church visits. One concern is that very little that is new is being offered today.

If you could have things your own way, and you had creative license to construct the SDB Conference the best way you thought possible, what would it look like? I venture to guess that you thought it would not look the same as it is today.

So if your concept model of the Conference does not look like our actual organization, why are we so accepting of this arrangement? It

doesn't make sense to be working with an arrangement that we would not have if it were our choice. And here's the rub: it *IS* our choice, and yet we labor year from year without the best organizational configuration.

Are we fulfilling the mission that Jesus gave us? Are we using all the resources God has blessed us with?

While there is still time we must seize the day, change what must be changed, and do the work that God called us to do.

Think of the Conference as a car going down the road. We are traveling along but burning too much gas. The engine is "missing" every now and then, and we are leaking oil. We are moving but not efficiently. A tune-up would do us some good!

Some people have commented that they think I am trying to make the denomination into a business. I will state for the record that I am not attempting such a thing. However, there are practices that we use in our homes, relationships, and business that do have a place in our Conference structure.

We are in a business! We are in *God's* business and our product is the Gospel of Jesus Christ and what He can mean in people's lives.

I hope and pray that we will be courageous and seek the vision that God has for us, and make the necessary adjustments that we need today! **SR**

First Ever SDB Women’s Retreat Cruise

by Marie Ward, Edgewater, Fla.

The idea hit me—and it seemed pretty good—when I heard about a promotional cruise back in February. Only \$99 measly dollars for a gift card bought at the grocery store for the Imperial Cruise line.

The promotion was for two people, for a “3-day, 2-night” cruise (actually only one full day and two nights; you know how that goes).

I thought, *Well, it doesn’t have to be ‘couples,’ and it could be for two women. And it could be a retreat that several of us have talked about having for years now...*

So, the “First Annual SDB Women’s Retreat Cruise” was born! It included the SDB Church of Daytona Beach, along with her two “daughter” churches in Florida, Bradenton and Edgewater.

We did have to drive down to Ft. Lauderdale to catch the ship—in three cars—but even that wound up being fun. We enjoyed spending those hours together, except for that horrendous downpour on our way home...

The total cost ended up at only \$90 per person (with a few additional donations) and included seven meals.

Ten ladies and an enthusiastic 16-year-old boarded the “Bahamas Celebration” in Port Everglades on May 27th and away we went. The next day was spent docked in Nassau, where we enjoyed the beach or toured the island, markets and Atlantis Resort. We all enjoyed the wonderful meals and service on the ship!

The theme for our group was “The Potter’s Hand,” which also became our theme song. Scripture came from Leviticus 20:7—“Consecrate yourselves and be holy, for I am the Lord your God.”

We had four sessions together on

board, scheduled between the cruise activities. Each gathering began with Susan Bond leading praise and worship, along with devotions.

The first session, “What are we here for?” introduced the theme, covered the purpose for a retreat, and issued a challenge to take time out of our busy schedules to be alone and still, listening for God’s voice.


Next came a “Spiritual Checkup.” It focused on ways to evaluate our spiritual growth and how to check whether or not we are remaining in the Potter’s Hand.

For our third get-together, Linda Camenga led a discussion on “Consecration.” We looked at how we should “be” for God—like Mary—and not just “do” for God—like Martha. Our relationship with God must be first and foremost as He molds and prepares us for service.

The last session on board focused on our “Unique Kingdom Purpose,” how we are His workmanship created in Christ Jesus for His purpose. We are to discover that purpose, be clay in the Potter’s Hand, and become the masterpiece He is designing.

On our way home, we stopped at the home of MaryJane McPherson in Boca Raton for our final session. MaryJane is a member of the Miami SDB Church. With the help of her daughter, Karen, she prepared and served us a wonderful lunch. Their true servanthood and kindness was a blessing to us all. It made the grand finale more joyous while giving us a glimpse of God’s grace.

Our last lesson was “Becoming Women of Purpose.” We asked how we are created, saved, gifted and prepared for His purpose. A special reading included Susie singing, “Take My Life and Let It Be.” Something new and different was an interpretive dance to the song “Testify to Love” led by myself and my sister, Kay Wilks.

Everyone was glad they went and felt blessed by the experience. We hope to have another Retreat next year—and hope that someone will hold a promotion with a reasonable fare again. Hey, if they do, maybe you’d like to come along! Better yet, maybe we could hold General Conference on a cruise ship! 



On board the “Bahamas Celebration” and in “The Potter’s Hand.”

Special Day at SpringsLife



Ordaining two new members to the diaconate in Colorado Springs, Colo.



