



The Sabbath RECORDER

Inside:

Diaconate Day

Sleeping the
pounds away

April 2010

News for and about Seventh Day Baptists



Trying to
picture the

Perfect Family

*in an
imperfect
world*

*Blended—
or just
mixed up?*

*‘Honey, the
grandkids are
moving in!’*



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

Rez Connection 2010

Come to the Pine Ridge Indian Reservation in South Dakota for one-to-three weeks beginning on June 13. Our goal is to help the Rez Connection (an SDB ministry) reach out to Native Americans.

We'll also help with gardening and farm work, and participate in evangelism training. All ages are needed (those under 16 should be accompanied by an adult). We will be housed in the church building next to Pastor Chet Marks' farm; there are also motels nearby in Martin, S.D.

Please see the January *SR* for cost details, or contact trip leader Patty Petersen at 720-320-3418 (ppetersen57@hotmail.com), or the Missionary Society at 401-596-4326 (sdbmissoc@verizon.net).

Texas To Do List

| | |
|---------------------------|---|
| Fly to DFW airport | ✓ |
| Unpack | |
| Google SDB Churches | |
| Find Sabbath School Time | |
| Drive to Ft. Worth Church | |

www.RemembranceSDB.org

Calling all crafters!

The SDB Women's Society is looking for quality, useful and saleable items for their **CRAFT TABLE** at Conference.

Some crafty ideas:

- Handmade greeting cards
- Crochet and knit items
- Stocking stuffers
- "Anything" for men
- Purses
- Table runners
- Kids' stuff



Conference is July 25-31
Evangel University
Springfield MO

Wouldn't it be great if every SDB church sent something to sell at the table? Even if you're a non-crafter, surely you know someone who is. Please price your items and let us know if we have permission to mark them down.

How do you get your goodies to Conference?
– Come to Conference and bring them with you!
– Send them with someone else
– Mail them (by July 1) to:
SDB Church of Hebron
c/o Fay Hauber
881 Whitney Creek Road
Coudersport PA 16915

Proceeds go to SCSC!

Email: fay.h@earthlink.net
For more info, or to add to the craft ideas list, check out www.sdbwomen.org



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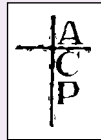


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Blended—or just mixed up?

Bringing order in the midst of chaos for blended families

by Pastor Perry Cain
Lost Creek, W.Va., SDB Church



It is a cold January afternoon. Sitting before me in my counseling room at the Lost Creek SDB Church are a father and stepmother with their 15-year-old daughter and her 11-year-old brother who have come for their first family therapy session.

They have come for counseling because the daughter has developed a relationship with a boy who is two years older than her, and she has become very defiant and withdrawn from the family since that relationship began approximately four months ago. The girl and her brother are fighting and arguing almost daily, and nothing that the parents are doing seems to be working.

Both parents are in their second marriage and the children are from the father's first marriage. The wife shares that the marital relationship has become very stressed as a result of their family issues.

The daughter has even indicated that she does not want to be in this family anymore and wants to return to her mother. She says that she "can't stand my stepmother's intrusion into my life and she should just leave me alone."

The kids sit with arms folded and feel as if the adults in the room are ganging up on them while the parents look at me with desperation in their eyes.

Such is the stuff of a typical blended family.

Much has been said in recent years about the deterioration of the traditional family. Today, only one family in four consists of a mother and father and their biological children.

Current statistics suggest that only one in two marriages survive in any given year and will end in divorce. In developed countries where such statistics are recorded, half of the children that are born each year are to unmarried women.

If any of us were to take a survey in our churches to ascertain the effects of these factors on our congregations, I would guess that these same trends would surface in one way or another.

Many of us have experienced divorce or know someone in our immediate or extended families who has. Yet, in my experience as a pastor, as a counselor, and as a survivor of divorce, the church doesn't know how to minister very well to those

who are either going through it or who have survived it. For many it is simply a very "uncomfortable subject."

As uncomfortable as the subject may be, I would suggest that "blended families" are an important ministry group in our churches and communities who need to know the love and grace of our Lord. So, how do we help them to know the love and grace of our Lord in the midst of the chaos of their lives?

David Stoop is a clinical psychologist in private practice in Orange, Calif. and founder of the Center for Family Therapy. He helps us understand how to support these families by understanding the journeys that they are traveling.

Stoop says that there are three tasks that every blended family must accomplish during the process of becoming a "new" family.

First of all, they must resolve parenting issues.

It is imperative that parents in blended families discuss and resolve parenting differences. I find that it is important to help parents to discover common ground. It is also helpful to assist them in being honest about what does and does not work.

The Bible is full of solid, proven principles about raising children. Some of the best resources I have used in this area are materials developed by Dr. Les and Leslie Parrott from Seattle Pacific University and their website RealRelationships.com.

These and other Biblically-based resources give clear and practical direction for all parents. I have found that helping parents to utilize the guidance of Scripture in resolving parenting differences is extremely effective.

The second task involves separating from the previous marriage. Genesis 2:24 states, “Therefore a man shall leave his father and mother and be joined to his wife, and they shall become one flesh” (NKJV).

It is common to make comparisons from the previous marriage, but when comparisons are made, the other person can have resentment. You must realize that you are creating a new reference point—a new marriage and a new home.

The third task of a blended family is dealing with the non-resident parent. Research says that divorce does affect and can potentially damage children.

One of the most important goals should be to have the children’s parents work together for the benefit of the children. When that can’t happen, the new couple must work together to normalize things as much as possible for the benefit of the family.

One thing that helps children is

giving them the freedom to talk about the previous parents and to do whatever grieving processes they need to do in order to move on and to adjust to the new family.

There are also three stages of development for blended families. James Ray, a noted family therapist, conducted longitudinal studies over time with hundreds of blended families.

Ray found that the first two years of blended families are typically filled with conflict. This conflict can be triggered by the new covenantal relationship. The covenant in the new

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relationship may be different than the initial marriage and may require significant adjustments.

Conflict can also be a result of the dismantling process of the previous relationships, combined with the coming together of the new. Differences in parenting and initiating new approaches to discipline may also contribute.

It is always necessary for the blended family to allow for adequate time to process these various tasks. Marital and family expectations can be different than what each thought it was going to be and can contribute to conflict.

Once a blended family processes these tasks they typically experience a period of peaceful adjustment during years 2-5. However, the conflict

usually resurfaces in years 5-6 (not as intense, thankfully) but still relates to the issues that occurred before.

The good news is that second marriages that succeed can be stronger than first marriages because couples have to do the work necessary to establish a “safe” family.

“Emotional safety” is the most critical component of any healthy relationship or family. If emotional safety is absent in a blended family or any other relationship, the journey through life is difficult at best.

Having families learn how to talk about feelings—and to minimize or even eliminate destructive reactions—is the key to establishing emotional safety.

I strive to help people see how their marriage or their family interactions are much like an automobile that is driving down the road with loud noises coming from under the hood. If the noises are ignored and you continue to drive the car, it is just a matter of time until it is broken down on the side of the road and going nowhere.

The solution to getting the car back on the road is to open the hood, see where the noise is coming from, and make the necessary adjustments or even replace the parts that need replaced. Then the journey can continue and with God’s grace you can arrive at your destination.

My prayer is that we can better understand the blended families in our midst who are attempting to find order in the midst of their chaos. Let us come alongside them so their burdens might be lightened, and that “their hearts may be encouraged, being knit together in love” (Colossians 2:2). **SR**

Perry Cain is a licensed counselor in marriage and family therapy.

Is there a way out of dysfunction?

Remaining faithful in an imperfect family

by Pastor John Pethtel
Metro Atlanta SDB Church

The term “dysfunctional” is used often today in regard to families. The word refers to the sense of disintegration produced in a family where there is a lot of hurt.

From a Christian perspective, it is a home that is not functioning as God intended. It could be the result of divorce, lack of communication, rivalry among children, self-consumed parents, addictions, child abuse, sexual abuse, spousal abuse, extramarital affairs, pornography... and the list goes on and on.

One of the strange dynamics of family life is that when children grow up, they often repeat the mistakes of their families. Truth is, what we know about marriage and parenting (for good or bad) we learned in our homes.

The end result? Dysfunctional families can create dysfunctional families—often for generations. This is at least a part of what the Bible speaks of when it says in Numbers 14:18, that God visits “the iniquity of the fathers on the children to the third and fourth generation” (NKJV).

Living in such a family can make it

very difficult to live for the Lord. But it is not impossible.

Joseph, in the Old Testament, is proof that it can be done. Joseph was raised in a home filled with angry, jealous and deceitful people. Joseph remained faithful in an imperfect family. Let’s examine his life and see what insights we can gain for our own lives today.

Genesis 37:1-11 (ESV)

Jacob lived in the land of his father’s sojournings, in the land of Canaan. These are the generations of Jacob. Joseph, being seventeen

years old, was pasturing the flock with his brothers. He was a boy with the sons of Bilhah and Zilpah, his father’s wives. And Joseph brought a bad report of them to their father.

