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OUR MISSION

The mission of the Southern California Conference Adventist school system is to glorify God through academic excellence in nurturing Christian environments. Here, students establish a lifelong friendship with Jesus Christ while preparing for a lifetime of devoted service to Him and to humanity. The system pursues this mission by educating for eternity.

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Conejo Adventist Elementary
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Glendale Adventist Elementary
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Los Angeles Adventist Elementary
San Fernando Valley Elementary
San Gabriel Elementary
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South Bay Junior Academy
West Covina Hills Adventist School
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K-12 SCHOOLS

Glendale Adventist Academy
Los Angeles Adventist Academy
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9-12 BOARDING ACADEMY

Newbury Park Adventist Academy
“But let patience have its perfect work, that you may be perfect and complete, lacking nothing” (James 1:4, NKJV).

The theme section for the Recorder this month is on “Patience” as we continue our study of the Fruit of the Spirit (Galatians 5:22–23). In this issue, several Adventist writers from throughout the Pacific Union Conference share what patience means to them and its application to the Christian life.
The Patience of the Saints

Children can try your patience. Perhaps you have been invited to participate in this knock-knock joke:

Kid: Knock, knock.
You: Who’s there?
Kid: Banana.
You: Banana Who?
Kid: Banana.

That series is repeated at least five times without a break. Then, finally:

Kid: Knock, knock.
You: Who’s there?
Kid: Orange.
You: Orange Who?
Kid: Orange you glad I didn’t say banana?

And it’s fun to tease people by making them impatient. When you’re seven.

And yet, it is usually easier to be patient with seven-year-olds than with grown-ups who should know better but still insist on changing lanes without using their turn signal, or talking really loud on their cell phones in public, or getting in the 10 items or fewer line when they clearly have more than 10 items.

Grown-ups can try your patience too.

Abraham was sitting at the door of his tent when he saw three men. He ran to meet them and invited them to rest and have something to eat. It turned out that one of the visitors was God and the other two were angels.

As the visitors were leaving, “Abraham walked along with them to see them on their way” (Genesis 18:16, NIV). God told him that He was going to the city of Sodom because the people who lived there were very wicked. He said He wanted to see for Himself if things were as bad as He had heard.
Abraham was worried about what this meant. He asked, “Will you sweep away the righteous with the wicked? What if there are fifty righteous people in the city?” (verse 23). God agreed to spare Sodom if there were 50 righteous people there.

Abraham knew he was talking to all-powerful, all-knowing God, but he was so worried about the people of Sodom that he bravely said, “What if the number of the righteous is five less than fifty? Will you destroy the whole city for lack of five people?” (verse 28). And God promised that if there were 45 good people in Sodom He would not destroy it.

Then Abraham got to thinking about how very wicked the people of Sodom were, and he realized that 45 was probably too high a number. He asked God to save the city if there were 40 good people there. Then he asked about 30 people. Then 20 people.

“Then he said, ‘May the Lord not be angry, but let me speak just once more. What if only ten can be found there?’ He answered, ‘For the sake of ten, I will not destroy it’” (verse 32).

Then Abraham said, “Orange you glad I didn’t say five?” Just kidding. Then God left and Abraham went back home.

God was very patient with Abraham. Abraham asked and asked and asked, and God listened patiently. Abraham pleaded with God to not destroy the people of Sodom, even if only 10 of them were good. And God agreed.

As it turns out, things were as bad as God had heard. There weren’t even 10 good people there. But the angels helped the four with potential to escape when Sodom was destroyed. Well, I guess Lot’s wife didn’t really escape. But that’s another story.

Going back to the story of Abraham pleading for the people: That is what Jesus is doing for us right now in heaven. Jesus is asking God to accept us. We were supposed to die because of our sins, but Jesus took our place and paid for our sins by dying for us.

God was patient with Abraham and God is patient with us. Some people might think that Jesus is taking too long to come back and take us to heaven, but the Bible promises, “The Lord is not slow in keeping his promise, as some understand slowness. Instead he is patient with you, not wanting anyone to perish, but everyone to come to repentance” (2 Peter 3:9, NIV).

Thank heaven, He is patient with us. Beyond patient. Incredibly, infinitely patient. We have a really, really good example of how to be patient.
Have you ever kept a diary? Spent time each day jotting down your musings, your triumphs, and your moments of despair? Most of us would rather read the poignant reflections of somebody else—a wise-beyond-her-years girl named Anne Frank comes to mind—than endure recalling all the ways we’ve recently failed and disappointed ourselves and those we love.

Even if you don’t have a leather-bound book with blank pages, even if you don’t retreat to a quiet place at bedtime to scribble self-critical musings, I can pretty much guarantee you this: friend, you keep a diary! That bleak log is recorded in your soul, and I have one in mine too. Every single one of us is bound by the curse of being impatient with how little we love others, how little we’ve grown in Jesus, how our theological free throws fall far short of the rim.

This magazine issue is shining a spotlight on that wonderful character trait of patience. I intend to read each essay and then grow in my patience with others; I want a more forgiving heart. But please join me in thinking about how hard it is for all of us who are God’s delinquent children to be patient with ourselves.

Much of the time we harbor an acute awareness that we must “forgive ourselves” for the same dreary flubs again and again and endlessly again.

I recall many, many years ago when relatives and friends close to me used to say, “I promise you that I never again will I drink/smoke/go to jail!” They promised me and their loved ones over and over: “I will change. Yes! This time I mean it! I swear to God I will not let you down again.”

Well, I thank Jesus that drinking or smoking have never been my personal cross to bear, but I join those broken people in clenching my fist and crying out to heaven: “Why do I keep failing? Jesus, I’m ashamed of my repeated faults, my patterns of hypocrisy. Here in 2019 I feel like I’m no closer to Your ideal than in 2018—or, for that matter, when I was in high school back in 1969!”

The Bible is filled with good news, and whenever we think of patience, I hope our minds will always turn to that wonderful chapter of love: I Corinthians 13. Paul sets down a grand list of 14 things that “Love Is.” You know these bullet points as well as I do. And the very first one is this: LOVE IS PATIENT! Christians who love are patient with one another, and our patient love is but a pale shadow of the patience our Father displays toward us. He loves us infinitely, and so His patience regarding our stumbles is infinite as well.

In her powerful Christian devotional book, Jesus Always, Sarah Young reflects on the tender infinitude of God’s personal concern just for you. I like how she prayerfully crafts this message in Jesus’ own voice:
“Think deeply about My unfailing love [Isaiah 54:10]. One of the meanings of ‘unfailing’ is inexhaustible. No matter how needy you are or how many times you fail Me, My supply of Love for you will never run low. Another meaning of ‘unfailing’ is constant. I do not love you more on days when you perform well, nor do I love you less when you fail badly.”

The apostle Paul pens powerful exhortations for us to run the race well, to be faithful, to live sterling lives of obedience. But even while cheering us on, he hands us the key to his own diary. Romans 7:15 is an exercise in self-flagellation: “I do not understand the things I do. I do not do the good things I want to do. And I do the bad things I hate to do” (ICB). In his first letter to Timothy, it’s not false humility when Paul labels himself “chief of sinners.” But Paul takes heart—and we can too—with his very next statement: “For that very reason I was shown mercy so that in me, the worst of sinners, Christ Jesus might display his immense patience as an example for those who would believe in him and receive eternal life” (1 Timothy 1:16, NIV).

Let me encourage you today with this precious Bible truth. God wants you to be victorious! If you love Jesus, keep His commandments. That’s biblical. Your increasing devotion to holiness will honor heaven’s kingdom and validate its eternal foundations. It would be a wonderful thing if your diary and mine included happy entries where we tightly grasp the friendly hand of Jesus and make progress.

But how comforting to realize that after three and a half years of walking around Palestine with 12 men who regularly let go of His hand and disappointed Him, Jesus was everlastingly patient with His disciples. I remember smiling when Morris Venden used to preach about this with his trademark shake of the head. “I would have said to them, ‘Get out of My sight, you miserable twelve. Give me another twelve; I’m starting over!’” In his landmark book, The Contemporary Christian, John Stott wrote about how “patience endures the malice of others and refuses to retaliate.” But just a few pages later, he too celebrated the comforting news that “[Jesus] was wonderfully patient with His dim-witted apostles.”

I have experienced patience throughout my life. I had a mother who loved Jesus, and she learned from Him to be patient. No matter what I did, she always smiled and gently corrected me with patience. She never hurt me, never yelled at me. She loved me and embraced me, even while knowing that I was participating in sports on Sabbath. And so during my last year of high school, in May 1969, I said to her, “Mom, you might not believe me anymore, because I have been breaking my promises to you and to God to not do sports on Sabbath any more, but I’m telling you that this is it. I am just going to participate one last time, throwing the discus at the California State Competition this Friday night and Saturday.” She just looked at me and smiled. She blessed me and she loved me. I saw the patience of Christ in her face, and I kept that promise.

I am a not a perfect man, but I learned to be patient with my wife and my family, my friends, and
everyone that I am with—because of the patience that I received from my mother and from my Savior Jesus Christ.

When I am tempted to succumb to impatience with my own measly “diary,” I find myself encouraged by our own church heritage. It’s true that Adventist co-founder Ellen White did pen this rather stern warning: “There is no excuse for sinning.” But this same insightful pioneer, whose writing output was legendary, might have had her own diary in mind when she testified powerfully about the patience of our merciful Lord who knows every tear-streaked entry in our logbook: “Do not draw back in despair. We shall often have to bow down and weep at the feet of Jesus because of our shortcomings and mistakes, but we are not to be discouraged. Even if we are overcome by the enemy, we are not cast off, not forsaken and rejected of God.” And why? The next line says it all: “No, Christ is at the right hand of God, who also maketh intercession for us.”