Jeff Bloedel and Melissa Hamm

July 18, 2009 was a wonderful day for the SpringsLife Seventh Day Baptist Church in Colorado Springs, Colo. Two members were ordained to our diaconate.

Melissa Hamm, wife of Jim and mother of Krystal and Josh, became our newest deaconess. She testified of her Christian experience and her family's journey in finding the Sabbath and the SpringsLife church.

She is actively involved in our church's Praise Team and teaches a Sabbath School class for young children. Melissa is currently training to be a nurse.

Jeff Bloedel is our newest deacon. He is married to Abbi and father of Joey, Eli, and Judah. In his testimony, Jeff shared his Christian faith, and how he came to accept the Sabbath and found the church here in

Colorado Springs. He spoke of God's power and comfort through difficult times.

Jeff is active in the Men's Fellowship and has brought the morning message on numerous occasions. He is attending Bible College.

Our pastor, Harold King, read the affirmation call of the church and later gave the benediction. Pastor LB Lee gave the charge to the candidates and Pastor Robert Harris gave the charge to the church. Pastor Rodney Henry, from the SDB church in Thornton, Colo., led the laying on of hands and gave the consecrating prayer. Deacon Danny Lee welcomed Melissa and Jeff to the diaconate, and our Praise Team furnished the music.

Following the ordination, we enjoyed a reception held in our fellowship hall. It was a special and Spirit-filled day. **SR**

Tax Day Relief

The April 15th morning rain had stopped, and it was a beautiful afternoon in Battle Creek, Mich., for people to mail in their tax returns.

Between 3:00 and 4:00 p.m. members of the Battle Creek SDB Church met at the post office to share the message of God's love and hand out two free postage stamps to "ease the pain" of Tax Day.

Accompanying the stamps in a clear plastic baggy were a "Million Dollar Bill" tract (used in the *Way of the Master* evangelism course) and our church information card stating "God Loves You."



Even with two large signs proclaiming FREE STAMPS, it was surprising that about half of the cars zipped by us without stopping. (Cynicism won over curiosity and

free stamps.) Responses from the other 50%—when reminded of God's love—ranged from pursed lips and a puzzled look, to enthusiastic replies of "Well, bless you too!" and even "I know God loves me!"

It was uplifting to have this sense of unity with believers we had never met, and to hope that we left a lasting impression on the others.

Our 219 packets ran out much quicker than expected. We were questioned once by the post office workers, but had learned that we were allowed to use the sidewalk at the side of the building, not at the front entrance. We weren't there to *protest* anything, but to *proclaim* God's love! **SR**

by Nancy Makuch

New members

Milton, WI

George Calhoun, pastor

Joined after baptism

Sheila Schneider

Joined after testimony

Christopher Blevins

Deana Blevins

Ryan Wright

New Auburn, WI

Wayne North, pastor

Joined after testimony

Brian Millerman

Vernon Patz

Mari Patz

Send your news to
editor@seventhdaybaptist.org
or post it to “Sabbath
Recorder” on Facebook. The
info marked  came from
Facebook.

Births

Edwards.—A daughter, Liya Eliana Edwards, was born to Colbert and Tanisha Edwards of Brampton, Ontario, Canada, on June 3, 2009.

Fyffe.—A son, Manoah Fyffe, was born to Jamaal and Jasmyn Fyffe of Toronto, Ontario, Canada, on August 11, 2009.

Osborn.—A son, Vision Youness Osborn, was born to Tim and Jayme (Jenner) Osborn of Morocco, Africa, on August 23, 2009.

Lubke.—A son, Calvin James Lubke, was born to Neil and Katie (Zamzow) Lubke of Milton, WI, on September 12, 2009.

Marriages

Jara – Payne. Andrés Jara and Cathy Payne were united in marriage on May 24, 2009 in Minneapolis, MN. Rev. Steven G. Osborn officiated.

Farrell – Parrish. John Farrell and Rachel Parrish were united in marriage on August 16, 2009, at the Luther Park Bible Camp in Chetek, WI. Pastor Wayne North officiated.

Camp Harley Sutton to Expand

by Lyle Sutton

The SDB Allegheny Association of Churches trustees have been given an opportunity to buy an additional 85.4 acres of land adjacent to our present **Camp Harley Sutton** property near Alfred Station, N.Y. This amounts to the rest of the H.O. and Hannah Burdick farm (affectionately known as “HOB Hill”), less what had been Carol Burdick’s house and pond.

The trustees have closed on a sale from the seller, Judy Burdick Downey, after approval for a mortgage from the Seventh Day Baptist Memorial Board.