Now Israel loved Joseph more than any other of his sons, because he was the son of his old age. And he made him a robe of many colors. But when his brothers saw that their father loved him more than all his brothers, they hated him and could not speak peacefully to him.

Now Joseph had a dream, and when he told it to his brothers they hated him even more. He said to them, “Hear this dream that I have dreamed: Behold, we were binding sheaves in the field, and behold, my sheaf arose and stood upright. And behold, your sheaves gathered



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Joseph's family was so unbelievable that it couldn't even be made into a soap opera for TV.

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around it and bowed down to my sheaf.” So they hated him even more for his dreams and for his words.

Then he dreamed another dream and told it to his brothers and said, “Behold, I have dreamed another dream. Behold, the sun, the moon, and eleven stars were bowing down to me.”

But when he told it to his father and to his brothers, his father rebuked him and said to him, “What is this dream that you have dreamed? Shall I and your mother and your brothers indeed come to bow ourselves to the ground before you? And his brothers were jealous of him, but his father kept the saying in mind.

Joseph had imperfect parents

Joseph's family was so unbelievable that it couldn't even be made into a soap opera for TV. He had three stepmothers, 10 stepbrothers, and a stepsister all living in the home at the same time.

Just try to imagine the turmoil in this family. Jacob, Joseph's father, was a polygamist and a passive parent who openly showed favoritism

among his children. Jacob's wives were jealous and insecure. The home housed four unhappy women.

Joseph had a weak and ineffective father. Jacob was the classic “passive parent.” In an earlier tragedy, Jacob's daughter was raped by the son of the mayor of Shechem (Gen. 34:1-2). When Jacob learned what had happened, he did nothing. His sons, however, when they saw that their father was going to do nothing, took the matter into their own hands. They devised a plan and killed all the men in the city (34:25).

When Jacob learned of what they had done, his chief concern was about bad public relations with the rest of the people. But he still did nothing. Later, his oldest son, Reuben, had a sexual affair with Bilhah, Jacob's concubine.

When Jacob learned of Dinah's rape, he did nothing. When he learned his sons were guilty of murder, he did nothing. When he learned that his own son had committed incest, he still did nothing. It is hard to calculate how Jacob's passiveness as a parent contributed to the turmoil of this family.

Charles Swindoll observes that,

“Jacob is a classic illustration of a man who was too busy for his family, too preoccupied and unconcerned, which meant he was too passive to deal with what was occurring in the lives of any of his children.” (*Joseph: A Man of Integrity and Forgiveness*, Word Pub., p.5)

Jacob played favorites

Not only was Jacob a passive parent, but for 17 years his children had watched as he “played favorites” with Joseph. Joseph was the firstborn son of his father's favorite wife, Rachel.

There can be some valid reasons why the baby of the family—especially one born late in the life of the parents—seems to be favored. Most parents are more relaxed and easygoing because of what they've learned from previous parenting experiences. Another reason for the relaxed approach is that the parents are more adjusted to their marital relationship with one another. Furthermore, the parents are often in a better position economically to give the younger child more advantages.

No matter what the reason for the favorings given to the younger child, they can definitely create jealousy on the part of older siblings.

Not only did Jacob love Joseph more than his older brothers but he demonstrated this favoritism openly and in dramatic fashion. In no way did Jacob try to hide his partiality.

The “robe of many colors” is also translated as “richly ornamented.” The Hebrew word describes it as “a robe extending to the ankles and the wrists, perhaps with an embroidered narrow stripe of color around the edge. It was a garment worn by nobility and the wealthy. Joseph's brothers wore garments that were short and sleeveless. With such garments, they were able to clamber up

hills, wade through swampy areas, and carry sheep on their shoulders. In essence, Joseph's robe declared that he was exempt from manual labor and hardship. Even the light color of his robe indicated that he did not expect to get dirty or have it spoiled in any way from hard work." (Robert E. Reccord, *When Life Is the Pits: A Biblical Study on the Life of Joseph*, Revell Fleming, p.24)

What we have here is far more than a typical garment with a few added touches of finery. It represented Joseph's favored position in the family.

Joseph had imperfect brothers

The story repeatedly reveals that Joseph's brothers hated him. That's pretty sad when you hate your own brother so badly that you can't even be civil.

It is finally revealed in verse 11 that the brothers envy Joseph. Do they envy him for his coat and position of privilege? Do they envy him because of the displays of their father's affection? Do they envy the fact that even God seems to have a special place in His heart for Joseph with the dreams?

All of these things are probably part of their envy and hatred.

Joseph was himself imperfect

I assume that Joseph was a normal adolescent. I doubt very much that he understood everything that was happening around him. He was at least naïve, and possibly a little arrogant.

Joseph wore his special coat into the fields to check on his brothers.

This would be like wearing a tuxedo to work on your lawn. Hardly appropriate, and perhaps a little proud.

Joseph also related his dreams of superiority to his brothers. It doesn't take too much insight to see that this could only further fan the flames of his brothers' animosity toward him.

We can't blame ourselves for the



faults of others, but need to be realistic when it comes to our own faults and accept responsibility for them.

A construction worker took his lunch out and exclaimed, "Bologna sandwiches again! I am so sick of bologna sandwiches that if I see another one I'll just die!" A coworker asked, "Why don't you ask your wife to pack something else?" To which he replied, "Oh, I'm not married; I pack my own lunch."

Truth: Some of the bologna in our lives we put there ourselves.

How do we learn from Joseph?

We have to look at life in the long term. The decisions we make affect not only ourselves but all who care about us.

The course of action we choose today may impact our children, our grandchildren, and even our great-grandchildren. Jacob's mistakes with his children had tragic long-term effects.

We must be faithful, regardless of our family situation. It can be very easy for us to look at our family background and make excuses: "My parents are divorced." "I can't help being this way; I was abused as a child." "My father was an alcoholic."

We do have a PERFECT Father and a PERFECT Savior Who know our struggles and circumstances. God specializes in changing us and conforming us into His image, no matter what our family background is. Regardless of our past, we can know the love of our Heavenly Father when we surrender to Jesus as Lord and Savior.

Maybe your parents weren't perfect. Maybe your home life is less than ideal.

Maybe you've made mistakes as a teen or even later in life.

God wants to forgive you and help you start over. Our identities as Christians are not found in our roles as children, siblings, parents, or grandparents (even though we wield a lot of influence in these roles).

Our identity is found within Jesus Christ as adopted sons and daughters of God and co-heirs with Christ. Believe the Gospel daily and allow its implications to guard and guide your family. **SR**

Second time around

“Honey, the grandkids are moving in”

by Mike Graves, Nortonville, Kansas

When Sharon and I started our family 30-plus years ago, I asked God to allow us to live long enough to see our children grow up. Those prayers were answered.

When the grandchildren started to arrive, I once again asked the Lord to let us live long enough for us to have a positive impact on their lives. James wrote, “The effective fervent prayer of a righteous man avails much” (James 5:16).



The kids need help

I knew that our daughter, Lynne—who started her family as a single mom—would need some help at times. Little did I know *how much* help. Two years ago, Lynne, her new husband Jorge, and the grandchildren came to live with us. It was a difficult decision for Sharon and I, but one we have not regretted.

When I first became a grandparent nearly 10 years ago, it was pretty easy to handle. But as Sunnie approached 2 years of age and began to call me “Grandpa,” I realized that I was no longer a young man. Then Skyla came along seven years ago, Bradley four years ago, and Adrian is six months old.

I view being a grandparent as God giving me a second chance to get it right. Problems arose when it was pointed out that I was “not the parent.” After a couple of family conferences, I realized that being a grandparent wasn’t easy. I had to learn to let go and let Lynne and Jorge be the

“*I knew that our daughter, Lynne—who started her family as a single mom—would need some help at times. Little did I know how much help.*”

parents—even when I didn’t always agree with their parental approaches.

Ask Grandpa!

Everyone around here has discovered that I am the “easy mark.” If Sunnie, Skyla or Bradley want something, they know Grandpa is their best chance of getting it. Adrian, as he grows older, will figure it out.

It’s the hardest thing for me to

say “No,” particularly when it is in my power to give them what they want.

Now, I realize that not everything the grandchildren want is best for them. Under pressure from the other adults, I am getting better at saying “No.”

In order to build more structure in their lives, the kids are given a weekly allowance for keeping their rooms clean, helping around the house, and listening to the adults in the house. Lynne handles the payouts, deciding if the grandchildren have earned their weekly stipend.

A new challenge

On December 12, 2009 Jorge returned to Mexico to begin the process of obtaining a visa to return to the United States legally. That process could take anywhere from several months to two years. This has put an extra burden on Lynne, with Sharon and I needing to give her more assistance with the children.

Driving Jorge to the airport for his flight back to Mexico was very difficult; Lynne and the older kids cried and cried as the plane took off. The parents are able to see each other via the internet (live cam) almost every day, helping to make the separation a little easier.

Each one is different

In spending time with our grandchildren, I have found that each child

is different, requiring different approaches to address their individual needs.

Sunnie, who will be 10 in July, is a very intelligent, thoughtful girl who is easy to reason with. At times she has been unsure of herself, particularly in dealing with new situations.