There’s a line I have quietly carried around my whole adult life as a believer. Paraphrasing C. S. Lewis: “We often can think of some way we should be, or some thing we ought to do that would be more in tune with the character of Christ. Well, GO AND DO IT!” Okay, message received and embraced.

Toward the end of *Mere Christianity*, Lewis has a paragraph for all of us discouraged authors whose only book credit is that accursed diary filled up with failures. Notice: “If you are a poor creature—poisoned by a wretched upbringing in some house full of vulgar jealousies and senseless quarrels—saddled, by no choice of your own, with some loathsome sexual perversion—nagged day in and day out by an inferiority complex that makes you snap at your best friends—do not despair. He knows all about it. You are one of the poor whom He blessed. He knows what a wretched machine you are trying to drive. Keep on. Do what you can. One day (perhaps in another world, but perhaps far sooner than that) He will fling it on the scrap-heap and give you a new one. And then you may astonish us all—not least yourself: for you have learned your driving in a hard school. (Some of the last will be first and some of the first will be last).”

That’s classic. And eternally true.


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Patience. The very word makes me tense. It seems to just sit there on the horizon, mocking me because it knows that it is a goal I can never completely reach, at least not by the sheer force of my will. And because I am stubborn, and because challenges always bring out the fighter in me, I argue back at Patience that I am hot on its trail—that I have made great progress and I am closing in.

And then I take my teenage son out for a driving lesson. And as I reflexively press the imaginary brakes on the passenger side of the vehicle, my voice takes on a stressed out tone as I screech, “There’s a stop sign down the street, slow down, slow down!” To which my exasperated son replies, probably for the fourth or fifth time during said lesson, “Yes, Mom, I see it. I am going to slow down.”

Honestly, I can’t think of anything that tests the heart, soul, mind, and patience threshold of human beings more than the twisting, turning trip of raising children. And in the case of some of us, that curving road is made of duplicate lanes traveled simultaneously from the start—a twice-blessed journey that begins with the arrival of twins. For me, two baby boys requiring two sets of everything else.

When you first look at their tiny, sweet faces and their miniature fingers and toes, you can’t imagine losing patience with your babies. Of course, they’re too small yet to talk back in double-barreled unison in a way that makes you grind your teeth. They’re too little to flatly refuse to wear a jacket when it’s 40 degrees outside, nor can they yet demand, jointly, to see that movie you absolutely don’t want them to see but must be OK because all the other parents are letting their kids watch it. And the frenetic pace of dealing with dual sets of school supplies and clothes and birthday party gifts and homework and flu viruses hasn’t really kicked in yet when they are newly born.

I was unaware in the beginning that all these issues and more lay ahead on my double-lane parenting journey. However, I did recognize immediately that children come endowed by God with the ability to create great wells of love and joy, which underlie the entirety of life and from which I drew, and continue to draw, with great frequency.

Still, there is the little matter of patience—children’s great need for it and, for most parents, the struggle with it. I think it is the bane of our existence. It is defined as “the capacity to accept or tolerate delay, trouble, or suffering without getting angry or upset.” Right. Nonetheless, a plethora of research, self-help advice, parenting blogs, and other information points to the absolute necessity of patience with children—and the importance of patience in general to living a healthy life with healthy relationships.

The Bible, my first stop when struggling with anything, is replete with advice like the following:

“A person’s wisdom yields patience; it is to one’s glory to overlook an offense” (Proverbs 19:11, NIV).

“Therefore, as God’s chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience” (Colossians 3:12, NIV).
How on earth does one achieve this? Slowly, I believe. Here are a few coping mechanisms I have acquired along the way:

**Pray—a lot!**

I know that God answers prayer because I have seen Him do so every time I pray, in one form or another. And so I pray for help in achieving patience. Sometimes God answers our prayers for help by presenting the resources we need to achieve our goals or by bringing to mind ideas we can use, such as reaching out to a professional counselor, talking to a trusted friend, writing in a journal, or other ways of productively dealing with the issue.

**Practice makes perfect, eventually**

A few years ago, in reading articles on practical ways to behave in a more patient manner with my precious boys, I learned about the process of planning ahead and envisioning how I would respond under trying circumstances—in effect, practicing patience. It is sort of like practicing the piano or any other skill, in advance of when the skill is needed. This has proven helpful to me, although my performances of “Patience” are far from perfect. So I’ll keep practicing.

**A useful tool**

Here’s one of my favorite ways of catching my impatience. I turn it around to work for me, using patience to inspire the desired behavior and to wear down the bad. Like it says in Proverbs 25:15, “Through patience a ruler can be persuaded, and a gentle tongue can break a bone” (NIV).

**Apologize**

I know one thing for sure. Patience in parenting is a long, often messy process. And during the times when mistakes are made and patience utterly vanishes like mist in the wind, I’ve found it helps everyone’s frayed nerves and hurt feelings tremendously to humbly apologize. This models another essential skill kids need to learn, which is how to own their actions and express true remorse.

My wonderful twin sons will be 18 years old as of the publication of this article, and after surviving their practice drives with me, they both happily have their driver’s licenses. I have to get used to the fact that they are no longer boys but young men with their own dreams, with future travel plans and activities that don’t involve me, with their own challenges of heart and mind to overcome, and with life-essential lessons yet to learn, such as paying their own electricity bills and cleaning their own kitchens—every day. It has been a marvelous, wild, exhausting, beautiful, faith-building, soul-strengthening, and humility-producing ride, and I constantly thank God for it and for them.

And I know it isn’t over. I look forward to the future with happy anticipation and some parental anxiety as I watch to see where this dual-lane road will take us as it splits into the separate highways my sons are sure to take, and as I travel down my own road. I guess I will have to trust God, pray a lot, and keep practicing patience.

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Darla Tucker practices patience at La Sierra University, where she is director of public relations.

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**PORTRAITS OF SERVICE**

Third-year Loma Linda University medical student WayAnne Watson discovered her love for working with children during her pediatrics rotation. Following her rotation, WayAnne decided to volunteer at the Loma Linda Chinese Church children’s Sabbath School class. Several Sabbaths a month, she patiently helps the children as they practice singing in Mandarin and work on crafts.
Patience is eroding around us. In a world where microwaved food can be hot in 30 seconds, where dilemmas are resolved in under an hour on television dramas, and where we can get almost instantaneous connectivity when waiting for our favorite movie or game to download, we have been rewired to be less and less patient. Horns blare immediately after a traffic light turns green, patrons complain about having to wait for their food at a restaurant, and we can feel our irritation rise when we are placed on hold for customer service.

We could all benefit from nurturing the growth of patience in our lives. Studying scenes from the life of the Old Testament patriarch Moses can provide lessons in the development of this character trait. As Moses ascended the ladder of knowledge about God’s plan for his life, what did he learn as he stood on the rungs of patience?

Moses served as prince of Egypt for 40 years—a military leader, historian, and philosopher without peer who “had the moral strength to refuse the flattering prospects of wealth and greatness and fame, ‘choosing rather to suffer affliction with the people of God, than to enjoy the pleasures of sin for a season’” (Ellen G. White, *Patriarchs and Prophets*, p. 246).
Observing his fellow Israelites as they labored in servitude under the iron hand of Egyptian guards, Moses longed to avenge the abuse they suffered. Then one day he intervened, killing an Egyptian who had been beating a Hebrew slave. The next day he saw two Hebrews fighting, and stepped in to stop it. One of them confronted him: “Who made you ruler and judge over us? Are you thinking of killing me as you killed the Egyptian?” (Exodus 2:14, NIV). Moses knew that Pharaoh would hear of his actions too, and in order to preserve his life he fled.

The lesson learned on this rung of the ladder of patience is that our ways are not always God’s ways. Warfare and human strength were not the means God had chosen to deliver His people. Moses must learn to endure, even under provocation. God had not completed the preparation of Moses for the task ahead.

Fleeing from the courts of Egypt to the solitude of Midian, Moses learned self-denial, obedience, and the tempering of his passions as he embraced his new role as a shepherd. Forty additional years of what seemed to be delay were in actuality time spent training. Taking care of sheep was the one occupation that would prepare him to serve as the compassionate, long-suffering guide and guardian of a great nation. With his pride and self-sufficiency daily being reshaped, he gained forbearance when he was tempted to become stressed and annoyed. The time had come for Moses to leave the wilderness and return to the land of magnificence and grandeur.

Standing on the shepherd rung of the patience ladder led Moses to the realization that delay is not always a negative experience. There are times when one’s greatest personal growth is attained while living in what seems like a holding pattern. The preparation Moses received during those decades in the desert strengthened him to stand in the face of the aggravation and hardship that lay ahead and prepared him to lead his people from the land of their oppressors.

The next stage of Moses’ life showed him clinging firmly to the rung of patience—from the Red Sea to Mount Sinai, where the sin of idolatry was confronted and rebels were destroyed, to the murmurings and revolts at Taberah, where fire destroyed many in the camp. Moses offered patient, humble, uncomplaining silence in the face of the complaints of those who should have been his staunchest allies. His commitment to the nation through whom the world’s Redeemer would be born was evidenced by his ability to endure the greatest provocation.

However, as Moses came to the end of his time on earth, he had to bow in submission to the impartial justice of God, who had declared that His leader could not lead the people into the Promised Land because he had lost his patience and struck the rock, which represented the one-time sacrifice of Christ on the cross. Standing before the Israelites for the final time, Moses pronounced a blessing on the congregation. Then he climbed Mount Nebo and God showed him the Promised Land in the distance. This last rung of the patience ladder must have been the most difficult of all.

