



The
Sabbath
RECORDER

Inside:

That's my father!

Happily
ever after?

July-Aug. 2010

News for and about Seventh Day Baptists

Don't wait to thank Him

Ready to Restructure?

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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

The **2010 Directory** of SDB ministries is available. We've held steady to the \$7.50 price! Send for yours today (+ \$1.50 postage).

Please contact the Center (608-752-5055, or media@seventhdaybaptist.org, or our website's E-store) to order.

2010 Conference Offering Opportunity

To team up with the efforts of the **Center on Ministry (COM)** and their support of our many—12!—seminary education students, the General Council has decided that this year's General Conference offering will be given entirely to COM for these pastors-in-training.

On Conference Sabbath, July 31, we will be supporting our future together.

Please write "Conference Offering" on the memo line of your check made out to the **SDB General Conference**. We will make sure that it gets to COM and the students who truly appreciate your support. Thank you!

Annual Corporation Meeting Notice

Seventh Day Baptist
Board of Christian Education, Inc.

The annual meeting of the members of the SDB Board of Christian Education, Inc., will be held on the campus of **Evangel University**, Springfield, Mo., immediately following the evening worship service of the Seventh Day Baptist General Conference USA & Canada, Ltd., on Monday, July 26, 2010. The specific location for the meeting will be prominently announced on campus.

The purpose of this meeting shall be to hear and act upon the 2009 Annual Report of the Board of Directors, and to consider and act upon such matters that may properly come before said meeting.

Members of the member churches of the Seventh Day Baptist General Conference USA & Canada, Ltd., are members of the corporation. Accredited delegates attending the 2010 General Conference sessions in Springfield, Mo., are entitled to vote at this annual meeting.



Pre-Con Camps are July 21-25

Youth Pre-Con

Campers:

Ages 15-18 (or compl. 9th)

Location:

Windermere Conf. Center
Roach, Mo.

Director:

Bernie Wethington

Young Adult

Campers:

Ages 18-29

Location:

Evangel University
Springfield, Mo.

Director:

John Pethtel

Registration in the May *SR*
or educatingchristians.org



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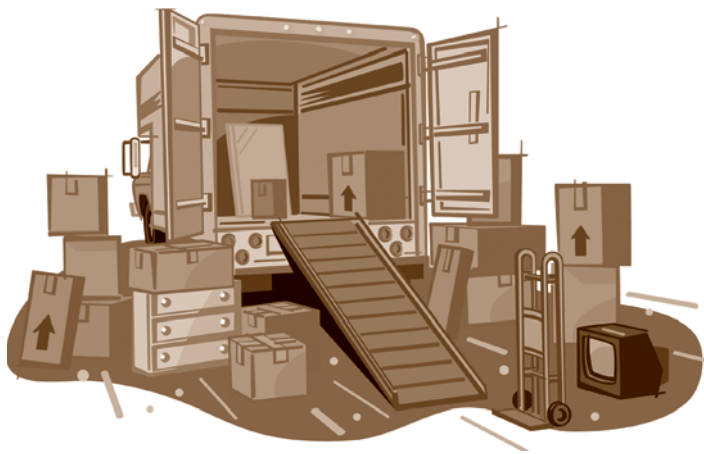
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Don't wait to thank Him

*May the Lord find us thanking Him
while His plans are still unfolding*

by Steven Dunn
Paint Rock, Ala., SDB Church



We don't understand what God is protecting us from, or what He has planned for us at our destination.

Our in-state trip from Birmingham to Paint Rock, Alabama, already seemed longer than it should have been, and we weren't even halfway there.

The car was overburdened with our belongings, and our cat was with us. We had no money, but I finally had a new steady job waiting for me. We were moving the only way we could—carload by carload and using a low-budget rental truck for the biggest things.

The trip is really only two hours, but it seemed like days because we were exhausted. Even the cat couldn't sit still anymore. He started crawling over all of us from window to window, pawing to get out.

I spoke to the cat in the softest voice I could muster: "We can't let you out, because there's no safe place to go." I was hoping he would understand my tone if not my words.

A lesson for the ages

My wife, Zhenya, responded with an insightful analogy. "I guess that's what *we* are like to God a lot of times," she said. "When we're in an unpleasant situation, we just want to get out of it right now! But we don't understand what God is protecting us from, or what He has planned for us at our destination."

While I don't count myself a charismatic, I believe that my wife had what Pat Robertson would call a "word of knowledge" at that moment. God has reminded us of that insight many times since.

Nobody knows...

Our whole family was not only facing one crisis after another, but several at the same time. My Mom had been diagnosed with cancer, and I had quit my job due to a hostile response to my health problems. While Mom and I were both dependent on my father, he lost his retirement to a swindler.

My mother-in-law and sister-in-law were denied visas (twice) before they were allowed to come to America from the Ukraine to assist my Mom. They were detained for hours in the airport because Customs told them they didn't believe that my mother was really sick. We recalled what a miracle it was that they got a visa to begin with, thanked God for that, and trusted that He had a plan for the next step.

Following a long time without any communication, they appeared on the American side of the Customs hall. They arrived the night before my mother passed away.

Send her back—homeless?

When we applied for “adjustment of status” for them, our government wanted to let my mother-in-law stay, but insisted that we send her 13-year-old daughter back to live on the street. After applying for a student visa for her, they told us that she had to remain in the USA while the application was pending. Then they denied her visa, because she was in the United States while the application was pending. In other words, we were punished for following their own instructions.

In each of these seemingly hopeless situations, miracles occurred that gave us hope for the next one. As we prayed during the new crisis, we had to thank the Lord for the one He had just brought us through.

By the time a trial had passed, we were thanking God for solving that one while we prayed about a new one.

Mom’s miracle music

I can remember my mother trying to rehearse singing for church. Her lung cancer had her coughing until her voice was completely gone; so

much so that she could only whisper the words during practice. Then during church, the Lord would work a miracle and Mom could sing like a star!

People would meet her after the service to give her compliments on her singing, but they couldn’t even hear her whispering “Thank you” because her voice was still gone. I can’t count the times I heard someone say, “Well, I guess God just gave you a miracle.”

“I know,” Mom would answer in a labored whisper. “He did.”

We kept praying

Of course, we prayed for my mother to be healed from the cancer. Ultimately, God chose not to answer that prayer in the way we had desired. We had to remember, though, that when she was first diagnosed 10 years before, she was told that she had two years to live.

She prayed at that time for God to give her a few more years to be involved in church music and praise Him in song—something she had always wanted to do but hadn’t made time for.

In our prayers, we realized that we had to thank God that He had worked a miracle already. Mom was praising the Lord for almost a decade beyond the time the doctors had given her! Every time she sang in those last months it was a miracle working before our eyes.

Was there a plan for me?

Now for my own health and job struggles. Between the time I left my job and the time that Dad lost his retirement, I was able to school full-time and finish my computer science degree. The same month the money ran out for Dad, I got the job offer in Huntsville, near the Paint Rock SDB Church, and their parsonage became available.

While I was going to school and jobless, I wondered if God had a plan or if He was paying any attention. In fact, His calendar was carefully planned. Looking back, I thank God that He put me in the position to finish my degree so I could serve in the

“*I wondered if God had a plan or if He was paying any attention. In fact, His calendar was carefully planned.*”





Let the Lord find us thanking Him while His plans are still unfolding.

“It’s not going to work”

The lawyer told us bluntly that she didn’t want the case. “There’s no way this is going to work,” she warned us. “Just consider this a delay tactic so you can have a few extra weeks before you send her back. You can pray for a miracle if you want, but it’s not going to work.”

Hearing that, we thanked God for the miracles that He had worked already at the airport and with my mother-in-law’s permanent residence. Then we prayed for God to show our lawyer that He could work miracles. And He did!

The State Department granted Nadiya a student visa through 2016—enough time to finish her senior year. It was too late for the lawyer to take credit, because she had already declared it would take a miracle.

A guiding principle

At Paint Rock’s mid-week Bible study, we had learned that when the right choice isn’t spelled out for us, the guiding principle is to consider what choice will bring the most glory to God. Sometimes we don’t know what to do or say about God when it seems that we’re in a terrible situation and there’s no way out. Thanking God openly and publicly is glorifying to Him. It allows our present circumstances to bring Him even more glory when He comes through for us.

The Bible tells us to praise God in

all of our circumstances, even our trials. But praising God doesn’t mean just repeating the words, “Praise God.” *Praise* means telling what’s good about somebody. Praising God means telling others how good He is because of the good things He has done for us, and what He is doing for us even in our times of trouble.