Last year Sunnie was to attend her first church camp at Camp River-view in North Loup, Nebraska. I was fortunate to be able to drive her to camp, and the six-hour trip was quite a blessing. During our time together Sunnie voiced her doubts and fears of going to camp and not having any friends going with her.

Having been to that camp on numerous occasions, I was able to describe how it was laid out and the building she would be living in. I told Sunnie about Pastor Chris, the camp director, and assured her that she would have a counselor to help her.

Despite having an earache for two days, Sunnie had a wonderful time at camp. And even though it was late when I picked her up, she talked non-stop all the way home about all the friends she had made, going over phone numbers and e-mail addresses. When we arrived home I gave Sunnie a big hug and told her how much I loved her.

Knows what she wants

Skyla, who turned 7 in December, is a very opinionated girl who knows what she wants.

I recall a situation a year ago when Skyla came up to my bedroom and stuck her head into the doorway saying, “Grandpa, I’m frustrated.” When asked “What’s wrong,” Skyla stated, “You won’t fix me breakfast.” I told her that if she would give me a couple of minutes I would fix her favorite—biscuits and gravy.

Earlier this year, Skyla came over and sat next to me telling me she was having a bad day and was getting a headache. I asked her what was

wrong. After hearing about her day, I put my arms around her and told her how much I loved her and hoped she would have a better day tomorrow.

Concrete, absolute

Bradly will be 5 in July. He is a very determined boy who is concrete and absolute in his thinking. His response many times is a definite “yes” or “no,” and when he wants some-

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I view being a grandparent as God giving me a second chance to get it right.

”

thing he wants it now. He is beginning to learn that saying “No” to Mom or Grandpa doesn’t get him very far.

He is currently going to pre-school half days and is learning how to get along with peers. Early in the school year, Bradly would bring papers home and occasionally Mom would throw the papers away. This would upset the boy, so now we put his school papers in a file along with his Sabbath School handouts to go over them from time to time.

Hold me!

Adrian was born last August and is a “hold me” baby. He was born colicky, so Jorge (Dad) would walk him until he went to sleep.

We’re gradually weaning Adrian from being held all the time but it has not been easy. He and I will usually end up in the rocking recliner, him spread-eagle on my chest, as I

sing Christian songs to him until he falls asleep.

Our support system

The church has been a very important part of our life. We’ve always taken our grandchildren to church on Sabbath. When Sharon and I attend General Conference, the grandchildren are with us.

We have had wonderful support from our church friends. Each grandchild has their own Sabbath School teacher and they seem to really enjoy the one-to-one attention.

Our children and grandchildren need significant people in their lives who will spend time with them and who will validate their feelings, their hopes, and dreams.

If we as parents, grandparents, and the church do not address their needs they will go elsewhere.

Sharon and I firmly believe that the family and the church play pivotal roles in raising healthy, emotionally stable children. “Train a child in the way he should go and when he is old he will not turn from it” (Proverbs 22:6).

Our grandchildren have brought so much love and meaning into our lives. We are truly blessed. **SR**



The author, with grandson Adrian.

Jersey Oaks Camp: 50 years and counting

by Donna S. Bond

“Where there is no vision the people perish” (Prov. 29:18).

The converse of this Proverb was demonstrated 50 years ago with the establishment of Jersey Oaks Camp near Shiloh, N.J. This camp has continued as a major outreach of the Shiloh SDB Church ever since, ministering to community youth as well as our own.

For many years, the Shiloh church had sent youth to Lewis Camp in Rhode Island or rented a nearby campsite owned by a deer club. Under Pastor Charles Bond’s leadership, the camp committee proposed the purchase of a 12.4-acre tract of land studded with tall oak trees on a mill pond in Salem County.

While the congregation was excited by the prospect, there was some apprehension since the church had been operating “in the red” for some time. But when pledges were collected in December 1959 for the coming year, the camp budget of \$12,000 (to be raised over three years) was over-subscribed, and pledges to local and denominational work increased by \$3,000!

For 14 consecutive Sundays, 20 to 40 men “had a mind to work and God has richly blessed the project,” reported Pastor Bond.

The Lord not only provided willing workers, He also provided nearly all of the needed skills and equipment from within the congregation or community. The original plan called for a 30x60-foot main lodge consisting of a kitchen, pantry, cook’s quarters, and all-purpose room with a large stone fireplace. Dormitories were to be added later.

However, since the construction

of the main lodge had gone so smoothly, they decided to build two barracks (with outhouses) in time for the 1960 camping season. And “Jersey Oaks” was the winner of the “name the camp” contest.

Pastor Bond described the dedication ceremony held in early July: “It is estimated that more than 200 were present for the Spiritual Dedication on Sabbath and more than 400 attended Camp Fellowship Day on Sunday.” The chicken barbeque and covered dish dinner—along with a friendly softball game and good old Christian fellowship under the oaks—became an annual tradition for most of these five decades.

Impact of the camping program in this area is incalculable. Of the 118 full-time campers during the first season, only 48 were from Shiloh SDB families. Ensuing camp records and pastor’s reports confirm the significant participation of non-SDB campers. (In fact, those of us who bear the Bond name often hear such comments as, “Are you related to Pastor Bond? I remember him from Jersey Oaks Camp.”)

Despite the protest of pre-teen boys who reveled in a bathless week, modern plumbing replaced the outhouses in 1967.

Since taking part in camp is often in the pastor’s job description, finding appropriate supervision for the boys’ dorm has never been a problem. Female counselors, however, have been harder to come by.

One such dedicated lady is worthy



Unveiling the newly-named Lodge at Jersey Oaks in 1996: Margaret Bond and son, Ron.

of note: Miss Ethel Wilson filled this role for 12 years, teaching and leading worship and even sometimes directing the camps. Toward the end of her tenure, she let it slip that she didn’t really enjoy camp but felt it was something God had called her to do. Today, we’d call this “outside our comfort zone”!

Whether outside her comfort zone or not, Mrs. Martie Hitchner served as primary cook and bottle washer for the first 18 years, with numerous others (of both genders) assisting and then succeeding her.

After Pastor Bond was called Home in 1996, the church voted to name the main building the “Charles H. Bond Lodge.”

We are planning an anniversary celebration later this spring. Watch for details here or at the Shiloh church website: www.shilohsdb.org. Meanwhile, former campers can share anecdotes and pictures via e-mail (philjanbond@gmail.com) and on Facebook. 

Adapted from History of the SDB Church, Shiloh, New Jersey, 1737-1987 by Tim Bond. Details of the Lodge dedication: October 1996 SR.



Sleep away the pounds

by Barb Green, Parish Nurse
Milton, Wis.

Insomnia is epidemic in America. As people rush around trying to fit in everything they need to do, sleep is often the first thing cut.

Scientists are discovering that sleep has distinctive stages that cycle throughout the night. How well-rested a person is and how well they function the next day depends on their total sleep time and how much of the various “stages” of sleep they get each night.

Sleep revitalizes and increases energy. It helps people think clearly and improves memory. During deep sleep, the brain moves memories into long-term storage (like backing up your computer). Anything that disrupts this process can interfere with the ability to retain information.

Deep sleep is also essential to regulate blood sugar levels, thus decreasing the risk of Type 2 diabetes. Many different hormones are released during sleep such as one that fuels growth in children and helps build muscle mass and repair cells and tissues for all ages. Other hormones work to fight infections, explaining why a good night’s sleep helps keep people from getting sick.

Lack of sleep may affect the levels of appetite-regulating hormones leptin and ghrelin. Studies show that the less people sleep, the more likely they are to be overweight or obese, to develop diabetes, and to prefer

eating foods that are high in calories and carbohydrates (comfort foods) rather than healthy food.

For women, poor sleep is more damaging to heart health than for men (whose testosterone blocks some damaging effects). Lack of sleep has the same health effect as carrying around an extra 20-30 pounds. It also affects mood, making one irritable and more likely to become depressed.

Most people need seven to eight hours of sleep every night. One in six Americans sleep six hours or less, making them victims of chronic sleep loss. And this can’t be “made up” by sleeping in on the weekend.

Although a person with chronic sleep loss may function normally after waking up, they will experience steadily slower reaction time as the day wears on. Studies show that staying awake 24 hours in a row impairs performance to a level comparable

to a blood-alcohol content beyond the legal limit for driving.

Here are some tips to get enough sleep:

- **Modify eating habits.** No caffeine after noon, minimize sugar intake, eliminate sweets and refined carbs after dinner. If the digestive tract is working when it should be resting, it is not able to perform as it was meant to. Ideally, your last meal should be 3-4 hours before bedtime.

- **Have the right environment:** dark, quiet, cool. Turn lights down several hours prior to bedtime as preparation.

- **Exercise**, but not within 2 hours of bedtime.

- **Avoid napping** after 2:00 p.m.

- **Limit liquids** in the evening.

- Use the **bedroom for sleep.**

Don’t watch TV in bed.