The next time we see this mighty man of God is on the mount of transfiguration, where he and Elijah encouraged Jesus to complete the work He had come to earth to do. “They were sent as bearers of light and glory from the Father to His Son. And thus the prayer of Moses, uttered so many centuries before, was at last fulfilled. He stood upon the ‘goodly mountain,’ within the heritage of his people, bearing witness to Him in whom all the promises to Israel centered” (Ellen G. White, Patriarchs and Prophets, p. 479).

God did not grant Moses’ prayer that he might share the inheritance of Israel in the way Moses was expecting; God had a better plan. Patience helped Moses lead God’s people to the Promised Land. And God Himself said of Moses: “When there is a prophet among you, I, the Lord, reveal myself to them in visions, I speak to them in dreams. But this is not true of my servant Moses; he is faithful in all my house. With him I speak face to face” (Numbers 12:6-8, NIV).

As Moses climbed life’s ladder, his hand was firmly God’s hand, and he spoke with Him face to face. ☘

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What gets to you the most? Standing in line at the post office? Waiting for your order at a restaurant? Feeling the temperature rise while sitting unmoving in a traffic jam? Or waiting for Jesus to come?

All of these require something few possess: patience. We want to be served, fed, released, and saved NOW! We’ve got better things to do than wait for something to happen—even when that something is pleasant. Just ask a child the day before Christmas. Waiting goes against everything we are. We are people of action, of quick response, of wanting it yesterday. We’re the “get ‘er done” generation, not the “sit around and wait” generation!

Then along comes King David who writes: “Wait for the Lord; be strong and take heart and wait for the Lord” (Psalm 27:14, NIV). Ten chapters later, he restates his suggestion: “Be still before the Lord and wait patiently for him” (Psalm 37:7, NIV).

Finally, to add insult to injury, we find in the last book of the Bible a description of the redeemed. Pulling back the curtain on the closing days of earth’s history, John the Revelator announces: “There will be no rest day or night for those who worship the beast and its image, or for anyone who receives the mark of its name. This calls for patient endurance on the part of the people of God who keep his commands and remain faithful to Jesus” (Revelation 14:11-12, NIV).

Not only do we have to endure, we have to do it patiently. This begs the question: Has God met us?

Well, actually, He has. That’s why He knows exactly what we need above all else.

**Knee-Jerk Reactors**

Apparently, doing the right thing in a hurry doesn’t come naturally to human beings living in the midst of sin. Eve ate the fruit, Moses struck the rock, Lot’s wife looked back, and Peter lopped off an ear. What these people had in common was a definite lack of patience. They, along with many others roaming the pages of Holy Writ, acted before thinking.

Had Eve taken the serpent’s suggestions under advisement and sought counsel with Adam or her Creator, we wouldn’t be having this conversation. Had Moses spoken instead of struck, His last days would have taken place at a very different venue. Had Lot’s wife kept eyes forward, she wouldn’t have become seasoned by her surroundings. And Peter? Well, apparently, there’s hope for everyone.

When we do things in a big hurry, the devil is standing by to hitch a ride on our jerking knees. He’s ready and eager to switch on our powerful “fight or flight” mode, which bypasses most God-implanted responses based on love and goes straight to the “it’s either you or me” mentality based on sin. For most of us, good takes time and planning, while evil tends to be quick and automatic. Such is the nature of fallen humanity.

So how do we train ourselves to become more God-like than human? How do we overcome what’s in us to become more like what made us?

The answer is simple. We wait.

**The Waiting Game**

Before we throw up our hands and shout, “It’s no use. I’m hopeless at this ‘living the Christian life’ thing,” consider God’s timeline. It’s not measured in seconds or minutes but in something far longer. “The
formation of a noble character is the work of a lifetime, and must be the result of diligent and persevering effort” (Ellen G. White, *Christian Education*, p. 226). The apostle Paul told Christ's struggling followers to “continue to work out your salvation with fear and trembling, for it is God who works in you to will and to act in order to fulfill his good purpose” (Philippians 2:12-13, NIV).

We want to be good NOW! We want to have completed the hard work NOW! But, apparently, we’re seldom that good or able to work that hard.

I have no doubt that when Jesus comes back the second time, He’ll find many of us on our knees pleading for victory over some persistent sin that we’re trying to overcome, or nursing bruises caused by our recent fall from the straight and narrow as a result of the damaging habits we’re battling. Thank God salvation isn’t assured because of our victories and overcomings. It’s more tied into our pleadings and battlings. The thief on the cross had done nothing right, yet he was promised Paradise solely on the fact that his journey to developing a noble character and gaining salvation by God’s grace had just begun.

And, just as it’s vital that we practice patience concerning our own spiritual development, we’re instructed to demonstrate that particular trait with our fellow sinners. “Therefore, as God’s chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience” (Colossians 3:12, NIV).
Why is it so important for us to be patient with those around us—with those who are struggling to overcome their own collection of devils? Because we have been the recipients of an incredible amount of that gift. Here’s how Paul explained it to Timothy. “Christ Jesus came into the world to save sinners—of whom I am the worst. But for that very reason I was shown mercy so that in me, the worst of sinners, Christ Jesus might display his immense patience as an example for those who would believe in him and receive eternal life” (1 Timothy 1:15-16, NIV).

We’re patient with ourselves and with others because Christ has been patient with us.

**Someday**

Someday, our wait will be over. Someday, patience will no longer be required. We will do what’s right automatically, without thinking, without planning, without overcoming. There will be no devils to tempt us, no habits to break, no sorrows to work through. Our lives will be endless joy in a world of ceaseless praise. But, until then, we must work hour by hour, day by day, year by year to battle sin’s impulses that entice us to react in ways that aren’t in anyone’s best interest.

The story is told of a shopkeeper who noticed a young boy standing out on the sidewalk in front of his store gazing at his display of freshly picked apples. The shopkeeper hurried out to the boy and said, “Hey, you! Are you trying to steal one of my apples?”

The lad glanced up at the man and shook his head. “No sir,” he whispered. “I’m trying not to.”

That says it all. Because of sin, we Christians must go through our entire lives trying not to give in to our human impulses and carnal tendencies. But God has promised help. He has given us instructions on how to live this life in a way that prepares us for the life to come. A key ingredient of that process is patience—patience with ourselves, with others, and with God. We, being the recipients of this amazing gift, have been given the privilege of sharing it with all who are fighting this battle with us.

Ted Benson is the treasurer of the Pacific Union Conference.
A Call for Us to Be There

In the earth made new, the redeemed will engage in the occupations and pleasures that brought happiness to Adam and Eve in the beginning. The Eden life will be lived, the life in garden and field. “They shall build houses, and inhabit them; and they shall plant vineyards, and eat the fruit of them. They shall not build, and another inhabit; they shall not plant, and another eat: for as the days of a tree are the days of My people, and Mine elect shall long enjoy the work of their hands.” Isaiah 65:21, 22.

There every power will be developed, every capability increased. The grandest enterprises will be carried forward, the loftiest aspirations will be reached, the highest ambitions realized. And still there will appear new heights to surmount, new wonders to admire, new truths to comprehend, fresh objects of study to call forth the powers of body and mind and soul.

The prophets to whom these great scenes were revealed longed to understand their full import. They “inquired and searched diligently: ... searching what, or what manner of time the Spirit of Christ which was in them did signify.... Unto whom it was revealed, that not unto themselves, but unto us they did minister the things, which are now reported unto you.” 1 Peter 1:10-12.

To us who are standing on the very verge of their fulfillment, of what deep moment, what living interest, are these delineations of the things to come—events for which, since our first parents turned their steps from Eden, God’s children have watched and waited, longed and prayed!

Fellow pilgrim, we are still amid the shadows and turmoil of earthly activities; but soon our Saviour is to appear to bring deliverance and rest. Let us by faith behold the blessed hereafter as pictured by the hand of God. He who died for the sins of the world is opening wide the gates of Paradise to all who believe on Him. Soon the battle will have been fought, the victory won. Soon we shall see Him in whom our hopes of eternal life are centered. And in His presence the trials and sufferings of this life will seem as nothingness. The former things “shall not be remembered, nor come into mind ....”

Look up, look up, and let your faith continually increase. Let this faith guide you along the narrow path that leads through the gates of the city into the great beyond, the wide, unbounded future of glory that is for the redeemed. “Be patient therefore, brethren, unto the coming of the Lord. Behold, the husbandman waiteth for the precious fruit of the earth, and hath long patience for it, until he receive the early and latter rain. Be ye also patient; stablish your hearts: for the coming of the Lord draweth nigh.” James 5:7, 8.

The nations of the saved will know no other law than the law of heaven. All will be a happy, united family, clothed with the garments of praise and thanksgiving. Over the scene the morning stars will sing together, and the sons of God will unite for joy, while God and Christ will unite in proclaiming. “There shall be no more sin, neither shall there be any more death.”

“And it shall come to pass, that from one new moon to another, and from one Sabbath to another, shall all flesh come to worship before Me, saith the Lord.” “The glory of the Lord shall be revealed, and all flesh shall see it together.” “The Lord God will cause righteousness and praise to spring forth before all the nations.” “In that day shall the Lord of hosts be for a crown of glory, and for a diadem of beauty, unto the residue of His people.”

“The Lord shall comfort Zion: He will comfort all her waste places; and He will make her wilderness like Eden, and her desert like the garden of the Lord.” “The glory of Lebanon shall be given unto it, the excellency of Carmel and Sharon.” “Thou shalt no more be termed Forsaken; neither shall thy land any more be termed Desolate: but thou shalt be called My Delight, and thy land Beulah.... As the bridegroom rejoiceth over the bride, so shall thy God rejoice over thee.” Isaiah 66:23; 40:5; Isaiah 61:11; 28:5; Isaiah 51:3; 35:2; Isaiah 62:4, 5.