What’s in store? Thank Him!

Don’t wait too long to thank God. Don’t wait until the trial has passed before praising Him. Over and over, the writers of the Psalms were in the depths of their worst trials when they praised the Lord and taught the reader to praise His name.

Let the Lord find us thanking Him while His plans are still unfolding, so that those who are watching will know the miracles they have witnessed. Like the cat in the car, we don’t know what God is protecting us from or what He has in store for us at our destination, but we know He has a plan for the good of those who love Him.

The joy that waits at our ultimate destination is beyond our imagination. May we not wait until we see the Lord face-to-face to thank Him. **SR**



Steven Dunn with his wife and sister-in-law.

church I love, plus have a much more satisfying job besides. The Lord knew what He was protecting us from and what was waiting at the destination.

One approved, one denied

When the economic recession hit worldwide, prices in the Ukraine were exploding but jobs were disappearing. My mother-in-law’s ex-husband announced that he couldn’t pay his child support. Again, God had a plan.

My wife’s citizenship application came through and she was allowed to petition for her Mom to become a permanent resident without sending her home. When we applied for her 13-year-old’s student visa, it was denied on a technicality—and because we followed their instructions, no less.

They sent us a nasty letter, explaining that even though we had broken no law, they considered the child “illegal.” We gathered evidence, hired a lawyer, and appealed.

A clock-watching custodian

by Jean Jorgensen
Nortonville, Kansas

As custodian for the Nortonville SDB Church, one of my responsibilities is to wind the old clock in the sanctuary.

The process requires getting the tall ladder from the storage room behind the organ, carefully setting it up next to the clock, and climbing half way up the rungs. After gently opening the little door, I must find the key and then wind the clock in two places.

One time after doing this, I hesitated on the ladder and looked out over the sanctuary. A sense of peace overcame me and I didn't want to get down.

Scanning the sanctuary, I thanked God for the loving care of this building over the years. I tried to envision the pews filled with people, each one joining the others with joys and concerns, engaging in prayer, and singing wholeheartedly. I could almost hear the room bursting with song: "Wonderful Grace of Jesus," "How Great Thou Art," "Just As I Am," "Amazing Grace," and "Jesus Loves Me"—songs we continue to enjoy.

Just like today, those people passed through financial depressions, droughts, illnesses, and discouragement. Also the family joys of weddings, babies, and watching children grow, never failing to meet together and share.

Collecting historical accounts of the Nortonville church into one album has fed my imagination. A few years ago the church family commemorated the 150th anniversary of the first Seventh Day Baptist church service in Kansas. Just imagine those first years of meeting in homes and then the pleasure of

building the Lane School, which also served as the church meeting-house.

Then the first church building and parsonage were built two miles north of town and members actually hosted General Conference there. The congregation then moved into the town of Nortonville. My mind tried to picture the men carefully placing hundreds of small wood pieces into the ceiling and hanging the ornate doorframes just so. It is amazing yet today. I wondered when the ceiling fans and lights were added.

Reports list that in the early 1900s there were 16 Sabbath School classes. Wherever did they hold 16 classes? I suppose the choir loft, the little entrance, and storage rooms to the back of the sanctuary. The "North Room" might have held two classes, and I imagine a couple of classes could have met in the sanctuary.

Downstairs, there could have been a classroom in each corner of the dining hall and one in what's now the playroom. Each class had a teacher with students talking, yet learning and encouragement took place.

I envisioned the women getting together to embroider the tea towels that we still use in the remodeled kitchen today. Mmm... all those years of tempting smells wafting up into the sanctuary—inviting fellowship—the same as now.

Not having grown up in this church, I wondered if the August family has always sat in that pew, and the Bond family over in that pew, and the Smiths and Wheelers in the same places they sit today? They can probably remember being surrounded by others, where today they alone occupy that space.



That was a relaxing, peaceful, encouraging experience. I could allow myself to feel remorse that the church is so small today, petitioning God to change things. But I was drawn away from those feelings. It was inspirational to envision the past and draw encouragement that God has a plan for the future of this church.

Oops, I thought, getting back to the present, *I see a cobweb in that window*. It was time to get down off the ladder and resume the job of preparing God's meeting place.

That next Sabbath day, I shared this story at the beginning of the Sabbath School gathering. Later, Kent Wheeler told me how he had had a similar experience one day when he was at the church, winding the clock in my absence.

God is communicating. We must listen. **SR**

“That’s my father!”

by Rev. David Pearson, Aragon, Ga.



“*Judy’s eyes fell upon a clipping—someone she knew intimately and loved.*”

In front of me is my baby book, “Baby Days,” given by my Uncle Floyd and Aunt Mildred. My mother lovingly filled in my name, the date and hour of my arrival, the names of parents and grandparents on both sides of the family, even the names of nurse and doctor.

She made notations, added cards, clippings and pictures. A single copper penny was affixed to one page, a gift from cousin Reba. (To this day I have never been broke.)

Through the loving care and provision of parents, and the concern and blessing of God, I grew from baby to boy, and from boy to adult. Friends, teachers, pastors, and others all contributed to this transition.

Bettie and I met at a church camp in Arkansas. Three years later we married. In the following year we left for foreign missionary service in what was Nyasaland (now Malawi, Africa).

The baby book was left in the States. Other books were needed and acquired, like dictionaries from English to the native tongue, and vice versa. More importantly, the Bible was available in the Bantu language widely spoken in our new homeland.

Some years later we returned to this country so I could take courses

at Eastern Baptist Theological Seminary in Philadelphia. My family and I were living in an apartment.

Another student lived across the hall. One afternoon his daughter Judy and our daughter Debbie were looking at that “famous” baby book, when Judy’s eyes fell upon a clipping—a picture of someone she knew intimately and loved. She exclaimed, “That’s my father!”

There was a good-looking baby boy, with his name printed underneath: “Don Francis Hodson, Chino, Calif.” The clipping advertised Mellins Food and stated that their products “brought this beautiful boy from a critical condition to perfect health.”

Today if you looked at my well-worn book, you would see a valued addition: the personal autograph of Don Francis Hodson, with the date and words, “Chaplain, U.S.A.” Don had also become a man—a real one—and proudly wore his uniform for God and country.

Presumably, Chaplain Hodson grew up in California, and I grew up across the country in New York. Our surprise came in Philadelphia, Pa., about 36 years after the book was presented.

I wish my mother might have

lived to enjoy it, too, and to have met the real chaplain—not just a likeness in an advertisement. She died when I was only 14.


While my story is not wild with excitement, it is unique and rare. Only I can tell it, for after all, the book was given to me.

One can well wonder what part God played in all of this. The story doesn’t seem to teach any great moral. Was it imperative that the Hodsons and the Pearsons should come to this realization, even though the numerical odds were very much against it?

I know that God was present when the book was first given and prepared, even when that picture was glued to the page. I also know that God was present when Judy and Debbie began to turn those pages. I like to think that the Lord was standing in the wings and thought, “*This is going to be fun; something I’ve been waiting to see for awhile.*”

Do you suppose that God has other surprises in mind for you and me? He is even interested in life’s tiniest details—who we meet, where, and when. He has a plan for our lives, beautifully stated in Jeremiah 29:11 (RSV), “For I know the plans I have for you, says the Lord, plans for welfare and not for evil, to give you a future and a hope.”

I am eternally grateful for God’s plan for me, which might be described as in John 1:16, “grace upon grace” (RSV) or “one blessing after another” (NIV). I am also grateful to Seventh Day Baptists who sent my wife and me on that African mission, and later to school in Philadelphia.

By the way, has anyone seen the Hodsons? Maybe they will get to read this and give us a call! 

Ready for restructuring?

Ad Hoc Committee on Denominational Organization presents its recommendations

At the 2009 business session, General Conference adopted a recommendation establishing “an ad-hoc committee of five people to formulate a new configuration for the General Conference organizational structure” and that committee was charged to “return its recommendations to the General Council... and to General Conference at the 2010 sessions.”

The structure we propose simplifies the organizational chart, creates accountability at every level, increases the likelihood of financial efficiency, and establishes the ability to set priorities that take into account the resources available. We seek a structure that provides a single “one stop” location for churches and individuals to present ideas and requests and that will respond promptly.

Delegates will be asked to take action on these recommendations at General Conference sessions in Springfield in July for implementation over the next 3-4 year period.