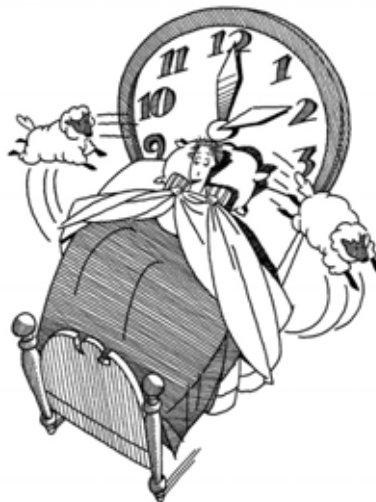
- Have the **same routine** every night. Read the Bible, pray with your spouse.

- **Keep a notebook** by the bed to write concerns. Then turn off your brain.

- **Get up at the same time** every morning. The snooze button is one of the devil’s secret weapons.

Continuing sleep problems should be evaluated by a doctor. There may be a physical reason that can be corrected.

God created sleep for a number of reasons—all designed to make us healthier. As you fight the “battle of the bulge,” add a good night’s sleep to your routine. **SR**





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

My favorite book??

by Liz Green, Milton, Wis.

The question hung in the air as I desperately tried to think of a good answer: "What was your favorite book of the year?"

I was at a "holiday" lunch with co-workers, already feeling socially inept since the conversation had centered on movies people had seen in the last year, and I hadn't been to a single one! Besides, who were these Spartan individuals who only ate one plateful at the Chinese buffet?

So I had weakly offered that although I spent most of my free time reading, it was really difficult to pick out just *one* book that had been impactful. Plus, I was thinking that they were probably not interested in hearing about the scintillating prose of textbooks like *The Hermeneutical Spiral*.

Truthfully, I didn't want to admit to reading Nora Roberts, so I blurted out that I had enjoyed the J.D. Robb's *In Death* mystery series. Fortunately, no one at the table seemed to know that J.D. Robb is really a pseudonym for Nora Roberts!

As you may expect, God brought me up short the next time we had a good chat.

He said, "Liz, why did you say that? What about all the time you spend reading and studying my Bible? Couldn't you have told them the Bible was your favorite book and the one that most impacted and changed your life in the last year, just as it does every year of your life?"

After shifting uncomfortably, I said, "Sir, I was thinking of other categories of books. The Bible is such a staple in my life that I forget that it is a book."



He nudged me more: "Yes, that's the problem. You take the Bible and its impact in your life for granted. Yet it is the foundation of who you are and how I am shaping you.

"You drink deeply and regularly from the Word. Don't forget its impact and fail to acknowledge to others—especially nonbelievers—how beautiful and life-changing it is."

He continued relentlessly. "Allow me to remind you what you learned last year. You and I had quality learning time together in your Old Testament Minor Prophets class. I showed you that in Israel's sinfulness, you saw your own sinfulness. In their faithlessness, you saw your own faithlessness. I reminded you that sin is a major offense against me that must be paid for."

"Yes," I said, "I remember that it drove me to my knees in fresh repentance and desire to seek and serve You faithfully in all things."

He pressed on. "Remember your class on Romans? I reminded you that the only answer for the faith-

lessness you saw in yourself was faith in Jesus and also in the faithfulness of Christ described in Romans 3:22. In fact, that one little word intrigued and changed you the most. The word is faith, or *pistis* in Greek. Not only does it speak about the faith that you have in Jesus, but also the *faithfulness of Jesus Christ to complete his work on your behalf*.

"You need never fear that your faith will be incomplete or inadequate, because Jesus was utterly and completely faithful. His work has already been successfully completed. Your faith rests on Jesus' faithfulness, not on your own. So now, what was the right answer to that question?"

Humbled, I said, "Lord, I repent of my faithless representation of You. Truly, my favorite book of *every* year is the Bible, including every single word." **SR**

Liz Green is a member of the Milton SDB Church. She lives in Milton with her husband, Frank, and three



cats who help her garden in the summer. Liz works as an administrator for Dane County Human Services in Madison. She will complete a Masters degree in Christian Studies at Trinity Evangelical Divinity School (Deerfield, Ill.) later in 2010.



We've a Story to Tell

"If the Lord delights in a man's way, he makes his steps firm; though he stumble, he will not fall, for the Lord upholds him with his hand.

"I was young and now I am old, yet I have never seen the righteous forsaken or their children begging bread."
(Psalm 37:23-25)

To proclaim God's good news is one of the commands Jesus gave to his disciples in the famous "Great Commission" (Matt. 28:19-20). He told his followers to go into the world and "make disciples of all nations," baptizing and teaching the truth to those who are lost.

In our time, the word "evangelism" has come to represent this effort to make new disciples. Seventh Day Baptists have acknowledged the Great Commission as the main purpose of our Conference, making it part of our mission statement in 2005.

Despite the Conference acknowledging the importance of evangelism, when most of us hear the word, we jump to a mental picture of walking up to combative and angry strangers and trying to convince them to pray the "sinner's prayer" after a few short minutes. Thanks to this imaginary interaction, many of us find it difficult to overcome spiritual inertia and share our faith.

Last month I stressed how your own personal history can increase your spiritual vitality as you worship God and live daily for Jesus Christ. I'd like to give you another reason to consider history: Your work to "make disciples of all nations" has a strong foundation in what God has already done in and through you, your

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'make disciples of all
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and through you.
”**

church, and centuries of Seventh Day Baptists.

Your obedience should be bolstered by God's faithfulness to Christians (for thousands of years), to SDBs (for hundreds of years), and to you for all the years of your life. You are the recipient of thousands of years of fulfilled promises!

Whether it's God preserving believers in the first century, or making provision for your needs today, we serve a God Who has been at work for a long time. The proof? We're here!

Beyond the larger history of God's people, you should find evidence of God's faithfulness and guidance inside your own life—it is your testi-

mony, your personal witness to God's ultimate trustworthiness.

Your testimony has two implications as you go into the world to make disciples.

Be confident

The first implication is that you can be confident as you share your faith.

The God who preserved Seventh Day Baptists as they persevered through persecution in England is the same God Who stands ready to uphold you as you share the Gospel. Just as colonial American SDBs found places where they could live according to their conscience, so also will your faith story find an audience with those God wants to reach through you.

It is your story

The second important consequence of having a testimony is that it is one piece of evidence that a nonbeliever can't argue with.

People can speculate about what will happen in the future, but they will be hard pressed to argue against the testimony of a changed life in Christ, and what God has done to transform you and provide for your needs. They can argue about your future, but they can't take away the story of your past.

May you be encouraged in God's unflinching provision for Seventh Day Baptists and for you, as you share your story with a lost world. **SR**



This memorial fund gets personal

by Doug Mackintosh, Half Moon Bay, Calif.
SDB Memorial Fund trustee

If you have read the Memorial Fund reports at Conference, you may have noticed that many of the funds have people's names attached to them.

One of our former Fund trustees, Steve Pierce, helped me become aware that there is usually a story attached to many of these funds.

With our Financial Manager, Morgan Shepard, out of the country serving in the armed forces, it has fallen to us trustees to attempt to fill his shoes and write these monthly articles. I would like to take this opportunity to share with you one of the stories that I happen to know intimately.

The story is of a young man named Roberto. I first met him along with his two brothers outside of São Paulo, Brazil. Our family had decided that we wanted to expand our family by opening our doors to a couple more children who needed a home. Truthfully, my teenaged kids and their Mom had already made the decision—and then set about the job of convincing Dad.

My first memories are of a young man with flashing eyes, full of life in spite of some difficulty walking. (We would later learn he had a severe heart condition.)


He would eat like a champ—four bowls of cereal for breakfast—and always seconds, thirds and fourths at lunch and dinner. Thankfully that slowed down after several weeks.

He was constantly talking, and though we couldn't understand his Portuguese, his tone was infectious. As we got to know these three brothers, we gave them the opportunity to pick new names. Roberto decided he wanted to be known as Timothy—and woe to anyone who shortened his name to Timmy.

The next 3-1/2 years would teach me and many others the power of God's love, and Timothy's short life changed my whole way of looking at the world. Our thanks again for so many of you who joined us in prayer during those years. Timothy went Home to be with the Lord at the age of 7.

The **Timothy Mackintosh Adoption Fund** is named for this young man.

The fund is unusual in that it's not set up to be a self-perpetuating endowment. Unless the donor specifies that the money is to be used to increase the endowment, all donations to it are spent 100% to support the initial expenses of Seventh Day Baptists who want to open their families to additional children through adoption.

The purpose of the fund is to provide a tax-deductible method of providing support for those who have the heart to adopt a child into their family, but who need financial help for the first expensive step of court costs, home study agency fees, and travel funds (for foreign adoption). It is a special fund for a special child. 



For more information, or to add to this adoption fund, please contact the Seventh Day Baptist Center at 608-752-5055.



Diaconate Day

Sometimes the workshop format doesn't work for a local church.

The SDB Board of Christian Education has developed and offers both a 3-hour and a 6-hour Diaconate Workshop. These workshops furnish a lot of information in a relatively short time span, and the longer format provides an opportunity to make real connections between the church's circumstances and the presented information.

Both formats work well for people who are interested in the topic, and who want to be better informed about the role of deacons and deaconesses in the overall ministry of their church.