—Prophets and Kings, pp. 730-733
Through the work of a Nevada-Utah Conference ministry called Thrive, medical mission work and literature evangelism are impacting local communities and the lives of young people through their involvement.

In 2015, the NUC Literature Ministries Department launched Thrive—the hub of literature evangelism for the Conference. Developed by former director Westney White, and led now by Joseph Cadiz, Thrive coordinates the personal evangelism outreach efforts in the Conference, the Youth Rush summer canvassing program, and a team of skilled medical volunteers who provide medical, dental, and optical services. These areas of outreach are opening up new doors for sharing the good news and are also getting young people involved in ministry.

Since its start, Thrive’s medical work efforts have grown to meet many needs in the Conference through partnerships with AMEN to host free clinics, through holding health expos in cities across Nevada and Utah, and through offering lifestyle counseling.

According to the National Association of Dental Plans, some 74 million Americans had no dental coverage in 2016, and in March of 2018, ABC News reported that almost one in five Americans are going without health insurance. These statistics reinforce the idea for Thrive team members that this aspect of their work is crucial.

“Thrive exists to serve as Jesus served and to love the residents of each host city as Jesus did,” said Cadiz. For Cadiz and the rest of the team, ministry involves following Christ’s example of helping people heal physically, as described in Matthew 9:35: “Jesus went through all the
towns and villages, teaching in their synagogues, proclaiming the good news of the kingdom and healing every disease and sickness” (NIV).

The Thrive medical ministry and literature evangelism programs offer outreach opportunities for all church members, especially young people. Each summer, Thrive runs a 10-week Youth Rush canvassing program. The program, coordinated by team member Dina Mojica, employs students aged 15 and older for a summer of outreach, the chance to cultivate new friendships, and personal spiritual growth and development. Mojica and her team enjoy sharing testimonies from young people of how they have seen God work in others’ lives, as well as their own.

“I was born and raised Seventh-day Adventist, but I can say that I truly met God last summer during Youth Rush,” said Jocelyn Trejo, a 2018 Youth Rush participant.

“This program helped me see not only the need people in the community have for God but also the need I have for Him.” For these young people, participating in Youth Rush became much more than a summer job, and the team at Thrive are excited to see how God will work in the lives of their canvassing participants this summer.

When the summer canvassing program isn’t taking place, one part of Thrive’s literature evangelism takes the form of GLOW (Giving Light to Our World) mission trips. GLOW participants hand out small tracts with stories and information on a wide variety of topics, including help for loneliness, understanding the Bible, and discovering a personal relationship with Jesus. According to the GLOW coordinator, Cristel Escobar, GLOW is a way to create an evangelistic lifestyle in churches.

“The intention is not just having members distribute GLOW tracts when there is a campaign, initiative, or evangelistic program, but to make sharing the message part of one’s daily life—to include preaching the gospel through GLOW part of the daily routine,” said Escobar.

Throughout the year, Thrive takes groups of volunteers on short-term mission trips to cities across the Conference to distribute GLOW tracts, and participants are finding this method of evangelism a good way to begin their own habit of personal evangelism.

The focus of Thrive—to thoughtfully reach out to the community with the good news—has evolved in exciting outreach for this team and the participants working with them. From medical ministry to going door-to-door, Thrive is getting members involved in actively sharing about God’s love with others. To learn more about the opportunities to get involved, visit www.thrivesda.org.
A Miracle in the Making

BY VIC PALLOS

This is a story of compassion, determination, faith, and lots of love. Together, these things transformed a little boy’s life, giving his family hope for the future. This story is also about the professionals at Adventist Health Glendale’s Play to Learn Center—and how they helped make a difference.
At age two, Aren wasn’t developing like other toddlers his age. Seemingly unaware of his surroundings, he was unable to walk, form words, chew his food, or even drink through a straw. Aren’s brain seemed to be disconnected from his body.

He was soon diagnosed with autism, apraxia of speech, and dyspraxia, which limits speech ability and impairs fine and gross motor coordination.

Facing extraordinary challenges raising Aren, his parents were referred to Adventist Health Glendale’s Play to Learn Center—widely recognized for its success with developmentally disabled children.

The Center’s team of physical and occupational therapists and speech-language pathologists began working with Aren and his family. Marie Elena Barth, a speech pathologist and former elementary school teacher, was among the team members who formed a special bond with the child.

Marie discovered that music—singing nursery rhymes—was the magic wand that led to the first meaningful communication with Aren. Eager to find another medium for Aren to make his wants and needs known, Marie began experimenting with an iPad.

Meanwhile, occupational therapist Steven Bates worked relentlessly to improve Aren’s fine motor skills, a crucial step in using the iPad keyboard. Progress was sometimes agonizingly slow, but eventually Aren became proficient at using picture icons and the keyboard to connect with therapists and his parents—skills that would change the course of his future.

An Incredible Discovery

As the years passed, Aren continued his therapy at the Play to Learn Center. In 2017, when he was seven years old, his parents made an incredible discovery: by using his iPad, Aren could compute arithmetic problems and understand and read English, Armenian, and French. He could finally express himself, answer questions, make requests, and share his thoughts.

“Beneath Aren’s outer challenges and initial isolation from not being able to speak, his sweet, determined personality and analytical mind began to shine through,” explains Traci Martinez, DPT, Play to Learn Center manager. “With his iPad, Aren interacts with the world. For his parents, hearing the phrase ‘I love you’ brought tears of joy.”

Now a third-grader in a Glendale public school, Aren is studying all the usual subjects and is using an iPad as his “voice.” He’s made friends and plays just like other kids.

“Aren faces challenges in his life, but his progress is a miracle in the making,” Martinez adds. “I am immensely proud of our staff, whose skills and devotion to their work provide hope for the better future of our children and their families.”

As for Aren, he wants to become, in his own words, “A math teacher for kids like me who can’t talk but can think, because they deserve it, all kids do. I want to teach them the value of numbers so that they can go to the store and order what they want, and no one can stop them.”

SUPPORTING THE PLAY TO LEARN CENTER

The Foundation at Adventist Health Glendale contributes toward children’s summer camperships, equipment, educational supplies, and other needs for the Play to Learn Center.

Aren with his mother, Nanor Kabakian (left), and father, Haydouk Zakarian.

Aren uses an iPad to communicate his thoughts.
An ad hoc committee gathered at the Window Rock church in mid-November to discuss the possibility of starting a new radio ministry for the Navajo Nation. The group of 15 included representatives from various areas of the Nation, which occupies large sections of land in three states: Arizona, New Mexico, and Utah.

Impetus for the event arose from a conviction by local church members who believe the wholistic message of the Adventist Church could greatly assist members of the tribe who live scattered around the 27,000 plus square miles of Navajo land. The group has also noted the Navajo Nation is eager to enhance healthful practices for tribal members who suffer from diseases such as diabetes and from the effects of past uranium mining incidents.

“The wholistic message of the Adventist Church is greatly needed in the Navajo Nation,” says Pastor Dale Wolcott of the Chinlee, Kinlichee, and Window Rock churches. “The vastness of the desert requires a voice that can travel over the miles to isolated households.”

A first step towards making this dream a reality is already in place on the campus of Holbrook Indian School (HIS) at the extreme southern edge of the Navajo Nation in Arizona. Broadcast equipment for an existing low-power station at HIS was upgraded by Adventist World Radio several years ago. The Adventist Church has congregations in and around the Nation at Window Rock, Kayenta, Chinle, and Kinlichee, among others.

The board of directors of Holbrook’s station, KJNN, voted on December 13, 2018, to cooperate with Adventist World Radio in seeking to provide a powerful reservation-wide radio signal to the Navajo Nation.

In taking the action, the board envisioned more involvement of the school’s faculty and students in producing programs targeted to the specific needs of the Navajo people. The school probably represents the largest resource for programming content that would be needed by a larger broadcast outreach.

At the same time the Adventist congregation in the Navajo Nation’s capital city of Window Rock pledged funds for a frequency search for a larger station. That search has already been started by a professional broadcast engineering company and will inform whether the project will be endorsed by the four church conferences and three union conferences that cover tribal land.

“First indications were that it would be impossible to obtain a license for a powerful station,” said Allen Steele, AWR consultant to the Navajo group. “But we know we have a powerful, faithful God, and we trust He will make this happen.”

Allen Steele of Adventist World Radio meets with an ad hoc committee gathered at the Window Rock church to discuss the possibility of starting a new radio ministry for the Navajo Nation.
Arizona ABC Hosts First Annual Parking Lot Sale

By Phil Draper

Books, music, healthy food, and friendly conversation make the Arizona Adventist Book Center (ABC) a favorite destination for Arizona Conference members and workers. Manager Sandi Bowman has created a beautiful store that continues to prosper even when sister ABCs are closing or being managed by our publishing houses.

“We want to continue meeting the spiritual needs of our constituents through the wonderful materials available at our ABC,” said Arizona Conference President Ed Keyes. “I greatly appreciate how our ABC staff works diligently to meet our needs.”

The ABC bookmobile makes tours throughout the conference and as far away as Las Vegas, Nev., two times each year, delivering food and printed materials to members who can’t easily come to Scottsdale to shop.

During Arizona Conference English and Spanish camp meetings at Camp Yavapines in Prescott, Ariz., a mini-ABC is created, featuring tantalizing sales and special events for the campers. The annual health food sale and used book sale entice many to drive up from the valley to benefit from these events.

Bowman decided to create a special winter event for the Phoenix area, especially benefitting those who are unable to attend camp meeting.

On Sunday, Jan. 27, the ABC partnered with Thunderbird Adventist Academy Music Department and the Arizona Adventist Scholarship Program to host the First Annual ABC Parking Lot Sale, a camp meeting-style sale in the parking lot of the Arizona Conference.