Ad Hoc Committee Recommendations

General Council represents us between sessions of General Conference. Today it is too large, it includes unelected members, and a three-year term is barely enough time to become familiar with Conference policy and structure. Nor does it meet often enough to provide effective accountability. Consequently, *we recommend:*

Recommendation 1: That the General Council of the Seventh Day Baptist General Conference be reconstituted so that it is comprised of only five elected members, one elected by General Conference each year for a five-year term; that it elect its chair from among its number; and that it meet bi-monthly. That the General Council implement the policy decisions and budget as adopted by General Conference, supervising and directing the work of the denomination between General Conference sessions. Further, that the Executive Director and the Financial Officer shall serve as *ex officio*, non-voting members of the General Council.

Partly as a result of the changes proposed in Recommendation 1, but also because the President’s primary role is planning and presiding over the annual Conference sessions, *we recommend:*

Recommendation 2: That the position of President of General Conference be elected for a two-year term, one year as President-Elect, and then one year as President. That the President, in consultation with General Council, plan the program for, and preside over, the annual General Conference sessions.

In order to provide comprehensive financial information and realize potential savings, *we recommend:*

Recommendation 3: That a position known as Financial Officer be created. That such a person should be employed by the General Council and be responsible for the financial operations of the denomination: financial reports, legally required filings, preparation and implementation of budgets, execution of the financial decisions of the General Conference, General Council, and Memorial Board. That with respect to day-to-

day operation the Financial Officer is responsible to the Executive Director.

In this structure the Executive Director will have additional responsibilities, both in supervision and in accountability to a more active, experienced, and engaged General Council. *We recommend:*

Recommendation 4: That the Executive Director continue to be employed by the General Council with the approval of General Conference in session. That the Executive Director, acting on behalf of, and reporting to, General Council, exercise day-to-day supervisory authority over other denominational executives and employees. That the Executive Director has primary responsibility for implementing the policy decisions of General Conference and General Council, reporting regularly to the General Council.

In order to ensure that the elected representatives of the churches have sufficient information to build on previous action, and to ensure the accountability of every Seventh Day Baptist entity, *we recommend:*

cont. on page 11

Summary of Changes and Benefits

	Proposed Changes	Expected Benefits
Local Church	No change.	Local church autonomy preserved.
General Conference & Delegates	Conference President and President-Elect would only attend General Council as needed to discuss General Conference program.	Conference President is free to focus on annual Conference program.
General Council	Voting membership of 5 elected members for 5-year terms. Executive Director and Financial Officer are non-voting members. Meets 6 times a year. President/Elect and Executives attend as needed but no longer voting members.	Better informed and more timely decision making and more responsive to local church requests. Better long-range planning. Single, integrated point for decision making.
President & Pres.-Elect	No longer members of General Council, but may attend General Council as needed to discuss Conference program.	Greater focus on responsibilities for planning and leading General Conference program and sessions.
Executive Director	Employed by General Council and attends General Council meetings, but is not a voting member. Has day-to-day supervisory responsibility for all denomination employees.	More day-to-day supervisory responsibility over other employees. More accountability to General Council. Better coordination of denominational fund raising and cooperation among denominational executives.
Memorial Board	Financial Officer role to be expanded and employed by General Council and supervised by the Executive Director, still providing current support to the Memorial Board.	Sharing Financial Officer and investment custodian roles will provide tangible savings and enhanced return. Preserves donor intent in handling investments.
Financial Officer	Expanded role of Financial Officer to include fully integrated financial responsibility for the denomination: financial reports, legally required filings, preparation and implementation of budgets.	Uniform record keeping and reporting, and eliminates duplication. Tangible financial savings in investment fees, corporate and tax filings, audits, account fees, etc. Provides more timely financial information.
Board & Agency Executives	Executives will be employed by General Council and receive day-to-day supervision from Executive Director. No longer a voting member of General Council. Current officers and Board continue in advisory capacity.	Eliminates divided accountability and increases teamwork and communication among executives and with General Council. Encourages integrated goals and the mutual sharing of talents and resources. Facilitates prioritization of tasks and removes barriers to timely decision making.
Board Members & Officers	Board members no longer employ executives or perform financial responsibilities. They are encouraged to participate in an advisory capacity with expanded representation of local churches.	Strengthen ties with local churches and broader involvement of interested volunteers. Removes confusion of accountability between multiple sources for Board executives. Clearer organizational relationship within General Conference.

Recommendation 5: That the annual reports to General Conference of the Executive Director and of General Council will include explanation of the actions taken to implement each of the previous General Conference's adopted recommendations.

Recognizing that the independently incorporated boards and societies will do what they think best, and acknowledging that the role of their elected officers would change significantly, we hope that they will see merit in a simpler, nimbler and possibly more responsive structure, and therefore *we recommend:*

Recommendation 6: That these independently incorporated agencies of the denomination—the Seventh Day Baptist Board of Christian Education, the Seventh Day Baptist Historical Society, and the Seventh Day Baptist Missionary Society—legally merge with the Seventh Day Baptist General Conference. We further recommend that, for legal protection, the Memorial Fund remain independently incorporated, but that its board continue to be elected by General Conference in session. *This recommendation reflects advice received from outside legal counsel.*

In order to increase the interaction of denominational executives, including the sharing of responsibility across traditional barriers to collaboration, *we recommend:*

Recommendation 7: That all denominational executives should be employed by the General Council, and that their offices should be located at the Seventh Day Baptist Center. That their compensation and benefits be determined by General Council according to an equitable salary schedule to be developed, but that the transition to such a schedule be implemented in such a way that current employees are not disadvantaged. And that the General

Council develop detailed job descriptions for each executive position.

If the preceding recommendations become the outline of a new denominational structure, the roles of those serving on the governing boards of the agencies and societies will change significantly. They will no longer employ or supervise an executive. We recognize the genuine benefit of retaining and expanding the voluntary dedicated participation of church members in these denominational ministries, but their focus will now be exclusively on the ministry or mission, advising General Council, and advising the executive[s] with primary responsibility in their areas:

Recommendation 8: That the boards, agencies and societies of the denomination will advise the executives and General Council and/or function as working groups furthering the particular missions to which they are dedicated.

Finally:

Recommendation 9: That upon adoption of the preceding recommendations, proposed Bylaws incorporating the changes be presented for first reading and possible amendment at General Conference 2011, and for final adoption at General Conference 2012.

Respectfully submitted,
(pictured left to right)
Susan J. Fox
Neil Murphy
Ron Ochs
Donald M. Graffius, Chairman
James A. Skaggs



Changes at a Glance

- No changes to local church or annual General Conference.
- General Council limited to 5 voting members elected by General Conference, with Executive Director and Financial Officer *ex-officio* (non voting).
- Conference President and President-elect no longer voting members of General Council, but attend meetings as needed to coordinate and focus on Annual Conference program.
- Consolidation of budgets and financial management under single Financial Officer employed by General Council—but accountable to the Executive Director—providing financial services to the Memorial Board.
- Independently incorporated agencies of the denomination (Historical, Christian Education, Missionary Society) be legally merged with the General Conference, but that the Memorial Board remain independently incorporated to provide legal liability protection.
- All employed denominational executives will be employed by General Council and will report to it, but not as voting members. Current Board/Agency officers will continue in an advisory role.
- Executive Director has day-to-day supervisory responsibility over other executives and employees.
- All Board executives will be located in Janesville.



Help— I’ve hit a wall!

by Barb Green, Parish Nurse
Milton, Wis.

Use a smaller plate and start measuring portion sizes again.

Work out your workouts

The other challenge is that you no longer see payoff from your workouts. To continue seeing results you must push your body to work harder. As your body gets used to a particu-

“

You need to bust through it and regain momentum.

”

lar workout, it becomes more efficient at doing it. That leads to fewer calories burned.

Mix up your exercises every few weeks. Try a different cardio machine or workout class, increase the number of reps, make sure you’re still using a challenging weight. If you have been walking 20 minutes, increase to 30. Walk a different route to add variety and challenge.

Ask your workout leader to increase the difficulty. On a scale of 1 to 10, you should always aim for an exertion level of 7-8. You’ll get a better workout and it will show.

Hopefully you have a friend who is encouraging you in your weight loss. Research shows that those who have support from a partner at home

lose more weight than those who don’t. Weigh regularly to keep yourself honest. This will help you understand when to rein in your eating habits or step up your exercise.

Other tips


Buy a pair of jeans or pants that are too tight and hang them in the kitchen instead of the closet as a reminder to stay on track.

Avoid hunger by eating every 5-6 hours with snacks in between. Have protein such as yogurt, tuna, beans or chicken for most meals to help you feel full longer.