But, for a variety of reasons, the workshop format does not work well when the church wants to involve and inform as many people as possible. Because of that, we've worked over the last couple of years to create an experience that involves and includes as many people as possible with minimal disruption to the normal flow of a local church's Sabbath schedule. I've taken to calling it the "Diaconate Day."

Diaconate Day involves four main parts: Bible study, sermon, fellowship meal, and a 45 to 60-minute closing session.

The Bible study usually takes place during Sabbath School and focuses on passages that discuss the qualities of diaconate members. The sermon brings home lessons for the church from Acts 5:40-6:7.

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We've worked to create an experience that involves as many people as possible with minimal disruption to the normal Sabbath schedule.
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The closing session brings together the Biblical lessons of the Bible study and sermon; paints a portrait (with big brush strokes) of the diaconal ministry in Seventh Day Baptist churches; challenges the church to be deliberate about all the ministries God has given; and closes with a time of questions, answers, and discussion.

The Diaconate Day is great. For most churches, it only adds an hour to normal Sabbath activities. It uses the normal teaching times the church already has in place. The church can schedule the event to coincide with a regular fellowship meal.

Because of all these things, Diaconate Day can allow more people in a local church to see, hear, and interact with Scriptural teaching about diaconal ministry than an event that would require meeting at alternative times and places.

Scheduling a Diaconate Day is easy: just write, call, fax or e-mail

the Board of Christian Education office with your request to schedule a Diaconate Day (or workshop) along with an indication of when you would like the event to occur. From there, we'll strive to find a date that will work for everybody involved.

What is the price? The local church will provide room and board for the presenter and generally will provide transportation from and to an airport. Almost all other costs associated with Diaconate Day (or workshop) will be covered by the Board of Christian Education.

To be clear, we don't bill churches for these events because we want to make them available to each member church regardless of its size or income. We do hope that after experiencing the event, the church will think the teaching and training has value and will contribute to ensure its continuing availability for other churches. ✠

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FOCUS on Missions

Training continues in Philippines

by Kirk Looper

The delights of the Philippines encompass more than just the sights, sounds and tastes. The *people* are, by far, the best resources that delight you as you visit this nation of islands. Many of the residents can speak and understand English and they are thrilled to describe the work being done there.

My visit to the Philippines gave me the time to speak with Pastor Al Paypa, General Secretary, and Bernard Agudera, Conference President. I could see how the Training In Ministry by Extension (T.I.M.E.) program was progressing, and witnessed how T.I.M.E. was helping to supply pastors for their Conference work.

We also took time to visit some property that the Conference is trying to purchase so they can construct a Conference center. This center will house the Conference office, a place of worship, and school. The property is a large area that would easily accommodate their plans. It is at the end of a road that extends about a half mile from one of the main streets. A large apartment building is going up within 300 yards from the property.

When I visited the church in Banawa I was able to get reacquainted with a young girl who was born blind and is under the guardianship of Pastor Agudera and his family. Her name is Stephanie Navaja, now 14 years of age and very talented. She sings beautifully. Some churches in the United States send support to her on a regular basis.

Stephanie has learned Braille and can write in Braille as quickly as some of us can type. We are anxious to see that she receive a walking cane that will help her get around better. We are also looking for a Braille Bible for her to use.

For them it is very expensive (over \$700 US) and they would be pleased to get funds to purchase this Bible.

The church in Banawa is located on the top floor of the Agudera home and their daughters are leading during the services. The Aguderas open their home to many children who are left to care for themselves. I was told that they have many children in their house and restau-

rant all the time. They feel that the young children (ranging from 4 to 12 years) are one of their ministries.

Some of the children come from an orphanage that is close to their home. The children sing out during the worship service, having memorized most of the songs. It is refreshing to hear them glorify the Lord.

It was brought to my attention that they need a refresher course for the new pastors. It would also give the leadership time to look over the Manual of Procedures and see if it needs updating. I told them that I would check with Rev. Rod Henry—who helped them write the first Manual—to see if he could return to the Philippines to help in this process. They were pleased to hear this.

After returning to the United States, I contacted Rod and he is in the process of making arrangements with his home church, the Philippine Conference, and the Missionary Society to get this project set up and accomplished.

I was interested to find that their Conference was requesting hymnals, a public address system, tracts, flannelgraph units, photocopier, computer and printer. An electrical generator would extend their use of the PA system in areas that do not have electricity.

It is wonderful to interact with the churches in the Philippines and I look forward to returning when the SDB World Federation holds their meetings there in 2013. I hope many of you are planning to attend. *SR*

Note: We were saddened to hear of Pastor Bernard Agudera's passing on February 11, 2010. Please pray for his family and the many important ministries he has left behind.



Blind student Stephanie Navaja (l.) receives some help from the U.S.



These students participated in a recent T.I.M.E. (Training In Ministry by Extension) course.



the BEACON

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

April 2010

Wishing and Judging

by Dakota Watt, *Beacon* editor

I was very happy to get two articles again for the Beacon. God speaks to all of us as we go about our lives. It's important that we listen to Him, and when He tells us to share, we need to do just that.

Thank you Emily and Rachel for listening to the Lord and sharing what He has told you. —Dakota

Wishing and Dreaming

by Emily Olson, Berlin, NY, SDB Church

People who know me know that I love to perform. I tried out for the annual school musical—"Cinderella"—this year. Practicing really hard before the tryouts, my hard work paid off and I got the part of the Fairy Godmother. I was so excited to take on such an important role. (*Check out my costume in the pic!*)

While reading through the script, one of the godmother's lines got me thinking. Cinderella is convinced that her fairy godmother is going to make her wish come true. Then the fairy godmother straightens her out by telling her that wishes are "poppycock." She says, "It is true that everything starts with a wish. But it's *what you do* with a wish that counts."

I realized that line applied to me more than I wanted it to. Sometimes I sit around *wishing* that some of my friends would come to church, and dreaming that someday they might become Christians. I can sit there all I want, but it's not going to happen unless I *do* something about it.

In Mark 16:15, Jesus tells his disciples to "Go into all the world and preach the good news to all creation." He wants us to *do* something, not just wait around wishing for the people in our lives to accept him.



Sometimes, we act like Cinderella. We expect things to happen without having to do anything. This isn't the way it works. People can only become Christians if they hear God's Word. Romans 10:17 says, "Faith comes by hearing and hearing by the word of God."

This tells me that I need to stop wishing and start doing, and you should too. **SR**

Should we Judge?

by Rachel King, Asheville, NC, SDB Fellowship

Do you think we should judge other people? My answer to that question would have to be "No," because God is the only judge over all of us.

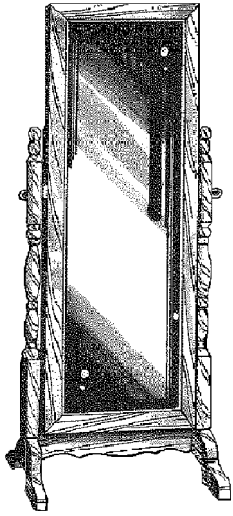
In Matthew 7:1, Jesus says, "Judge not, that ye be not judged." God is the judge, not us.

Have you ever caught yourself going over other people's faults? Well, none of us are perfect and we

all make mistakes. It's not right to judge people because we're not God—only He knows a man's heart and what is in man: SIN!

We should be godly but let God handle people on this earth. We're not pure or without sin, nor can we know a man's heart. It's not possible!

Please, examine your heart and let God show you that when you're talking about somebody else's faults all you are doing is judging them. Let God help you with this situation because we are not Him! **SR**



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*

Milton matriarch spins away

This past January, the Milton, Wis., SDB Church lost one of its true matriarchs.

Virginia Mae "Spin" Fitz Randolph spent her entire 86 years in Milton. In fact, from 1928 on, she eventually lived on all four corners of the same intersection.

Last year, Spin finally gave up her cozy home on John Paul Road and moved to the Milton Senior Living complex to be with her beloved husband, Ivan.

During her almost 65 years of marriage, Spin worked outside the home at times, including a stint as a welder during World War II. But being a breadwinner wasn't Spin's top priority. Her energetic life ultimately revolved around three loves: her home, her family, and her church.

As a native Miltonian, I was vaguely aware of the Fitz Randolphs. I got to know Spin and Ivan on a much more personal basis after moving back to Wisconsin in 1979. When my first husband died in a 1983 plane crash, Spin became like a second mother. She lavished me with hugs and cards, and always mentioned how special my little family was to her.

