



**Blessings and
Challenges
of a
Small Church**

Plus:

**Beloved,
Beautiful, and
Significant**



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

Missionary Society Annual Meeting

The annual meeting of the members of the Seventh Day Baptist Missionary Society will be held at the Missionary Society Office, 19 Hillside Ave., Ashaway, R.I., on Sunday, March 16, 2014, at 2:00 p.m. for the following purposes:

–To elect voting members, a Board of Managers and officers to hold office until the next annual meeting and until their successors are elected.

–To hear and act upon the reports of the Board of Managers and officers for the fiscal year January 1, 2013, to December 31, 2013.

–To ratify the appointment of independent public accountants for the current fiscal year.

–To consider and act upon such other matters as may properly come before said meeting or any adjournment thereof.

The Board of Managers has fixed the close of business on February 28, 2014, as the time at which members entitled to notice thereof and to vote at the meeting and any adjournment thereof shall be determined.

—Kathy Hughes, Secretary

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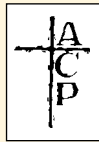


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“The Lord would not let me not come to church!”

An interview with Grace Rabatin

by John and Ellen Griffin

Members of the Paint Rock, Ala., SDB Church (and the Sabbath Recorder Committee), John and Ellen Griffin took some time to interview longtime church member Grace Rabatin. Over the years, the Paint Rock church faced the ups and downs of struggling attendance, and Miss Grace provided her perspective.

Q: Miss Grace, how long have you been attending church in Paint Rock?

Since 1945—except it was at Athens, Alabama, then. We had to go over there every week. Mother Butler’s parents lived there but they were both ill. It was easier for us to go over there than for them to come over here.



Grace Rabatin

Edgar Wheeler was at the seminary in New Orleans at the time. He’d ride up on the train overnight Friday from New Orleans, get here on Sabbath morning, we’d have church that day, and then he’d go back that night.

Q: How many people were attending church there?

Mother and Dan and Betty, and Bobby and I and my two children. Charlotte’s daddy and his wife; Char-

lotte’s parents and the children. About 15 in all. We used to go to Athens one week and here one week and Princeton one week. It was just the family.

So since 1945 until that time... When did the church move to Paint Rock?

The church moved to Paint Rock in 1952. After Edgar Wheeler came Brother Soper, Mynor Soper’s father. They were just wonderful people. They knew so much because they had pioneered in Nebraska. He lived 30 miles from the railroad in Nebraska. Once a month he would take his wagon and team of mules and go to get his supplies

and do her shopping. She was just the most fabulous person. She’d go out to do her chores and would put the hem of the toddler’s dress under the table leg so that she couldn’t get into anything dangerous.

During those years when you were going to church, it was just in people’s homes?

Yes. After the grandparents died we met at a small community building over in Athens called Oakdale. We had church there and then we met over here at a small community church near the Butlers’ house. It was a little country Baptist Church. Mother Butler kept that church alive for many years.

Was the Paint Rock church meeting in the current building?

No, Brother Soper built it the second year he was here. He was overseer of that. Mother Butler had lost her son in the war and she was going to build a church in honor of him. But everybody else—the Suttons and some of the Bottoms—didn’t want her to do that. They wanted to get a loan so that everybody would have a part of it. But she said no, and she did it her way. Nobody really felt obligated, or as much a part of it, as they would’ve been if they had borrowed some money and everyone paid on it.

How many people were attending at this time?

Well, I guess 30 or 40. Mother Butler did things in the neighborhood. She had a little choir and made robes for them, and they sat up there and sang and sang and sang. We bought a bus, really a candy truck from Allison Candy Company and put a seat in it. They went around the community and picked up the kids. Mrs. Butler had a Nash Ambassador and she had 19 children in that thing at times! She’d pass by the house and you couldn’t see through it! She had kids in the front, kids in the back, and kids in the trunk. I tell you the Lord sure took care of many things.

Mother Butler’s house was like Grand Central Station. If anybody in the denomination was coming this way

they knew they'd have bed and breakfast and Sabbath at the Glendale Farm.

Not a lot of adults in the community came, just mostly our family. But we had lots of children!

After Mother Butler passed away, what happened to the church? Did the attendance drop off then?

Yes, she died in 1981, I think. Ms. Garrett had come down here. Now Ms. Garrett was a little World War I retired Army nurse. She lived in Chicago and read about the Paint Rock church in the *Sabbath Recorder*. She got everything in order, got on the bus and came down here. She didn't know us from Adam's house cat. She said later, "If I had known it was such a weak church I never would've done it." But she was a very strong woman. Mother Butler had this little travel trailer and Ms. Garrett lived in it there for a while. Then the people next door to the church made an apartment for her. She taught the children's class on Sabbath.

So you had a children's church then?

Yes, she taught the children's class.

When there were so few people coming here, what was your motivation to keep the church going? There was a time when there was just you and one or two others, right?

Well, I can't take any credit for it. Everybody quit. The Allens were gone, I lost Bob in 1972. Then five years later I married Mike.

Pastor John Bevis had been at the SDB headquar-



The SDB Church of Paint Rock, Alabama

ters in Plainfield, New Jersey. He was here for about five or six years, and people started coming back when he came. Then he went to Denver.

Before he came back the second time, there were only a few of you. What kept you motivated? You could've been like everybody else and quit.

Well, actually the Lord would not let me do that. I kept telling myself all during that time, "Nobody is going to be there, why do you keep doing this?" But the Lord would not let me not come. I can remember the first time I'd ever driven on ice, on an icy bridge. On Friday I called Louise and told her, "Go turn the heat on—I'm going to church tomorrow" and I came.

I kept coming and I kept coming. Sometimes Louise would come, sometimes Ila and Ida. And Katherine. I don't know, the Lord just wouldn't let me give up. But I felt like it many, many times, especially when it was cold.

So you were the one who kept it going.

Well, I just came. Everybody else came when they could.

Did you all sing songs? Did you have praise and worship, or read out of the Bible?

I think we read our Sabbath School lesson. We didn't sing, I don't remember singing. We didn't play the piano.

There was no pastor who would bring the message?

No.

What did those intimate services like that mean to you at the time? When there were just two or three of you, was it a blessing to you as much as when there was a large crowd?

Not as much as it should have been, I guess. I was not aggressive at all in that area. We read our Bible reading, we just studied the lesson and that's all we did.

Did you have prayer during that time?

We did some, not much—not as much as we should have. Looking back I guess I just was not as dedicated as I should have been, or as spiritually seeking as I should have been.

The Lord wouldn't let you not go.

That's it. He would just not let me not come.

cont. next page

Interview with Grace Rabatin, cont. from p. 5

How many years was Paint Rock just a few people?

Four or five years.

How did you keep the church alive?

I didn't.

Somebody had to pay the light bill and the water bill and...

I did that. You see, Mother Butler was treasurer for the first 15 or 20 years. Then Bob was treasurer. When he had leukemia, then Philip was treasurer. Then he went away to school and met Becky and the rest is history. So I inherited it and I was treasurer. When Mrs. Welch was treasurer she started saving and investing. She kept it six or eight months, and she said, "This is too much for me." Then it landed in my lap again.

So I paid the bills but we didn't have any regular income. I never remember taking a collection or making any deposits during that time. I just paid the bills out of the money that was in the bank already. We had an electric bill at the time, and butane once in a while, maybe a water bill.

What kept you from getting discouraged when it was just you and one or two others?

I don't know, only the Lord kept me from just giving

up. He wouldn't give me peace to do otherwise.

When I started coming to Paint Rock in 1991 with Ida, I remember there weren't that many of us then, maybe 15 was a good number.

We've never been a large congregation, especially from the adults of the community.

I remember around 2005-07, there were some days we'd have 40, maybe 50 people.

Yes, you see, people loved Pastor John. When he came, people came. And when he left, people didn't come. And when he came back, the people came again.

So looking back, when you were there with maybe two or three of you on a Sabbath versus when there have been 40 or 50 on a Sabbath, how did you feel to see so many more people there?

I would always feel good to look and see a house full of worshipers. It's a wonderful feeling. It's sort of lonely when there's only three or four. I've always been thankful that the Lord convicted me of the Sabbath, and He kept me from giving up. *SR*

The "Small" Church: Beloved, Beautiful, and Significant

*by Pastor Luis Lovelace
Metro Atlanta SDB Church*

The "small church" is the body of Christ in compact form. She is just as valuable as a group of larger size, and just as subject to the work of God upon them, and through them, for His glory.

