



The
Sabbath
RECORDER

Inside:

Resolve to
Dissolve Debt

Needs remain
post-Christmas

February 2010

News for and about Seventh Day Baptists



Just
waiting
for your
CAREER
to call?

(Advice from SDBs)



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.

For more information, write: The Seventh Day Baptist Center, 3120 Kennedy Road, PO Box 1678, Janesville, WI 53547-1678. Phone (608) 752-5055; FAX (608) 752-7711; E-mail: sdbgen@seventhdaybaptist.org and the SDB Web site: www.seventhdaybaptist.org



Visiting Orlando?

Join the
Kissimmee SDBs!
10:00 am Sabbath
School
11:00 am Worship
12:00 noon Meal

at St. Francis Anglican Church
2525 Fortune Road
Kissimmee FL 34744

Interim pastor
John Camenga 321-638-0456
Sister Donna
Brown Ducker 407-344-8763

Celebrating 100 Years

Frances Ellis, a member and deaconess of the Berlin, N.Y., SDB Church will be marking her 100th birthday on February 17, 2010. Frances now resides with her son and daughter-in-law in Florida and enjoys hearing from friends and family.

If you would like to remember her birthday with a card or note, please send to:

Frances Ellis
15 Cypress Loup
Lake Alfred FL
33850



Live 2 Love Cruise 2010

How would you like to spend five days with the love of your life and other SDBs who are committed to having marriages that they are thrilled about?

Perry and Linda Cain invite you to join them for a "Live to Love" Cruise, October 9-14, 2010. Perry pastors the Lost Creek, WV SDB Church and is a licensed counselor who specializes in marriage and family therapy. Learn from noted Christian authors



and marriage experts including Gary Smalley and Gary Chapman.

We will depart from Fort Lauderdale, FL on a Royal Caribbean Cruise liner and visit

Key West, Cozumel and CoCoCay Island.

For more info, call the Cains at (304) 745-4481, or Premier Cruises at (800) 889-5265 and ask for coordinator McKenzie Coates. Their website is PremierChristianCruises.com. We hope you can join us on this exciting journey!



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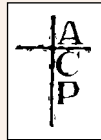


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So many choices...

Steps to finding your career path

by Stephanie Sholtz, Psychotherapist and counselor
Dodge Center, Minn.

“*Trusting that God has a path for us requires making Him a part of the whole process.*”



Choosing a career can be a difficult and confusing process.

Sure, there are a few people who seem to “know for certain” what they want to do from a very young age. Others, at some point in their lives, receive a clear calling from God that sends them down a specific career path.

More often, circumstances end up guiding the job choice; things like health concerns or needing flexibility in work hours.

But for many of us—especially those just starting out and those making big changes—the choice isn’t very clear. How do you go about deciding what career path is right for you?

“I have plans for you...” says the Lord

First and foremost, know that God has a plan for each of His children (Jere. 29:11) and that He has given us specific gifts and talents to use in His service (1 Corin. 12-14).

Does this mean that there is one perfect job for each of us?

While there are people who seem to have been “created” to have a cer-

tain type of job, keep in mind that some have a certain career for a specific season of their lives, and many people change careers at least once.

As we use and develop our gifts and talents, our skills improve. This often means a change in position or responsibilities. Likewise as we mature and learn more about ourselves, many gravitate toward jobs that emphasize their strengths and preferences. Sometimes these changes are minor and within the same general career area, but other times this growth and development can lead to a completely different career path.

If you don’t know where to start your career search, there are many ways to begin to discover your path.

Step 1: Pray

The first step in the process is to pray. Pray for God’s leading and guidance, and that He would close

and open the right doors.

Remember that the search for a career is usually a process. It’s not something that gets decided overnight, and there will be many times throughout your life that you will likely revisit your career decisions and make some new ones. It’s important to include God in the whole process.

It seems easy to look to Him at the beginning, or to check with Him toward the end when the decision is basically made. We often turn to the Lord when our job path becomes difficult or is blocked.

Once you have a vague direction, it’s easy to “take over” or to assume that we know what’s best and where God is leading. Personally, I know that He tried to show me the direction He had planned for me several times before I began to notice. I was headed down the direction that I

thought I was supposed to go, and wasn't looking back. Then I hit a roadblock, started listening again, and found that God had something else in mind for my life.

It's easy for us to assume or to think that we know all the answers. Yet trusting that God has a path for us requires making Him a part of the whole process and allowing Him not only to reveal a final decision, but also to direct the search itself.

As you go through the other steps, I would encourage you to regularly take your search results to God and spend time listening for His leading.

Step 2: Get to know yourself

The next step in the process is to think about or get to know yourself.

What kind of things do you like to do? This can include course subjects from school as well as interests and hobbies.

Try to consider all the different types of things you enjoy. You may find similarities among your interests. These are important to note as they can point out strong preferences.

For example, I enjoy cooking, sewing and graphic design. These may seem like very different interests, but my approach to all of them is similar. It is also similar to the way I approach counseling.

As you look at your interests, themes will likely emerge. These themes often reveal strong personal preferences or traits. Along with interests, consider your skills, personality and priorities. Think about different types of jobs and see if you could picture yourself doing that.

—Would you prefer an office job where you deal predominately with facts and numbers, or are you a real “people person” and need to interact throughout your day?

—Could you sit at a desk all day,

or do you need to keep moving, or are you the kind of person who really needs an outdoor job?

—Are you a leader? Are you good at working on your own?

Your personality and priorities play a large part in what type of career would be a good fit for you.

Step 3: Tools are available

If you are still unsure about your preferences, there are many tools available to help you assess what career area might be the most interesting and the most realistic. Most high schools and colleges have these



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 ”

tools, and many local or state job centers provide them as well.

One standard tool often used by career counselors is the Self-Directed Search (SDS), available on-line for a fee. It divides careers into six main categories and matches each category with a corresponding personality type. This is only one of the many tools you can use in your search.

Keep in mind that these tools and surveys are not designed to *make* your career choice for you. Instead,

they consider your personality and your skills and give you suggestions of potential career areas for you to research.

Step 4: Do your research

Many of us have a vague idea of what various jobs entail, but how much do we really know about the day-to-day details of the job under consideration?

It's time to do your research. Look up licensing standards, if there are any. Find out about necessary training or schooling.

As you narrow down your choices, and if possible, interview someone who works in the field you are considering. Find out as much as you can! The more information you have, the more informed your decision will be.

Research may also lead you to consider options that you might not have thought of otherwise.

Step 5: Try things out

If you are still unsure of what career path is right for you, then actually try different things.

If you're still in school, you may be able to get involved in a summer program or internship. If not, you may still be able to take a short-term or temporary position that will allow you to learn some new skills.

He has a plan

1 Corinthians 12:5-6 says, “There are different kinds of service, but the same Lord. There are different kinds of working, but the same God works all of them in all men.”

The important thing to remember as you explore your career options is that God created you specifically with your own set of gifts, talents, preferences and personality. He has a plan for your life—and that includes your career choices. **SR**

Small business— Big Ministry

An interview with private Mental Health Counselor Rod Noel, Corning, N.Y.

How did the Lord lead you to be a counselor?

Like any major decision, it was really a series of events that led to changes in the direction for my life.

The primary events occurred as a result of my participating in Summer Christian Service Corps (SCSC) for three summers. While working on the largest team (10 members) in the mountains of Colorado, I realized that I had some leadership skills and enjoyed helping others.

The experiences counseling at summer camps and Vacation Bible Schools reinforced this. Plus, receiving my lowest grade ever—in calculus-based Physics (*a D-minus!*)—also confirmed that maybe I should try another field of study.

What kind of training did you need?

In the middle of my sophomore year of college, I switched from chemistry to psychology. My first graduate experience was in seminary. I planned to be a “Pastoral Counselor” until I discovered that you had to actually be a pastor first.

Since I didn’t feel a calling to be a pastor, I finished that first year and worked for a couple of years in related fields.

Oh yeah, I met a wonderful SDB girl at General Conference in Arkansas—Melissa Snyder—and we got married. After a year or so of marriage, I graduated from a Masters of Social Work program at the University of Georgia.

Did you work in a clinic or office with other counselors? For how long? What was that like?

I had three different employment experiences before I started my own business.

I worked for five years in a private psychiatric unit for adolescents. When I thought I’d explore the world of social work, I became a case manager in public assistance for a year and a half in downtown Atlanta.

My last job in the public sector was as a school social worker in elementary and middle schools in Corning, N.Y. Each job provided good learning experiences but also challenges.

Working in large organizations with a lot of structure felt limiting. None of them allowed me to talk with clients about spiritual things, and I just found these organizations to be inhibiting. I like to work hard to get something done, but if I get done early, I don’t like waiting for a time clock to say I can go home.

What else made you decide to start your own business?

I also worked part-time for another outpatient mental health practice before starting my own business. It was difficult working two jobs for a couple years while starting a family, but it was necessary to be sure I had the skills, interest and drive to go it alone.



This experience helped to build my confidence and to realize that working for myself—even with the risks involved—would be much better than working for someone else.

Was it scary to strike out on your own?

It certainly was scary when I left my regular paycheck, good health benefits, and a secure retirement. I did it because the alternative of

very cautious about who I hire.

In the eight years I've owned my own business, ethical, moral and legal issues have come up. Doing the right thing and having faith that the Lord will guide and protect the business keep me from "going crazy" at those times.

Unfortunately I have had to engage the services of a lawyer on a couple occasions (nothing personal against the lawyers out there!). Faith and trust in God are very helpful in

cause they want an outcome I think is immoral and unhealthy.

I routinely do a spiritual assessment as a part of my treatment; this allows me to guide individuals to consider all aspects of their life for growth and change.