Shortly after Spin's sudden death, friends set up a website where people could leave tributes. Here are a few:

"I cannot remember a time when Spin was not smiling. At church she would always give me encourage-

ment, just the right kind for that day. She will be missed but never forgotten."—*Teresa Kersten*

"When I came back home to Milton—broken in spirit, tired and poor—Spin took me in her arms and whispered into my ear, 'You



Our dear "Spin"

belong to me now.' She meant it. I have watched her do that with so many others. And believe me, her heart was big enough to keep us all there!"—*Merry FitzRandolph*

"When I was growing out my hair for 'Locks of Love,' Spin gave me some ribbons at church. I put one of them in my hair and sat in church like that. We thought it was funny, but other people gave us some stares."—*Josh Matthews*

"We've lost a beautiful woman. Our family mourns, but we know we are the luckiest people to have been touched by her and Ivan's

complete generosity. Spin belongs to the 'Old Guard' where family comes first and neighbors should be cared for."—*Steve Davis*

"I think of Spin with a smile as I remember how she and my dad [Erlo Nelson] loved to trade insults. They often provided entertainment at the church's Breakfast Club. One time, as they outrageously insulted each other, people who knew them understood. But strangers who overheard them had odd expressions on their faces. I was just wondering... Are insults allowed in heaven?"

—*Ruth Ann Hess*

"From her cranberry salad to her famous Angel Pies, Spin knew how to feed people. But the most important way she fed us was with her love."—*Diane Davis*

My daughter, Jennifer Dutcher, wrote: "Years ago, I attended a weekly Bible Study at Spin and Ivan's house. To this day, I can vividly recall the moment I walked into their home.

"My mom and I were early arrivals. When we went into the house, I experienced this overwhelming feeling of love, holiness, peace and warmth; something I had never felt before and haven't since. It was like I had entered into a nearly tangible presence of God. That's the only way I know how to describe it."

Virginia Fitz Randolph was a wonderful Christian role model, a sterling example of what it means to be a loving wife, mother, grandmother, great-grandmother, neighbor, and friend. She leaves some very big shoes to fill. **SR**

"Servants Together..."



in God's Ministry"

SDB General Conference

Springfield, Missouri

July 25-31, 2010



The President's Page
by Pastor Paul Andries

all humanity, whether one chooses to accept Him or not.

Churches will be filled to capacity with worshippers who adorn themselves with a variety of new and colorful outfits. But do we appreciate and appropriate the spiritual change Christ offers us?

Noticing all the various changes that happen at this time of year, what would it profit us to merely appreciate these things and make no change in our spiritual state?

Jesus changed the spiritual sphere when He rose from the grave, so we could have life to the full. What does that mean? And how is that fullness attained?

Before He went to the cross, Jesus taught His disciples how to attain that full life. *"If I then, your Lord and master, have washed your feet; ye also ought to wash one another's feet" (John 13:14).* Then He went to the cross.

The prophet Isaiah recorded these words pertaining to change: *"Surely he hath borne our griefs and carried our sorrows; yet we did esteem him stricken, smitten of God, and afflicted. But he was wounded for our transgressions, he was bruised for our iniquities; the chastisement of our peace was upon him; and with his stripes we are healed" (Isa. 53:3).*

If you have not accepted Jesus Christ as your Savior, I invite you to do so during this season of change. You may have considered becoming a Christian for some time, but are reluctant. Put it off no longer.

And for those of us who know Jesus as Savior, may we enjoy that fullness as we all make a change in our spiritual life. Become a partner with me by becoming "Servants Together in God's Ministry." **SR**

Next month: I will share the exciting variety of workshops that will be available at Conference.

A Season of Change

This year, the Washington, D.C. metro area broke the record for largest seasonal snowfall totals.

The freshness and purity of the snow was as breathtaking as it was monumental. Many admired it with awe from behind their windows. Some ventured out to take pictures, play, and eventually clean it from their walkways.

For a city that's supposed to have the answer for just about everything, those in charge didn't have a clue of how to move the snow. It left the entire area under a heavy white blanket for over a week. Yes! Washington was totally shut down!

We are now several weeks removed from the snow siege. It is springtime in most of the country.

Springtime reminds us of several things:

Physical change

Signs of new life become evident all around. The naked trees develop new foliage. Their canopy becomes full and wide enough to provide nesting for birds and animals, and cool shade for us during those hot summer months.

The view becomes vastly different

from that of winter. Various shades of green create a buzz of excitement. The air is fresh. Many people are able to take deep breaths—before the pollen invades!

Personal change

Many take this time to cast aside those things that had kept them captive, and even make resolutions to begin a fresh slate. After all, it is spring—when much of the physical vegetation will sprout; perhaps we can (re)gain a sense of productivity.

Some take this time to motivate themselves to get in shape for summer. They want to "look good" in a particular outfit. They change their diet while adding physical workouts to their daily routine. When discipline is added to that recipe, success will follow.

This is also a good time for us to make changes that will support our becoming all that the Lord has created us to be.

Pneuma (spirit) change

What would spring be like without the death, burial, resurrection and ascension of Christ? This series of acts changed the entire course for



by Executive Director
Rob Appel

The Extended Family?

I grew up mainly in the 1960s. The normal family consisted of a father who worked outside of the home, a mother who took care of the family, and several children—all living in the same house.

The authority structure flowed from the parents down to the children. Children were expected to ask their parents about decisions ranging from food consumption and clothing, to choice of friends and leisure activities.

The family sat down at the dinner table together, at least most of the time, and engaged each other in conversation about their day. “Eating out” was for special occasions and ordering take-out was unusual.

However, changes were taking place that would alter the makeup of the nuclear family.

In the 1960s and ’70s, families moved to the suburbs in record numbers. Interstate roads changed the way we traveled, shopped, and involved ourselves with others.

The Civil Rights movement, political awareness and the economic liberty of women continued to gain attention. Mom began working outside the home in the 1970s. The hippie culture had changed society into one that “questioned authority.” There was extreme opposition to the Vietnam War, nuclear weapons, and hostility toward government and big business. And divorce grew at an alarming rate!

In the ’80s and ’90s the personal computer was launched. Video games became the latest craze. The media was reporting on everything—even if it wasn’t important; they would just “sensationalize” it!

Too many extracurricular activities took time away from the family unit: soccer, meetings, baseball, dance, piano, softball, deadlines, swimming, basketball, football, and karate to name a few.

Due to the increasing divorce rate and remarriage, the term “extended family” crept into our language. The “extended,” or “step,” or “blended” family—by whatever name you want to call it—was becoming the new standard for American society. By 1999 there were more than 5.5 million “step-families” in the U.S.

Although members of many stepfamilies made necessary adjustments and compromises, there remained a sizable number of such families that struggled or failed. Studies found that stepchildren were more likely to become disciplinary problems, perform poorly in school, have to repeat a grade, or drop out altogether than those who lived in traditional, two-parent homes. Children living in stepfamilies were less likely to go to college.

Today, families are struggling like never before. The high divorce rate has produced a new household paradigm involving living arrangements. While the population of the U.S.

doubled between 1960 and 1998, the proportion of two-parent households declined by three percent. In the same timeframe, the number of children living in single-parent households has almost tripled.

More and more families seek shortcuts in their schedules to make room for more family time. We are eating out, or getting takeout, more than ever before in order to save time. Some families actually order separate takeout meals for different family members!

Today’s technology has enabled families to stay connected somewhat with the disorder of the day. Cell phones and pagers enable us to keep in touch with each other. “Texting” and “Twittering” and “Facebooking” have allowed instant communication. But what has been gained in time and convenience has most certainly been lost in terms of human contact.

Life in the 1950s was simple. Some say it was the best time in American history, although I would suggest that could be true for most white Americans but not true for blacks.

In the 1950s, children still obeyed parents, women were expected to act “ladylike,” and males were expected to act like gentlemen. Children played outdoors—with each other! People talked to their neighbors, looked out for each other’s families, and had time to get to know one another. And then there was the “family.” Ah, yes... the family! **SR**

Little Rock's Golden Anniversary

by Betty Seager

On October 17, 2009 the Seventh Day Baptist Church of Little Rock, Ark., celebrated its 50th anniversary. There were 76 in attendance, including visitors from Arkansas, Georgia, Oklahoma, Texas and Wisconsin.

The SDB Church of Little Rock had its beginning as a fellowship. Dr. Lloyd Seager began recruiting Seventh Day Baptists who were willing to move to the area for employment. The SDB Missionary Society also supplied other contacts.

On March 7, 1953 the Little Rock Fellowship of Seventh Day Baptists was organized. Rev. Everett Harris of the Missionary Society led the meeting and Dr. Paul Ewing was elected president of the fellowship. Monthly meetings were held in homes, and later at the YMCA.

Weekly fellowship meetings began in 1958. Members rotated in leading the services, except for the monthly visits of Shepherding Pastor Marion Van Horn. In December that year, the fellowship purchased the Gospel Assembly Church building at 801

North Polk Street, looking toward organizing as a Seventh Day Baptist church.

Following a vote in August, the meeting to officially organize the church was held October 3, 1959. Shepherding Pastor Van Horn, Missionary Society Executive Everett Harris, and the Conference's Executive Secretary, Mrs. R.T. Featherston, presided over the meeting. The church had 17 charter members.

In 1971, God provided us the opportunity to purchase a larger building at 4801 West 11th Street. Pastor Kenneth and Doris Van Horn learned about the church being for sale through their involvement with Child Evangelism Ministries.