The ABC staff blocked off part of the parking lot and set up tables and pallets to display countless used books, records, DVDs, and music. Customers were invited to sort through the treasures and fill bags for their homes, churches, and schools. In addition to the books, a pallet food sale featuring Heritage Health Food at camp meeting prices was offered.

Under the direction of Ben Purvis, Thunderbird Adventist Academy Music Department was on hand to sell burgers, hot dogs, and corn dogs to raise funds for their music tour and equipment. In addition, the music department also held a car wash in front of the conference building. Constituents were delighted to participate and support the students in their endeavors, which raised $600 for their music needs.

Kim Moss offered a seminar explaining the wonderful advantages of the Arizona Adventist Scholarship program, which is a win-win for Christian education.

Thankful for the beautiful blue Arizona skies that day, Bowman was delighted with the ABC Parking Lot Sale and is making plans for next year’s event. She invites visitors from throughout the Union to stop in for a visit when they are in the Phoenix area.
Hawaiian Mission Academy (HMA) has officially offered an athletics program for the past 10 years to provide students the opportunity to develop character traits that can help them throughout their lives. For the first time in the program’s history, HMA Athletics decided to work on getting their basketball teams to a mainland tournament to create an even greater experience for the athletes.

“We’ve been receiving e-mails inviting us to tournaments for the past few years,” said HMA Athletic Director Matt Webster. “But, unlike our sister schools on the mainland, we are unable to jump on a bus and drive to one. If HMA were to go to a tournament, it would take a lot more logistical planning than many other academies within our Union.”

HMA decided to look into what it would take to get HMA to a basketball tournament on the mainland. After conversations with several Adventist colleges that offer tournaments, HMA decided to pursue attending the 2019 Pioneers Invitational at Pacific Union College in Angwin, Calif. After a year of planning and multiple fundraisers, students were able to raise close to $6,500 towards that goal.

HMA student athletes and coaches flew to Oakland on Monday, January 21st. The first hurdle of the trip was that the HMA Lady Knights were scheduled to play their first game at 9 a.m., which is 7 a.m. in Hawaii. The plane was delayed out of Honolulu, putting the arrival time in Oakland at 9:45 p.m. After getting dinner and driving to Angwin, the student athletes didn’t arrive until 12:45 a.m. So the first day of the tournament started with little sleep for the athletes. After a slow start, the Lady Knights were able to win their first game, overcoming the early morning beginning. The Knights began their tournament play with a slow start as well, but they were able to pull away in the second half, also winning their first game of the tournament.

HMA’s student athletes brought something new to the tournament: a team from outside of California. Many teams at the tournament had heard about HMA, but they never knew what the school really had. Throughout the tournament, the student athletes of Hawaiian Mission Academy, whether winning or losing, showed grit and a never-give-up attitude. An example of this was the last games at the tournament for both the Lady Knights and Knights. As the Knights closed out their play on Friday morning, with four minutes left in the fourth quarter and down by 8, it looked like the Knights first-
The Hawaii Conference welcomes Jean Clouzet as the new pastor of the Wahiawa, Waimanalo, and Oahu Spanish churches. Clouzet, born in Argentina, has undergraduate and graduate degrees from Andrews University.

Clouzet enjoys getting to know people of all backgrounds, cultures, and perspectives. He loves sharing experiences with them, learning about new types of food, and picking up different languages. He also enjoys participating in a variety of group sports and physical activities.

Clouzet has a passion for growing young communities of faith and is hoping to make a lasting impact in the three-church district to which he has been called. He enjoys leading people to Jesus and encouraging them in genuine and active discipleship.

“I am very excited to call the Hawaii Conference my home,” said Clouzet. “Ministry would not be possible without the love of my life, my partner and wife Tammy. I love being a parent by her side while playing, teaching, and spending time seeing the world through the lenses of our children, Julién and Kaye.”

“We are excited about Jean and his family joining the Hawaii Conference ‘ohana,” said Hawaii Conference President Ralph Watts III. “Jean’s passion and love in sharing Christ with the community will be a joy to watch.”

Churches Welcome New Pastor

BY MIKI NELSON
On Sabbath afternoon, Jan. 19, the Sacramento Ukrainian church company was organized with 113 charter members. It is the only organized Ukrainian congregation in the Pacific Union Conference. “We are very happy to recognize this new congregation of energetic Adventists,” said Northern California Conference President Marc Woodson. “We know they will be a blessing to the Ukrainian community in the Sacramento area!”

The organization took place at the congregation’s place of worship, a rented church at 5501 Dewey Drive in Fair Oaks. Woodson presented the message, which was translated into Ukrainian. “This is not the end of the journey; it is just the beginning,” he told the congregation. The program included a song performed by a children’s choir—many of whom were wearing traditional Ukrainian clothes. The congregation’s adult choir also participated, singing “We Have This Hope” in Ukrainian.

The company is a “daughter” of the Sacramento Slavic church in Carmichael. The two congregations are led by Senior Pastor Roman Tsyganiuk and Associate Pastor Andriy Mykhaylovskyy. “Leaders and members of the Ukrainian company are clearly aware of the most important goal—preaching of the gospel,” said Tsyganiuk. “We are looking forward to spreading the Good News, enhanced and enriched by our culture, among the Ukrainian-speaking community. Our goal is to turn our church into the most influential place in the Ukrainian community.”

The new company is an answer to many people’s prayers. For more than 20 years, Ukrainian Adventists met at the Slavic church. They could understand the services, which are conducted in Russian, but they still dreamed of worshiping in their native language. In October 2017, the Ukrainian group began meeting on their own. Igor Zhigaylo, church elder, was responsible for the group. Mykhaylovskyy, church elders Igor Borukh and Bohdan Sipyuk, and church department leaders worked together to support the new congregation. After a year, the group voted to request official organization status.

About 20,000 Ukrainians live in the Sacramento area, and the new congregation looks forward to connecting with them. “The Seventh-day Adventist Church has wonderful ‘preaching tools’ that allow us to reach people in their needs: health programs, family support, education, activities, and clubs such as Adventurers and Pathfinders,” said Tsyganiuk. “Our goal is to serve the Ukrainian community in any possible way, reveal Jesus in everyday life, spread the gospel, keep Ukrainian heritage, and become a blessing for Sacramento.”

The members look forward to the day when they will be organized as a full-fledged church. “We are grateful to God for His love and for the opportunities He gave us,” said Tsyganiuk. “I would like to thank everyone who supported the Ukrainian company. Please, keep us in your prayers, since we have a lot of work to accomplish before Jesus comes again.”

“We are looking forward to spreading the Good News, enhanced and enriched by our culture, among the Ukrainian-speaking community.”
(Clockwise from top) Many gather to celebrate the organization of the Sacramento Ukrainian church company; the adult choir sings “We Have This Hope” in Ukrainian; the children’s choir members wear traditional clothes; the new congregation has 113 charter members, with more expected to join soon; NCC Executive Secretary Jose Marin speaks to the congregation, as Yuriy Chernenko interprets.
On Sabbath afternoon, Jan. 26, Northern California Conference officers, department directors, coordinators, and other leaders consecrated themselves to God for their new four-year term of office. Although several held appointed or volunteer positions, most had been elected or reelected during the NCC constituency session held at the end of September.

“As we look ahead, we want to make sure we start with the most important step: acknowledging our total reliance on Jesus,” said President Marc Woodson. “We also want to remember all the people who have passed the torch to us as we carry on the work of the Lord.”

Many of the leaders expressed their appreciation for the dedicatory service, which was the first one held in the conference. “I felt empowered after the meeting, ready to continue with the mission,” said Sal Alvarado, NCC Adventist Book Center manager. “The consecration service was an example of unity in our conference—unity with God and among ourselves, as well as unity to start a new journey in our mission.”

Willie Johnson, who serves as African American ministries coordinator, as well as director of urban ministries, men’s ministries, and prison ministries, agreed. “The consecration service was empowering and encouraging in reestablishing our purpose to continue building upon the work in the NCC territory that others before us laid the foundation for,” he said.

G. Alexander Bryant, North American Division executive secretary, presented the consecration message. “Dr. Bryant spoke about David as he was ending his reign and giving his son Solomon advice,” said Mary Jo Lauderdale, women’s ministries coordinator. “Solomon’s prayer for...
wisdom resonated in my heart.”

Pacific Union Conference President Ricardo Graham led a responsive litany, PUC Executive Secretary Bradford Newton gave the consecration prayer, and PUC Vice President Jorge Soria delivered the benediction. Other program participants included Woodson, Executive Secretary Jose Marin, Treasurer John Rasmussen, and Assistant to the President Ed Fargusson.

During the service, Woodson honored three former NCC presidents: Darold Retzer, who served from 1994-2001; Graham, who served from 2001-2006; and Jim Pedersen, who served from 2006-2018. Don Schneider, who served from 1989-1994, was unable to attend. Woodson also honored Richard Roderick, who served as treasurer from 1976-1993 and later worked as a conference auditor.

“Honoring our past leaders encouraged me and reminded me that I stand on the shoulders of giants as I try to serve Him,” said Del Dunavant, church growth/evangelism director.

The current leaders are eager to serve together to advance the conference’s motto: Doing what Matters for the Kingdom. “As I looked around at my colleagues at the consecration,” said Stephanie Leal, communication director, “I was again reminded of how grateful I am to work with such a great team of people dedicated to the Lord’s work in Northern California.”
Depression is a common but serious mood disorder that affects an estimated 16.2 million adults in the United States, according to the National Institute of Mental Health. The disorder can look different from person to person, making the widespread issue one that can be difficult to understand.