That said, it is a joy when a client seeks me out because I am a Christian who does counseling. Discussing faith and spirituality as part of the solution definitely feels more complete and hopeful.

“
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self-employment seemed more enjoyable and had the potential for a more rewarding long-term career.

I can still recall that my last day at the public practice was September 8th, 2001. After the terrorist attacks three days later, my fears were increased as the whole world seemed full of uncertainty. Having faith in God and the support of my family and church family that I was doing the right thing made the fears manageable.

How do you deal with insurance or liability concerns?

I pay for my malpractice insurance on a regular basis. I am also

those stressful situations. The lawyers were also helpful.

How does your faith in Christ impact your work?

My business is a private group outpatient mental health practice. I decided in graduate school that I didn't want to identify myself as a "Christian Counselor." I didn't get a degree in Christian Counseling from a Christian school, and I wanted the freedom to treat both believers and non-believers alike.

I will admit that it can be very challenging to provide therapy to someone who has significantly different values. There are situations when I cannot help someone be-

How has your work conflicted or helped with your keeping Sabbath?

Working for yourself simplifies the decision to not work on the Sabbath. In my business, the most difficult thing is that some who come to work for me express an interest in working on the Sabbath. It is common practice for therapists to work on a Saturday to accommodate their client's personal schedule.

I have told several therapists and psychiatrists that have come to work with me that I will not ask or allow my employees or consultants to work on my Sabbath in my business. I explain this by saying that I need a day of rest, and if someone is working in my business on Saturday, it is difficult for me to rest.

Any final thoughts?

I don't make a big deal about my faith in my workplace, but the people who work for and with me understand it is important to me.

For me, being self-employed makes it easier to share my faith and simply "do ministry" in the workplace. **SR**

Here's Proof!

The World of Graphic Design

by Luis D. Lovelace, Cartersville, Ga.

What is a graphic designer? Basically, a graphic designer—or graphic artist—is the person who creates a visual solution to a communication challenge.

It's the graphic designer's job to find the best way to present a message or product in an attractive "package" before a certain audience—sometimes a very specific audience. Their skills are used in the design of newspapers, magazines, journals, corporate reports, books, and other publications for print and internet.

Designers also help create the packaging art for products, promotional displays, marketing brochures and advertising for products and services, logos for products and businesses, and "environmental graphics" such as posters, banners, billboards and signage. The skill of a graphic designer shows in how they use the basic elements of color, type, illustration, photography and even animation to compose a "presentation" that effectively communicates an intended message.

Although formal training is available through college degree programs as well as private design schools, I am "self-taught" as a designer. My "school," aside from a few books, was primarily studying the work of others and developing an understanding of composition, the use of typography, and color.

In my youth I would always hand-create posters and banners; I studied and taught myself calligraphy; and learned from the artwork of

Leonardo DaVinci and other master artists.

Motivated by my talents (and the encouragement of friends), I landed a job as an illustrator for the printing department of an interior decorating firm. There, I "learned the ropes" of pre-press (preparing art for press) and printing. Since then, and a few companies later, I have worked as a



graphic designer for over 20 years in the printing and publishing industry. Although my greatest joy and fulfillment is living out my calling—as pastor of an SDB church—I am thankful that I can use my artistic gifts to support my family.

Computer and software advances have made CAD (Computer Assisted Design) technology applicable to many fields. A person with little or no experience, but with at least some cash, can purchase a computer system and the right software package to experience the world of design—from audio and video editing, to designing for print and internet.


Of course, even though computers and software make the work of de-

signing easier, the most expensive system will not make anyone a good designer. That must come from the mind and talents of the user.

The "business" end of my profession consists of meeting with clients; discussing ideas and agreeing on terms and fees; providing preliminary compositions; the proofing of designs; incorporating more ideas and information; the reproofing and revising; communicating with commercial printers; preparing the final artwork; getting client approval; sending final artwork to printer for production; review printer proof before production; submitting and collecting my fees...

Did I mention proofing? Every client is different, and sometimes I need to educate them on aspects of the process in order to avoid misunderstandings or false expectations. For example, a client must understand the importance of carefully reviewing the work for errors (that's spelled *proofing*) since they bear the final responsibility for its accuracy.

I should also say that the "fun" end of this profession—actually engaging in design work—is not always fun. Sometimes a deadline means long days (and nights) in front of my computer. When I don't like my own designs I need a break to look for fresh ideas.

But because I enjoy the challenge and pleasure and artistic expression of this field, I put up with the not-so-pleasant moments that may come along, and deal with the "chores" so I can get back to the joy. 

“Why not be a teacher?”

by Jim Skaggs, Madison, Wis.

In the film of Robert Bolt’s play *A Man for All Seasons*, a young friend asks Thomas More for a place at Court. More tells Richard Rich that he won’t give him what he wants but that he may have another position for him:

Rich: What post?

More: At the new school.

Rich: A teacher! ...

More: Why not be a teacher? You’d be a fine teacher. Perhaps a great one.

Rich: If I was, who would know it?

More: You! Your pupils. Your friends. God. Not a bad public, that.

One of the great affirmations of the Protestant Reformation was the “priesthood of all believers.” Along with that was the realization that the idea of “vocation” applied to all believers, not just those ordained to holy orders.

Our lives cannot be compartmentalized. Our work—how we earn our living—is in service to God, just as every other aspect of life. Whether we gain wide acclaim is irrelevant. What matters is whether we are faithful. Who will know? “God. Not a bad public, that.”

I didn’t come to that realization right away. For as long as I can remember I had planned to be a teacher. But I saw teaching as something I thought I could do well that would provide me with a living, not as a calling.

In fact I became a public school teacher rather by default because I feared the kind of debt I would incur by continuing in graduate school. In 1970 I put out my credentials



(teachers were in short supply then) and was contacted by a principal in Madison. I taught in that school district—secondary history and political science—for 35 years.

I was a mediocre teacher when I started, making serious mistakes—especially in disciplining students. But I learned from my mistakes and eventually achieved a certain competence.

I learned very little of value in the education courses I was required to take. Teaching is as much an art as a skill, and perfecting the art is largely a matter of trial and error.

Each teacher needs to discover the style that works for him or her. I always told my student teachers to commit to at least four or five years before deciding they couldn’t do it.


What makes a good public school teacher? You need to like kids and love your subject matter. Most stu-

dents will do just about anything a teacher asks if they believe the teacher cares about them, knows what he is talking about and teaches it well. That means knowing your subject thoroughly, and that means reading a lot. The easiest way to earn the contempt of adolescents is to pretend to know more than you do.

The best teachers are those who can convey what is most important clearly and interestingly—and that is almost impossible if you are always operating at or close to the limit of your knowledge. Otherwise what makes a good teacher is what makes any good person: integrity, the willingness to admit error, intolerance of cruelty, a sense of proportion and good humor, meeting your commitments and obligations punctually, “doing unto others,” etc.

These days in the public schools there is much less opportunity for Christian teachers to talk freely about our faith than was true even a few decades ago. Nevertheless, I found (at least in high school) that if the subject came up naturally as part of the curriculum, or in student-initiated discussion, talking about faith was possible—if the subject was approached descriptively, if disagreement could be freely expressed, and nobody felt pressured.

The most important witness a Christian teacher can make in a classroom, though, is behavior consistent with belief. For high school students there is no greater sin an adult can commit than seeming to be hypocritical.

“Be a teacher.” It is an honorable profession. And your Sabbaths will almost always be free. 

Be faithful—God will provide

My road(s) to toxicology

by George Cruzan, Shiloh, N.J.

If you are looking for God’s career path for your life, don’t look too far into the future. While God knows how He wants you to serve Him, He usually doesn’t lay out the path for your whole career all at once.

When preparing for college, I was interested in science, but chose The King’s College over others so I could participate in their choir. I tried out for and was accepted into the choir, but I never sang with the group because my science lab courses were at the same time as choir practice. So much for my “plan.”

With a bachelor’s degree in chemistry from The King’s College and an agricultural background, I was accepted into Purdue University’s grad school. After arriving at Purdue, the biochemistry department had no record of sending the advertising flier to King’s that had led me to apply. Strange how the Lord works, isn’t it?

After obtaining a doctoral degree in biochemistry, I taught in the chemistry department at King’s for four years. We were living about two hours from the Plainfield, N.J., Seventh Day Baptist Church. The Garden State Parkway had relatively light traffic on Sabbath mornings, so we made the effort to attend an SDB church.

The Lord then led me to the Animal Health Research Department of the Rohm and Haas Company in eastern Pennsylvania. Three years later, R&H decided to get out of the animal health business and my job was terminated along with about 50 others.

God had prepared for me to transfer to the Toxicology Department at R&H, and I remained there for four years. Several members of the Plain-

field church who lived north and west of the city decided to start a new SDB church and we became charter members of the Raritan Valley SDB Church.

In 1980, I moved to the Toxicology Department of Mobil Oil—about 10 miles from our house instead of the 30 miles to R&H. In 1995, God arranged for me to leave Mobil and start my own consulting company called ToxWorks. Five years later we moved to Shiloh to get away from the crush of developments in northern New Jersey and soon discovered that God wanted us to move because my parents needed our help.

So what does this have to do with a career path for those just starting out?

1) God provides for new experiences and professional growth if we do our part. Our part includes getting an education, seeking God’s will, and trying to live for Him.

2) Don’t expect that in high school or college you can chart a career path that will work for your entire lifetime. On average, people have five different careers (not just different jobs in the same career).

3) You may have what you think is the “ideal” education and job, and get excellent performance ratings in that job, but the position may suddenly disappear because of situations that have nothing to do with you. Yet God is faithful in those situations.



A career is an opportunity to earn money to pay the bills so you can serve God—both to witness to those around you on the job, and for tasks God has for you off the job. Remember that people get more from what you do and say than how you preach at them.