We have been blessed with the following pastors who have served here: Marion Van Horn, City Pastor Evangelist Paul Osborn, Kenneth Van Horn, John Camenga, and Bill Burks as assistant pastor. Jeffrey



Local members taking part in the Golden Anniversary (l. to r.): Galen Monroe, Pastor Jeffrey Monroe, Berwin and Winnie Monroe (charter members), Betty and Irving Seager (charter members) and Karen Seager Curley.

Monroe is our current shepherd and Floyd Van Horn is our assistant.

At our 50th anniversary celebration, Pastor Monroe moderated the morning service and also presented the church's history. Irving Seager gave greetings and recognized our guests.

Inspiring sermons came from Pastor Mynor Soper and Dan Richards (both of the Texarkana, Ark., church) and the congregation enjoyed special music. After lunch, many delighted in viewing the "memory table" and picture displays that were assembled by Donna, Sarah and Susanna Monroe. An afternoon service of music included numbers by the Monroe Band (Joshua, Benjamin and Timothy Monroe).

At the conclusion of the afternoon service, Pastor Gordon Lawton, Director of Pastoral Services for the SDB Center on Ministry, presented a challenging message.

The celebration was a joyful time of worship, praise and fellowship. **SR**

MATCHING
Funds For
MALAWI

The Memorial Fund trustees have voted to help pastors in Malawi 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. A **\$40 gift** will send one child to school for a year!

You have three choices in sending your gift. **SDB Missionary Society**, 19 Hillside Ave., Ashaway RI 02804; **Metro Atlanta SDB Church**, PO Box 1104, Dallas GA 30132; and **Miami SDB Church**, 10185 NW 7th Ave., Miami FL 33150. Make your check out directly to the Society or church, and please be sure to designate your gift as "Malawi Matching" in the memo. Thank you!

Solving their space crunch in a creative way

by Ellen Olson

Two years ago the Berlin, N.Y., SDB Church built an addition onto the back of the sanctuary. What was essentially a one-room church with a foyer and two balconies now had a large entry area, a library, kitchen, additional restrooms, and a space that could be opened for bigger events or closed into smaller rooms with moveable walls.

That new building has not only been utilized by the church, but has been offered for many community groups to meet on a regular basis. *[You'll be able to read about one of Berlin's community outreach events in next month's SR.—Editor]* Through God's provision, the cost of the hall was covered almost as soon as construction was completed.

Now, the church faced another dilemma. We had room for Sabbath School and community events, but were still functioning with a sanctuary that was preventing further growth due to its limited seating.

At 70% capacity—the point at which a church with pews feels comfortably full—our sanctuary seated about 85 people. Our average attendance for the past year was in the 80s, and when it got above 85 it became uncomfortably full. In fact, historical attendance figures showed that any time attendance increased to about 90 people, there was a subsequent drop to about 75 as people were just not comfortable in that environment.

With our new addition and community programs, we were pushing the 90-person barrier again and something needed to be done. Plus our new main entrance from the parking lot opened into the front of the sanctuary, making it uncomfortable for latecomers or visitors.

The question became, "How do

you maximize space in a historic church without losing something in the process?"

The Berlin church is a traditional New England-style building with a balcony on each side. Seating in the balcony was not feasible (except in desperate circumstances like Association or a large wedding) because visibility was severely limited.

The plan voted on involved turning the sanctuary 90 degrees and eliminating one of the balconies. People would now face what would have been the right side of the church under the old configuration.

We set to work. The balcony on the right was torn down, leaving the new "front" of the church open from floor to ceiling. The remaining balcony became the "back" and was tiered, with a partial glass wall to assist with visibility.

The two entrances are now to the back left and side right of the congregation. New chairs have replaced the pews on the main floor while other pews were reworked to fit in the balcony.

New windows (matching the old style) will improve energy efficiency. The color scheme and general décor

complement the more modern-looking chairs with the historic building. Electricity was all updated (some of the old stuff was pretty scary), and wallboard either covered or replaced the horsehair plaster.

Using chairs, the target number for "comfortable" can be increased to 80%. Total seats on the floor and in the balcony increased to 150, which provides places for 120 people at 80% capacity.

How did it go? Well, \$100,000 later (thank you, Memorial Board)

cont. next page



Berlin's "old" sanctuary. Latecomers would appear through the door next to the pulpit.



Balcony removed and everything turned 90 degrees to the right.

Solving space crunch, *cont. from p. 23*

the project is practically complete and we are back in the sanctuary. We were only out of the sanctuary for four weeks and were able to meet in the new hall in the meantime.

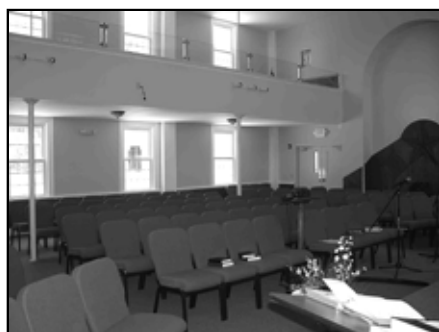
Members of the congregation can now enjoy our “new” sanctuary and are adjusting to the changes. When we are at capacity on the main floor, the late arrivals are learning to move to the balcony if things look overly full.

The teens think the sanctuary looks “modern,” and those of us who are more mature can appreciate all of the traditional feel and décor that was able to be maintained. Who says that 48 “can lights” in the ceiling and new chairs can’t be blended with wainscoting, elaborate parson’s chairs, and obvious post-and-beam construction?

We are very thankful that God provided us with the vision, the financial backing, and the faith to move ahead. **SR**



A cramped environment turned to...



...an inviting open space. Come visit us soon!

Haiti
+
Earthquake =

**Many, Many
NEEDS**

Praise the Lord!
SDBs have sent over
\$10,000 to the
Baptist World Aid
effort in Haiti.

**SDB United
Relief Fund**
PO Box 1678
Janesville WI 53547

Memo: Haiti
Thank you!

Denominational Dateline

April 2010

- 16-18 Semi-Annual (Ordination Council for Wayne North), New Auburn, Wis.—*Gordon Lawton*
- 17-18 SDB Memorial Fund, SDB Center, Janesville, Wis.—*Jan Ehlers, Rob Appel*
- 18-21 RHMA Seminar, Morton, Ill.—*Ron Elston*
- 22-25 Missionary Society Board of Managers, Ashaway, R.I.—*Elston, Kirk Looper*
- 30-2 Allegheny Association, Toronto, Canada—*Appel*

May

- 15 **Sabbath Renewal Day**
- 15 Old Stonefort, Ill.—*Elston*
- 15 Next Step SDB Church, Thornton, CO—*Appel*
- 15-16 Historical Society Board of Directors and Annual Meeting, SDB Center—*Nick Kersten*
- 22 Dodge Center, Minn. (Billy Edwards ordination)—*Lawton, Kevin Butler*

June

- 1-2 Academic/Historical Panel, Mystic Seaport, Conn.—*Kersten*
- 4-6 CNY Association, Verona, N.Y.—*Paul Andries*
- 4-6 Southwestern Association, Fort Worth, Texas—*Appel, Elston*
- 5 Berlin, N.Y., SDB Church—*Butler*
- 5-6 New York City SDB Church—*Lawton, Looper, Butler*
- 13-15 Contacts in Idaho and Montana—*Elston*
- 14-25 SDB Polity Summer Institute, SDB Center—*Lawton, Kersten*
- 16-18 Contacts in Spokane, Wash. area—*Elston*
- 25-27 Appalachian Assoc., Pataskala, Ohio—*Appel*

July

- 20-21 CLT, Evangel University, Springfield, Mo.
- 21-23 General Council, Evangel University
- 25-31 **SDB General Conference**, Evangel University

Obituaries

Bond.—Helen Virginia (Kennedy) Bond, 94, passed away on January 29, 2010 in Mount Vernon, Ohio. She was born on August 4, 1915 in Lost Creek, W.Va., the daughter of Stephen G. and Jessie (Stout) Kennedy. Helen was the last surviving member of her family. She was preceded in death by her sisters, Elizabeth Kennedy, Evaleen Bond, Kathryn James and Ruth Smith; an infant brother; and brothers W. Frank and S. Gene Kennedy.

Helen was baptized and joined the Lost Creek Seventh Day Baptist Church in June 1926. She remained an active member until moving to Galena, Ohio in 1963.

She graduated Lost Creek High School in 1934 and from Salem (W.Va.) College in 1936 with a Standard Normal Teaching degree.

On February 24, 1939 she married Ernest Bond at her parents' home in Lost Creek. They lived in Morgantown, W.Va. until Ernest earned his

degree from West Virginia University in 1941. They moved to Fairmont, W.Va. where Ernest began his teaching career.

In 1943 they moved back to Lost Creek where Ernest taught Vocational Agriculture at the high school. When he took a new sales job they purchased the family farm in Jane Lew and Ernest left teaching. During the next ten years, the entire family (now with four children) worked together to make this small dairy and chicken farm profitable.

After their move to Galena in 1963, Helen returned to school and graduated from Otterbein College with a bachelor's degree in Elementary Education. She began teaching in the Galena Elementary School where she influenced hundreds of first graders and served as principal of the building. She retired from this position in 1976.