Depression is often misunderstood, and people often get components of the illness wrong. Here are some of the most common—yet incorrect—statements I’ve heard about depression, and what you should really know:

Incorrect: Depression is only triggered by stressors or events.
Depression is an illness of the brain, like dementia or Parkinson’s disease. It is a highly genetic disease involving chemical neurotransmitters in the brain. Episodes lasting weeks or months can often occur without any cause. Asking a person who is living with depression, “Why are you depressed?” is sometimes just as frustrating to them as saying, “You should try to be more positive.”

Incorrect: Depression always involves being sad.
People living with depression may not feel hopeless or sad. Depression has many different presentations, including problems with motivation, concentration, physical pain, and exhaustion. Asking a person who lives with depression how their depression affects them is the first step to understanding how to best provide support.

Incorrect: People living with depression who commit suicide are selfish.
Suicide is the 10th-leading cause of death in the U.S., according to the National Institute of Mental Health. The causes for suicide are incredibly complex, but it is safe to say that a large percentage of suicides are due to depression.

Just as people with eye diseases such as cataracts struggle to see clearly, people with brain diseases like depression struggle to think clearly. In patients living with severe depression, distorted and dark thoughts may be a part of daily life.

The ability to reason clearly can be impaired by illness, and thoughts produced by the diseased brain cannot be distinguished from a person’s normal thoughts. Not all suicides are the result of an impulsive choice made in the moment. Many suicides are the result of a progressively lethal illness in the brain.

Because of the prevalence of the issue, it’s important to be educated about the truths and the myths behind depression.

If you or someone you know are struggling with depression or thoughts of suicide, please make sure they know about the resources and after-hours phone numbers available 24/7, including the National Suicide Prevention Lifeline at 1-800-273-TALK (8255) and the Crisis Text Line at 741-741. You can also learn more about depression at lluh.org/conditions/depression.

Melissa J. Pereau, MD, is a medical director and psychiatrist at the Loma Linda University Behavioral Medicine Center.
With all of life's responsibilities, deadlines, and appointments, stress can be almost unavoidable. It can come from moments of frustration or long-term problems. Chronic stress can suppress immune, digestive, sleep, and reproductive systems, according to the National Institute of Mental Health. For optimal health, it's important to know how to deal with the stresses in life and to know when it's time to seek help.

David J. Puder, MD, medical director of the MEND partial and intensive outpatient program at the Loma Linda University Behavioral Medicine Center (BMC), offers three tips on how to keep stress at bay and help you manage the hectic times in your life.

Put it in perspective. Stress can seem like an overpowering presence, but by taking a step back you can see the bigger picture. “You may need to look at the deeper meaning of the stress and at any cognitive distortions that might be present in the midst of your thoughts about the stressful event,” Puder says. Things like overgeneralization and all-or-nothing thinking can make a stress worse and make it seem overwhelming, he says. To avoid this, try to remove yourself from the middle of the situation, and parse out the positives instead of seeing a situation as purely bad.

Embrace exercise. It's well known that a sedentary lifestyle leads to a wide array of health problems, but people don’t always consider the ways exercise can contribute to good mental health. A strategy to help with the recovery from a current stress or to better tolerate future stress is to establish a good strength training exercise routine, Puder says. “I often recommend people start with full body exercises like squatting and deadlifting, and progressively increase the amount of stress (or weight) in those exercises over time,” he says. “This will impact how you tolerate future stress—both psychological or physical.”

Eat healthy, whole meals. By controlling your diet, you can reduce the effects of stress on the body. Due to increased levels of the stress hormones, stressed people are more likely to indulge in emotional eating, Puder says. “I often recommend people include good sources of fat in their diets, such as olive oil or nuts,” he says. “Green leafy vegetables are also a great choice because they are shown to improve overall cognitive function.”

By making these simple additions to your life, you can feel in control when life may seem overwhelming. Though these tips can help your life, it’s also important to recognize when you need more help. “If stress becomes too much, or you are thinking about suicide, talk to a psychologist, social worker, or professional counselor,” Puder says.

If you’re interested in learning more about stress management or feel like someone you care about needs tips on dealing with stress, visit lluh.org/behavioral-health and learn more about how Loma Linda University Behavioral Medicine Center can help.
The room was buzzing with chatter and laughter as attendees shared dinner and fellowship. More than 100 attendees had gathered on January 12 at the Glendale Korean church for the UNITE Project, a movement that began in 2017. It was the fourth praise night across the country hosted by this ministry; the largest was in New York, welcoming 120 attendees.

“UNITE Project is a platform to help people set aside differences to create differences in their community,” said Timothy Yun, assistant pastor at the Glendale Korean church, who founded the UNITE Project in collaboration with Adventist and non-Adventist youth from his church at the time. He was inspired by his work with teenagers of different denominations to create a platform to worship and do ministry together. “Our goal,” he said, “is to create a safe place, not to compromise what people believe in but to create a safe place to come together for worship, praise, and outreach.”

For Yun, the mission is only as effective as it is real in the daily experience. The movement is about creating change and making differences—it’s not theory, but application, he’s after.

Praise and community outreach are two key pillars of the events. Collaboration is a practical application of the movement’s purpose: to create impactful connections and make meaningful differences. Every UNITE Project intentionally involves praise teams from at least three different congregations; this reinforces the movement’s emphasis on collaboration and partnership.

At the most recent event, a table was set up to assemble care packages for those in need. During the service, which was themed “Yearn,” attendees were invited to take one of the 50 care packages with them to give to someone in need. The service consisted of praise, giveaways, a message, and communal prayer. Jeremiah Malingkas, a third-year religious studies major at La Sierra University, shared the message. His thesis was: “When we yearn to return to God, all is transformed.”

“UNITE Project is passionate, full of life, and a great place for celebration,” said Andrew Goorhuis, the speaker for UNITE Project: Revival in Placentia, Calif., last year, who was a student at La Sierra University at the time.

Yun is adamant about giving attendees “more than they came for.” In New York, for example, one attendee was a non-believing immigrant who won the raffle. The entire night made an impact on him, and “he felt a welcoming presence from the community,” Yun recalled. “That’s exactly what I want to do with the praise nights. With every little thing, someone will come and get some kind of blessing, whether they expect it or not.”

“The reason UNITE Project is so special to me is because, for the first time, it inspired me to open up about my own religion to my friend, who was of a different religious background,” said Haena So, a Rosemead Korean church member who participated in two previous UNITE events and attended the most recent one in Glendale. “Not only was I able to share about my own religious beliefs to others, but, more importantly, I was able to learn about their religious beliefs. I was able to see and experience what understanding and acceptance is all about, and through it all I was able to grow closer in my walk with God.”

(Left) Participants from various congregations came together to participate in the event, from the praise teams to the speaker. (Above) The Glendale Korean church praise team leads worship for a portion of the service.
Nine Individuals Express Desire to Join Tehachapi Church Family

By Lauren Lacson

It was the last Sabbath of 2018, and there’s no doubt that heaven was rejoicing. Tehachapi church ended the year with a high Sabbath—baptizing seven members, accepting two by profession of faith, and celebrating communion.

Often when a group of new members is baptized together, the service comes as the result of an evangelistic series or similar event. Not so with these individuals, who each have their own unique journey and story. “I can only give credit to prayer and patiently waiting on the Holy Spirit to move on the hearts of those who made decisions for Christ,” said Eustace Laurie, pastor of the Tehachapi church. “It was a really awesome moment where everyone requested baptism on their own time.”

The Alveza family (Amador, Lelibeth, Faith, Grace, and Daniel) began a group Bible study that quickly grew. They were fervently searching for truth, asking challenging questions that, as Laurie put it, were a result of their own deep study. “What I love about it is that they actually invited some of the other members of the church to the Bible study,” Laurie said. “Talk about just jumping right in!” Their passion led them to share with existing church members what they had learned about the seventh-day Sabbath. “They want to live their lives according to God’s Word,” Laurie asserted.

The other two newly baptized members, Victor Delgado and Henry Dickey, had attended the church for years before deciding that it was time to be baptized. Delgado had been attending the church for 4 to 5 years and joined in with the Alvezas’ Bible study. He told Laurie that he knew he had been putting baptism off for too long; his decision was accompanied by excitement. Even as he stood in the baptismal tank, he bowed his head in prayer, thanking God for all He had done in Delgado’s life.

Dickey was no stranger to the church; he’d been attending his entire life. But when he answered an altar call, he approached Laurie and admitted that he, too, had been putting the decision off for far too long. He even added that he wanted to be baptized before he turned 30!

May Rose and Nuria Langan joined the church the same day by profession of faith. These faithful attendees had joined the church family long ago; Rose from outside the country and Langan from out of state. For some reason, their membership was lost in the transfer, and they were eager to recommit their lives to Christ.

Each of the new members had experienced communion before, but on this Sabbath, the communion service was extra meaningful. Part of the “staying power,” as Laurie puts it, experienced by these individuals is the powerful connections they made upon joining the church. He is convinced that this special day was organized by the Holy Spirit.
San Gabriel Academy Takes Mission Trip to Holbrook Indian School

By Bonnie Iversen

In November, students and faculty from San Gabriel Academy followed in the footsteps of those who went on one of SGA’s first mission trips to Holbrook Indian School over 50 years ago. In the mid-1960s, students went to help install a walk-in freezer, plant crops, and handle deferred maintenance. In 2018, 43 students, faculty, and staff members made the 551-mile trip to paint, install drywall, do electrical work, clean horse stalls, and help with needed repairs that had become overwhelming to the personnel. The biggest project for SGA’s students was digging irrigation trenches for the organic farm on the Holbrook campus. Holly Harrison, a sophomore at SGA, loved learning how to drywall, a skill that was not only helpful then but one that she can use throughout her life. The Holbrook staff marveled that there was so much laughter coming from our students, and they said that the SGA students reflected overwhelming joy in serving others.