Plan for dining out. Avoid dishes with lots of cheese, sour cream and mayo. Choose baked or grilled rather than fried; bread or pitas over croissants. Order dressings/sauces on the side, then dip your fork into the dressing when you take a bite of salad. Order sherbet instead of ice cream. Remember that restaurant portions are two to four times what a serving size should be and eat accordingly.

Don’t get discouraged. Everyone hits a plateau occasionally. It’s okay to treat yourself with a small amount of what you crave or to share a dessert with a friend. Just don’t get out of control.

In Milton, a group of ladies meet weekly to pray off the pounds. They know that weight loss is not only a physical battle but also a spiritual one.

God’s plan for all of us is to be healthy in body, mind and spirit. Weight loss, exercise and prayer are weapons in the arsenal toward this goal. Keep up your good work! 

It happens to everyone. No matter how hard you work you just can’t get that scale to budge downward!

You have just hit the “weight-loss wall” and need to bust through it and regain momentum. Several things may be happening.

Perhaps you were doing so well that you decided to treat yourself. An extra handful of chips here, a couple more sodas there, and before you realize it those calories rack up and you’re not losing weight anymore.

Inventory time

It’s time to stop and take inventory. Is your fridge stocked with the right things? (You know what they are!) Reread your food journal to see if you have picked up any bad habits. (Like you haven’t kept up with your food journal. Whoops!) Experts say these two moves will get you back on track.

“Weight-loss stalling” is your body’s way of telling you that you need to shrink your daily calorie count. Becoming lighter has made your stomach smaller and your body more efficient so you don’t need as much food. The good news is that your hard work paid off! The bad news is that you will have to work harder to continue to lose...

Try shaving 50-100 calories off your daily allowance or decreasing your portion sizes by about 10-15%.



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

Happily ever after?

by Susan Davis Bond, Palmetto, Fla.

The princess was sacked out, her jeweled crown askew, her hair damp and matted against her forehead. This princess was one of many little girls dressed like Cinderella who'd skipped around Disney World all day.

At day's end the sleeping princess was being strolled to her room at the hotel. What will she dream? What will she do tomorrow, the next day, 20 years from now? Who will she be?

I was that little girl once—even before Walt Disney created his world where dreams come true for a day. So was my daughter, and then my granddaughters. (I still am; just a bigger, older version.) I'm delighted that my Mom read me stories of make-believe and that I did the same with my girls.

I confess of late that I've been tempted to write different endings for the fairy tales so that little girls don't grow up expecting everyone to live happily ever after. Ouch! My prophet-of-doom dress does not fit right.

From here my story could go either of two directions. First, we can examine our expectations. John Bevere, in his series *The Bait of Satan*, defines *offense* as "unmet expectations." Jesus told us that it's inevitable that offenses will occur (Luke 17:1).

In his Scripture-based series, Bevere inspires us to respond to offense constructively. He shows us that it's those with whom we have the closest relationships that we have the highest expectations. Thus, it is with our loved ones that



we have the highest risk of offense.

As long as a little girl realizes that she and her prince will likely "trip" at times in their efforts to please each other, she'll be better prepared for the long-term commitment called marriage. I must admit that I was wed to my prince at least four years, if not eight, before I was forced to examine this happily-ever-after thing...

On the other hand, I received courage in my devotions to keep my happy-ever-after hopes alive. Studying Romans 14 and Matthew 5, I verified with my Greek dictionary that the words *happy* and *blessed* are indeed interchangeable.

This focus on "happy" in the Word helped me combat the gloomy outlook I was having on a society raised on Cinderella but fractured by divorce. And this is the *real* lesson, isn't it? No fairy tale here.

Focusing on the Word combats every possible evil. This is what I want my princesses to know.

"Happy" is not all glass slippers and a prince who sweeps us off our feet. Happy is *knowing the Prince* Who left the throne of heaven, humbling Himself to wash our dirty feet, teaching us to do the same. He is the only Way, the only Truth, the only Life.

Happy to Him are the poor in spirit, not rich in fine clothes. Even happy to Him are they that mourn, for they shall be comforted. "Rejoice and be exceedingly glad," the Prince says, when men "persecute you... for my sake... for great is your reward in heaven."

Now *that* is happily ever after. **SR**

Susie Bond is a member of the Bradenton, Fla. SDB Church, who enjoys filling the church scrapbook with pictures, especially of visiting children. She has been married to her own prince, Rich, for 43 years and they have three children and 13 grandchildren. They just celebrated the high school graduation of their oldest grandson with a trip to Disney World.



Grandma Susan with Isabella and Katia.



Seventh Day Baptist Patriot

As we celebrate the 234th anniversary of the founding of the United States on July 4, it is a good time to remember the role of Seventh Day Baptists in American history. While several of our churches and people could serve as the focus for the topic, this month's column is devoted to Governor Samuel Ward.



Samuel Ward (born 1725) was the son of Richard and Mary (Tillinghast) Ward, members of the SDB congregation in Newport, R.I. After marrying Anna Ray in 1745, Samuel moved to the "westerly" part of the colony, starting a farm and a store.

Ward served as a member of Rhode Island's General Assembly between 1756-1758, and as Chief Justice of the Rhode Island Supreme Court in 1761 before being elected Governor the next year. He also served as Governor in 1765 and 1766.

In August of 1769, Ward joined the First Hopkinton SDB congregation after giving a testimony of faith. The signed testimony in his own handwriting is a treasured part of the Historical Society's archives and details Ward's personal faith in Jesus Christ:

"...my religious Sentiments are That there is one God and Father of whom are all Things and one Lord Jesus Christ by whom are all things... my Sins I sincerely and heartily repent of and firmly rely upon the unbounded Goodness and Mercy of God in his only begotten Son Christ Jesus for Pardon & eternal Life."

In 1774, Samuel Ward was called upon to represent Rhode Island in the Continental Congress, serving on the Committee on Secrets, and frequently as chair of the Committee of the Whole. As part of those duties,

Ward brought the name of George Washington to the Congress to consider for appointment as commander-in-chief of the Continental Army.

Ward frequently worked long hours because of his many duties at the Congress, writing to his brother at one point that he was "almost worn out with attention to business."

Tragically, while at the meetings in Philadelphia, Ward contracted smallpox and died a few months before he would have signed the Declaration of Independence. He died on March 26, 1776 in Philadelphia. On his death, the Congress arranged for a funeral, with all members attending.

In the funeral sermon, preached by Samuel Stillman, Ward was praised as being both a patriot and believer in Jesus Christ. Stillman noted that Ward was "chosen one of the Delegates of that truly honorable body [the Congress]. And I am authorized to say, That he stood highly in their esteem; and was often appointed on committees, to assist in transacting the most important business."

About his Christian faith, Stillman recounted that Ward was "uniform and sincere; a hearty friend to divine revelation; a devout attendant at the Lord's Table; and a worthy, useful member of the church to which he belonged."

There is little doubt that Ward's convictions led him to both love his country and to serve Jesus. As we celebrate our independence, may we be encouraged by this example, and act in obedience to our Lord and in service to our nation. **SR**

If you would like to read further about the patriotic contributions of Governor Samuel Ward, please contact the Society. We are again distributing a booklet produced by the Society in 1967, based on a lecture by Rev. Kenneth Smith entitled, "**Sam : Ward, Founding Father.**"

Details for receiving copies of the booklet are available on both the Historical Society's webpage (www.sdbhistory.org), and on the SDB Exec Blog (sdbexec.blogspot.com). They will also be available at this year's General Conference sessions at the Society's display table.



Pastor Profile

Pastor Profile

Name:

Kevin Palmiter

Birthdate and place:

July 19, 1955 Hornell, N.Y.

Current position:

Pastor of Outreach and Evangelism,
Little Genesee, N.Y.

Family:

Wife: Patty

Sons: Curtis, Timothy, Matthew
(Daughter: Megan, deceased)

Education:

Alfred-Almond (N.Y.) High School, with three
majors and two diplomas
Some college

Former positions:

Paul Davis Restoration: Associate, insurance
restoration (2001-2008)

Bakers, Alfred Station, N.Y.: Mason, heavy
equipment operator (1993-2001)

North Star Builders: Owner/operator (1984-1991)

Herald Ford, Inc., Andover, N.Y.: Foreman,
building construction (1978-1984)

D.R. Waggoner, Houston, Texas: Asphalt
Foreman (1975-1978)

My first job was:

As a young teen, farm work. At 16, a pump jockey
at a full-service gas station.

Personal hero:

Smith Wigglesworth—his unshakable faith in
God brought incredible results.

**Favorite childhood memory:**

Grandpa was tired of taking little bluegills off
my hook and told me to just throw it back
out (on the hook) because I might catch a
bigger fish. Moments later I caught a one-
pound largemouth bass!