The small church resembles a family in many ways and has some important benefits. There is the opportunity for closeness, sharing in expressions of love, developing a bond and identity with each other,

and experiencing the joy of serving God together. What wonderful blessings! This experience of fellowship and ministry is, of course, not limited to the small church, but the opportunity for it seems to be attained more easily.

Getting to know you

A small group affords the opportunity to get to know each other more personally. Getting to know others—and opening our own lives as well—is always easier in a “safe” environment, where life is lived together. Seeing each other during our times of laughter, tears, frustration and even boredom brings the chance to share, and grow.

This “exposure” before others can also have the effect of shaping us, and by the ministry of the Holy Spirit, we grow in Christ toward maturity. This dynamic is why I believe many larger churches form small group programs in the desire to effectively minister and nurture their membership. Imagine that, a “mega church”—the dream of many small church pastors—organizing to utilize the qualities of the small group in order to be more effective.

Good and pleasant, or getting too close?

As the psalmist says, “Behold how good and pleasant it is when brothers dwell together in unity!” (Ps. 133:1). However, when church folk don’t “dwell together in unity” the results are always troubling and painful.

Believers in any size church must guard against internal problems, but the small church in particular must be careful. Certain attitudes and actions, if allowed to get established, can damage or destroy the loving environment very quickly and change it to one controlled by faithlessness and fear. Following are a few of what I see as dangers to the health of the church:

• Rebellion in the hearts of God’s people.

It may appear in many different attitudes and actions, but at the root



The church is not to be measured by the number of members, but by how much she resembles the Bride of Christ.

is the will of the flesh—which wars against the Spirit and is an affront to the work of God. Gossip, dissension, division, pride, unforgiveness, and lack of repentance are a few of the manifestations of this destroyer that can contaminate the flock.

• No vision for God’s work in bringing others to the fellowship.

We can get too comfortable with “the family” and view “outsiders” as intruders. Having no concern for the unsaved (and/or being too disorganized to have effective outreach) can lead to an “ingrown” condition which is a form of spiritual “salt” that has lost its saltiness.

• The controlling attitude of an individual.

A church matriarch, patriarch, or church leader claiming sole authority over the direction of the church can change the environment from “our church” to a self-serving “my church,” or a church for just a few. The reality that Jesus is the ultimate Pastor of the church, and that the church is to organize in serving His purposes is easily lost.

• Dismissing the potential for ministry.

Having a “we-are-too-small” mentality is a destructive mindset based in unbelief. Being realistic with limitations in available people, resources and finances should lead the small church to seek the power and provision of God with greater zeal, with a longing to be faithful to His purpose and mission.

We can certainly include more dangers to the health of the small church (or any fellowship of believers), but it is important to remember that while we are “prone to wander” in our life and service to God, He is faithful to discipline those whom He loves.

Do we resemble the Bride?

The “small” church is a group of the redeemed of God. They should covenant together and put all trust in the power of Christ at work in them to accomplish the will of God in this world—with the pleasure of serving Him.

The local church (“large” or “small”) is not to be measured by the number of members, but by how much she resembles the Bride of Christ. And to Him she is beloved, beautiful, and significant. **SR**

4 Four Core Values of small-town ministry

When the going gets tough,
these values will keep you going

by Ron Klassen
RHMA Executive Director

Editor's note: Several years ago, I attended a conference sponsored by the Rural Home Missionary Association (RHMA). I had the opportunity to meet their executive, Ron Klassen. He has a heart for small-town churches and pastors.

The vast majority of churches in this country are "small." They continue to have much value. While this article might be geared more toward a small-town pastor, I think most SDBs can gain some good insights and move toward planting more churches.

In every ministry there are times of questioning: "Should I keep doing what I'm doing or do something completely different with my life? Should I keep doing the same thing, but in a different setting?"

It's possible to elevate these questions to another level: "Does God want me to keep doing what I'm doing? Is there something different I could do, or a different place I could do it, that would have greater impact for Him?"

When these kinds of questions surface—which they do about twice a week in small-town ministry—a few core values might make a difference.

in Irian Jaya or a small town in our own country—the "remotest part of the earth" of Acts 1:8. The Navigators' slogan, "*Reaching the world one person at a time,*" should not be lost in our day of emphasis on the masses.

The well-known missionary martyr, Jim Elliot, devoted his life—and eventually gave his life—to reaching the approximately 300 people in the Auca Indian tribe in Ecuador. Statistically they were an insignificant number, especially when measured against the millions of people in the cities of Ecuador. But they were important to Jim Elliot, because they were important to God.

Confident that people in smaller-population areas matter to God just as much as the urban masses, those who serve in such places can do so unapologetically, and be content to reach people one at a time.

Value #1

Individuals are important to God.

Christ's parable of the lost sheep communicates this value loud and clear. To what great length the Shepherd went to find that one lost sheep!

God doesn't view this world in terms of masses; He views this world one person at a time. The God of the universe cares about that one lost person out in the middle of nowhere, whether "nowhere" is a tribal village

Value #2

Isolated contexts are not limiting to God.

Sometimes we are prone to think God's hands are pretty well tied in lower-population areas—that size limits what God can do. But even in small places large numbers can be reached. It depends not so much on numbers, but on God's sovereignty.

In Matthew 9:35-36 we read that when Christ taught in towns and villages, “crowds” gathered. Similarly, though John the Baptist’s pulpit was out in the wilderness, multitudes flocked to hear him.

Time and time again it has been proven that good-sized churches can be found in isolated contexts. One church, in Oshoto, Wyoming, grew to an average attendance of 70, though only 131 people lived within a ten-mile radius of the church!

The *Religion Report* told of a city in Russia that missionaries went to. They worked hard, but with little response. An elderly woman in a nearby village invited the missionaries to come and preach in her town. The entire village of 80 showed up, and at the end of the service all 80 responded to the invitation!¹

Value #3

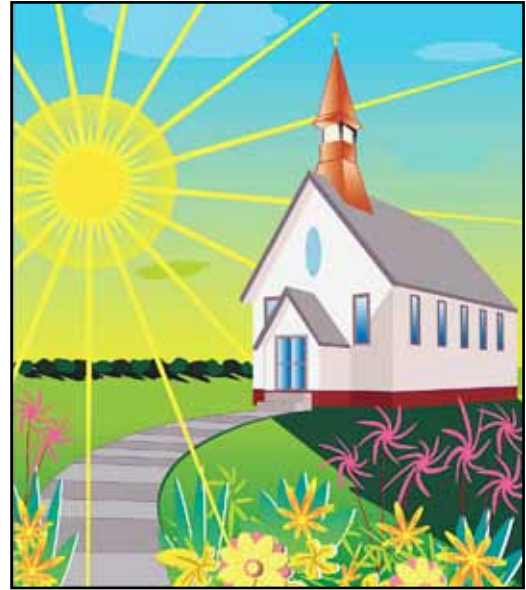
Sphere of influence is more important than population.

Living in a larger context does not guarantee larger influence. A million people living in close proximity does not mean a million people will be influenced for Christ. In fact, a missionary would be fortunate to influence one thousand of those million for Christ.

All of us are limited in how many we can influence. What’s the difference, then, if we touch one thousand lives in a city of a million or one thousand lives in a smaller town of, say, two thousand?

Furthermore, it could be argued that because a small town is a more personal setting, the pastor or missionary in that town—known by everyone in town—will have more influence among the thousand lives he touches than he would among a thousand lives in a larger context.

In a small town, when the pastor is in the local cafe he is having influence, while in a large city no one in the cafe likely even knows him or knows he’s a pastor. One may actually touch more lives, and have greater influence, in the small town than in the city.



Value #4

The ability to see potential is a key to success.

Looking through God’s eyes, it is possible to see potential where many can see none.

One pastor might look over a community and see no potential there. Another might look at the same community and be excited about what he sees could happen in that place.

Sam Walton is an example of someone who saw potential when most could see none. He wrote, “Our key strategy... was simply to put... discount stores into little onehorse towns which everybody else was ignoring. In those days, K-mart wasn’t going to towns below 50,000. We knew our formula was working even in towns smaller than 5,000 people, and there were plenty of those towns out there for us to expand into.

“When people want to simplify the Wal-Mart story, that’s usually how they sum up the secret of our success: ‘Oh, they went into small towns when nobody else would.’ While the big guys were leapfrogging from large city to large city... they left huge pockets of business out there for us.”²

If Sam Walton could see potential for Wal-Mart in small towns, then can we not see potential for the churches we pastor in small towns? **SR**

¹ *National & International Religion Report*, 2/20/95.

² Sam Walton, *Made in America—My Story*, pp. 109-110.