God has many tasks for each of us. In addition to the career experiences, God called me to serve on the board of the American Sabbath Tract Society (1973-1982), and president of the General Conference in 2003. I have been a trustee of the SDB Memorial Fund since 1975 and currently serve as its president. I’ve been a deacon at both the Raritan Valley and Shiloh churches. I have also taught Sabbath School classes in both churches.

I don’t have space here to talk about God’s provision of my wife and family, but these are important tasks God gives us as well. I have turned down job offers because they were not near an SDB church, but God provided better career opportunities where He has placed me.

If you put God ahead of career opportunities, He will provide the career opportunities. **SR**

Are we really who we say we are?

by Steve Moncrief, Shiloh, New Jersey

As Seventh Day Baptists, we say that we are followers of Christ. We say that we want to be like Him, and want to spread the Gospel at home and abroad. But do we?

We say that we believe in the Bible and in its teachings. But do we?

Are we really interested in what the Bible teaches or are we simply satisfied sitting in a church service once a week in a comfortable building, putting a few dollars in the collection plate, and then going home feeling that we have done our thing?

I look at the SDB Budget and see how it's always in trouble. Why? I look at our mission fields and don't see anyone going out to share the Good News. Why?

Is it because we don't care? Is it because we are content in our comfortable buildings? Is it because we don't take the Bible's teachings about tithing seriously?

You might say, "But we are small denomination." Yes, but why? It's all up to us—you and me.

The Bible teaches (commands) us to give a tenth of what we have back to the Lord. How many of us do it? If we don't, we are actually stealing from God because it belongs to Him.

This doesn't mean that we take part of it and give to another work. The Church is the work of God and we are His hands and feet. If we, His people, don't do it, it won't get done.

Take a look at yourself and look at your local church and see how you are doing. Sometimes I hear comments about not having missionaries on the field, but if we don't support them with funds how will they ever get there?

I would challenge every Seventh Day Baptist to take a look at your giv-

ing, step out in faith and give at least one-tenth back to the church. I guarantee that if we do, our local churches and our denomination will be blessed beyond our wildest dreams. Our churches will grow, our denominational budget will prosper and we will send our own missionaries to spread the Good News of Christ around the world.

This fall I had the privilege of getting to know a dedicated SDB family that is willing to serve the Lord on the mission field in Lesotho, Africa. Seventh Day Baptists don't have a place or the funds to send them so they are planning to go through the Africa Inland Mission organization. The Bentzes have given up everything, willing to serve the Lord in this way, but they need our help.

If you were at Conference in Lancaster, Pa., this past summer, you had the chance to meet the Bentz family or at least know of their desire to serve the Lord. This fall they traveled from church to church to raise

funds for their trip. Their departure has been postponed to give them more time to raise the funds.

WE can help! They are asking for a commitment of \$10 a month for their two-year mission. Will you give \$10 a month (that's about 33 cents a day) for them to serve? They are giving everything—can you give \$10 each month?

There is no doubt in my mind that we can come together and make this happen. I know that if we do, we will be blessed, the Bentzes will be blessed, and most of all, the people in Africa will be blessed.

That's a lot of blessing! But it all hinges on our willingness to love, obey and serve our risen Lord. What would Jesus have us do? When you decide, do it. **SR**

Please make your check out to Africa Inland Missions and mail it to:

**Mark and Linda Bentz
PO Box 194
Milton WI 53563**

MATCHING
Funds For
MALAWI

Malawi has 140 SDB congregations, but only 41 pastors. These men are faithfully and selflessly serving the Lord.

The Memorial Fund trustees have voted to help these leaders and their children. Between now and the end of July 2010, donations given toward Malawi will be matched, dollar-for-dollar by the Memorial Fund. The gifts will provide funding for the secondary education of pastors' children, and will purchase bicycles for the pastors to reach their churches and people.

Individuals, families, or churches can see their giving doubled, and lives in Malawi can be changed forever.



A Heart-Healthy Lifestyle

by Barb Green, Parish Nurse
Milton, Wis.

February is designated “Healthy Heart Month”—appropriate as we celebrate Valentine’s Day.

Every year, 1.5 million Americans suffer a heart attack. About one-third (500,000) of them die, making heart disease the number one killer of both men and women. Knowing the risk factors can keep you from becoming a statistic.

“Uncontrollable” risk factors include AGE (men over 45 and women over 55 are at increased risk), GEN-
DER (men develop heart disease earlier than women), and FAMILY HIS-
TORY especially if family members developed heart disease before 50.

“Controllable” risk factors include smoking, obesity, physical inactivity, high blood pressure, high bad cholesterol (LDL) or low good cholesterol (HDL), and diabetes. By choosing to live a healthy lifestyle, you can prevent or delay heart disease. By maximizing your controllable risk factors you also limit your risk from the uncontrollable ones.

Here are some tips to help you do that:

Maintain a healthy weight.

If you are exercising and watching what you eat, you are on your way to achieving this goal. Being more than 50 pounds above your desirable weight puts you at high risk for heart disease.

Eat a nutritious, well-balanced diet. Eat small, evenly

spaced meals with a variety of foods that aren’t high in simple carbohydrates and saturated fats. Eat at least 25-30 grams of dietary fiber each day—preferably from whole grains, fruits, vegetables and legumes.

Control your blood pressure.

Normal pressure is less than 120/80. High blood pressure nearly triples a man’s risk of having a heart attack and more than doubles a woman’s. Poor eating habits and physical inactivity contribute to high blood pressure, forcing the heart to work harder thus slowly wearing it out. Reduce sodium intake to 2300 mg (1 tsp) or less per day. If you drink alcohol, do so in moderation (only one per day for women; two per day for men). Know what your blood pressure reading is.

Control cholesterol. A low-fat, low-cholesterol diet and engaging in exercise can lower cholesterol levels. Such foods include baked, broiled or poached chicken and turkey (without the skin); fish; lean cuts of meat like round or sirloin; skim or 1% milk; low-fat, low-sodium cheeses; fresh, frozen or canned fruit; fresh, frozen or canned vegetables (without cream or cheese sauces); and whole grains. High cholesterol roughly quadruples heart attack risk. Bad cholesterol (LDL) carries fats into the artery wall, and good cholesterol (HDL) carts it away. Total blood cholesterol should be less than 160—HDL greater than 60 and LDL less than 100. If you don’t know your num-

bers, have them checked when you see the doctor.


Prevent and manage diabetes.

Genetics and lifestyle factors such as obesity play a role in diabetes. Diabetes quadruples a woman’s risk of having a heart attack and doubles a man’s. Like smoking, it causes platelets to stick together, resulting in scores of tiny clots. These clots clog the microscopic blood vessels that feed nerves and arteries which is a key reason diabetes destroys circulation. It also raises the level of harmful fats in the blood. Diet and exercise are key factors in modifying this disease.

Quit smoking. The tar, nicotine, and carbon monoxide mixture in tobacco smoke increases the risks that your arteries will harden, restricting blood flow to the heart.

Minimize stress. Stress speeds up the heart rate, making it more likely for those with heart disease to have a heart attack during times of stress. Find a way to reduce stress that is not food-related. Exercise helps.

Did you notice a theme running through this? A lifestyle that includes exercise and healthy food choices also protects your heart. I’d like to think that as Christians we are also spiritually protecting our hearts as we read His Word, hide it in our hearts and listen when He speaks.

Have a heart-healthy Valentine’s Day and stay around a long time for those you love. 



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

SCSC trains leaders

by Michelle Crandall, SCSC Committee member, Milton, Wis.

Homesickness, long hours, exhaustion, unruly campers—this is the life of young adults in Summer Christian Service Corps (SCSC). Why would they be willing to give up their summer for these unusual rewards?

Because the benefits far outweigh the negatives. Leading another person into a relationship with Jesus Christ; helping a young Christian develop maturity; the joy that comes from serving others; leadership development—these are the reasons many in our denomination choose to serve in one of our churches.

SCSC does not just serve churches, but it has made leadership development a priority. We don't just ask, "What can we do for you?" We want to know, "How can we help you while providing servant leadership training for our young adults?" We want to encourage local churches to provide a variety of leadership training opportunities for our SCSCers.

Traditionally, our projects have involved camp or Vacation Bible School (VBS). While these are wonderful opportunities, we look for other areas for training. Perhaps the local church could consider a service project, or maybe the team could help start a new ministry in the church or community.

Recent projects include serving in homeless shelters, door-to-door advertising and outreach, painting and adjusting ballast in fluorescent lights, prayer walks and more.

Katie Brown from Texarkana, Ark., served in Colton, Calif., last summer with Mike Farrell from New Auburn, Wis. She writes:

Three weeks in sunny California may seem like a breeze but it turned out to be three very rigorous weeks as we served at a homeless shelter, did door-to-door outreach, and then led a VBS/day camp located at a water park.

The church was small, so I was hesitant to believe that the two of us would make that much of an impact on their church or community. I knew God was powerful but I had doubts in my own strength.

The first week changed my attitude when we helped prepare and serve breakfast at a homeless shelter in downtown L.A. I saw hundreds of men, women and little children who needed food and a place to stay.

It broke my heart to see them all with no place to go. I wanted to help them, but then realized that *I was* helping them.

We helped serve over 400 people each meal, so we served over 1,200 during the three days. God was showing me there are "big jobs" out there He might call us to, but He is powerful and we just need to have a servant's heart.