Suggested plans for using the property are being considered, and the selected ones will be implemented later. At the very least it will protect the present camp property from adjacent development, and ensure the quiet use of our camp that we have enjoyed when the Burdick family owned it.

We have witnessed God’s hand in every step of this procurement and have seen Him opening doors in miraculous ways.

If you are interested in supporting this exciting endeavor either by cash or a monthly pledge, it would very much be appreciated. You may send your gift or pledge to:

SDB Allegheny Association of Churches
Mae Bottoms, Treasurer
2810 State Route 244
Belmont NY 14813

We are excited about planning and developing the property to best serve God—and the Association—while maintaining the remote and pastoral setting of Camp Harley Sutton.

Please join us in praying that we make the best use of this new opportunity and your gifts as the development plans move forward to the glory of God. 

Obituaries

Slaton.—Bobby Lee Slaton, 61, of Fouke, Ark., died on July 21, 2009.

He was born June 10, 1948, in Fouke, to Roy and Lena Mae (Davis) Slaton, and had lived in Fouke all of his life. Bobby was an employee of Red River Army Depot, Texarkana, Texas, and a member of the Texarkana Seventh Day Baptist Church.

He is survived by his wife, Carolyn, of Fouke; two daughters, Lisa Gore of Texarkana, Ark., and Lenay Wesenburg of Cedar Hill, Texas; one stepson, Bryan Waller of Nash, Texas; one stepdaughter, Stephanie Williams of Savoy, Texas; his mother, Lena Mae Slaton of Fouke; two sisters, Dianne Hibbard of Millersville, Md., and Donna Kay Thompson of Texarkana, Ark; one brother, Roger Slaton of Fouke; four grandchildren and three step-grandchildren; and many nieces and nephews.

Bobby will always be remembered for his love of his family (especially the children) and his passion for fishing.

Funeral services were held at the Texarkana Funeral Home Arkansas Chapel on July 24, 2009, with the Rev. Matthew Neese officiating. Burial was in the Fouke Cemetery.

Davis.—Hugh Calvin Davis, 82, of Jane Lew, W.Va., passed away on July 21, 2009, at his home surrounded by his family.

He was born in Jane Lew on May 17, 1927, son of Urso Booth and Jessie (Saunders) Davis.

Hugh graduated from Lost Creek (W.Va.) High School in 1945. He was a member of the Lost Creek Seventh Day Baptist Church for 70 years, serving on the Board of Trustees and Cemetery Committee. He was a member of Lewis County's Farm Bureau and Cattlemen's

Association, and the West Virginia Cattlemen's Association.

He and his wife, the former Martha Lee Young, worked as a team for 55 years raising dairy and beef cattle on the Homeland Farm. He also hauled cattle for many years. He had a great love for God's land and worked hard his entire life to take care of it.

Hugh is survived by his wife of 61 years; a daughter, Sharon L. Allman, and a son, Steven M. Davis, both of Jane Lew; one sister, Jane Davis Post of Jane Lew; four grandchildren and four great-grandchildren; several nieces and nephews; and his caregiver, Billy Burch. He was preceded in death by two brothers, Everett O. and Lewis E. Davis.

Funeral services were held on July 23, 2009, at the Lost Creek SDB Church with Rev. Perry Cain officiating. Interment was in the Brick Church Cemetery in Lost Creek.

Lowther.—Edwin Jean Lowther of Salem, W.Va., was born January 11, 1902 and died July 29, 2009 at the age of 107.

He was baptized at age 12 and joined the Salem Seventh Day Baptist Church, making him a member for 95 years.

He graduated from Salem Academy in 1920 and from Salem College in 1924. Jean received a Masters degree from the University of Pennsylvania in 1926 and taught in the Pennsylvania school system. Returning to Salem College to teach, he served as head of the History Department. He later became principal of Central Junior High School in Clarksburg, W.Va., serving from 1935 until his retirement in 1970. Over 10,000 Harrison County children graduated from the school during his time there.

In 1933, Senator Jennings Randolph served as best man when Jean married Mary Ann Sheets of Lost Creek, W.Va., on September 12. Mary Ann was principal at the West Virginia Industrial Home for Girls in Salem. She died in 1992.

Mr. Lowther served as mayor of Salem for two terms in the 1930s. He was chairman of the Harrison County Infantile Paralysis Association for 17 years and received national recognition for his work with polio during the epidemic of 1952-54.

Jean taught Sabbath School at the Salem SDB Church and served for many years as chairman of the trustees. This included the period of building the new parsonage and the Randolph Terrace Apartments.

He is survived by several great-nieces and great-nephews, including Dr. Paul Davis, who served as his physician. Anna Mae Counts Dutton provided care and companionship to the Lowthers for many years. More recently, Bud and Ann Zinn were like a son and daughter to Jean, serving as his caregivers and managing his personal affairs.