World Fed names new General Secretary

by Janet Thorngate, from the
"SDB World" newsletter

Pastor Andrew Samuels, World Federation Vice President for North America and pastor of the Miami, Florida, Seventh Day Baptist Church, was elected General Secretary by majority vote of the World Federation member conferences in December 2013. As required by WFed bylaws, the vote was by mail/email ballot following recommendation of the full executive committee.

In October the executive committee accepted with regret the resignation of General Secretary Jan Lek who had served in the office since election at the 2008 sessions. His resignation, mainly for health reasons, was effective January 1.

"We have been fortunate," says President Dale Thorngate, "in having Pastor Lek's service for the past five years because of his long-term relationship with the Federation and his international experience. We are equally fortunate to secure the commitment of Pastor Samuels, who brings Federation experience and valuable cross-cultural skills to our work."

Andrew Samuels has been serving as pastor of the Miami SDB Church since June 1988. Born on the island of Jamaica in the Caribbean, he grew up as a third-generation Seventh Day Baptist and migrated to the United States when he was 20 years old. He made his first public profession of faith at age 11 and was baptized a few months later at his home church, Mountain View SDB.

His very first experience with the SDB World Federation was in 1986 when the Sessions were held in Rhode Island in the U.S. He was living in New York City and work-



Andrew Samuels

ing as part of the diplomatic delegation of the Permanent Mission of Jamaica to the United Nations. He was able to borrow a flag from each WFed country's Mission located in New York City and that enhanced a beautiful parade of flags at the Sessions.

He also attended the World Federation Sessions in 1997 as an Observer, in his native land of Jamaica. Three years prior to that, his local congregation in Miami seized the opportunity to nurture a church in Haiti which had recently decided to become Seventh Day Baptist. Since then, he has made about 10 trips to that country.

In 2003, he regards it as an absolute privilege to travel to Brazil for the World Federation Sessions there, and his passion to become a world-class Seventh Day Baptist was greatly enriched. At that Session, he was elected as Vice-President for North America. He was re-elected to that office in 2008, the year when he also served as President for the SDB General

Conference of USA and Canada.

In addition to 25 years of pastoring the Miami Church, he has done a short-term pastorate at the Mill Yard SDB Church in London, England, as well as pastoring SDB Churches in New York City, and Fort Lauderdale, Fla.

He believes that his international experience at the United Nations, his relationships with the SDB Churches in the U.S. & Canada, England, Brazil, Malawi, Jamaica, and Haiti, plus his attendance at the past three Sessions of the SDB World Federation, have prepared him well to serve as General Secretary for this fraternal organization. He aims to help the Federation to achieve its vision of quality communication services, meaningful fellowship, the coordination of mutual endeavors, and the promotion of the Gospel of Jesus Christ.

Pastor Samuels has a Bachelor's degree from Miami Christian College, and has done graduate studies at Knox Theological Seminary. He is also a graduate of the SDB T.I.M.E. Program, and has served as an Instructor at both the Florida Leadership Training Institute and the South Atlantic Leadership Training (SALT) Institute, ministries of the South Atlantic Association.

He was the author of the 2007 World Federation-sponsored SDB Week of Prayer booklet, and has also authored one book, *From The Foundation To The Pinnacle*, which chronicles three decades of history of the Miami SDB Church (1981-2011). He has been married to Kay, an educator, for 30 years, and they have two daughters, a son-in-law, and two grandchildren. 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*

A seasonal FLARE-UP

I know God made the seasons, and man divided them into months. Still, I hate the month of March; at least, in Wisconsin.

The word "March" comes from the Roman word, "Martius." March was originally the first month of the Roman calendar and was named after Mars, the god of war. After changing to the Gregorian calendar in 1752, March became the third month.

The Anglo-Saxons called March "Hlyd Monath," or "Stormy Month." They also called it "Hraed Monath," which means "Rugged Month."

Apparently, I'm not the only one who views March in a negative light.

Thalassa Cruso (1909-1997, known as "the Julia Child of Horticulture") wrote, "March is a month of considerable frustration—it is so near spring, and yet across a great deal of the country, the weather is still so violent and changeable that outdoor activity in our yards seems light years away." Right on, Thalassa!

The late poet, Ogden Nash, observed, "Indoors or out, no one relaxes in March, that month of wind and taxes. The wind will presently disappear, the taxes last us all the year."

Charles Dickens wrote, "It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade."

From the above descriptions, I've concluded March is a "he," not a "she." Windiness, warring, ruggedness, roaring, and violence seem—at least to me—male characteristics.

The late American animator Walt Kelly was best known for the comic strip "Pogo." He once asked, "What's good about March? Well, for one thing, it keeps February and April apart."

Some people are a little kinder when it comes to March.

Hal Borland (1900-1978), an American author and journalist, wrote a rather sweet description of

the month: "March is a tomboy with tousled hair, a mischievous smile, mud on her shoes and a laugh in her voice." (Oops. Now March is a female?)

American author and poet, Helen Hunt Jackson (1830-1885), also saw the positive side of March: "Ah, March! We know thou art kind-hearted, spite of ugly looks and threats, and, out of sight, art nursing April's violets!"

Susan Reiner's poem, "Spring Cleaning," almost makes me want to embrace March:

"March bustles in on windy feet and sweeps my doorstep and my street. She washes and cleans with pounding rains, scrubbing the earth of winter stains. She shakes the grime from carpet green till naught but fresh new blades are seen. Then, house in order, all neat as a pin, she ushers gentle springtime in."

I've written many poems about March. I penned this one, "**March Marches On**," 16 years ago:

"Oh rats," I muttered to myself
As I crawled out of bed.
It's here again, like some bad dream,
This dreary month I dread.
How do I know that March is here?
It's not a puzzle hard.
I simply look at all the mud
That used to be my yard.
As sunshine disappears from sight,
And clouds roll in like waves,
My neighbors holed up in their homes,
Like bears curled up in caves.
I long for snow that isn't black,
For skies that aren't so gray.
Will seeds and bulbs survive this mess
To burst to life in May?
Just twelve more days, I tell myself.
It's really not that long.
My buried soul will sing again,
My heart will bloom in song.
For now, I'll have to force a smile;
Pretend that all is well.
When April comes, I'll wave at March
And say good-bye to... heck. **SR**



Women's Society page by Katrina Goodrich
www.sdbwomen.org

Be a Role Model

“Therefore be imitators of God, as beloved children. And walk in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God.” (Ephesians 5:1-2)

In 2 Corinthians 5, Paul refers to Christians as “ambassadors of Christ.” I like this characterization, and so do many others. I hear it used frequently to describe our Christian walk.

Paul never intended that to be the only illustration though, and so I think he’d understand that I don’t always find this picture relatable. Sometimes when I wake up in the morning, the last thing I feel like is an ambassador. I look at myself realistically and know that most days I look and act nothing like an ambassador, let alone one for God.

In Ephesians 5 Paul uses a different descriptor: imitators. Setting negative cultural connotations aside, this is also a viable representation of the God/follower relationship and a little easier to picture. Had Paul been writing Ephesians 5 in the 21st century he might have put it something like this: “God is your role model. Become Christ-like role models for the rest of the world, and here are some guidelines to help you with that.”

How do we use Christ as a role model in a world that looks very different than 2,000 years ago? Humanity’s fallen inner nature remains the same but customs and cultures are different.

I get lost thinking about how I don’t look anything like Jesus. I’m a young Caucasian, middle class—living in post-modern America. I think about myself more than I think about God or anyone else, and usually have a “punch line” more than any spiritual insight. How do I model Christ for the world as a person who is so far from having any resemblance to Christ or his disciples?

The answer to this comes from understanding why Jesus did the things he did. Learning his motivation can help us put his actions into a different context.

Most Christians don’t roam around the country looking for people to heal or draw flocks to hear the Gospel

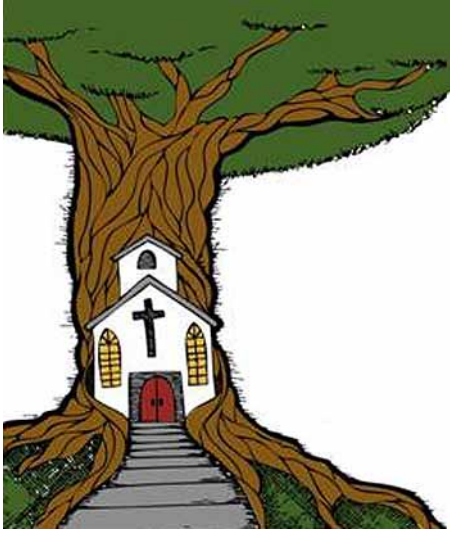


as a principal occupation. Maybe you work in a factory, retail, are a teacher, a dentist, secretary, doctor, mom, dad. What would Jesus look like as a dentist in the 21st century? Finding the “why” in Jesus’ ministry and applying it to current situations in your life may aid you in integrating your life with the Savior.