The next week we spent in outreach in the Colton area. We gave away over a thousand items with church info and VBS cards in the hope that people would check out the church and maybe some children would come to VBS the next week. Each project was covered with prayer and we let God take care of the har-

*SCSC team members
of the 2009 season.*



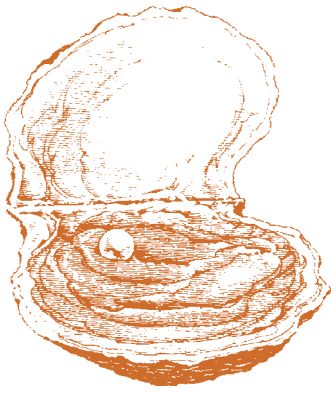
vest. We were just there to sow seeds and be servants.

When Vacation Bible School began, we expected at least six kids, maybe 12 at the most. We were shocked to see 17 show up the first day! We thanked God for the turnout and came back the next day to have 34 children! The number had doubled.

I know it's not all about numbers, but we were so excited! We had given everything to God in prayer and He really came through and showed us it was not by our strength, but by His.

God is powerful and prayer is powerful. There's nothing too big or small for Him to handle. The small number in Colton in some way touched not hundreds but thousands of lives this summer. That is amazing to me, and I know it's only because of my amazing God.

Please consider how your church can become involved in training the next generation like Katie! Contact the SCSC Committee at 720 East Madison Ave., Milton WI 53563, or call 608-868-2741. Applications are at the Women's Board website: sdbwomen.org. Also check out YouTube for a video of SCSC. **SR**



Historian added to String of Pearls

Rev. Don Sanford left this life for his eternal reward in March 2009. Because it was his nature to write and work ahead, Don had left a year's worth of "Pearls" for use in the Recorder.

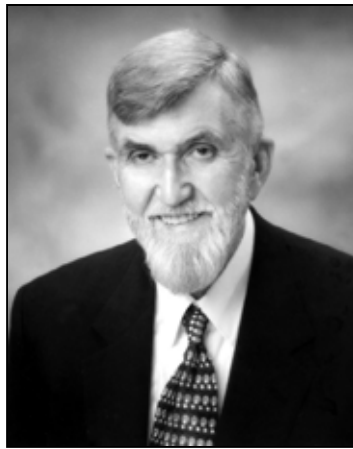
This is the final addition to Don's string of Pearls, found in his office after his passing. Apparently, he was keenly aware that his column would need to have an end, and as a conscientious writer he wanted to have the final word.

Don Sanford's contributions to the life of Seventh Day Baptists stand on their own merits, and now his own legacy is added to the string of Pearls. —Nick Kersten,
Librarian-Historian

This may be the final Pearl in the necklace that has been forming over the past 22 years dating back to the March 1987 issue of the *Sabbath Recorder*.

As I look back over the years, I think about one outstanding grain of sand around which a pearl was formed. When I first felt the call to some form of ministry, my mother showed me a letter that Rev. T.J. Van Horn—pastor of the Piscataway, N.J., SDB Church—wrote to her. It was after the death of her father that came two days before I was born at the Sanford farm in Little Genesee, New York.

In that letter he wrote:



Rev. Don A. Sanford

"[Your son's birth] seems to me a happy coincidence to alleviate in some manner the sadness you feel at your father's departure. I cannot claim the vision of the Lord's prophets of long ago, but no one can deny me the hope that this little son born to you may be the longed-for leader of our people out of their present wilderness of doubt and indifference to joyous and exhilarating victories and accomplishments for our special mission as Sabbath keepers, a prophet that shall lead us to the vantage point of clearer vision and deeper consecration. Will you encourage us to pray for this?"

I was born during the theological debate between the Fundamentalists and the Modernists. The *Sabbath Recorder* was viewed by some as leaning more towards the modernist position, while the *Exponent*, published by the SDB Bible Defense League, represented the fundamentalist element.

While strong family ties and the

Sabbath distinctive avoided any split of the Conference, the theological differences remained after it was supposed the controversy ended, and I had to be aware of that in my writing.

Some 56 years later when the General Conference moved its administrative offices from Plainfield, N.J. to Janesville, Wis., and before I became historian, I was a trustee of the Conference and one of the three signers of the Conference's document of incorporation in the State of Wisconsin. I was also closely involved with the settlement of the new quarters.

In sorting some of the papers, I discovered that my grandfather, Alberne Burdick, had written to the Conference at the time when the Plainfield SDB Building was under construction. In that letter he stated that he did not have money to donate to its completion, but as a carpenter by trade he offered to install shelving in the new building.

I could not fail to notice that I used what carpentry skills I inherited to convert numerous coat closets at the Janesville Center into shelving areas. I also built the 12:1-inch scale model of the Plainfield building, including scaled bookshelves, which now stands in the Center's museum.

I have been blessed with a rich heritage. At times, I have thought that perhaps instead of using my normal signature of Don A. Sanford, I should have signed it "D. Alberne Sanford," paying tribute to one who for over four score years had both direct and indirect influence on my ministry among Seventh Day Baptists and beyond. **SR**



Resolve to Dissolve Debt

by Donald Graffius, New Enterprise, Pa.
SDB Memorial Fund trustee

It's not too late to start a new resolution for 2010: **Get out of debt.** Perhaps you overspent during the holidays and now you're experiencing the "mourning" after!

Getting out of debt begins with a financial resolution and a plan called a budget.

In Proverbs 21:20 we read, "The wise man saves for the future, but the foolish man spends whatever he gets" (TLB). The first step in creating a budget is to **record your income and spending** for 30 days. This will help you determine what you are actually earning and spending.

You will need to carry something with you when you are away from home to record expenditures. On receipts, write down what it is you purchased. This will help you divide your spending into categories such as housing, food, entertainment or recreation, clothing, medical, etc.

Next, **prepare an estimated budget.** Find a budget book, or consider software available from Crown.org or Quicken. Some large internet banks now offer free budgeting software like Zion Bank's ez-budget.

In setting up your budget, remember to **honor the Lord with a tithe.** After all, what you have does not really belong to you! It

has merely been lent to you for a short period of time until you move on to eternity.

It's also important to **create an emergency fund** of \$1,000 or one month's living expenses. Unexpected illness, car breakdowns, or a job loss can happen any time.

Your next goal should be to **pay off credit cards.** Again, from Proverbs (22:7)—"The borrower is servant to the lender."

If you have \$5,560 in credit card debt at an 18% interest rate, you'll pay \$1,000 per year in interest. You need to add an additional amount to the minimum payment and put it toward the principal balance every month. And don't be late or you will be socked with late fees (which now account for 30% of credit company revenues). I don't believe these companies have your best financial interest at heart!

After the cards are paid off, the next goal is to **pay your consumer debt** such as auto loans, student loans (Sallie Mae isn't a very good roommate), and consumer loans for appliances or furniture. The goal is to "keep out of debt and owe no man anything" (Romans 13:8).

Start SAVING. Increase your emergency fund to three-months' expenses, then begin to save for major purchases (home, auto). Save for retirement by participating in your company's savings plan or 401(k). After a retirement

plan is in place, begin saving for your children's education.

You can certainly save in many areas, including eating out. Reduce your restaurant expenses by \$20 per week and you will save more than \$1,000 a year. Invest that \$1,000 at 6% interest every year and you'll have almost \$40,000 in 20 years. At a rate of 10% your investment will total over \$60,000.

Don't be discouraged if the amount you can save is small. When my wife and I were first married we could only save \$25 per month. It didn't accumulate very fast but the point was we started saving and it was persistent. "Steady plodding brings prosperity" (Proverbs 21:5).

Beware of speculative investments. If it sounds too good to be true, it probably is! Diversify your investments in savings accounts, money market accounts and stock mutual funds.

Finally, if you own a home or plan to buy one, work to **pay off your mortgage** more rapidly than scheduled. We did this by adding a few extra dollars to the regular monthly payment, and that was applied to the unpaid principal. This can save significant amounts of interest and reduce the term of your mortgage.

This will take time and commitment, but God is the owner of everything; we are to be faithful stewards of all He entrusts to us. Be content with what God has provided! **SR**



A history lesson on SDB education

The SDB Board of Christian Education will mark its 70th birthday this year. On June 12, 1940 a new organization was born to consolidate the Seventh Day Baptist pursuit of excellence through education and training.

This birthday prompted me to think about the events that led the Board of Christian Education (BCE) to take the shape it has now. Before the Board came to be, this pursuit was divided among three organizations: the Sabbath School Board, the Young People's Board, and the SDB Education Society.

The oldest of these groups—with roots reaching back to before its New York State incorporation in 1856—was the **Education Society**. This society formed the heart of our pursuit of higher education by promoting the value of a college education, raising funds to sponsor denominational colleges, and maintaining a school of theology.

The middle group, created in 1872 by the General Conference, was the **Sabbath School Board**. This group worked to organize Sabbath Schools in our churches, promoted better teaching and teaching methods in those Sabbath Schools, and published materials that encouraged Bible study. Initially, the Board was a standing committee of the Conference staffed entirely with volunteers. By 1908 it had a full-time employee

and full legal status as its own corporation. Its two primary centers of operation were Milton, Wis., and New York City.

The youngest group, the **Young People's Board**, was created by the Conference in 1889. The methods and organizational model were very similar to those of Christian Endeavor: an organized effort to make “young people more useful in the service of God and more efficient in church-work, and thus establish them in the faith and practice of the Gospel” (*Francis E. Clark, Christian Endeavor Manual, 1903*).

While volunteers from across the Conference were important to making this group work well, young people in the Battle Creek, Mich., church took the lead in having a profound impact in the Conference as they led the group from 1918-1934.

Each of these groups carried a vision of training, education, and useful Christian living that focused on a relatively narrow slice of the overall ministry of educating Christians. By the late 1930s, these three groups realized that they could better use time, energy, and other resources if their efforts were combined and balanced.

With the approval of General Conference, the SDB Board of Christian Education, Inc. was created with a certificate of consolidation, bringing the focus, vision and responsibilities of the separate organizations under

one umbrella. And with that, a new group—and new history—was born.