Favorite Bible passage:

Galatians 2:20

Favorite author:

Dr. Seuss

**If given an all-expense paid vacation,
we would:**

Cruise the seven seas.

A great answer to prayer was:

Discovering that God still/always wants me.

A project I'm excited about:

The Leroy, N.Y., church plant.

My vision for SDBs:

To have enough churches in the U.S. that anyone
could "pick and choose" no matter where we live.



Let others help you grow in Christ

2010 Christian Education Sabbath

Do you let other people help you grow in Christ?

God described His church as a holy temple composed of many people, and the dwelling place of the Spirit. He described His church as a body composed of many members, each with a function that makes the body whole.

God uses His church to make each of us and all of us grow, to build us up, to connect us with Christ, to make us mature—like Christ was mature. When His church is working right, this is the result: “We are no longer to be children, tossed here and there by waves and carried about by every wind of doctrine, by the trickery of men, by craftiness in deceitful scheming; but speaking the truth in love, we are to grow up in all aspects into Him who is the head, even Christ, from whom the whole body, being fitted and held together by what every joint supplies, according to the proper working of each individual part, causes the growth of the body for the building up of itself in love” (Ephesians 4:14-16).

Do you see it? We cannot grow as God intended us to grow without our brothers and sisters in Christ. Even as Scripture teaches that each of us is responsible to grow (and that God causes the growth), it also teaches that God uses others to help us grow.

We are to let other people help us grow.

Sometimes it is easy to see that God uses others to help us grow.

Categories like “apostles, prophets, evangelists, pastors and teachers” clearly exist because they can help us see the Son, hear the Spirit, and recognize the Father. These leaders help us to see our own sin, hear our own evil hearts, repent of our own rebellion, and rejoice in our already-present salvation.

Yet, even as we recognize their important God-given work, we remember that their role is to equip us “for the work of service to the building up of the body of Christ” (Ephes. 4:11). As we are equipped, we become servants who work to build the body of Christ and who work to let others build us into the body of Christ.

We are to help other people grow and let other people help us grow.

Your local congregation exists to bring glory to God, and in the process, brings each member together to build and to be built in His love. Sometimes it is easy to forget His glory. Sometimes it is easy to forget our call to help others grow. And sometimes, it is altogether too easy to forget that God calls us to let other people help us grow in Christ.

But from time to time, we do remember that we are in this together—growing because of His work, growing together because of His love, growing together because we are working together to become His temple, His body, His church.

When people in each local church

remember this, we look for ways to avoid forgetting it again. We look for ways to encourage and stir up God’s love and God’s good works in each other. When we do this, we are engaged in Christian Education—the God-ordained act of God’s people provoking God’s people to seek, find, love and obey God.

For the local church, part of this is done as the church chooses ways to bring people together for worship, fellowship, service, learning God’s will, and acting it out.

The SDB Board of Christian Education encourages each church in our Conference to pick a Sabbath to emphasize what it does for Christian Education and to make people want to participate in those things that make the church individually and collectively stronger.

We recommend that this occur on the first Sabbath after Labor Day, and we provide a packet of information to help create an intentional focus on some aspect of growing in Christ.

This year, we recommend that “**Christian Education Sabbath**” be on September 11, 2010. Packets will be mailed from the BCE office in late June, and the same information will be available on our website as soon as it is mailed.

Please consider emphasizing this truth: “You are to let other people help you grow in Christ” and the opportunities your church provides to bring that truth to life. **SR**



Govt curtails work in Sierra Leone

by Kirk Looper

Located on the west coast of northern Africa, Sierra Leone has a fledgling SDB Conference of about 10 churches. They were registered with the government shortly after they organized.

In the registration process they were to choose a public service project for their Conference. They chose to set up schools in the villages where they had churches. At first only three schools were opened and they worked feverishly to make sure the schools succeeded. It wasn't long before they had started several more. Then the trouble began.

The first sign of concern appeared when they came up short of funds to pay the teachers at the end of the month. Funds that were coming in were apparently being used for other items.

It turned out that the superintendent of the schools was embezzling the money. It was evident that he had to be fired and turned over to the law.

However, that did not replace the missing funds. So a call was sent out to our Missionary Society for support. Thankfully the members of our Conference were willing to donate money that was needed to pay the teachers.

Now, the government is demanding that the Seventh Day Baptists in Sierra Leone get a permanent office for their Conference. If there is no permanent location they cannot be registered. So the Office of the Ministry of Foreign Affairs placed a halt on the schools they were

running. This will last until the SDBs get an office.

The cost for land in Freetown would run them \$10,000 US. Then they would need to construct a building. Currently they have land and building for their schools, and the government is impressed with their methods and results.

The schools sponsored by the Seventh Day Baptists have a good reputation and they are furnishing a service that would probably not be available if it were left up to the government.

Office rental is acceptable but is limited to a two-year period. It would cost their Conference \$4,000 US. This "band aid" solution could be seen as a waste when you consider that they would need to eventually raise the \$10,000 for the land. Prayers are being

**“
The government is demanding that the Seventh Day Baptists get a permanent office for their Conference.
”**

lifted to raise the full amount.

The schools in Sierra Leone relate to our Conference through their names. One school is named the Robert F. Appel Seventh Day Baptist Junior Secondary School. Another is called the Joseph Samuels Elementary School. There are other names as well but too many to list here. (If you are interested in the other names, contact the Missionary Society office at 19 Hillside Ave., Ashaway RI 02804.)

We are asking for prayers for the Conference in Sierra Leone. We pray that they can raise the funds needed to continue their work and that the government will consider the size and polity of the Seventh Day Baptists. **SR**



The Lakka Nursery School in Sierra Leone.



Organizing a celebration outside of a church-sponsored nursery and prep school.



the BEACON

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

July-Aug. 2010

Musings from the mind of Dakota

Or, What IS that boy thinking?

by Dakota Watt
Beacon editor

A big “Thank You” to all the youth (and not-so-youth) for helping out with last month’s Youth Issue of the *Sabbath Recorder*.

I was getting a little nervous that we wouldn’t have enough articles. But I praise God that He touched people’s hearts at the last minute and articles arrived. I hope you enjoyed it. Which brings me to this month’s musings...

Proverbs 3:5 says, “Trust in the Lord with all your heart and don’t depend on your own understanding.” What a great verse. Proverbs is full of great verses.

This one really sticks out to me because it’s something I need to work on. (Let’s face it. It’s something we all need to work on.) Sometimes even the most experienced Bible Warrior rushes into something without consulting the Good Book.

I think that if everyone took a deep breath, pulled out their Bibles and read what is in it, the world would have fewer problems. The Lord will always be by our side no matter what.

He is always there with the right answer. We just have to stop what we’re doing for two seconds and look around! We need to take the proverbial (pun intended) “leap of faith” and do what God tells us to do.

So many times I worry about things that are beyond my control—such as whether people will send articles in for the Youth Issue. I asked people for articles in the *Beacon*, but not many came. Then I sent out requests on Facebook, and people were dealing with their own deadlines and I was getting really stressed.

Finally, I remembered to practice what I preach and turned the whole thing over to God, and BAM!! Just

like that, I had articles! Praise God for His excellent goodness!

The next verse in Proverbs says, “Remember the Lord in all you do and he will give you success.” This is actually self-explanatory. Just give God the glory and He will make you successful.

It’s very simple, yet we don’t get the concept. I’m not sure if it’s the world or if it’s blatant disregard, but people—including me—don’t give God any of the credit.

This is interesting to me. We pray and pray that something will go right for us, and then when it does go right, we give *our skill* the credit, and the Lord, our mighty God, sits in the back.

Case in point: When it was time for me to take the High School Assessments so I could graduate, I was a bit apprehensive. I’ve never been interested in being a stellar student (or a student at all, for that matter) and I wasn’t sure that I had paid enough attention in class to pass those tests. However, if I didn’t pass, I wouldn’t graduate.

As the time approached for the Assessments, I began to pray and pray. I didn’t want to spend 13 years in school just to get a piece of paper that said I “attended” school.

God was gracious to me and I passed all four tests. Do you think I went around praising God after that? Nope. I took all the congratulations for myself.

If I were God, I wouldn’t give me anything I asked for again. However, God is God and I’m not!! Praise Him for that!

He still loves me and wants the best for me. He will give me many more chances to give Him the glory for successes that come my way, and it’s my prayer that I will remember to give credit where it is due. **SR**

**Remember
the Lord
and He
will give
you
success.**



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*

Using the right lure

"Jesus said to them, 'Come, follow me! I will teach you how to catch people instead of fish'" (Matthew 4:19, God's Word translation).