Just as Jesus is a role model for you, you are a role model for others. A fairly cliché statement, but true. It doesn’t matter if you want to be or not, admit it or not, live like it or not, you are a role model. People who know you—they’re watching. People who don’t know you—they notice what you do. What do you want to show them or teach them?

People have a tendency to emulate one another, even as strangers; more so the closer the relationship. While Jesus was on earth, the way he lived his life was radical. He acted differently from the norms people expected from one another and they noticed. Crowds flocked to him. People gave up everything to be like him. At the end of his physical embodiment he issued what we know as the Great Commission (Matthew 28) in which he tells his followers to go and do likewise.

Jesus gave us a daunting responsibility, knowing we could not be perfect. Even so, he trusts us with what is most precious to him. Choose to be the Christ-like role model he created you to be, that he commissioned you to be. **SR**



Registration for the "Be Witnesses" Church Planting Conference

Sponsored by the SDB Allegheny Association
Monday, April 28 at 7:00 pm — Sabbath, May 3 at 5:00 pm

Cost: **\$75 per person (Regis. deadline 3/31)**

Location: **Camp Harley Sutton
1 Camp Harley Road
Alfred Station NY 14803**

Accommodations will be provided at the Camp. If you need transportation to Alfred Station, please fill in your arrival details.

You may also register on-line at <http://bewitnesses.ezregister.com>

Our GOAL is to address the motivational barriers that have held Seventh Day Baptists back from their scriptural calling to plant healthy, Gospel-defined Seventh Day Baptist churches.

Our HOPE is to move the participants from the general question of "What should or might we be doing?" to answering the deeper questions of "What is God calling our specific congregation to do in our location?" and "How can we begin to participate in this God-inspired work now?"

(Regis. deadline is 3/31/14)

Name(s): _____

Address: _____

Phone: _____

Email address: _____

Bedding If driving, we ask that you bring your own bedding and towels. If flying (or if this is not possible) we can provide them

- Yes, I will bring my own bedding / towels.
- No, I cannot bring linens; please provide them.

Meals Food will be provided by the Allegheny Association. Any food allergies of which we should be aware?

Any restrictions on the types of food you may eat or choose to eat (i.e., vegetarian, etc)?

COST is \$75 per person. Make checks payable to:
"Allegheny Association of SDB Churches"

- Payment of _____ enclosed
- I will pay at the Conference

Travel Plans

- I will be driving
- I will be flying into Rochester, NY
- Other _____

Transportation Request

- I do not require transportation to Alfred Station
- Please provide transportation to Alfred Station

Airline _____ Flight # _____

Arrival date / time _____

Other _____

Please fill out and send this form to:
**Church Planting Conference
Alfred Station SDB Church
PO Box 7777
Alfred Station NY 14803**



When the answer is ‘Yes’ *SDBs, Calvinism and Arminianism*

As we work to correct common errors and misconceptions about Seventh Day Baptist history, this month we look to frequent assertions about our doctrine. This one relates to one of the most prevalent Protestant theological divides—Calvinism and Arminianism.

We receive sporadic requests here at the Society asking us to identify whether Seventh Day Baptists are or have historically been Calvinists or Arminians. If you know the theological debate, the chance is excellent that you have an opinion. In this case, the misconception about SDBs isn’t about the answer on one side or the other, but rather the assumption that there *IS* an answer at all.

Disputes between the adherents of the two positions are longstanding. During John Calvin’s life and after his death in 1564, opinions about his doctrine multiplied, and criticisms were leveled at it on a number of fronts. His view that God’s sovereignty extended even into the realm of one’s election yielded particular attention, as it seemed to limit human agency.

One of his critics was Dutch theologian Jakob Hermanszoon, better known today as Jacobus Arminius. Arminius trained in Geneva under Calvin’s successor, Theodore Beza, and then headed into the pastorate in Amsterdam in 1587.

Although originally convinced of Calvin’s positions, Arminius gradually came to disagree with Calvin’s view of God’s sovereignty with respect to election. His followers published a treatise solidifying his positions in 1610, the year after he died.

Those knowledgeable about Baptist history will recognize that the origins of the Baptist movement spring from the historical period immediately after Arminius’s death, as John Smith’s famous congregation in Amsterdam was also started in 1609. Perhaps not surprisingly, with the debate about Calvin’s doctrine and Arminius’s response fresh, when the Baptists returned to England, groups coalesced around both positions.

The General Baptists sided with Arminius and his followers, while the Particular Baptists in England sided with Calvin and his followers.

Among the Sunday observing Baptists in London, denominational rifts opened between the Calvinists and the Arminians, but no such rifts open among the Sabbatarian Baptists. It would seem that their shared distinctive was more unifying than the divisive capability of their other theological positions.

That same spirit was embodied in America as churches began to proliferate on this side of the Atlantic. Reading the records and the doctrinal statements they made from the 17th century through the 19th century, it is clear there was no uniform position on the matter as local churches covenanted to observe the Scriptures without clearly identifying with one side or the other. The Conference’s first Statement of Beliefs likewise does not declare an allegiance to either view.

That is not to say that there were not vocal adherents of the various positions. To give just one example, longtime SDB pastor, field evangelist, and educator Alexander Campbell recounts in his autobiography the difficulties he had on the mission field following up after the ministry of

Calvinists. From his comments, it is abundantly clear he was *not* an adherent of Calvinism. Counter examples are not difficult to find.

But more than any of these individual positions we might highlight, it is clear that our people have taken this approach: as long as someone continues to affirm the Scriptures and honor the local church covenant, caring for one another, adherents of both positions would be welcomed. Furthermore, as is the case with so many historical trends, if we look closely we can ascertain slow shifts between Calvinist and Arminian thought among SDBs, moving like a pendulum in response to changing social conditions and the extremes embedded in the ascendancy of the other position.

The answer to the question: “Are Seventh Day Baptists Calvinist or Arminian?” is, and has always been, “Yes.” **SR**

It is clear that adherents of both positions would be welcomed.

Continuing Ed for pastors

*A chance for Re-Tooling... Recharging your Batteries...
Rubbing shoulders with others...*

by Gordon Lawton

Did you know that there is assistance for an SDB pastor to have formal learning experiences every year? As a pastor you can say, "God is unchanging and the canon of the Bible is fixed," and be *heard* to say, "I don't need to learn new stuff."

I doubt that is what you would be meaning. The pastoral ministry covers so many areas that most pastors are generalists and not able to focus on only one aspect of ministry.

Sharpening Bible skills, learning techniques of helping others face issues and grow, thinking about church growth and applying it in the home church are all important. This sharpening can occur as we read books, watch videos, have discussions with other pastors, and as we attend classes (on-line and otherwise) or seminars.

Pastor, if there is a seminar or on-line course that you have been considering, you may qualify for up to \$300 a year to help with the cost of that class and required books. Although the Center on Ministry no longer has a budget line for pastors' continuing



***Sharpening Bible skills,
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others, thinking about church
growth are all important.***

education, we do have some funds thanks to the generosity of the children of Rev. Earl and Mabel Cruzan.

For more information go to the Center on Ministry website: www.sdbministry.com. When there, hover over the "Pastoral Services" drop-down menu with your cursor, then "To Pastors", then "In-Service Education", and then click on "Continuing Education." On the next page, click on "Continuing Education" and the de-

scription will appear. At the bottom of that page click one more time for the "Continuing Education Request Form."

On your way to the Continuing Education page you might have noticed that there was other information here. Take some time to look around and see what COM and COSAR have to offer. (A navigation hint: When you click on "Back to top" you will have to scroll up just a little to find the button bar and the actual top of the page.)

You may know the seminar that you want to attend. However you may want a seminar on (you pick the topic) but don't know of one. Give me a call. I might know of one, or we can look for one together.

Sometimes we just can't get away for a seminar. But do not despair. There are respectable learning opportunities available online; some of them at no cost. I would be happy to speak with you about these. Just call me at the SDB Center (608-752-5055). I hope to hear from some of you this year. **SR**



A Statement of Belief Q&A

Helping you answer some basic questions

Church visitors have all sorts of backgrounds, reactions, and questions. Some visitors walk in, look around, and quickly walk out—never to be seen again. Others walk in, find a Sabbath School class, stay for worship, linger through a fellowship meal, and decide right away that they have found a ‘home’ or a ‘family.’