A memorial service was held at the Salem SDB Church on August 8, 2009, with Rev. Dr. Dale Thorngate and Dr. Paul Davis officiating. Burial was at the Rose Hill Cemetery in West Milford, W.Va.

Death Notices

Harwood L. Rice,
86, of North Loup, Neb.,
died on June 24, 2009.

Paul A. Johnson,
90, of Waterford, Conn.,
died on August 24,
2009.

Memorization participants, *cont. from p. 16*

Miguel MacFarlane
Annette Murray
Jacqueline Murray
Vanessa Ormsby
Conral Reynolds
Florence Reynolds
Linnette Reynolds
Lorna Samuels
Elon Sinclair
Isolyn Sinclair
Evelyn Taylor
Elton Williams
June Williams

Leonardsville- Brookfield, NY

Leola Dye
Celeste Hoose
Eugene Hoose
Patrick Hoose

Lost Creek, WV

Denise Fenstermacher
Rick Fenstermacher

Madison, WI

Clifford Bass

Marlboro, NJ

Ashley Davis
Christopher Davis
Jessie Fogg

Metro Atlanta Hiram, GA

David Fox
Debbie Hargett
Jeff Hargett
Rebekah Hargett
Jasmine Kelley
Daniel Lovelace
Bettie Pearson
Xavier Pethtel
Lucy Tyler
Alexis Will

Middle Island New Milton, WV

Clara Glover
Eudora Lough
Alice Robinson
Emily Robinson
John Robinson

Milton, WI

Quinn Bennett

George Calhoun
Elizabeth Camenga
Julianna Crandall
Marcy Kersten
Christian Leitel
Daniel Leitel
Jacob Michel
Lukas Mullen
Lydia Snyder

North Loup, NE

Ron Cargill
Shirley Cargill
Beth Dutcher
Jerry Kolbo
Teri Morgan

Nortonville, KS

Barbara Antrim
Jean Jorgensen
Stephan Saunders
Sunnie Stanley

Pawcatuck SDB Westerly, RI

Isaac Barber
Simon Barber
Spencer Barber

Adam Nadeau
Patrick Nadeau

Philadelphia, PA

Rolleesa Phillips

Plainfield, NJ

Linda Barron
Jean Ellenbacher
Lorraine Gayle
Celeste Green
Ida Rose

Raritan Valley Bridgewater, NJ

Jeanne W. Yurke

Salem, WV

Seth Davis
Steve Rogers

Shiloh, NJ

Jan Bond
Sharon Campbell
Nancy Davis
Clara Mulford
Frank B. Mulford
Bill Probasco

Holly Probasco
Liam Probasco
Valerie Probasco

Southeast Atlanta Stockbridge, GA

Kesna Bennett
Chadwick Campbell
Kathleen Gordon
AnnaRuth Lovelace
Jonathan Lovelace
Brianna Wilmot

Verona, NY

Mayola Warner

Washington, DC

Diane R. Andries
Elnora Andries
Gabrielle E. Andries
Daphnie Lindo

White Cloud, MI

Cathy Cruzan
Ed Cruzan
Jacob Floyd
Melinda Floyd
McKenzie Reddick
Margie Worley

Denominational Dateline

October 2009

1-6 Southwest contacts—*Ron Elston*
2-4 Northwest Days (NW Association),
Portland, Ore.—*Nick Kersten*
3 SDB Women's Board, SDB Center,
Janesville, Wis.—*Althea Rood*
3 Solid Rock SDB Church, Tulsa, Okla.—
Kirk Looper
5-6 Baptist Joint Committee, Washington,
D.C.—*Rob Appel*
10-11 Mid-Continent Association, Boulder,
Colo.—*Looper*
15-16 Coordinating Leadership Team, SDB
Center—*all SDB execs*
24-25 Memorial Fund quarterly meeting, Alfred
Station, N.Y.—*Morgan Shepard, Appel*

24-25 Missionary Society Board of Directors,
Ashaway, R.I.—*Looper, Elston*
24-25 Safe Church Seminar, Ashaway—*Elston*
25 Board of Christian Education Directors,
Alfred Station, N.Y.—*Andrew Camenga*
30-1 Tract Council Annual Meeting, SDB Center—
Kevin Butler
30-31 Daytona Beach, Fla., 125th Celebration—
Gordon Lawton, Kersten

November

7 Agape SDB Church, Queens, N.Y.—
Lawton
7 "CPR," Lost Creek, W.Va.—*Butler, Appel*
13-15 South Atlantic Association, West Palm
Beach, Fla.—*Lawton*

KEVIN'S

ORNER

How does your garden grow?