As each day closed, the hearts and minds of SGA’s students opened to a new realization: They were making a difference in the lives of people they barely knew. Andrew Carpenter, SGA’s vice principal and mission coordinator, said, “At Holbrook, and on our other mission trips, students get a sense that we’re a global church and that the ministry of service to others is happening outside of our own communities.”

Senior Ed Langit put it this way: “When I was fixing the tiles in the kitchen, I noticed a schedule on the wall showing that another SDA academy had been there one week before. It’s easy to view each mission trip as an isolated event in our lives, but when I saw the schedule, it clicked. We are a part of a broader picture of what is happening among our schools and all over the world.”

“It was eye opening to discover how entitled we sometimes feel and how easy many of us have it,” said freshman class president Kamila Park. “Yet, when we see the environments of others improve because God has worked through us to help them, we begin to see more clearly all of the ways in which we are blessed. It’s hard to complain about our lives when we’re helping others.”

Carrie Li, a senior international student at SGA, reflected, “The jobs we did weren’t easy. My new gloves were worn out, and my hands, shoulders, and back were sore for three more days after the trip. But I will never regret going on this mission trip, because I learned the importance of seeking God in everyday life. I will remember this trip forever.”
We change the world one smile at a time. This is the mission statement of Smiles, a nonprofit organization that partners with individuals and groups to put smiles on the faces of children around the world. Through “Casas Smiles,” long-term missions, and sponsored trips, Smiles ministers to the daily needs of children and families around the globe.

Rafael Siordia, a member of the Alhambra church, became the president of Smiles 12 years ago. Through the work Smiles carries out and the support it offers, Siordia hopes to encourage others who have a desire to do mission work. Ultimately, he wants to see Jesus return. “We're here to work and serve our communities, because I want to go home,” he said.

Smiles has done work in various countries, which positions the ministry to partner with other organizations and conferences to support further global outreach efforts. Just last year Smiles encountered an opportunity to partner with the youth of the Texas Conference on a mission trip to Thailand over the Thanksgiving holiday. Paulo Tenorio, Texas Conference youth director, contacted Siordia with the request, and plans were set in motion. Smiles coordinated every detail of the trip to make the experience “as easy as possible,” Siordia recalled.

“When Paulo contacted us to create this mission trip for the youth, we were more than delighted,” Siordia explained. In all, 43 people, mostly youth and young adults, from the Texas Conference traveled to Mae Sot, Thailand. The team held a weeklong VBS at the Naung Bo Deng School, an Adventist school with a mostly non-Adventist student population. “This is why Smiles was founded—to bring Jesus Christ and the Adventist message to kids who haven't heard it before,” said Leyla Siordia, Smiles Administrator.

The Smiles team also visited a different school each day, making for an action-packed week. At each school, the team set up various stations, including arts and crafts, team-building games, and science experiments. The team also distributed book bags filled with books, pens, pencils, water bottles, sunglasses, and toiletries. “I was excited to be a part of the team because everything we did related back to Jesus and His love for us,” said Logan Vega, a high school senior. “It was great for the students to have so much fun learning about Jesus.”

During the trip, the missionaries fellowshipped over Thanksgiving dinner. Fedly Bonneau, a missionary serving in Thailand, made an appeal for those who felt the call to longer term mission work and whose hearts were impressed by the need in those communities. Three students plus a family of eight responded; they are committed to serving in Thailand for five years.

This year, Smiles has four trips on the calendar: India, Cuba, Peru, and Thailand. In addition, Smiles is partnering with the youth in Washington, D.C., for a trip to India this July. Smiles is also looking forward to a trip to the Amazon this July 27-August 3. If interested in participating, visit drawsmiles.com to inquire.

“We invite people to global mission work,” Siordia said, “and we help the community, support the local church, and continue to show the gospel.” The mission continues as missionaries step forward and Christ's love brings smiles.
This past spring, Santa Maria church member Gina Oh inspired other members to join her in a marathon. Five others did, with four of the runners receiving pledges for their efforts. They met up with a large group of people for the event at the Madonna Inn in San Luis Obispo, Calif., early on the morning of April 29, 2018. Following the marathon, they gathered $1,000 in pledges, which they donated to the Santa Maria church for the 2018 Investment project.

Investment Leader Voni Hamilton had set a goal of $4,000 for the year. After receiving this large donation, the group exceeded their goal for 2018. Hamilton thanked the participating women for their donations and hard work. Additional contributions had been made from recycling bottles, turning in labels, and selling homemade juices.

Santa Maria members approach the church’s Investment project in a unique way. Beatriz Vazquez (left) supports the marathon team with Gina Oh, organizer, next to participants Conita Evans, Voni Hamilton, Aubrey Rice, and Danielle Hanke.

To find out, go to https://www.centralcaliforniaadventist.com.
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By Deloris Trujillo

“Do Good” was certainly on the agenda when 308 volunteers from the church and community provided over 700 free health services during Sabbath afternoon and all day Sunday. The Sonora Area Foundation and the Central California Conference (CCC) Evangelism Fund provided financial support, resulting in an estimated $200,000 of health care. The clinic provided hundreds of free glasses and dental procedures. It also delivered foot care, massage, chiropractic care, counseling, cardiology, and other types of medical services. This is the second free health clinic that the church has held for the community in less than a year.

The volunteers were divided into 13 different teams organized by Pam Palmer, the church’s campus administrator, and the team leaders. The flow from parking to registration to services to checkout certainly required a team effort. Orientation began on the previous Thursday evening and resulted in guest comments on how efficiently they were served.

While guests waited in color-coded rows in the church sanctuary, they listened to encouraging speeches and music arranged by Susanne Vhymeister, including...
memorized messages spoken with passion and conviction by her eight-year-old daughter, Abby.

As volunteers and guests interacted during the clinic hours, many described it as a “miracle experience.” Church member John Featherstone, who helped with parking, said, “We had people come by later with tears in their eyes to say, ‘I can’t believe you would do this for free.’”

In addition to “Do Good,” another segment of the church’s mission statement made an appearance: “Grow Together.” The volunteers found that they bonded as they worked together. The group of volunteers not only included medical personnel but also church members, community members, business owners, pastors from other churches, entire families, and even someone who was fulfilling a requirement to perform community service hours.

Serving as chaplain on Sabbath afternoon, “Pastor Bob,” from the neighboring Church of Christ, said he was honored to help and grateful for the way the community’s needs were being met in the Spirit of Christ.

Witnessing the results, Renner reflected, “We experienced a wonderful opportunity for church-building and attracting like-minded community members so that we all could serve those in need.” At the team debriefing on Sunday, Kate Whitney, the event’s registration team leader said, “Wouldn’t it be wonderful if we could capture this spirit and this kind of involvement every week!”

While photographing with both his camera and drones, Jim Reese, an ENT-otolaryngologist, observed, “The overall goal by the volunteers at every level was to treat each guest with caring kindness and a supportive smile. Our guests were thrilled with their experience.” The event might also be summarized by his encounter with a guest who told him, “This is what churches should be about! If every church did just one thing like this every year, just imagine what a difference it could make in our world.”

Both guests and volunteers were richly blessed by the event. Indeed, at the end of the two-day clinic the people not only said “Amen.” They joined in with the spirit of the rest of the verse: “And all the people said, Amen, and praised the Lord.”

Skip Ferris, former Baptist church pastor, joins the chaplaincy team to minister to his community.

Cardiologist Jim Comazzi focuses on each guest and their needs.

As foot-care team leader, Dr. Larry Brunel works with a satisfied guest, along with James Fowler, his nurse assistant.

Jackson Vhymeister gives a welcoming smile as he hands out water to guests during the Life Hope Centers’ event in Sonora, Calif.
Three Churches Welcome New Senior Pastors

BY CYNTHIA MENDOZA

Over the past few months, three congregations in Southeastern California Conference welcomed new senior pastors into their church families.

Kevin Kakazu

On Sabbath, Nov. 17, Kevin Kakazu was installed as senior pastor of the Mission Road church in Loma Linda. For Kakazu, his new role is part of a larger personal passion for teaching and Bible study, both of which he has been doing the last 10 years at the School of Religion at La Sierra University.

“I’ve found in my classes and churches that people have a great desire to learn what the Bible says, how it came to us, and how we can apply Bible principles to contemporary life,” Kakazu said.

Kakazu’s journey into ministry began as an academy student, where he greatly enjoyed Bible classes. Through the encouragement of his academy Bible teachers, he went on to pursue a theology major at Walla Walla University.

In his new role as senior pastor, Kakazu said he would like to help members discover their spiritual gifts and passions and then connect them with ministries that can best utilize those gifts. He would also like to work on strengthening bonds with church elders and to encourage each of them to preach one sermon a year.

“So far it’s been a great experience. I’m just trying to follow the path that God sets before me,” Kakazu said of his new role. “Mission Road is a great church with a lot of wonderful people, and it’s a joy to serve them.”

Will Penick

Will Penick was installed as senior pastor of the Chula Vista church on Sabbath, Dec. 8. Going into pastoral ministry was an unexpected turn in his journey. With a background in psychology, Penick was on the brink of opening up his own business when he heard the unmistakable call of God to go into ministry. The feeling of unrest was persistent until he surrendered to God’s calling. Almost immediately, he received a call to be the young adult leader at Chula Vista church.

During the time he was working towards his Master of Divinity, Penick was also working as a counselor at La Sierra University, where he was able to utilize one of his greatest passions: helping people find their calling and purpose in life.

“God uses different talents and passions together,” he said. “I want to help members dream and live out those dreams of using their talents the way God intended.”
Friends and family surround Pastor Will Penick in prayer as he is installed as senior pastor of the Chula Vista church on Sabbath, Dec. 8. From left to right: Jonathan Park, Robinson Devadhason, Connie Penick, Will Penick, Bill Penick, and Arlene Penick.

within the context of the gospel."