Most visitors, however, fall between those extremes. They are curious about the church and want to learn more about what the church does and what the church believes. Usually, they are content to watch and listen for a little while to figure out what the church does. Many people figure it is better to see what *really* is done rather than to ask about what a church *tries* to do.

When it comes to finding out what a church believes, quite a few are willing to ask, “What does your church believe?” or “What do Seventh Day Baptists believe?” While some visitors save questions for the pastor, some want to talk with the person they sat next to during the worship service or connected with in those in-between moments. Unfortunately, many times these conversations can end before they really start: “Hey, here is a copy of our Statement of Belief. Let me know if you have any questions.”

Some visitors can look at our Statement of Belief and discover everything they want to know. Most will look at the Statement, think



it’s okay, but they would still like to talk more—and they don’t have a clue how to start the conversation. Visitors might even wonder if asking a question about the Statement might mark them as a troublemaker, or worse.

The Board of Christian Education would like to help Seventh Day Baptists talk with visitors and with each other about what we believe. We’d like to help these conversations go deeper than, “Well, we’re like other Baptists, except we go to church on Sabbath—you know, Saturday.”

We are introducing a set of simple questions and answers about the content of the Statement of Belief that will provide an easy-to-use launching pad for meaningful conversations about who we are and what we believe. This “Statement of Belief Q&A” will be released as downloadable PDFs in at least three forms. There will be a brochure,

a booklet, and a set of letter-sized pages with one topic per form. More information and links for the downloads can be obtained here: <http://7db.info/q&a>

The hope is that this document will prepare Seventh Day Baptists to say, “Hey, here is a copy of our Statement of Belief. I’ll let you look it over. When can we sit down and talk about what it means?” And then, when you sit down together, with the simple questions and answers in hand, you’ll have a great place to start a real conversation.

Remember, the goal of this document is not to provide a comprehensive teaching tool. Our goal is to provide a set of questions and answers that will be valuable for starting conversations about what Seventh Day Baptists believe. If you have specific suggestions for improving this material, drop us a line. As an online publication, we will be able to incorporate changes without having to wait for our paper copies to run out.

We thank the Rev. Gordon Lawton, Director of Pastoral Services, for providing the initial draft of these questions and answers and for giving permission to the Board of Christian Education to change them as necessary. We also thank the General Council and our standing committee on Faith and Order for taking time to review the document and for providing guidance to make it more accurate and better suited for its task. **SR**



FOCUS on Missions

Missions by Remote Control

by Clinton R. Brown
sdbmissions.org

Garfield Miller’s visa application was denied. The letter told us we could make an appeal, but the lawyers told us it would not do much good. We knew Garfield was the man for the job, so why was he not allowed to leave Jamaica to do it?

Our preconception was that at this time he needed to be working from Rhode Island. But it appeared that there was a different plan for this phase of his ministry. We began to work out how he could still perform what we all felt he was called to do, while still in his homeland.

We soon realized that much of the duties required for his part in the global SDB Missions ministry could be done remotely. After all, I had been doing much of my communications from airports and computer cafes around the globe. Why could he not carry some of that load from a home office in Jamaica?

The Jamaican SDB Conference was more than happy to hold onto Garfield and do whatever was needed to employ him to his calling. With their help we began working out the logistics for this interim period, while we seek whatever doors God may open to help us bring Garfield to the U.S. with his family, in the Lord’s time.

Since December, **from the warmth of his home in Jamaica**, Garfield has been messaging, emailing, video conferencing, tweeting, and posting around the world. His being there physically has been a boon for coordinating this summer’s cooperative SCSC Mission to Jamaica. It also positions him perfectly to be the onsite director for that project.

Garfield was instrumental in organizing project proposals from various countries for our quarterly board meeting, which he attended by video. He has been authoring and distributing our missions Mini-Messages for our church Advocates, including the one about SDBs Joel and Laura Sutton and their call to a long-term ministry in Haiti. (See the Suttons’ article in June 2013 *Sabbath Recorder*). Garfield also helped with much of the research and coordinating necessary for the short term team to Gambella, Ethiopia in February 2014 and being on the team, as well.

Upon his return, he and I plan to actively collaborate on the training for the SCSC mission team and work with our far flung board of managers for



“[The God of peace] equip you with everything good that you may do his will, working in us that which is pleasing in his sight, through Jesus Christ, to whom be glory forever and ever.” (Hebrews 13:21)



a project to train our SDB youth for cross-cultural missions. We hope to have at least one SDB Youth Group on a mission as God leads before the end of 2014.

Meanwhile, I shovel snow in Rhode Island, and pack to go to visit the churches in Guyana, Puerto Rico, and Nicaragua. The technology cannot substitute for personal evangelism, but the way it helps us coordinate our ministry efforts is amazing. I thank the Lord that we have these tools to help us reach out remotely and go into all the world to God’s Glory. **SR**



the BEACON

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

March 2014

Who are we trying to please?

by Seth Osborn
Boulder, Colo.

Question time! Who of you loves God? I hope most of you are raising your hands. Okay, you can put them down.

Now: How many of you live completely and utterly for God, regardless of the situation? Oof. There are a lot fewer hands up for that one. As a matter of fact, I'm not sure I see any at all.

Human nature makes us selfish, which makes it hard to live entirely for a purpose that doesn't suit us. To be honest, God's Will won't always match up with ours. He might want us to be leaders when the very thought of that makes us tremble. He could ask us to go to another country when some days we have trouble just leaving our home.

And His challenges aren't always of biblical proportions. It could be as simple as Him wanting a timid person to stand up for their beliefs when challenged by their peers.

Overcoming our inhibitions and accepting God's challenges is a big step. To do this, we need to stop caring about what the other people of the world think about us. In Galatians 1:10, Paul writes, "Am I now trying to win the approval of human beings, or of God? Or am I trying to please people? If I were still trying to please people, I would not be a servant of Christ."

If we want to truly follow God,



we can't allow others' perceptions of us interfere with what He wants us to do. If we are doing God's work, let it be done as He wills it.

Romans 12:2 is our next destination. "Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—His good, pleasing, and perfect will." This reinforces that we shouldn't be worrying about what people think about us.

We shouldn't be trying to conform to their way of doing things. By doing so, we lose sight of God's will. Only when we separate ourselves from thinking about what the world wants can we discern how we can help further God's plans for us. Otherwise we'll just end up stunting our spiritual growth.

If we look at Matthew 6:31-33, we can find even more insight into living for God. "So do not worry, saying 'What shall we eat?' or 'What

shall we drink?' or 'What shall we wear?' For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first His kingdom and His righteousness, and all these things will be given to you as well." Not only should we not worry about how others will think about us, but we also shouldn't concern ourselves with making sure we have what we

need to the point where it distracts us from God.

I know I'm not the only "worry-wart" out there. It can be easy to get caught up in the stressful things that surround us, like getting good grades in order to go to college and then get a job so you can have money to buy the things you need like food, drink, clothes, and shelter.

But that's not what the Bible tells us to do. If we live for God before everything else, we shouldn't worry about those things. God will provide us with what we need.

So make sure God comes first and foremost in your life, and the other things you need will fall into place after that. Secular people may think you're a freak and that you're going too far, but you shouldn't lose sleep over that. Which would you rather put more effort into: pleasing people you'll spend less than a century with, or doing work for the One you'll be with for eternity? **SR**

The Path to Freedom

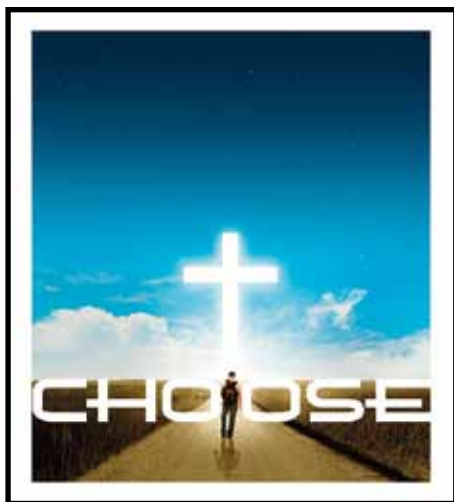
by Lauren Telford
Texarkana, AR

It was a day like every other, nothing different, no surprise—
I was walking down my daily path when something caught my eyes.
Something new lie there before me with a deep, enticing glow.
My mind and heart quite taken, but the Spirit inside said, “No.”
So I turned away, left it behind, and walked into the light;
I didn’t pay much thought to it, at least until that night.
The Spirit inside me said once more, “Stay away! This is serious.”
But the way it glowed, and the way I felt—I couldn’t help be curious.
I arose and returned to where I found it and hoped I’d have a chance
to learn much more about it, or at least a second glance.
There it sat as it had before, tempting, mysterious, and new,
then it suavely said, “My name is Habit. I’ve been expecting you...”
My spirit pleaded, “Run! It’s not too late to heal your mind and heart.”
That’s when Habit took my hand and led me through the dark.