Janet spent a lot of time outside this past spring, tending to her flower garden.

Okay, I could change that to “a lot of time over the course of months” tending to her flower garden.

Her desire to expand the garden has basically doubled the area of what has taken several years to look good in our back yard. This expansion has taken much planning: ordering the flowers, ordering the dirt, ordering the son to help move the dirt—but really, she’s done nearly all of the labor herself.

It’s still a work in progress and she envisions a blooming and colorful plot of land.

Think of the time and planning this expansion took. Choosing the flowers (and the company to order from); choosing the topsoil (and the nursery that delivered it); choosing the size of lawn to convert to garden—each step meant a decision, along with depending on the weather to cooperate.

She’s trying some new varieties of plants, so this could take a few more years to develop into what she dreams about at night.

Much time and effort has gone into this! And she loves doing it.

God “spoke the word” and the world came into being. I wonder how many times during this gardening process that Janet wanted to “speak the word” and have it come to pass instantly?

God “gave the Word” (His Son) and the Church came into being. He then entrusted His people to “tend” the Church until Jesus comes back to claim his Bride. This “tending” takes time and planning and patience to see it come to full bloom.

How’s the crop in your part of the garden? Are the flowers in bloom and the produce ready to harvest? Or do you need to do more weeding and tending?

The Lord doesn’t expect us all to have “green

thumbs” and have a picture-perfect plot of land. He does, however, call us to be faithful in the work.

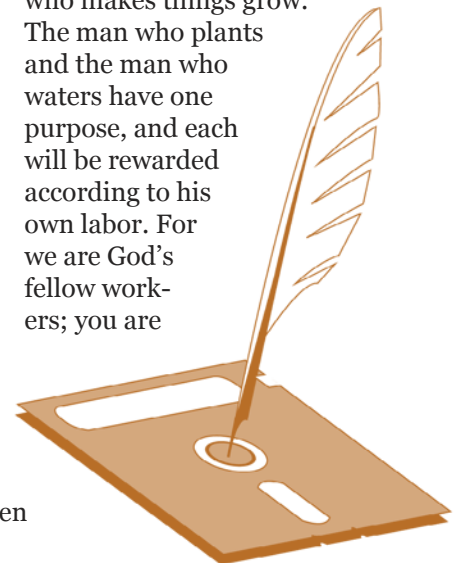
The apostle Paul explained it to the church in Corinth: “...the Lord assigned to each his task. I planted the seed, Apollos watered it, but God made it grow. So neither he who plants nor he who waters is anything, but only God, who makes things grow.

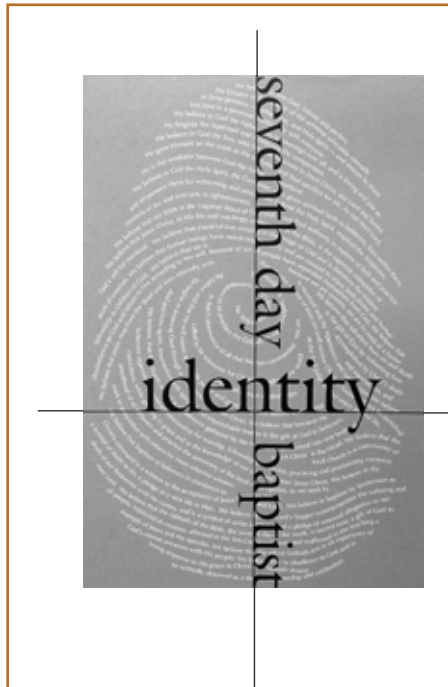
The man who plants and the man who waters have one purpose, and each will be rewarded according to his own labor. For we are God’s fellow workers; you are



God’s field, God’s building.” (1 Corin. 3:5-9)

May we all be found faithful and “blooming” when the Lord returns!





*We may have lost
our 'Distinctives'...
...but we've found
our 'Identity'!*

Seventh Day Baptist Identity

A very popular item at Conference, this colorful 32-page booklet is the perfect introductory study of what SDBs believe. Filled with Scripture references, each section follows our denominational Statement of Belief (included in the back of the booklet). The cover's distinctive fingerprint is actually formed with words from our Statement—a clever design by artist Pat Cruzan.

The new "Identity" updates and replaces our old "Distinctives" booklets.

Each copy is only 50 cents (plus 75 cents postage; e.g., \$1.25 for one). Please call us for larger orders so we can calculate the shipping costs. Or, go to our on-line store and the checkout system will calculate the shipping for you.

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