Helen was also an important part of the establishment of the SDB

Church of Columbus, Ohio (now the Seventh Day Baptist Church in Pataskala) becoming a charter member in 1976. She served in many capacities in the church including Sabbath School teacher and deacon.

She is survived by her husband of 70 years, Ernest Bond, and four children, Karen Rogers of Jane Lew, Doris Kennedy of Mount Vernon, Ohio, Richard Bond of Palmetto, Fla., and Rebecca Van Horn of Centerburg, Ohio. There are nine grandchildren, 3 stepgrandchildren, 13 great-grandchildren, and 12 step-great-grandchildren; several nieces and nephews; her sisters-in-law Elaine Kennedy, Wilda Kennedy and Leola Bond; and brother-in-law Leland W. Bond.

A funeral was held on February 3, 2010 at the Lost Creek SDB Church, with Pastors Robert Van Horn and Perry Cain officiating. Interment was in the family plot in the Lost Creek SDB Church Cemetery.

What's been happening at the SDB Exec Blog?

Updates on the "Biggest SDB Loser"
Matching funds for Haitian SDBs
Ordination of Steve Graffius
Landslides affect Ugandan SDBs
SDB migration noted in new book
Report from CLT and Gen Council
Posting of Women's Society newsletter
New "Truth for Youth" quarterly
Summer project in Guyana
Rez Connection project in June
Where is Youth Pre-Con?
COM annual meeting recap

These stories and many more have appeared in just the last two months. Visit the SDBlog (at www.seventhdaybaptist.org). Facebook friends get alerted when new stories are posted. Some are fun, some quite serious—most related to the world of Baptists in general and SDBs in particular. For timely updates, go to the **SDB Exec Blog!**

New members

Paint Rock, AL
John Bevis, pastor
Joined after testimony
Victor Burrows

Death Notices

Weston McNeilus,
20, of Dodge Center,
Minn., died on February 22, 2010.

George H. Hurley,
82, of Appleton, Wis.,
died on March 2, 2010.

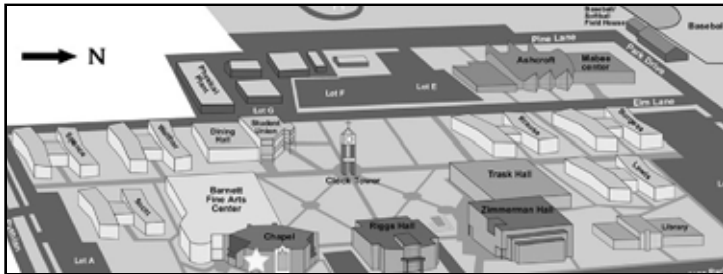
Time to Start Planning!

SDB General Conference

July 25-31, 2010

Evangel University, Springfield, Missouri

Evangel University is located in the north part of Springfield, Mo. (west of Hwy 65, south of Hwy 44 and north of Hwy 60/160). A printable campus map, detailed list of area hotels/motels, and a virtual tour of the campus is at www.evangel.edu/Map/index.asp



Transportation

Please use the Springfield-Branson International Airport. It is the only airport from which the Host Committee will schedule and provide free transportation. Parking on campus is available next to the chapel and dorms, and along the streets in front of the chapel. Drivers and golf carts will be available on campus all week.

Campus

No other activities are scheduled on campus.

Exhibits: 30 spots have been designated for exhibits in the student union/cafeteria area. Tables are provided. Display your church's activities and ministry events. Don't forget to bring items to sell at the Women's Board Craft Table for SCSC! (*See the ad inside front cover.*)

We will be able to use the track (above the basketball courts) and weight room in the recreational building.

Housing

The four dormitories are multi-level buildings with no elevators. There are a limited number of "handicap" rooms available. Each room has two beds and shares a bathroom with an adjoining room. Children, up to age 12, can sleep on the floor for no additional charge. Each dorm room occupancy is limited to four.



Linens

Towels, washcloths and bedding (sheet, blanket and pillow with case) will be provided. Towels will be replaced every other day. However, you may bring your own linens for a reduced room rate. Small appliances are allowed in the rooms (toaster oven, small microwave, small fridge). No open burner or heater coil appliance is permitted. Microwaves in the lounges are student-owned (college not responsible). Each dorm floor has a lounge and the dorms are open until midnight.

Technology

Duplicating services are available. We pay for what we use. The Conference will have a printer available. Bring an Ethernet cable for the dorm rooms; Wi-fi is available in the dorm lounges. Computers will be available at a computer lab and in other areas.

RV spots

There are 8 RV spaces on campus (electrical hook-up only) behind the Mabee Center, on a first-come, first-served basis. No bathroom facilities will be provided.

Off-campus Housing

12 hotels and motels provide discount coupons. Visit www.Travel-Springfield.com and select "Special Offers and Coupons." Currently, the Best Western has rooms for \$42 a night. More area savings are at that website!

Food



The cafeteria has plenty of seating with adjoining rooms for special gatherings. Group meetings can take place there. A

lounge in the student center can also be used as a gathering place, with the option of ordering burgers, etc.

Nursery

The Nursery will be in the Barnett Fine Arts Center, near the chapel and meeting rooms. Volunteers always needed! Contact Mike Graves at 913-833-2647, or 913-370-1390 (cell).

KEVIN'S

ORNER

Things are not always as they appear

After paying a hospital visit to a friend in Madison the other day, my wife and I were free to choose where to have dinner.

As we headed toward the mall area (with *way* too many choices) I remembered a great new grocery store that I wanted Janet to check out. I happened to be there for its recent grand opening and was quite impressed.

Walking through that place gave a rush to the senses. Its size and choices seemed overwhelming, but we were really drawn to the deli area. A beautiful salad and fruit bar looked like it offered plenty for supper.

We chose the one-plate special, found a table and started to dig in. The food was as good as it looked.

Near the end of our meal, we heard a high-pitched scream from the deli. A little girl was apparently not real happy about being at this fine, well-appointed store and was ready to go home. The older lady with her was having quite a time keeping the tantrum (and little 3-year-old body) under control.

An elderly gentleman sitting near us got up and headed toward the ruckus. It appeared that he wanted to help out. Turns out he was the woman's husband and great-grandfather to little Jasmine.

My back was to the "action" but Janet kept me informed with, "Oh good, he's got her by the hand. Oh, now she's running away. Oh, now he's trying to carry her under his arm..."

The screaming and fussing continued in the aisle until they decided to find a more secluded spot. Yup, the dining area.

Here's where the real "appearance" thing kicked in. Another gentleman, sitting by himself in a window booth, had been balancing his checkbook and trying to enjoy a snack. He appeared to be a professional, and the way he squinted and stared at the melodrama behind me made me think that perhaps he was a pediatrician or a child psychologist trying to analyze the situation before stepping in.

As the fussing intensified we were about to offer our help to the old couple. Jasmine screamed, "I

want to go home!!" Great-grandma assured her, "We're *going* to go home."

That's when this professional-looking man got out of his booth, bent a bit at the waist, cupped his hands around his mouth, and bellowed for half the store to hear: "RIGHT NOW!!!"

You could have heard a pin drop.

So much for the professional image. I thought, *Now that was real mature and oh-so-helpful!*

I wanted to punch the guy out. Which would have been real mature and oh-so-helpful.

The now more-embarrassed woman handled it well. She quietly said to Jasmine, "See, honey, you've got that man upset. Let's calm down."

We stood up and (resisting my urge to "talk" with the man by the window) stepped toward the elderly couple. A female store employee reached them first. *Oh, just what they need—another confrontation.* I pictured the employee demanding that they take this family squabble outside, but as I had just learned, things are not always as they appear.

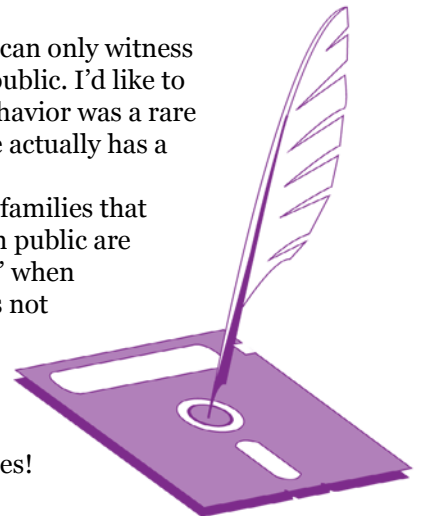
The two ladies hesitated, recognized each other as former co-workers, then embraced and exchanged pleasantries. The exhausted but friendly great-grandpa and I had started talking, and he was more interested in finding out about us than he was in us helping him. And meanwhile, Jasmine was slinking under the booth trying to get away. She didn't get far and things calmed down.

Most of the time, we can only witness a family interacting in public. I'd like to think that Jasmine's behavior was a rare occurrence and that she actually has a good home life.

But how many other families that seem so well-behaved in public are "at each other's throats" when they get home? Perhaps not physically, but verbally and behaviorally.

Things are not always as they appear.

Let's pray for our families!





Servants Together In God's Ministry

(aka: General Conference Host Committee)

Evangel University, Springfield MO

July 25-31, 2010

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