He led me through his corridors and said, “You need not fear,
for I have everything you need. You’ll always belong here.”
I’d needed somewhere to belong, as things had gone awry,
and I couldn’t get my life together, no matter how I tried.
Habit and I got along quite well, that is, ’til something changed.
His alluring smell had gone sour, and his glow began to fade.
His promises came with a price, which constantly increased;
the rewards no longer satisfied and ultimately ceased.
“I wish I’d never known you, Habit!” I cried within my heart.
On the outside, everything the same, but my mind was torn apart.
Anywhere I’d run and hide, old Habit would be there, too.
When I reached my breaking point, I screamed, “I am so done with you!”
But whenever I’d buy into him, he’d continually grow—
that habit from whom I tried to escape had gotten out of control.
I hated this habit. I hated myself. I finally reached desperation.
Then I recalled what I’d learned about fleeing far from temptation.
Fighting alone a habit so strong had only brought defeat;
from the depths of my spirit, mind, and heart I cried out, “God, help me!”
That was all I could say through the tears of shame, which from my face flowed down,
but that was enough, and Praise His Name! All that was lost now was found.
He held me close in His arms of redemption and said, “My grace is enough.
No height, depth, not even this habit, could keep you from my love.”

I wish I could say that Habit was dead, and I never stumbled again.
However, by the grace of God, I’m not a slave to my sin.
Although I still struggle and falter and fail, I’m anything but poor.
Hallelujah! I’m richly blessed and freed! All praise be to the Lord! **SR**





St. Paul, MN July 27–Aug. 2, 2014

The President's Page

by Steven James



Choose... not to Cruise!

I thought it would be good to take a look at how we're living out our faith. Are you choosing to cruise along or are you giving it everything you've got?

Running is used repeatedly to depict our Christian life in God's Word. Passages in 1 Corin. 9:24-27; Phil. 3:12-14 and Hebrews 12:1-2, should lead us to ask ourselves:

Am I running to win?

The Christian life is anything but a casual stroll. While many have been saved through the power of the Gospel, Paul encourages us to have the attitude that this life is a race and only one can win the prize. This doesn't mean that we forget God's principles just so we can win, but that we seek to have a winner's passion as we race. We are to run with certainty and connect with our punches.

Am I disciplining myself?

We may be pretty good at being a disciple of Jesus. But what about being disciplined? Winning doesn't come without sacrifice. There are things that we either need to control, let go of, or bring into our lives in order to win a race. If this type of attitude is expected in a natural, earthly race, how much more so for the supernatural, heavenly race that we've been called to run?

Do I think I've "arrived" or do I keep pressing on?

Paul encourages us by his own example to never think we've "arrived," or that we've got this race in the bag. We are to keep keeping on with the strength that God gives us. Remember the pride of the hare and the perseverance of the tortoise in the classic story?

Am I gripped by why Jesus grabbed a hold of me?

Maybe we give up the "pursuit" of the prize because God's saving grace doesn't amaze us anymore. Perhaps we need to take time to let God's goodness, grace and the goal of why He saved us grip us with renewed strength.

Am I focused on what's in front of me?

You can't run forward very well if you're always looking backward. You will steer towards what you stare at.

Do I have anyone cheering me on?

Running the race should be done with others who believe in us and want to see us "win." In addition, like the "Hall of Faith" of Hebrews 11, we should keep before us vivid examples of others who have "run and won" to inspire us.

What "weight" do I need to get rid of?

To be able to run right we need to run light. There may be "clothing" of conduct and character that we need to shed. There may be a wide variety of burdens that we've chosen to carry. There may be pounds of hurtful attitudes that we've gained over the years. Whatever hinders our pace needs to be "shed."

What will trip me up?

Sin is sneaky. It can be like a tree root, small rock or a hole along life's path that causes us to stumble. What do you need to watch out for or remove from the course so you can run freely?

Do I have a sprinter's or a marathoner's mindset?

Endurance. Our attitude toward the race should be one of being in it for the long haul. It's the mother of all marathons. In order to make it, all of the previous questions need to be addressed, as well as this final one.

Am I focused on Jesus?

When it comes to the biggest motivation to run this "marathon," ultimately we need Jesus. Having Him personally in our lives will bring about the positive answers we need for all of the preceding questions when it comes to running this race. In Him we are more than winners (Romans 8:37)!

Let's **choose not to cruise** when it comes to the Christian life. Let's be "in it to win it!" **SR**



by Executive Director
Rob Appel

Are you a Barnabas?

As we read about people in the Bible, there are many that we could pattern our lives after. Abraham had a close relationship to God and was called the “Friend of God.” Queen Esther, regardless of the consequences, took a stand for what was right!

The Apostle Andrew looked for opportunities to bring others to Christ, just like his brother Peter. And Phillip, sensitive to the Holy Spirit, was willing to go wherever he was told to go.

Just as we can find people of the Bible we could pattern our life around, there are people in this world who have a strong influence on our behavior. I had such a person in my life: my mother. Jeanette Appel was an encourager! She was a prayer warrior and was especially sensitive to everyone around her.

She was like Joseph from the Bible. Not the “Joseph” you might be thinking about, but rather “Joseph, the Levite from Cyprus.” The apostles called him Barnabas, which means Son of Encouragement. We are told in the book of Acts that Barnabas sold a field he owned and brought the money and gave it to the apostles.

Barnabas was the kind of guy who encouraged people wherever he went. Barnabas had the ability to bring out the best in others. He would do everything within his power to help someone out and

go out of his way to pick them up if they had stumbled and had fallen.

He was the one who would help others realize that even though they may have stumbled and felt as though they had failed, that their failure was not final. He encouraged

***We still need
encouragers today
in our efforts to
plant new churches.***

people to learn from their mistakes and to focus on the future.

Barnabas understood that his God was a loving and compassionate God, Who was willing to forgive in those times we failed Him. Barnabas also understood that Jesus gave all people a new beginning. And he realized that the Holy Spirit could transform the junk of our past into jeweled crowns.

Barnabas became a strong leader in the Church. God used Barnabas’ abilities to encourage people! Barnabas’ ministry made a life-changing difference in many lives, some of whom went on to accomplish great things in the Kingdom of God... like the Apostle Paul.

I feel that Paul would not have had such great success in his travels and church planting if it were not for people like Barnabas. Barnabas was always there to encourage,

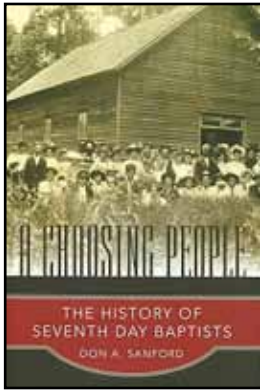
support and prop Paul up when he was tired, beaten and discouraged. In fact, Barnabas was the first of Jesus’ disciples to go to bat for Paul (Saul).

When Saul was confronted by Jesus and struck blind, one of the first things he did when his sight was regained was to seek out Peter and the other apostles. But the apostles refused to meet with him because they knew his past. So they were not only afraid of him, they were skeptical of his “so-called” change of character.

But in Acts 9:27, it was Barnabas who brought him to the apostles. He told the men how Saul on his journey had seen the Lord and that the Lord had spoken to him, and how in Damascus he had preached fearlessly in the name of Jesus! Barnabas was willing to put his own reputation on the line with the apostles for someone who—only a few weeks earlier—had been a sworn enemy to the cause of Christ and had Stephen stoned to death.

In a very real way, Barnabas played a big role in helping Paul become the great missionary and church planter that he was!

We still need encouragers today in our efforts to plant new churches. The people who will work in those churches will need encouragement. This might be where you fit in to the process of planting new churches in strategic areas of North America. Are you a “Barnabas”? **SR**



Now Available:
eBook versions of
A Choosing People,
by Don A. Sanford,
for both
Kindle and Nook.
Search at Amazon
or Barnes &
Noble to
get yours today!

Robe of Achievement 2014 Nominations

The Robe of Achievement Committee of the Women's Society is seeking nominations of a woman (member of an SDB Church) who has had an influence or contributed "beyond the limits of her own community and church."

A complete resume must be submitted containing a life history including her achievements and activities.