In the first 30 years following the consolidation, this Board and the Conference struggled with the demographic and financial reality that our denominational colleges were becoming less and less “ours” and that our School of Theology could not be sustained.

When it became evident that we had to close the School of Theology, it also became evident that the Conference needed to have a group of people focused specifically on pastoral training. So, the General Conference created the Council on Ministerial Education and worked with the BCE to determine which of its responsibilities and financial resources were associated with pastoral education and to yield those to the new Council.

In broad brush strokes that ignore way too much detail, those are the big events that gave this Board the shape it has now. I am awed to think of the 154 years of history that this Board represents, and I am also awed by the 70 years of ministry directly connected to this incorporation.

However, the awe comes not from long life. It comes because those years represent thousands of hours and thousands of lives that have been divinely touched and transformed by the people of this Conference—people who have allowed this Board to be a part of how God works among Seventh Day Baptists. **SR**



FOCUS on Missions

Needs remain post-Christmas

by Kirk Looper

This is taken from a blog we did for Kirk in early December. The needs are still present.—Editor

Some of our churches take an offering toward a “White Christmas Gift”—a special time for a special boost for a special need.

The SDB Missionary Society compiled a “White Christmas List” of needs of our sister Conferences and churches around the world. It is not an easy task to decide where to send funds.

Here is a brief look at the list for 2009:

Medical:

- Need for medical supplies and equipment in the Cameroon. They ran out of serum and medicines for wounds. Their clinics have many with HIV/AIDS. Many children get sick and are weakened due to lack of proper medication.
- The hospitals and clinics in Malawi are always in need of supplies and equipment in their medical work. They are looking for funds to help with beds. They could use a newer ambulance to help with the work there.
- Other needs for the medical work in India and the Philippines.

Schools:

- Several of our Conferences have schools connected with the churches. Needs are for teacher salaries,* furniture, basic school supplies, chalk or marker boards, and money for uniforms. In some of the schools the students use a small lap-sized slate for practicing penmanship and math. This saves on the cost of paper.
- Schools in Uganda and Burundi are without roofs and some have no building at all.
- Uniforms worn by students distinguish them as coming from certain schools. It is a matter of pride for them to wear a specific uniform. They cost between \$10-15.

In some countries the schools require uniforms. In most of the schools that are run by SDBs, the Conference has a person who sews the uniforms.

- Like last year, we continue to believe that education for children controls their future. The educational needs in most of our Conferences and churches are paramount.

Family needs:

- Cooking pans and utensils, carpentry tools, clothing and blankets.
- Funds to purchase equipment and supplies to start businesses for the women. Whether the vocation is sewing, cooking, cleaning, or secretarial, they all need equipment to do the job.
- Blankets and warm clothes for children are needed in all the countries. In one of the countries Kirk visited, many of the babies died of exposure. The blankets and warm clothing will help a lot. The clothing also protects the babies from mosquito bites that carry malaria.

“
The blankets and warm clothing will help a lot. They also protect the babies from mosquito bites that carry malaria.
”

Transportation:

- To teach the women in the village in areas of evangelism, childcare, and home nursing. With funds for better transportation, teachers can spend more time with the women and less on the road.
- For the General Secretaries to reach the remote villages to help organize, develop, and teach the congregations.
- Bicycles (range from \$100 to several hundred dollars) are needed for the pastors and leaders.

The Missionary Society has many more details of these needs. You may call them at (401) 596-4326, or e-mail them at sdbmissoc@verizon.net. Thank you for your kind consideration.

You may send your gift to the SDB Missionary Society, 19 Hillside Ave., Ashaway RI 02804.

** Even though the teachers in most of the schools earn only \$50 per month or less, the Conferences cannot rely upon the students' families to pay these costs. Several of the schools are many months behind in paying their teacher salaries.*



the BEACON

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

February 2010

Blizzard of 2009

by Dakota Watt, Beacon editor

As I am writing this, the Washington, D.C. metro area is buried under a pile of snow that newscasters are calling a “massive, historic” storm. This 16 inches of fluffy whiteness has been referred to as “snowzilla” and “snowmageddon.” Our Sabbath services and the area Sunday services were cancelled as the snowplows tried to keep up.

This is the first storm where I have been old enough to be expected to do most of the shoveling. When I was a kid, snowstorms were all about fun! Sledding, snowball fights, snowmen, snow forts, homemade snow refrigerators and snow ice cream were the plans for the day. I looked forward to snow days—the lack of school and abundance of hot chocolate.

As the snow came down and began to pile up in the backyard, my sister and I went outside to have our traditional roll in the snow with no shoes on—I even left off pants this year—just to enjoy the snow as it fell. We quickly realized that those old ideas were stupid and retreated to the house—pushing my sister down twice in the process to get to the warmth.

Now, I am awakened with “Get your boots on!” All of a sudden, snow days have become about work.

“Help me dig out the car.” “Now let’s do the sidewalk.” (And it’s funny how “let’s” really means “Dakota.”)

“I don’t want Mr. Sweeney to have

“

I get to do the fun stuff in a snowstorm, but also have responsibilities that I find to be enjoyable as well.

”

another heart attack. Let’s go help him” “Mr. Warren shouldn’t be doing that by himself. He’s old.”

“I’m not going to do any more, but you can help her if you want to.” Amazing how that worked out! After doing the concrete surfaces that belong to us, I began to enjoy helping other people with their surfaces.

It’s kind of cool being an older youth. I get to do the fun stuff in a snowstorm, but also have responsibilities that I find to be enjoyable as well.

This is how it is growing up in a church. When I was little, church was all about coloring, doing crafts, hanging out with my friends and the food. (I like food.) Then, all of a sudden, it became about work.

“Get your Bible, Dakota.” “Do your Sabbath School lesson.” “You’re worship leader this week.”

“I don’t feel good, Dakota, so can

you sing in the praise band for me?” “Do the children’s message during Youth Sabbath, please.”

“Carry those tables for fellowship meal. Don’t forget the chairs.” “Don’t make Mr. _____ do that; he’s old.”

But an amazing thing is happening. The more responsibilities I get in church, the more I enjoy doing them.

It’s kind of cool being an older youth. I get to do the fun stuff in church, but also have responsibilities that I find enjoyable as well.

God has plans for each of us to participate as a member of His church family. Romans 12:6 says, “We have different gifts, according to the grace given us.” God gives all of us things that we can do well, whether it is singing, preaching, worship leading, teaching, or table carrying.

If we do the work He has called us to do—even if we may not want to at first—before we know it, an amazing thing happens and we find that we really enjoy doing what God wants us to do.

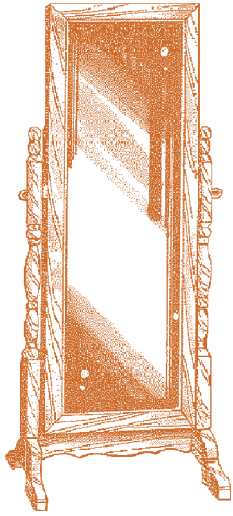
What has God called you to do in your church? Are you doing it?

“Yes?” Isn’t God’s work amazing?!

“No?” Why not? Better get busy for Him. **SR**

The Youth Issue is coming up soon!

Please send me articles at dakota.watt@yahoo.com so the youth issue won’t be lame.



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

"Happy Holidays"?

"Whoever acknowledges me before men, I will also acknowledge before my Father in heaven. But whoever disowns me before men, I will disown him before my Father in heaven" (Matt. 10:32-33, NIV).

Two months ago, I attended a pair of school "December Programs." Kindergartners and 1st graders put on one of the concerts, and 2nd and 3rd graders the other.

I smiled broadly as I listened to those angelic voices singing about snowflakes, turkeys, candles and peace, and traveling "over the river and through the woods" to grandmother's house. They even belted out Woody Guthrie's 1940 song, "This Land Is Your Land."

The school's music director did an excellent job teaching those songs, along with fun hand-and-body movements. I was especially impressed by how disciplined and respectful the performing kids were.

When some of the students started getting antsy and began chattering, the music teacher simply held one hand in the air and gave them "the look." Immediately, her charges were as quiet as church mice.

At one point, several of the kids stepped forward on the stage and accompanied one of the songs by striking their arms with "boom whackers"—plastic tubes of various colors and lengths that created dif-

ferent pitched sounds. While listening, I thought of some of my own "high-tech" grade school instruments, like the wooden blocks with sandpaper stapled to them.

Although I enjoyed the musical programs, my delight was tinged with sadness. "Political correctness" was all too apparent.

The gold-glitter letters the kids held high above their heads proclaimed "Happy Holidays." That well-known song "Oh Christmas Tree" was first sung in Spanish, then English. The original German version, "O Tanenbaum," was nowhere to be found.

I realize that societal rules are in constant flux, and that cultural sensitivity and diversity are among the newest watchwords. All of which is good, when kept in perspective.

But what about respect for traditions—especially Christian ones? Whatever happened to *reasonable* guidelines and plain common sense? Why should the views of a few override the views of the many? Has the word "compromise" been totally driven out of our lexicon?

My son, who lives near Denver, reported that his daughter's holiday concert included religious songs for both Christmas and Hanukkah.

When I was a student at Milton (Wis.) Grade School a million years ago, I took part in an all-school sing-along every December.

The school's two-story building housed two sets of wide stairways that faced each other. Just before



Christmas vacation, the student body would gather on those steps. The younger children sat on the floor at the bottom of the stairways, circling a towering Christmas tree.

We sang about jingling bells, Rudolph and Frosty, and even about riding a sleigh to grandma's house. But we also sang about silent nights, wise men, and mangers.

Some may think I'm "out of touch"—an old fogey whose values are now irrelevant and whose brain has fossilized beyond repair. But it doesn't make sense that this country is moving closer and closer to celebrating a Christ-less Christmas.