On a beautiful spring afternoon in Wisconsin, I was doing what I love most—fishing.

After making my way down a rock-strewn steep embankment next to a narrow bridge, I took a quick inventory: two mini-rods, one regular fishing pole, one tackle box and a large fish net; a 10-gallon pail that doubles as a place to plop my derrière, a soft kneeling pad to cushion my derrière; a bar of soap and a hand-towel, a wire-mesh fish keeper, an old rag to wipe "assorted yuck" off my hands; and a small tote bag stuffed with ice packs to keep my lunch and bait cool. (Thankfully, no worms have migrated into my sandwiches—yet.)

The first order of business was to bait my hook. I removed my sunglasses, put on my bifocals, threaded a tiny red worm onto a tiny gold-colored hook, removed my bifocals, and put my sunglasses back on. You can see why only half of my "fishing time" is actually spent fishing.

Standing on a narrow strip of shoreline, I cast my line into the water. While I fished, I struck up a conversation with a youngster directly parallel to me on the other side of the bridge. Much to my chagrin, he

was catching bass while I kept pulling in small pan fish.

It wasn't long before I had an uninvited fishing partner.

The youngster carefully made his way down to "my spot." We fishermen can be quite territorial, and the boy's unexpected presence made for tight quarters. More than once our lines tangled. But he seemed like a nice kid, and he started to give me bass-fishing pointers.

Just as I pulled in another bluegill, he hooked another bass. I grabbed his net and, between the two of us, we landed the fish. The largemouth bass measured almost 20 inches: a keeper. Since his pail was too small to house the bass, I ended up sacrificing my 10-gallon "chair."

The boy and I continued to fish and talk. I learned that the 12-year-old's name was Ian, and he lives with his grandparents because his mother can't handle raising him right now.

"Where's your father?" I asked.

"In jail," Ian replied. "He's a jerk."

Ian talked about getting in trouble in school and going before a judge. Then he said something that pierced my heart.

"I'm evil," he said matter-of-factly.

Who would put that notion into a child's head?

"You aren't evil, Ian," I shot back.

"God made you, and He loves you.



All of us are human, and sometimes we do bad things."

Later, I talked to Ian's grandfather, a born-again Christian.

"I gave up drinking, but I still smoke," Jim confessed.

"Well, that's a good start," I responded with a smile.

Besides Ian, Jim and his second wife (his first suffered a fatal heart attack at age 37) have also taken in her newly-widowed sister and a brother with dementia.

"Ian's a bright kid, but he's bipolar," Jim explained. "So is his mother. He's been with us two years now, and he's doing much better."

Before Ian and I parted ways that afternoon, we exchanged gifts. He gave me some bass lures, and I gave him a special pair of fish pliers he had been eyeing.

Did my words that day have any effect on Ian? I may never know. But I do know one thing: God wants all of us to be "fishers of men," telling others about God's boundless love, whenever and wherever we can. Even on a rock-strewn shoreline. **SR**

"Servants Together..."



in God's Ministry"

SDB General Conference

Springfield, Missouri

July 25-31, 2010



The President's Page
by Pastor Paul Andries

This is bigger than any one of us

My fellow Seventh Day Baptists: Thank you so very much for allowing me to serve you as President of the Conference this year. The hospitality shown me during my various visits is greatly appreciated.

Thank you for all the opportunities to relay the message of "Servants Together in God's Ministry." I pray that you don't see this message as just a theme, but as a continual lifestyle in ministry.

I also ask your forgiveness if I did not visit your area. Time and resources could not afford a more comprehensive travel plan. Please take comfort in knowing that I wished that it could have happened.

Called to a great work

Brethren, the Lord has called us to a work—a great work. The success of this work depends not only on our pastors, or our executives, or our elected leaders, or our other leaders alone. Each one of us has a vital role to play in advancing God's Kingdom among SDBs and in the world.

God's ministry is larger than any individual or group of individuals. Moses was certainly God's man to

lead Israel out of Egypt, yet he was not supposed to do all the work by himself. He had to identify and commission others to work for him to carry out the ministry.

As Jethro challenged Moses to consider his way, I, too, am hoping that you have joined with me by proclaiming and demonstrating that we are all servants together in God's ministry.

Later, as Moses embraced those who were anointed to prophesy (while others wanted them stopped), he challenged everyone to lend their support to the Lord's doing. Moses' action shows us several things: His willingness to accept the Lord's leading; His willingness to share the Lord's work; His willingness to accept support from others; and His willingness to encourage others to do all the above.

Equipped with gifts

The mission to which we have been called—to make disciples of all nations—is a great call, but not impossible. The Creator of the ends of the earth has not only called and commissioned us, but has also

equipped us. He has given gifts to effectively equip every new saint for the continual work of His ministries.

If we give careful thought to this concept, we would no doubt see His wisdom in not giving any one individual *all* the gifts. This creates the opportunity for members of the Body to become interdependent on each other, since no one has every gift. No one could do this great work by himself. And this isn't a knock on anyone's intelligence, experience, call or commitment, but an effort to drive home the need for teamwork.

Share the load!

My heart races with joyful expectation to see what would happen when God's servants realize the blessings of shared ministry. Just imagine that no one has to do it all or know it all. This removes the temptation to do or be what God did not intend for us, and helps us to relax and focus on what He intends us to do. This also leaves room for what others are supposed to do.

Not only would we be able to do more and reach more, but also endure longer. Just imagine what would happen if we were willing to assimilate our young people in the ministry, and see that women also have a positive role in ministry.

Answer the call

I sense that the Lord is about to do something special among Seventh Day Baptists. This is not from a dream, nor have I been in deep fasting and prayer. It is something that I am discerning—from a combination of my walk with the Lord, what I have witnessed in this Conference, and most importantly, the Lord's desire for us. It is evident in our desire to do ministry differently and the awareness that the work is the Lord's and we are His servants.

Let us answer the call to be "Servants Together." See you at Evangel University in Springfield, Mo., at the end of July! **SR**



by Executive Director
Rob Appel

Let's try this again You up for the Challenge?

Nearly five years ago I wrote about a plan that I called the “**90-Day Tithe Program**.” In 2007 it was followed with an article stating, “*I did not receive a word from anyone that they took me up on the challenge. One could assume this means that all SDBs are tithing to their local church. However, we know that this is not true since many of our churches are struggling to support their ministries. Worse yet, some of their ministries are being scrapped just to support keeping the church doors open in the community.*”

So why bring this up again three years later? Because in my travels to our churches I have heard people ask me why we don't talk, write, discuss or preach more about the Biblical example of tithing. And I'm not talking here about throwing a few dollars in the collection plate when I use the word “tithing”!

Almost everyone knows that tithing is giving back 10 percent of your earnings. In my opinion this should be to the local church. In November 2005, I stated that my vision was that all Seventh Day Baptists would tithe. So I created a concept called the “**90-Day Tithe Program**.”

If you commit to tithe for only a three-month period, it will give you the opportunity to witness firsthand

the blessing of giving. I know some of you will have the excuse that “the church doesn't need my money.” Others will say, “God doesn't need money—what would He do with it?”

Then there are those who will claim that if they give 10% there wouldn't be any money left at the end of the month to pay the bills. These are the normal excuses. Of course, God doesn't need your money! What God does with your money through the church's ministry is up to God. And how do you know if there wouldn't be any money left at the end of the month if you've never tried tithing?

Why do I know these excuses? These were the same things I said to my wife 32 years ago as reasons that we couldn't tithe. In the sixth month of our marriage we finally started tithing—and we have never stopped! However, this is something that you will have to experience on your own. Are you up for the challenge?

The specific challenge is: **Tithe** (yes, 10%) for three months in a row. That's it! Just commit to give back to God what He has asked us already to do and see if it doesn't make a difference in your life. Then there's one more thing I would like you to do:

Let me know how you did!

I would like you to testify! And

not only let *me* know, but please let others in your church know. In fact, why not challenge each other to try it and then compare how things go.

As I stated, for 32 years now—since March 1978—my wife and I have tithed. You would not believe the blessings that God has graciously given us. He gives us more... and so we can give more.

You cannot out-give God! Just the other day in the mail there came a check for \$50. It was from the Colorado Technical University Online. To make a long story short, after calling them to say that we have never had any contact with them, they simply said, “*Go ahead and cash the check and enjoy a dinner on us.*”

You cannot out-give God or fully understand the resources that He has.

Those of you who tithe already, *God bless you!*

Those who do not tithe, *take the challenge...* please.