The deadline is **March 31, 2014**. If you would like to re-nominate a person you have nominated within the last 2 years, you do NOT have to complete a new resume form. Simply notify Karen Payne (email below) that you wish to re-nominate the person and send any updates.

Submit resumes to:

Karen Payne, 13528 595th Street
Claremont, MN 55924

Or, by email to karen.payne1127@gmail.com
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Don't walk on by (10 Foods to try)

by Barb Green, Parish Nurse
Milton, Wis.

Winter continues to hang on and many of us are getting weary. We long for something different.

Why not be brave and try something new to eat? The more variety you have in your food, the healthier you will be. One reason there are so many food choices is that each food contributes its own nutrients to your diet and combines with other foods to increase your health. Here are 10 foods you should consider adding:

- RED LENTILS** are hearty, convenient and cheap. With plenty of potassium, iron and vitamin B-1, every cooked cup contains 16 grams of protein and 9 grams of fiber. At 230 calories per cup, they'll fill you up without filling you out. Try them in stews or as a side dish.

- BABY BOK CHOY** is a type of cabbage with a mild, sweet flavor, crisp stems and tender leaves. A cup of cooked bok choy is loaded with vitamins A and C and is surprisingly high in potassium, calcium and iron—all for just 20 calories!

- TOFU** goes from package to plate in no time; cut, blot and cook. A 4 oz. portion of firm tofu has 10 grams of high-quality vegetable protein for just 90 calories. The tofu that's packed in water in the refrigerator case has the best texture. Tofu is compressed bean curd.

- SWISS CHARD** has an earthy flavor with tender leaves and crisp, edible stems that may be white, red or yellow. It takes little time to prepare and is packed with vitamins K and A. It is also an excellent source of vitamin C, magnesium, potassium and iron. Each cooked cup has just 40 calories.

- ESCAROLE**. If you're looking for a salad with attitude, this broad-leafed form of endive is your green. Like other members of the chicory family, escarole is on the bitter side. Use the pale, inner leaves which are more tender and less bitter for salads. Save the tougher outer leaves for soups. Escarole is rich in vitamin K and folate and has only 10 calories per cup.


- CHICKPEAS** (garbanzo beans) have 13 grams of fiber and 15 grams of protein in each 270-calorie cup. They also have folate, iron, magnesium, potassium and zinc. Chickpeas are superstars that you can eat right out of the can. Try tossing a handful into your next salad, soup or sauce.

- ACORN SQUASH** is a small squash that is easy to prepare and hard not to like. The orange flesh has a sweet, slightly nutty flavor. Along with its great taste comes a nice shot of fiber, magnesium, potassium and vitamins B-1, B-6 and C.

- EDAMAME**. These delicious shelled soybeans are easy to find in the supermarket's frozen food section. Add to salads, stir-fries, soups and grains. Each 190-calorie cup of shelled edamame supplies 17 grams of protein and 8 grams of fiber. They are also an excellent source of folate, vitamin K and iron.

- BROCCOLI RABE** is a pungent member of the broccoli family containing vitamins A, C and K and is a good source of calcium, iron and potassium. Once you've blanched it to remove some of its bitterness, you can turn it into a cold vegetable salad or quickly sauté or stir-fry it.

- BULGUR** is steamed, dried, cracked whole wheat that cooks in just 15 minutes. Its mild, nutty flavor is a welcome change from rice or potatoes. A cup of cooked bulgur has 150 calories, 8 grams of fiber and 6 grams of protein. Don't confuse it with "cracked wheat," which hasn't been pre-cooked and takes much longer to prepare, or with couscous, which is (typically refined) pasta.

Are you hungry yet? Try something different with an open mind and you may be pleasantly surprised by yet another food our heavenly Father has provided for us. 
(Adapted from October 2011 Nutrition Action Healthletter)

**General Conference 2014 will be held at
Bethel University in St. Paul, Minnesota
July 27 – August 2**

Chairman – Madelyn Neher
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Asst Chairman and Facilities
Coordinator– Pastor Bill Shobe
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More info coming your way soon!
On Facebook at “SDB Conference 2014”

Helpful websites:

www.bethel.edu www.visit-twincities.com/attractions
www.exploreminnesota.com

**The SDB
Historical Society’s
2014
Annual Meeting
will be held at the
SDB Center
3120 Kennedy Road,
Janesville, WI,
on June 1, 2014
at 2:00 p.m.
All interested Seventh
Day Baptists are
invited to attend.**

**Please
assist our
Retired Pastors**

Your generous gifts can help support those who gave so much, and continue to give, and their survivors. Please make your check out to COSAR, with “**Pastor’s Retirement Fund**” in the memo line, and send it to the SDB Center, PO Box 1678, Janesville, WI 53547. A monthly automatic gift can also be arranged. Contact the SDB Center at 608-752-5055.

Pastoral Changes

Henry “Hank” Edwards
Ron Elston

Leonardsville-Brookfield, NY
Doniphan, MO
(Faith SDB Church)

Deryck Thomas
David Fox, Staff Pastor

Saint Albans, NY *(Agape SDB)*
Colorado Springs, CO
(SpringsLife SDB)

Haywood Floyd

Grand Rapids, MI
(All Nations SDB)

Barry Dailey

Atlanta, GA
(Southeast Atlanta SDB)

Rick Bruner
Egbert Downes
Tim Smothers, Part-time

Tulsa, OK *(Solid Rock SDB)*
Plainfield, NJ
Battle Creek, MI

Jim Rowe, Retired
Kory Geske, Resigned

Tulsa, OK
Battle Creek, MI

New Church Plants
Charles Meathrell
Bob Peet

Lexington, SC *(Jacob’s Well SDB)*
Kingman, AZ
(The Kingdom of God SDB)

Joshua Michaels

Clifton Park, NY

New members

Boulder, CO

Steve Osborn, pastor
Joined after testimony
Seth Osborn
Michaela Osborn
Joined by letter
Philip Lawton
Amanda Lawton

Milton, WI

George Calhoun, pastor
Joined after baptism
Aidan Green
Lynnette Millard

Joined after testimony
Ronda St. Clair
Conor Green
Collin Green
Joined by letter
Mark Green
Faith Green

Marriage

Stern – Patterson. Ethan Stern and Jasmine Patterson were united in marriage on June 8, 2013 at the Stern Family Farm in Martinsburg, PA.

Obituaries

Samuels.—The Rev. Dr.

Joseph A. Samuels, 77

February 26, 1936 was a special day for Theophilus and Albertha Samuels. Their twelfth and last child was born—Joseph Alphonso Samuels.

Joseph spent his early years in the Mountain View-Vineyard Town neighborhood in Jamaica. While at Crandall High School, God called him to the Christian Ministry. This would be his lifelong passion and unwavering commitment.

At the age of 18 he was sent to pastor the Font Hill SDB Church, supervised by the Rev. John J. Hamilton. Under his leadership, the church hosted the second Jamaica SDB Conference Sessions in 1968. Pastor Samuels' influence was felt throughout the community.

On April 8, 1959 he married his childhood sweetheart, Joyce Vassell. The union produced four children and an "adopted" son. Joyce and Joe were an inseparable item throughout SDB churches in Jamaica, often performing songs as a duet.

Joseph was installed as the pastor of the Kingston SDB "Charles Street" Church in 1960. He would serve that

church for the next two decades. Pastor Joe was ordained at the Albion Mountain Church in St. Mary in 1963 by the Rev. Leon Lawton.

He pursued theological studies at the Jamaica Theological Seminary (J.T.S.) and was one of four students in the very first graduating class of this institution in 1964. He studied also at the Institute of Management.

Pastor Joe and Joyce founded the Maiden Hall Camp for Youths and Young Adults in St. Mary. This annual summer camp became a training ground for the propagation of the Gospel, meeting the various needs of its participants. Many would



*Pastor Joe A. Samuels
(1936 - 2013)*

gain lifelong friendships, spouses, and receive the call to ministry there.

During his service in Jamaica, Joe wore many hats: Pastor (at Font Hill, Kingston, Mountain View and Luna Churches), Marriage Officer, Probation Officer, Educator at Crandall Hill School, Director of Ministerial Training, Corresponding Secretary for the SDB Conference, President of the JSDB Conference in 1980, and Co-Founder and inaugural speaker of The Word of Truth Radio Broadcast.

Rev. Samuels and his family eventually migrated to Canada to be the first pastor of the First SDB Church of Toronto (1980-84). He would continue his education in Management Studies at Seneca College. Then he was called to be the pastor of the historic Plainfield SDB Church in New Jersey in December 1984.