In 1948, a whopping 91% of Americans said they were Christians. But the number of Americans who identify themselves with the Christian faith has been declining ever since. According to a 2008 Gallup poll, 77% of the American public claim they're Christian. That decline may be disturbing to some, but it's still almost four-fifths of this country's population.

I feel blessed that I grew up in an era when people were encouraged to mention the "Reason for the Season." It's time for Christians to "stand up" and help put Christ *back into* Christmas. Acknowledge him, loudly and boldly. **SR**

"Servants Together..."



in God's Ministry"

SDB General Conference

Springfield, Missouri

July 25-31, 2010



The President's Page
by Pastor Paul Andries

Something special is coming to SDBs

We are one whole month into the New Year, and approximately 175 days away from General Conference!

This year's Conference will be special—not because of the President, Vice-President, the speakers, Bible Study leaders, seminar leaders or the good food and fellowship that we always share, but because we will be expecting God to show up in a huge way, unveiling something special to Seventh Day Baptists.

This is one Conference that you should want to attend. It would be very unloving of me—knowing something special is about to be revealed to us—and not invite you.

Therefore, on behalf of your General Council, I extend this invitation:

Who: All Seventh Day Baptists, friends and families

What: Annual General Conference

When: July 25–31, 2010

Where: Evangel University, Springfield, Missouri

Why: We are "Servants Together in God's Ministry"
(Exod. 13:13-24)

Seventh Day Baptists have a strong history of educating our chil-

dren spiritually, but may be neglecting their level of development and maturity as they become young adults. This had led to a reduction among SDB youth.

We miss the opportunity to minister to this group of up-and-coming believers and to know them personally because we don't provide adequate outlets for them to utilize the spiritual gifts they possess.

Still, I've been amazed at the large number of talented young people I have encountered in SDB churches and fellowships.

If we want them to be actively involved in Conference in the future, then we need to give them opportunities to serve NOW. We cannot wait until tomorrow to begin giving them responsibilities. It begins today with increasing duties as faithfulness, comprehension and thoroughness are demonstrated.

At Conference this year we will hear our young people share their testimonies and God's calling on their lives during vespers. After breakfast, we will meet for worship. On two mornings, we will have traditional worship (hymns only) and

two mornings contemporary worship (choruses only). Both styles are appropriate, thus we should consider and prefer one another. On Wednesday, we will use both styles, reflecting our unity in worship.

We should not get caught up in whether worship is traditional or contemporary, for both can be appropriate or inappropriate. The defining factor: Does our worship stem from the heart? If it doesn't, then it's easy to find fault or put down each other.

One of the most beautiful things about Seventh Day Baptists is our deep heritage and passion for music. Fellow servants, this is what it would be like if we do embrace each other's preference of Godly worship. There is no distinction in heart-directed worship.

I was immensely blessed during my trip to Boulder, Colo., for Mid-Continent Association. We heard both traditional and contemporary songs. And having the opportunity to see Mrs. Doris Rood, who is in her 90s, play the piano was truly a blessing. She was more than willing to share in this ministry arrangement.

Boy, we could all learn something from that situation regarding "Servants Together in God's Ministry." It's not "I," but we. Not "mine," but God's.

This will be our first Conference in this part of the country. Please take advantage of it!

Evangel has several areas to fellowship. It has spacious rooms, all air-conditioned buildings, and auditoriums with comfortable seats. The gorgeous landscaping, clock tower at the center of campus, and newer dormitories make the atmosphere perfect. Above all that, it is a good place for us to meet with the Lord as He teaches us how to be "Servants Together."

See you in Springfield at Evangel University! **SR**



by Executive Director
Rob Appel

A-visioneering we will go

Do you ever start out on a big trip without deciding first on a destination? Rarely. However, most of us live life without ever deciding on a destination.

During Conference last year in Lancaster, Pa., Althea Rood was reading a book entitled, *Visioneering: God's Blueprint for Developing and Maintaining Vision* by Andy Stanley. She was so inspired by it that she gave me a copy, and now I am so encouraged by the book that I am recommending it to everyone.

This is an excellent resource—not just about leadership, but also discovering who God made you to be, what He made you to do, and how to get from “here” to “there.”

Andy Stanley uses the story of Nehemiah and the rebuilding of the wall around Jerusalem to illustrate how a God-given vision is born and then executed to completion. He writes, “Everyone ends up somewhere in life. A few people end up somewhere on purpose.” One of the steps to getting somewhere *on purpose* is finding where “there” is through vision.

A vision begins as a concern, but does not necessarily require immediate action. You are to pray for opportunities and plan as if you expect God to answer your prayers. God is using your circumstances to prepare you to accomplish His vision for your life.

Stanley explains that a dream is not a vision. Vision is a clear mental

picture of what could be, fueled by your conviction that it should be. Without a clear picture or destination in mind, you are susceptible to fall into the whims of today, unable to move directly toward what could and should be in your life.

Nehemiah's vision didn't begin as a vision. It began as a concern, a burden. He had a burden for his nation and its people.

So, what did he do? Nothing! Nehemiah *did* absolutely nothing. He didn't steal away across the desert in the night. He didn't fabricate a reason to leave Persia. He didn't even share his burden with other concerned Jews.

But neither did he allow his daily responsibilities to distract him from the burden that had gripped his heart. He chose to wait. What could be and should be *can't* be, until *God* is ready for it to be.

What can you do to keep your vision alive? Nehemiah did two things. He prayed and he planned.

Prayer keeps us looking. Prayer keeps the burden fresh. It keeps our eyes and hearts in an expectant mode. When we don't pray we will only see what we are looking for. If we pray, we won't miss what we *don't* expect to see.

Think about it this way. If God could sway King Artaxerxes to finance the rebuilding of the wall around Jerusalem, he could certainly change the heart of those

who stand between you and the vision God has given you.

Humanly speaking, there was no way in the world that King Artaxerxes was going to support Nehemiah's vision. But prayer takes us well beyond human possibilities. Vision normally precedes us with everything necessary to bring it into the sphere of reality.

“New visions die easily,” and understandably so. There is little to go on. Praying and planning will help you keep your vision alive.

When your vision dies, part of you dies as well. Pray for the people who could help you launch your vision. And while you wait, **PLAN!** Develop a strategy. Find the one or two things you *can* do and get busy.

Stanley says, “I think it is safe to assume that most Christians are not attempting anything that requires God's intervention. If you want to know how you score on this issue, listen to your prayers and prayer requests. What do you pray for? What are the things you find yourself praying for night after night? Those are your passions. Those are the things that matter most to you. Other than heaven, and possibly your health, what are you consciously depending on God to do?”

What could we do that would guarantee we never see our vision materialize? The answer: Fail to plan. As the saying goes, “If you fail to plan... you plan to fail.” **SR**

“Survivor” cast member comes to Battle Creek

by Nancy Makuch

After hearing Mike Skupin—cast member from the 2001 “Survivor: Australian Outback” TV show—speak at General Conference, Pastor Kory Geske arranged to have Mike bring his message to the Battle Creek, Mich., SDB Church.

Being a fellow Michigander, this was an easy trip for Mike. He spoke at both the morning worship service and the evening Aroma Coffeehouse on November 21.

“What does a guy from a ‘reality’ TV show know about faith?” This is the skepticism Mike has often met at his speaking engagements.

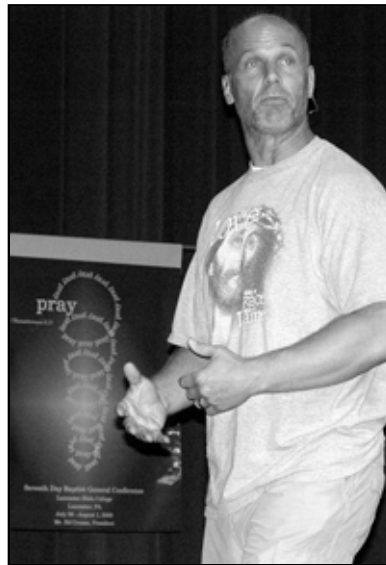
God isn’t limited in how He draws people to Himself. Mike had entered the competition with only the million-dollar prize in mind. He had no real understanding of faith, despite having been raised in a church.

On the show, Mike was deprived of both food and companionship. There was nothing to eat until he “found” it on the third day of the challenge. Communication was not safe as any confidence could be used against him in an elimination vote within his tribe.

Mike was forced to spend considerable time talking with God, and that is when God finally became real. Not only did Mike turn to the Lord, but his fellow tribe members joined in prayer several times a day after seeing the material results of Mike’s time in prayer—the near-miraculous provision of food.

He learned these “faith walk” lessons quickly:

- Do not predetermine how God should answer your prayer



“Survivor” contestant Mike Skupin speaking at Conference in 2009.

- Prayer is more than making requests; it is *time* with Him
- Love the people you minister to without judging them

The hardest lesson came when Mike passed out and fell forward into a bed of hot ashes, receiving second-degree burns to his hands. The layer of skin that regenerates tissue was destroyed, so several skin grafts would be needed. He was told that total recovery was not possible.

When the bandages were removed just before the first surgery, they discovered that Mike’s hands had started to heal. Surgery cancelled!