Those who choose not to tithe, as God instructed us to do, *you will miss out* on the personal upgraded relationship you can have with God, and also the blessings He has in store for you.

The next step is yours. Are you up for it? I want to hear from you.

Call or write to me at robappel@seventhdaybaptist.org. **SR**

Together we can Supporting our future pastors

by Rob Appel, Executive Director

Back in April of this year you received a mailing from the SDB Center on Ministry (COM). In his letter, Director of Pastoral Services Gordon Lawton informed us that there are four additional seminary students enrolling this fall. That's great news!

There are, however, some additional costs associated with that great news that could not have been avoided in our normal budgeting process. When you plan for eight students, and then get 12, it means that there will be a shortfall in available tuition funds unless something great happens.

That's where you come in. You have the opportunity to be a part of our future SDB pastors and their training!

We have often thought that it would be nice to have a program like "Adopt a Seminary Student." There's only one problem: if you specify a student by name, the IRS frowns upon that and states that it is *not* a tax-deductible contribution. (But isn't that okay since we want to be fair and equitable toward our future pastors, just as we expect someday they will be toward those they are shepherding?)

So, why—when we have had this many students, and more, in the past—is there a shortfall of funds in 2010? Please let me explain something that many of you might not be aware of.

In 2006, the Coordinating Leadership Team and the Memorial Fund agreed to reduce the amount of funds that the Boards and Agencies were receiving from the Memorial Fund. The Memorial Fund trustees had been more than generous in their efforts to support the various ministries of the Conference. However, the ministries of the Conference were becoming too dependent on the Memorial Fund—and not on themselves—to raise funds.

In an attempt to solve this, it was agreed that for the following four years (2007-2010), the amount of support from the Memorial Fund would be reduced 25% each year until there was no support in that particular "grid grant" category from the Fund. That line item reached 0% this year.


With this in mind, the COM planned their budget based on their history and number of students anticipated for the calendar year. Having four additional students starting this September, we are not going to have the funding in place to support our pastors in training.

Our **current students** are Dusty Mackintosh, located in Thornton, Colo.; Nick Kersten in Janesville, Wis.; Chuck Meathrell in Columbia, S.C.; Owen Lynch, Jamaal Fyffe and Omari Rhoden, all in Toronto, Ontario; David Stall in Ashaway, R.I.; and Michael Spearl in Bradenton, Fla. They have all appreciated the support that you have shown them so far in their studies.

The **newest students** are Johnmark Camenga in Salem, W.Va.; Joshua Michaels in Berlin, N.Y.; David Fox in Atlanta, Ga.; and Shay Rankhorn from Paint Rock, Ala. They are looking forward to your involvement as well.

Please give generously to this great cause and wonderful opportunity to "raise up" our pastors with the education that they need to serve us well.

You may make your check out to the "SDB Council on Ministry" or simply note on your memo line "Seminary Students" if you send it to the General Conference.

Remember that alone it will be a rough road to complete the journey. But **TOGETHER WE CAN** smooth out the journey. 



Christian camps impact generations

Camp Holston memories

by Nancy Makuch
Battle Creek, Mich.



Camp counselor Jasmine Patterson (r.) helps two junior campers burn—I mean, roast—their hot dogs.

Camping programs have been a long-valued ministry of Seventh Day Baptist congregations. The Battle Creek, Michigan campground is one of 12 in the SDB Conference.

Our local program began in 1930, just one year after our church building was constructed. This early camp was held in White Cloud, home of another early developing and ongoing SDB church in Michigan. Since White Cloud was a two-hour drive, we prayed about and sought local acreage that could be developed into a camp.

In 1944 our current Cotton Lake property was purchased for \$3,300. It included one cottage that survived until a tree fell on it in 1988. The property was named Camp Holston to honor the efforts of Rev. Edward M. Holston in bringing this from vision to reality.

The campground increased by an additional 20 acres in 1956. Between 1960 and 1973 improvements were made, adding a lodge, then the girls' dorm, boys' dorm, showers, boat house, and an attached health officer area. After that, heat was installed in the lodge and a band stage built.

The importance of a campground isn't in the pride of property or buildings, but in the lives its programs affect. Generations of campers and staff have contributed their conviction of its importance by ongoing maintenance, staffing, and program and site development.

I asked former campers, who are also past or current staff, to share their memories/observations from their Camp Holston days.

Beth Jones was a counselor through most of the 1960s. She remembers that kids had fun whether doing Bible study or physical tasks, which could include doing dishes or widening the beach.

Three others in the next generation—**Jeff Thorngate, Jan Noel, and Suzie Mesaros**—were campers in the '70s. Favorite activities mentioned were water skiing, Capture the Flag, walking around the lake, and Friday night Vespers, where they shared what God meant to them.

They recalled changes such as years of water skiing coming to an end when the ski boat sank and was replaced by a pontoon boat. The cottage that bunked boys and girls on

different floors was replaced by dorms. Basketball courts and a band stage were added.

Programs originally split into boy and girl camps became divided into specific grade levels for our Primary, Junior and Teen Camps.

The one downer mentioned: the lake has deteriorated with weed overgrowth. But the love of camping and the impression it leaves on campers and staff alike remains constant.

A younger member of our church, **Derek Griffin**, enjoyed five years as a camper until graduating high school. He has since helped as a counselor and as a cook.

My entire sample group agreed enthusiastically on the importance of camping in the spiritual development of children. I asked each of these camp alumni to tell me what they thought made the camping experience so effective in reaching children for God. Here's a combined list of answers:

1. You get away from the normal routine and have time to see God in nature and caring people.
2. The lessons and activities are geared to the age group.
3. We were family; just a week of us and Jesus.

In our 2009 camping season, two junior campers accepted Christ and were baptized a week later in a church ceremony.

As someone said in the survey response, you don't always know right away if God is using you to impact a life. Sometimes, years later, a former camper will mention something you said at camp that really touched them and made a difference. **SR**

Tea, ladies?

by Lana Van Horn

The Pataskala SDB Church, near Columbus, Ohio, held a Women's Tea and Luncheon on Sabbath afternoon, May 8. The event was hosted by Lana Van Horn, wife of Pastor Robert Van Horn. She donned her 30-plus-year-old bridal hat and white gloves for the occasion.

There were two dozen ladies of all ages attending the tea. Cucumber sandwiches, egg salad croissants, along with scones—and of course a variety of teas—were only a small portion of the tasty menu.

The church's fellowship hall was beautifully decorated under the di-

rection of Susan Crissinger, with help by Pastor Robert and Lana.

Kym Goodson provided an inspirational devotion about how blessed we are when we choose to be family and serve one another through actions and prayer support.

Susie Fox led out in several party games that everyone enjoyed. Prizes went to the team that could place 21 sugar cubes in a cup before the other team. Word games distributed by the youngest attendees were also fun.

The table favors had floral ink pens with pocket tissues and tea bags wrapped in pink floral paper. The

printed program included recipes for delicious flavored friendship tea, and hot and iced chai teas. **SR**



The yummy food and tasty treats.



Enjoying the program were Susan Crissinger and mother Phyllis, and the Holmes ladies (Liandra, Abigail, Summer and Lindsey).



A lovely individual setting.

Church breaks ground for new addition

by Ryan Cruzan

The Marlboro SDB Church in southern New Jersey is excited to be adding on to our existing church building. The project broke ground in March and is expected to be completed by late summer or early fall.

The existing church, built in 1860, will continue to serve as the sanctuary. The 3,600 square foot addition will include much-needed fellowship space, a modern kitchen, and more Sabbath School classrooms.

God has blessed us with the funds we've needed to build, and we are excited about the new opportunities and ministries God will be able to do

here because of our new space. One successful ministry for the past several years has been our Vacation Bible School.

We're disappointed that we had to cancel VBS this summer because the construction project is right in the middle of the field where we pitch the Bible School tents. However, we're looking forward to hosting VBS inside a real building next summer.

To keep up with our project, check out our construction blog at <http://marlborochurch.construction.blogspot.com>. **SR**



Births

Ray.—A son, Dylan Richard, was born to David Jr. and Amanda Ray of Aviano Air Force Base, Italy, on December 11, 2009.

Rhoden.—A daughter, Jahzarah Asielle, was born to Omari and Stephanie (Jones) Rhoden of

Brampton, Ontario, Canada, on April 3, 2010.

Bond.—A daughter, Erin Margaret, was born to Christopher and Joanna (Halter) Bond of Stow Creek Township, NJ, on May 10, 2010.