Pastor Joe was the first black pastor to lead this august congregation. During his nearly 30 years of leadership at Plainfield he blazed many new trails:

–Started full-day Sabbath Services

cont. on p. 26

Death Notices

Connie Lucetta (White) Green, 72, of Valdez, AK died on September 7, 2013.

Elmer E. Maddox, 96, member at Riverside, CA and living in Sequim, WA died on November 5, 2013.

Audree E. Bunce, 99, of Battle Creek, MI died on February 3, 2014.

- Fellowship Lunch that led to afternoon programs such as: Youth Fellowships, Bible Studies, Bible Verse competitions, and Bible Jeopardy
- An annual week of revival in early September
- Wednesday night Bible Studies, geared at meeting the many needs of the homeless community. Several members were converted, received baptism, and are current members of the church.
- Labor Day Weekend Camp at Jersey Oaks
- A two-year ministerial training program. The courses required hard work to succeed. Pastors E. Cooper, R. Smith, S. Sterling and many others are beneficiaries of this program. These courses were respected enough in the academic community for Slidell University to accept them as course credits when members sought higher degrees.

Joe helped to establish the 7th Day Sabbath-Keepers Evangelistic Association (S.K.E.A.) with the help of Bishop Roosevelt Johnson of the Messiah Maranatha Christian Fellowship Church from Philadelphia, Pa. Another church associated is the First Chronicles of The Living God Ministry, in Willingboro, N.J. Pastor Joe was a major force behind the establishment of “Super Sabbath” services held in one of the S.K.E.A. churches.

Pastor Samuels completed his formal education by obtaining his Masters and Doctorate degrees from Slidell University in Louisiana. He also received a Brotherhood Award from the City of Plainfield. He served as: the first black President of the U.S.A. and Canada Conference (1990); a Vice President then President of the SDB World Federation (2003–2008); Member, Vice President, and President of the Missionary Society’s Board of Directors; and President of the 7th

Day Sabbath-Keepers Evangelistic Association (S.K.E.A.).

Joseph was a generous visionary, passionate, committed to Jesus Christ, and doggedly devoted to His church. He possessed an indomitable spirit, an incisive mind, and a formidable intellect. His travelling took him throughout the United States, the United Kingdom, the Caribbean, and Malawi in Africa. He worked to help revitalize the Millyard Church in London and preached from the pulpit of that church, an experience he found extremely moving.

Pastor Joseph Alphonso Samuels completed his tour of duty on December 24, 2013 at 5:02 a.m. His life spanned 77 years, 9 months.

He left behind to celebrate his life his beloved soulmate and wife of 57 years—Sis Joyce Samuels; four children—Marlene Campbell, Sharon Gaye Dailey, David and Myron Samuels; one “adopted son”—Errol (Austin) Emmanuel Gayle; 14 grandchildren; a sister, Louise Dunn in Palm Beach, Fla., and a brother Benjamin Samuels in Sunrise, Fla.; a long list of relatives, and countless Christian brethren and friends.

God said it best of all: “Blessed are the dead which die in the LORD from henceforth: Yea, saith the Spirit, that they may rest from their labours; and their works do follow them.” (Rev. 14:13 KJV)

A homegoing service was held at the South East Atlanta SDB Church on January 5, 2014 and another memorial celebration was held at the Plainfield (N.J.) SDB Church on February 8, 2014. His body was entombed in Haisten at Eastlawn Memorial Park in McDonough, Ga.

Brannon.—Warren Brannon, 91, of Freeville, N.Y., passed from this earth on January 22, 2014.

Born on August 16, 1922 Warren grew up in America’s breadbasket and toiled with his hands helping to

raise the family’s food. Graduating from North Loup (Neb.) High School, he enrolled at Kearney State Teachers College for one year. He responded to the Army’s call just months after the Japanese attack on Pearl Harbor. His three-year duty included Alaska’s Aleutian Islands and India.

After the war, he married Marion Maxson. He received his education (Bachelors in Agriculture at Univ. of Nebraska-Lincoln; PhD in Animal Breeding and Genetics at Cornell) and stayed on at Cornell to begin his life’s work with New York’s Co-operative Extension Service. During his 20 years there, Dr. Brannon focused on the production of robust lamb meat, wool growth and the development of meat and wool markets. His laboratory was a 200-acre family sheep farm near Ithaca. Various shepherds and 4-H families looked forward to his visits, bringing new practical approaches to housing and feeding market lambs.

Upon retirement at 57, he continued farming and assisting son Larry at Owasco Meat Co. in Moravia, N.Y., as well as serving on various meat producers organizations until retiring again at 88.

Other passions included 20 years on the Dryden, N.Y. school board; playing trombone and singing in gospel quartets; and church worship. He was active with his Seventh Day Baptist church family, providing lay leadership and serving on the denomination’s Commission.

Dr. Brannon was predeceased by Marion in 2011, his 65-year companion and rock. He leaves behind loving siblings Dorothy Lawton, Neva Hunt and Homer Brannon; children: Nancy Norlander, Larry Brannon, Dennis Brannon and Ken Brannon; 13 grandchildren and 23 great-grandchildren.

The family is grateful that Dad is finally free of the frustrations of dementia. Ashes to be interred in North Loup, Neb., this summer. **SR**

KEVIN'S

ORNER

A confirmation in the early years

Uh-oh. The reminiscing begins as we head toward my stepping down in June...

It's kind of exciting—and embarrassing—to look back at my first *SR* issue, April of 1989. It took me three months to prepare that initial monthly installment, all the while learning the ropes of this multi-faceted position. (If “all” I had to do was the *Recorder*, wow...)

My theme for that April issue was “Change.” And that was the first change: a move to monthly themes or topics. I changed some of the artwork, added some new departments (like “SR Almanac,”

“Pastor Profile,” the short-lived “From the Heart,” and the infamous “Kevin’s Korner”).

Probably the best thing I can say about that first issue is that I dedicated it to my Dad. The pages were busy and I had a lot to learn. Would I hang in there to make a go of this?

Preceding this time in my life was an amazing succession of 3-year cycles. Transferring in as a sophomore, I was at Houghton College for three years. Janet and I got married after graduation that summer, and I was in the business world for three years. A call to ministry sent us to seminary for another three. And I was privileged to pastor at the Madison, Wis., church for three years before coming to the SDB Center.

So after a trio of years working here at the Conference office, I began to wonder if this was what I should continue to do. In 1992, I asked my board if I could embark on an “Editor’s Retreat” to do some soul-searching.

My first stop was Newport, Rhode Island, site of our first SDB Church in America. Fasting and praying, I visited the old church and graveyard, imagining what life was like for those early settlers in the 1600s.

A couple days later, through a heavy early-April snowstorm, I headed up the coast of Maine. Still



Just a portion of the lighthouse memorabilia found in the editor’s office.

seeking God’s will and direction, I had a powerful encounter with Him at the Pemaquid Point lighthouse—a time of true revelation of His Presence. He had shown me much over those several days, but I still had not received a clear “Yea” or “Nay” about my calling.

By this time I had ended my fast and was finishing lunch on a tugboat restaurant in Boothbay Harbor. Reflecting on my lighthouse experience, I pulled a piece of paper out of my shirt pocket and started jotting down some notes. The lessons were powerful and fresh. And then I asked, “God, am I the person to be doing this job?”

“Turn the paper over.”

“What, Lord?”

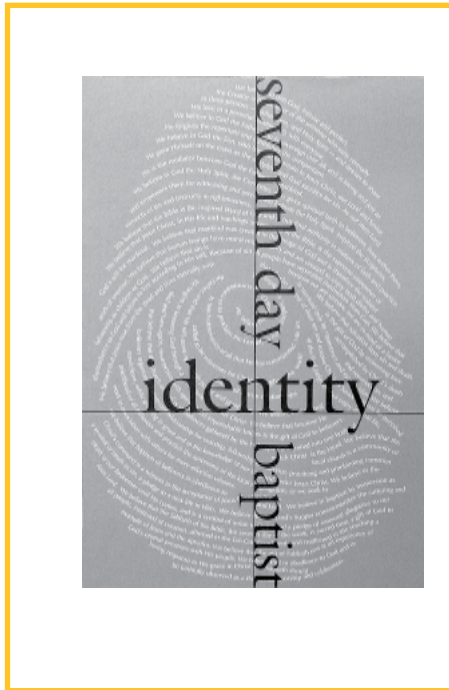
He said it again quite clearly: “Turn the paper over.”

The printing on the other side said, “Kevin Butler, Director of Communications, Editor of *The Sabbath Recorder*.”

It was one of my business cards.

That confirmation led to a series of seven more 3-year cycles, and the awesome privilege of following a grand calling.





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