Mike says he is still seeking to understand spiritual warfare and suffering, but what he does know for sure is that God is good. A lady

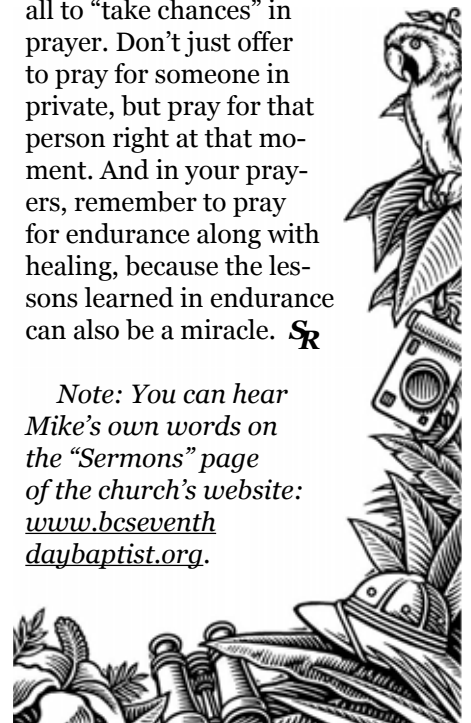
had come in and prayed for Mike soon after he arrived in the burn unit. Prayer was then held regularly throughout the unit. Not only did Mike heal faster, but so did others. He was sent home with only compression gloves for his hands and the prognosis of a full year before they could come off.

The “Survivor” episode of the burning, which occurred in November, aired in May. That show ended with Mike’s tribe praying out loud for him on national television. The next day he no longer needed the compression bandages!

Since then, as Mike has spoken and ministered across the country, he has met many people who said that they prayed for him during that last episode.

Mike Skupin urges us all to “take chances” in prayer. Don’t just offer to pray for someone in private, but pray for that person right at that moment. And in your prayers, remember to pray for endurance along with healing, because the lessons learned in endurance can also be a miracle. **SR**

Note: You can hear Mike’s own words on the “Sermons” page of the church’s website: www.bcseventhdaybaptist.org.



Florida church anniversary and deaconess ordination



From left: Jennifer Dixon, Jasmine Lynch and Velma Taylor were ordained to the diaconate in West Palm Beach.

The West Palm Beach Baptist-Seventh Day Church celebrated its 17-year anniversary, and the fifth year in its present location on their property in West Palm Beach, Fla., on December 5.

Young people of the church acted out a historical skit written by Jasmine Lynch, one of the church planters. She also produced a historical video that was shown in two parts during the skit.

Among the many honored guests

was 93-year-old Pastor William Vis, the church's first pastor and a charter member. Pastor Vis has retired to live with his son in New York. Pastor Russell Johnson from Rome, N.Y., also attended as the Missionary Field Worker who assisted in the church planting. Other guests were Florida Pastors John Camenga, Andrew Samuels, and Wray Winborne.

The church also held its first Diaconate ordination with three candidates ordained as deaconesses: Jennifer Dixon, Jasmine Lynch, and Velma Taylor. All three were charter members and have served in various positions since the church began in 1992. Members of other SDB churches in southern Florida witnessed as each candidate gave a testimony of their Christian experience.

Pastor John Camenga of the Agape SDB Church in Kissimmee

charged the candidates and the church. Pastor Wray Winborne (Daytona Beach SDB) preached on "When No One Cares Who Gets the Credit."

Pastor Andrew Samuels of the Miami SDB Church performed the act of Ordination by having each candidate affirm their allegiance to the Holy Scriptures, to carry out the responsibilities that the church confers on them, and to assist Pastor Alcott Lynch in furthering the church's interests by promoting the harmonious and effective working of all the ministries.

All of the pastors and ordained diaconate members were invited to lay hands on the candidates as Pastor Samuels offered the prayer of Consecration. Pastor Russell Johnson declared the candidates as ordained and presented them certificates and study Bibles as gifts of the church. Rev. Iona Gamble sang "The Lord's Prayer" and sisters Bianca and Abby offered a praise dance. The program ended with a prayer by Deaconess Lynch. **SR**

Brazil SDBs have T.I.M.E.

by David Taylor, Central, Maryland

In the months following my visit to the Brazilian Conference in 2009, Pastor Jonas Sommer wrote to me about the International T.I.M.E. (Training In Ministry by Extension) Program. I am excited to hear that they have taken steps to start that program with Pastor Jonas serving as the "Chief Officer of the Bible Institute" (T.I.M.E. Pastor).

I was invited by the president of the Brazilian Conference, Pastor

Leonildo Lebkucken, to return and meet with him and Pastor Jonas. That trip took place in November, and the T.I.M.E. program is now the Conference's number one priority. Part of their goal is "to give theological training to [those] who feel the call of God to the pastoral ministry."

Pastor Jonas will be working full-time as the T.I.M.E. Pastor. They have put together an aggressive 3-year program and hope to have 40

students in the first year. Each of the 17 modules consists of four weeks of home study, followed by a seminar after every other module.

The annual budget for salary, housing and material is \$35,000 US. If you would like to support this exciting ministry, contact the SDB Missionary Society at 19 Hillside Ave., Ashaway RI 02804. Thank you for giving me the opportunity to represent our Conference in Brazil. **SR**

Haiti
+
Earthquake =
**Many, Many
NEEDS**

When you give to the **SDB United Relief Fund** your donation will be added to the Baptist World Aid effort in Haiti.

Send to:
SDB United Relief Fund
PO Box 1678
Janesville WI 53547

Memo: [Haiti](#)
Thank you!

New members

Milton, WI

George Calhoun, pastor

Joined by letter

Corrine Cutsforth

Renee Sanford

Beverly Thorngate

Stephen Thorngate

Joined after testimony

Elizabeth Camenga

Sara Mattox

For news to share:

editor@
seventhdaybaptist.org

For news to view:

SDB Exec Blog at
seventhdaybaptist.org

For Facebook fans:

“Sabbath Recorder”

New Auburn, WI

Wayne North, pastor

Joined after testimony

Leola Hanna

Kristi Hanna

Kaitlin Hanna

Birth

McDonald.—A daughter, Jahanna Marjorie McDonald, was born to Jason and Phoebe (Fyffe) McDonald of Ajax, Ontario, Canada, on October 26, 2009.

Marriage

Allen – McNeme. Jeffrey Allen and Vivian Bass McNeme were united in marriage on Thanksgiving, November 26, 2009 in Hungry Horse, MT. Pastor Lee Swafford officiated.

Denominational Dateline

February 2010

13 Ordination Council for Billy Edwards, Dodge Center, Minn.—*Gordon Lawton*

18-19 CLT meetings, Daytona Beach, Fla.—*all executives*

20-22 General Council meetings, Daytona Beach

22-29 Visiting SDB churches in Florida—*Kirk Looper, Ron Elston*

26-27 Steve Graffius ordination, Nebraska—*Lawton, Nick Kersten*

28 Board of CE Directors meeting, Alfred Station, N.Y.—*Andrew Camenga*

March

6 CPR, Lost Creek, W.Va.—*Kevin Butler, Rob Appel*

8-10 Bapt. World Alliance, Falls Church, Va.—*Appel*

11 Baptist Joint Committee, Washington, D.C.—*Appel*

13 Washington, D.C., SDB Church—*Appel*

13 SDB Christian Church, Arlington, Va.—*Appel*

21 SDB Missionary Society Annual Meeting, Ashaway, R.I.—*Looper*

26-28 Leadership Conference, Jamaica—*Appel, Andrew Samuels*

April

17-18 SDB Memorial Fund, SDB Center, Janesville, Wis.—*Jan Ehlers, Appel*

May

15 Sabbath Renewal Day

15-16 SDB Historical Society Board of Directors and Annual Meeting, SDB Center—*Kersten*

June

14-25 SDB Polity Summer Institute, SDB Center—*Lawton*

Obituaries

Kennedy.—Orison Glen “Red”

Kennedy, 92, prominent pharmaceutical executive, died on November 24, 2009 in South Bend, Ind., following a long illness.

He was born April 19, 1917 in Lost Creek, W.Va., to Charles E. and Nora D. Kennedy. He graduated from Lost Creek High School in 1935 as valedictorian.

Glen graduated from Salem (W.Va.) College in 1939 with a degree in business administration. While there he met his wife-to-be, Betty Jane Ash. She became a remedial reading specialist and was the stabilizer of his life. They were married 60 years.

During World War II, Red served in the Air Force. Upon discharge, Red embarked on a business career that would see him rise through the ranks to become divisional general manager of Lehn & Fink Products Corp. in 1952. He completed the Advanced Management program at the Harvard Graduate School of Business in 1955.

Moving on to Miles Laboratories he became president of their Products Division in 1965. His work included the creation of the industry's first chewable vitamins for children, envisioned as a solution to his own children's difficulty swallowing conventional tablets. He was named president of Norwich Pharmacal Company in 1969.

Glen was an active booster of his alma mater, Salem College. He served on their Board of Trustees for 25 years. In 1987 he was awarded an honorary degree, Doctor of Laws.

He was a lifelong member of the Lost Creek Seventh Day Baptist Church. In his final years, Red created the O.B. Bond Evangelism Ministry to help the denomination strengthen its churches.

He is survived by a daughter,

Katherine Kennedy of Vienna, Va., and a son, Orison G. Kennedy Jr. of South Bend; four grandchildren; and a sister, Thelma Sleeth. He was preceded in death by his wife, Betty Jane, and three brothers, Lloyd, Erlo and Ray.

Memorial services will be held at the Lost Creek SDB Church, followed by a private burial.

Bertoni.—Pauline A. “Bunny”

(Rozanski) Bertoni, 83, of Westerly, R.I., died peacefully on December 7, 2009.

Born in Westerly on March 1, 1926, Pauline was the daughter of Walter A. and Martha A. (Loughborough) Rozanski, and was the beloved wife of the late Arthur Bertoni.

Pauline worked at The Westerly Sun for many years before retiring. She was an avid bowler and enjoyed dancing and listening to polka music. She was a member of the Pawcatuck Seventh Day Baptist Church in Westerly.

She will be remembered as a wonderful sister and aunt. She is survived by her sisters, Agnes E. Wallace of Hopkinton, R.I., and Elaine Johnson of Ashaway, R.I.; 15 nieces and nephews, and several great-nieces and nephews. She was predeceased by her sister, Julia Robinson.