New members

Ashaway, RI
Justin Camenga, pastor
Joined by testimony
Robert Roache
Debbie Roache

Asheville, NC
Don Fox, pastor
Joined by letter
Paul Freck
Roy Whitmire

Lost Creek, WV
Perry Cain, pastor
Joined by testimony
Chris Davis
Greta Davis

Metro Atlanta, GA
John Pethtel, pastor
Joined by testimony
David Johnson
Brenda Johnson
Julia Alphonso-George

Toronto, Canada
Herlitz Condison, pastor
Joined by testimony
Lovena Smith
Joined after baptism
Allan London
Avonia Wright

Obituary

Lockhart.—Yvonne P. (Prentice) Lockhart, 63, of Leavenworth, Kansas, passed away April 26, 2010 at the University of Kansas Center in Kansas City.

Yvonne was born February 1, 1947 in Edgerton, Wis., the daughter of William and Marie (Hurley) Prentice. She attended schools in Wisconsin and Leavenworth.

Yvonne was a member of the Seventh Day Baptist church in Nortonville, Kansas; the Kansas Chapter of the Mayflower Society; Non-Commissioned Officers' Association; and a former member of the Daughters of the American Revolution. She loved to work in her flower

garden, arrange flowers, and crafts. Melvin Lockhart and Yvonne were united in marriage on October 14, 1963 in Leavenworth. He survives at the home. Additional survivors include a daughter, Dianne Whittaker of Vine Grove, Ky.; a son, Mark Long of Smith Center, Kansas; a sister, Genevieve Prentice and a brother, Carl Prentice, both of Leavenworth; five grandchildren and two great-grandchildren.

A private memorial service was held at the O'Trimble Funeral Home in Nortonville, with Pastor Stephan Saunders officiating. Private family inurnment will be at a later date in the Nortonville Cemetery.

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 sec-

ondary 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 may send your gift to:

SDB Missionary Society

19 Hillside Ave.
Ashaway RI 02804

Metro Atlanta SDB Church

PO Box 1104
Dallas GA 30132

Miami SDB Church

10185 NW 7th Ave.
Miami FL 33150.

Make check out to the Society or church, and designate as "Malawi Matching." Thank you!

Marriage

Lumley – Watt. Glen Hugo Prince Lumley and Kristina Nichole Watt were united in marriage on March 27, 2010 at the Central SDB Church in Mitchellville, MD. Rev. Lawrence Watt, father of the bride, officiated.



Servants Together In God's Ministry

(aka: **General Conference Host Committee**)

Evangel University, Springfield MO

July 25-31, 2010

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Driving directions to Evangel University

(1111 N. Glenstone Ave., Springfield MO 65802)

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 and a virtual campus tour is at www.evangel.edu/Map/index.asp

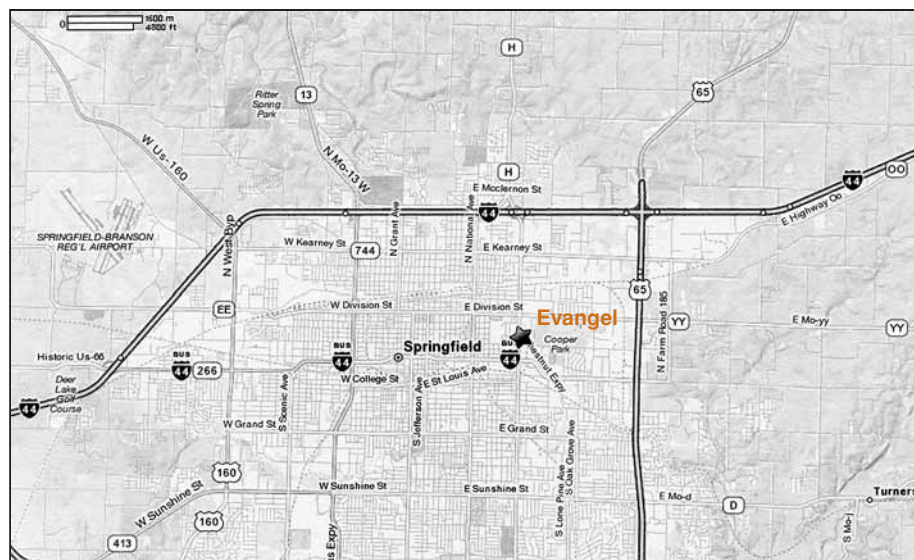
Please see the SDB website and previous SRs for other important transportation information.

From St. Louis and east

Take I-44 West (208 miles)
Exit 80A for Glenstone Ave
Head south on N Glenstone Ave/Missouri H
Continue on N Glenstone Ave about 2 miles
Evangel is on your right

From Little Rock and south

Take US-65 North
Exit Missouri YY/Division St exit
Turn left at E Division St and go 2 miles
Turn left at N Glenstone Ave
In .2 miles, Evangel is on right



From Kansas City and north

US-71 about 38 miles
Take MO-7 South exit toward Clinton (40 miles)
Continue onto MO-13 S/
MO-52 W for 85 miles
Turn left at W Kearney St
Turn right at N Glenstone Ave

From Tulsa and west

I-44 E towards Joplin, MO
Exit 80A for Glenstone Ave
Head south on N Glenstone Ave/Missouri H
Continue on N Glenstone Ave about 2 miles
Evangel is on your right

K E V I N ' S

O R N E R

We're going to miss that "Yahoo"

My loving stepmom, Beverly VanAlstine Gaffney Butler, died on May 24 in Vernon, N.Y., at the age of 78. As much as we're going to miss Bev, we are thankful that her years of suffering from diabetes and heart troubles are over. She passed peacefully at my boyhood home, and the home she shared with my Dad for the last 17 years.



his head the first time she rode into his yard on her Honda."

Friends and family were welcomed at her home church (some on motorcycles) further north in Lyons Falls. The beautiful Forest Presbyterian meetinghouse reflected the homey and natural character of New York's north country. Bev and Dad had spoken there as commissioned lay preachers of the Utica Presbytery.

It was a bittersweet gathering. The three Butler siblings rarely get together, and it was good to catch up with a niece and nephew, and to meet more of Bev's extended family.

I had the chance to see Dad and Bev earlier in May. She looked so frail and thin but we had a good visit. The day after I returned to Wisconsin I got word that she had suffered a serious stroke. Miraculously she hung on for three more weeks.

Perhaps part of why she held on was to see more of her family and to say "good-bye," even though the stroke had robbed her of her speech.

On a special visit from her siblings, this weakened wisp of a woman put her older sister in a headlock and would not let go! They shared a good mixture of laughs and tears. A few days later, Bev was gone.

Over the past several years, Bev would mention that she wanted me to conduct her funeral. I always answered, "No big rush, right?" and she would burst out with her infectious laugh that would literally turn a quiet restaurant into a comedy club. She wanted her "farewell party" to be an upbeat and positive celebration. I think she would have been pleased.

Even her obituary included some of her humor. It mentioned that after she retired from her 29 years of school teaching, she "enjoyed knitting, crocheting, tating, and riding her motorcycle. Her dad just shook

The funeral was a joyous memorial to a positive and enthusiastic retired teacher, sprinkled with her trademark yell of affirmation: "Yahoo!" (Believe me, it's a lot more fun than "Amen!" I sure hope the Lord gets used to it.)

Dad and Bev even incorporated that yell at their wedding held at the house in 1993. After Rev. Brindisi pronounced them husband and wife, they let out with a big "Yahoo!"— then all five of her dogs started barking. The house was never the same...

Bev's passing will leave a huge void in Dad's life. Prayers for peace and guidance are welcomed. They shared a positive and loving and laughing time together. We were all blessed by having Bev in our lives. *Yahoo!!*





Important Memo:

166 Years and counting!!

**To: Friends of
The Sabbath Recorder
From: Editor Kevin Butler**

**DID YOU KNOW THAT THE SABBATH RECORDER
IS FUNDED BY YOUR GIFTS? YOUR DONATION TO
THE SABBATH RECORDER IS PART OF THE TOTAL
SDB DENOMINATIONAL BUDGET.**

**I HOPE THAT YOU HAVE BEEN ENJOYING THE
MAGAZINE DURING THIS PAST YEAR AND WILL
BE ABLE TO MAKE A TAX DEDUCTIBLE DONATION
TO THIS PART OF OUR SEVENTH DAY BAPTIST
CONNECTION AND OUTREACH. MAY GOD BLESS
YOU AND THANK YOU.**

GRACE AND PEACE,

Kevin



YES! *I want us to stay connected through The Sabbath Recorder!*

- Enclosed is my GIFT for *The SR*
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