A funeral service was held on December 11, 2009 at the Buckler-Johnston Funeral Home in Westerly, conducted by Rev. James Menzies. Burial will be in Oak Grove Cemetery, Ashaway.

Richards.—Joann Dussling

Richards, 69, of Kasson, Minn., passed away on December 9, 2009 at Fairview Care Center in Dodge Center, Minn.

Joann was born on April 20, 1940 in Madison, Wis., to Anton and Wilza “Billy” Dussling. As a

wonderful wife and caring mother, she loved her home, her church, and watching her grandchildren (and the Green Bay Packers) play.

Joann was married to Tim Richards on January 27, 2001. The couple was planning an anniversary celebration at the time of her death from cancer. She was preceded in death by her first two husbands, Robert Wentworth and Mark Retan.

Besides her husband, Joann is survived by siblings Tony Dussling of Austin, Okla., and Jean Dussling of Madison; her son, Robert Wentworth of Austin, Minn., and daughters Mary Wentworth of Rochester, Minn., Rita Dahnert of Austin, and Patricia Kelsey of Poynette, Wis.; 17 grandchildren and 15 great-grandchildren. She expressed love and pride in each of them. She was also preceded in death by her parents and by one sister, Tonie Marie.

A memorial service was held at the Dodge Center Seventh Day Baptist Church on December 21, 2009, with Pastor Dale E. Rood officiating. Her ashes will be scattered on a family farm near Salem, W.Va.

Death Notices

Marguerite Irene (Babcock) Scott, 92, of North Loup, NE, died on December 15, 2009.

Mary Elizabeth (Bond) Skaggs, 98, of Milton, WI, died on December 19, 2009.

Honor S. (Whitford) Owens, 89, of Westerly, RI, died on December 30, 2009.

Virginia (Albrecht) Fitz-Randolph, 86, of Milton, WI, died on January 6, 2010.



Women's Society Robe of Achievement

2010 Nominations

The SDB Women's Society is accepting nominations for the Robe of Achievement for 2010. Please consider a woman in your church who meets the following criteria for nomination:

- *Was/is active as a volunteer in some phase of denominational effort*
- *Has shown evidence of special service with her family and/or community*
- *Must be a committed Christian*
- *Must be an active member of a local Seventh Day Baptist church*

A complete résumé must be submitted containing a life history, including her achievements and activities. Without a résumé in hand, the committee cannot make a competent choice among many nominees. If an individual has

been nominated before, and you still want that person considered, please resubmit the name as well as the updated résumé.

Send nominations to:
Karen Payne, Chair.
SDB Robe Nominations
13528 595th Street
Claremont, MN 55924

or apply on-line at: www.sdbwomen.org

Deadline:
March 31, 2010

For further information, contact or call Karen at karen.payne1127@gmail.com or (507) 528-2577

Historical Society Annual Meeting



The
**Seventh Day Baptist
Historical Society**
announces that it will hold its 2010 Annual Meeting at the SDB Center, 3120 Kennedy Road, Janesville, WI on May 16 at 2:00 p.m.
All interested SDBs are invited to attend.

Missionary Society Annual Meeting

The annual meeting of the members of the Seventh Day Baptist Missionary Society will be held at the First SDB Church of Hopkinton Parish House, 8 Church St., Ashaway, R.I., on Sunday, March 21, 2010, at 2:00 p.m. for the following purposes:

- To elect voting members, a Board of Managers and officers to hold office until the next annual meeting and until their successors are elected.
- To hear and act upon the reports of the Board of Managers and officers for the fiscal year January 1, 2009, to December 31, 2009.
- To ratify the appointment of independent public accountants for the current fiscal year.
- To consider and act upon such other matters as may properly come before said meeting or any adjournment thereof.

The Board of Managers has fixed the close of business on February 28, 2010, as the time at which members entitled to notice thereof and to vote at the meeting and any adjournment thereof shall be determined.

—Beverly Kilts, Secretary

K E V I N ' S

O R N E R

A career that reached the stars

Following a career that spanned four decades at the General Electric Company in Utica, N.Y., my father—Howard E. “Gene” Butler—was recognized for his many accomplishments.

His manager pointed out that Dad was a three-time recipient of the prestigious GE Management Award for the successful production of aircraft engine controls, missile guidance systems and spacecraft command computers. He once received a personal letter from GE’s CEO Jack Welch.

Dad’s “Career Highlights” page also included his many scholastic achievements: a bachelor’s in physics from Syracuse University, graduate studies in engineering at the University of Chicago and George Washington University, and a doctor of science degree in general engineering from Ohio Christian College.

He was a charter member of the Planetary Society, a member of the New York Academy of Sciences, and a life Fellow of the Institution of Electrical Engineers.

As manager of the Voyager space project at GE, Dad won his department’s NASA Public Service Award. I remember him flying to California to receive that one.

This amount of success didn’t come easy. The pressure to produce and perform was crushing, and much of his busy work schedule coincided with him studying for his doctorate. He would come home from a hectic day at work, and after supper with the family, shut himself in the home office to work some more, either on a project or a class assignment.

We were proud, but was it worth the two bleeding ulcers and a heart attack?

I’m very glad to say that, Lord willing, Dad will be reading this Korner when it arrives at the home I grew up in. We’re thankful he’s still around 20 years after retiring.

We were also thankful that he eventually stepped away from managing big projects and transitioned into long-range planning for GE and mentoring their junior professionals.

I’ve been learning (or re-learning) all of this since my son Jackson and I formatted and published Dad’s memoirs in time for this past Christmas. The book is certainly not “all business”; he shares many wonderful stories of growing up in the 1930s and ’40s and takes the reader all the way up to 2009 with recent family updates.

With all of the accolades and milestones in my Dad’s life, there is one page of his book that truly stands out for me. It pertains to the Voyager spacecraft, along with a much more important discovery:

School kids often asked me, “How did it feel to work on Voyager? What was it like?”

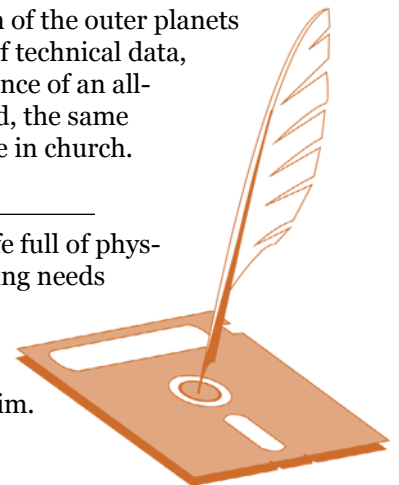
My answer? “It was very exciting and a little scary.” It was exciting to be involved in something that had never been done before. And it was a little scary because we didn’t know for sure whether the physical laws of nature here on Earth still held true three billion miles out in space—things like gravity, velocity, acceleration, etc.

Well, when Voyager 2 rendezvoused with planet Neptune, and I saw that we had been able to predict where Neptune would be 12 years after launching Voyager... And when I realized that we had been able to program the GE computers to guide Voyager to be there, too—a planet flying over 80,000 mph and a spacecraft flying at 39,000 mph—12 years after launch, and they come together 3 billion miles out in space...

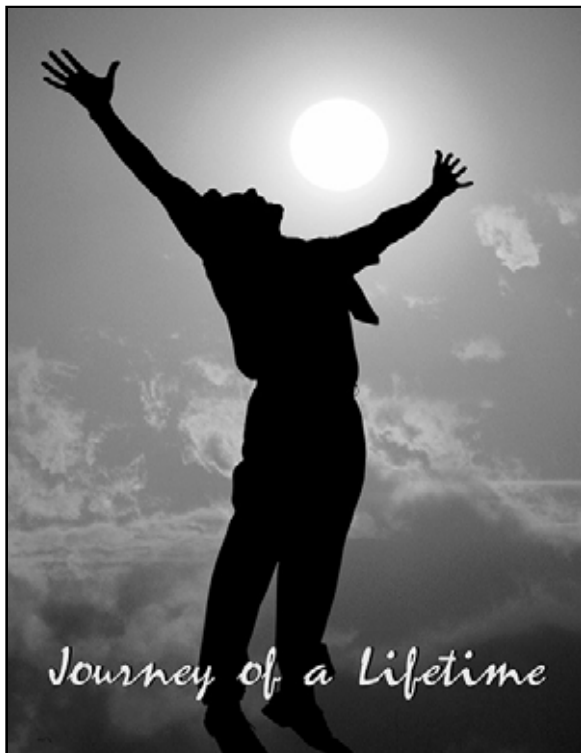
...And when Voyager 2 began sending back fantastic color pictures and other scientific data, I knew, I absolutely knew that there had to be a Supreme Being behind all of this. I was surprised at how crystal clear it all became.

Voyager 2’s exploration of the outer planets not only produced loads of technical data, but it pointed to the presence of an all-knowing, all-powerful God, the same God we sense when we are in church. Now that *was* a surprise!

Thanks, Dad. Even a life full of physics, science, and engineering needs to discover the One Who created physics, science, and engineering. I’m glad you pointed me toward Him.



Share the Journey



If you enjoy religious allegories, you'll enjoy reading our full-color special issue "Journey of a Lifetime." And after you read it, how about sharing the story with neighbors and friends?

To receive copies of this special outreach issue, contact us at the **Seventh Day Baptist Center, PO Box 1678, Janesville WI 53547**. Our phone number is **608-752-5055**, and our e-mail is **media@seventhdaybaptist.org**.

Individual copies are free. We will need to add shipping charges for larger quantities. Please contact us for those costs.

We pray that the Lord will bless this story of our beliefs, and many others will join us on our "Journey of a Lifetime."