Penick also takes a whole person approach to empowering and serving his church. As senior pastor, he is committed to helping members grow spiritually and then apply that growth in meaningful and practical ways through service and visitation, as well as helping them discover their gifts in a way that impacts others.

“All those are a part of my ministry,” he said. “Jesus didn’t just preach; He dealt with basic needs. My biggest desire is to live out sermons by impacting the community in tangible ways, so that if our church were to close, people would notice and beg us to stay open.”

Mark Etchell

On Sabbath, Jan. 12, Mark Etchell was installed as senior pastor of the Campus Hill church in Loma Linda. Prior to arriving at SECC, Etchell served as a pastor in the Georgia-Cumberland Conference. In August of this year, Etchell will complete 40 years in ministry, a journey that began after having a “Jonah” moment in which he realized he could no longer run from God's calling.

“Knowing Christ is the real issue,” Etchell said about the foundation for his ministry. “The passion of my life can be put in these words, ‘let Him live in you.’ He is the one working on people’s hearts.”

As senior pastor, Etchell wants to see Campus Hill church become mission focused. “For the church to remain alive, we need to connect with people who are ‘dead,’” he said.

According to Etchell, 2.3 million people who live in Riverside and San Bernardino counties claim no religious affiliation, and San Bernardino County has one of the highest poverty rates.

“We need to do life changing ministry in the darkest places of society,” he said. “People are receptive to the Good News, if we are actually sharing the Good News.”

Etchell embraces Matthew 6:33, “seek ye first the kingdom of God,” as the basis for his ministry. “People need to hear that God is big enough to take care of everything they’re going through, and that God will take care of all the details,” he said.

Mark Etchell is the new senior pastor of the Campus Hill church in Loma Linda. He was installed on Sabbath, Jan. 12.
About 150 boys and girls from around Orange County converged at the Anaheim Sunkist Adventist church on Sabbath, Jan. 19, for their annual O.C. Pathfinders Day celebration, organized by Joel Milla, Pathfinder area coordinator.

This annual event aims to gather and motivate young people across Orange County who are excited about their walk with Christ.

“We want them to get to know each other by coming together and using their talents and abilities to honor and glorify God as well as feast on His words,” explained Nicholas Lodge, drum corps instructor for the Laguna Niguel Pathfinder club.

Over ten churches were represented, and from the amazing praise and worship experience to the dynamic sermons “it was truly a high day,” according to Lodge. Pathfinders from Santa Ana Broadway, Sunkist, Fullerton, Emmanuel Spanish, McFadden, Laguna Niguel, La Esperanza, Anaheim Spanish, Costa Mesa Spanish, and La Habra churches magnified, exalted, and glorified the name of the Lord together.

During the event, Pathfinder clubs first participated in a drill and march session, which showcased their orderliness and exceptional teamwork. Then they competed in the O.C. Annual Bible Bowl, which this year was based on the book of John. For those in attendance, it was exciting to experience how teams worked together and displayed their knowledge of the Bible. Fullerton’s club took the Bible Bowl’s champion title.

“Some year’s program was a tremendous success. Next year, we hope to take God’s message of hope and redeeming grace into the community at large,” said Milla.

Organizers are planning to host the next event in a public park so others can see what Pathfinders are all about.

For information about upcoming Pathfinder events in Orange County, contact Milla at jm7074@att.net.
“The unemployment rate in Zimbabwe is 90 percent,” Nkhoma said. “Most people struggle to keep themselves fed and clothed. It’s next to impossible for them to contribute financially to anything.”

After a decade of saving, the Mvuma church had only $150—one percent of what they needed. When the elder was killed in a traffic accident, Nkhoma was heartbroken and felt his friend’s conviction ringing through his heart.

In 2017, Nkhoma began serving as ministry coordinator for Ramona Bilingual church, a congregation of 70 active members with an average annual income of $20,000. It was then that God placed it upon his heart to share the story of the Mvuma church.

“My church is not as large as Ramona church,” Nkhoma explained. “But when they heard our story, they asked if they could take a love offering. We collected nearly $1,000.”

When Hepburn sent the church newsletter to a former long-time member who had moved, he felt compelled to give a sizable donation toward the project. His donation, combined with those from current church members, amounted to nearly $15,000.

“This project has really gotten our church thinking about what they can do to help others,” Hepburn said. At the suggestion of one of their members, Ramona church has started a food bank. “If we’re going to be the body of Christ,” Hepburn continued, “the feet have to be moving. The arms have to be out. The heart has to be extended. Our whole mission is to take Christ to the world—here in Ramona as well as in Mvuma, Zimbabwe.”

The Mvuma church laid the foundation for their building in March 2018, and the roof was installed in February. Nkhoma admitted he never thought such a small church could make a large project like Mvuma happen.

“If we commit God’s work into His hands, He fulfills what needs to be done,” he said. “He’s done nothing but increase my faith with this project.”

Hepburn agreed: “It doesn’t matter how big or small your church is. What matters is where your heart is focused. And if it’s focused on God, great things will happen.”

For information on how you can contribute to making the Mvuma church a reality, contact Hepburn at uphillbatl@yahoo.com.
Our students come to HIS with an array of challenges. Post-traumatic stress disorder (PTSD), substance abuse, and trust and abandonment issues seem to be the norm. Learning and functioning in an academic setting can be difficult for students who have been through so much in their short lives. HIS uses a multidisciplinary approach to give students the tools and skills they need to face the challenges that confront them. Working with horses is one of the ways students can heal, learn, and grow.

For the past eight and a half years, students have had the opportunity to take horsemanship classes. If you were to come on campus in the afternoon, you would see students riding in the ring or grooming the horses in the barn. Some students love working with the horses, while others are timid. Yet all seem to benefit from their experience with Dakota and the other horses at Holbrook Indian School.
“Horses are prey animals, and therefore they are in tune with their emotions and the emotions of others.”

time around these thousand-pound creatures.

Working with horses fosters social and emotional healing and growth. This school year HIS introduced a new horsemanship class called Equine Facilitated Learning (EFL), led by task-force worker Amy Loredo.

This class goes beyond teaching students how to ride. Amy works with students one-on-one and focuses on teaching them the relational aspects of working with horses. She teaches that appropriate body language can help gain the horse’s trust. As Amy explains, “Horses are prey animals, and therefore they are in tune with their emotions and the emotions of others.”

EFL involves groundwork with the horses, including grooming, exercises, and taking care of the horses. Students also learn how to lead a “join up”—a method of bonding with a horse through body language and position. For example, the horse might be asked to follow the fence of the round pen until asked to approach the trainer. This takes patience, but the horse learns to listen and respect the silent commands of the trainer.

Rotiesha, a 10th-grader, is one of the students Amy is teaching how to lead a join up. After demonstrating the commands and body language, Amy switches places with Rotiesha to let her practice. During this time, Amy draws comparisons that teach life lessons about God and relationships: “The horse must learn to follow. We must learn to be good leaders.”

By the end of Rotiesha’s lesson, Dakota was following her. Rotiesha remarked, “I like the respect and trust that I have with Dakota.”

Our horsemanship instructors explain the story of creation in Genesis to their students. When God created the earth, He gave humans dominion over all the creatures (Genesis 1:26). Fred Bruce tells the students in his class: “When God gives us dominion over them, He gives us the authority to use them, but not to abuse them.” As they discover how to use this authority, students are learning concepts such as boundaries, teamwork, and cooperation. Horses like Dakota are helping HIS provide a healing and safe place for our students to thrive.
This winter La Sierra University’s Zapara School of Business launched its first out-of-state Master of Business Administration program in sunny Hawaii, offering graduate courses designed for busy health care professionals.

The MBA cohort program at Adventist Health Castle in Kailua, Hawaii, officially began instruction on Jan. 7 following a fast-tracked setup and approval in December by the Western Association of Schools and Colleges and subsequent approval by the state of Hawaii. The class of nurses, doctors, managers, health care specialists, and administrators is expected to reach an enrollment of 35 students by spring quarter.

The program allows students to complete their MBA requirements in less than two years. It delivers two six-week sessions per quarter, each featuring a one-week intensive taught by La Sierra faculty and supported by reading, group projects, and assignments in Blackboard, a virtual online classroom environment.

Management Dr. Dulce Peña. Titled “Leadership Creativity and Organization Dynamics,” the course teaches students the value of a creative mindset in business and life, and how to create organizational structures that support creativity and bring out the best in employees. The class typically involves students engaging in some form of art-based activity outdoors, usually in the mountains or at the beach. Students may also engage in photography, creative writing, improvisation, or other art-based activities in the classroom.

According to Peña, “The shift to a fast-paced and innovation-driven economy has led to a demand for a shift in the leader mindset. Organizations are looking for leaders who are creative, embrace the certainty of failure, are able to recognize and appreciate different perspectives, inspire creativity and healthy workplaces, and are open and adapt quickly to change. Art-based activities in the classroom and corporate training are becoming more widely used to develop the mindset of a creative, authentic, and transformational leader.”

Following the first week’s class, several cohort students shared their impressions. William Scruggs, emergency medicine physician at Castle, noted, “I expected to be exhausted at the end of the week and I already am. I’m surprised that it’s not because of reading and writing. It’s because I can’t fall asleep and wake up early thinking about the things we talk about, what I could have done better in the past, and how I can apply all of this in the future.”

“An MBA cohort is a magnificent decision for any hospital,” said Estrella Noguchi, director of laboratory service. “Investing and supporting our leadership skills will have more than 100 percent returns in innovation and collaboration, positively changing how healthcare is provided.”

The Zapara School of Business cohort programs have been offered around Southern California through such organizations as Eisenhower Health in Rancho Mirage, Loma Linda University, and Adventist Health Glendale.

“We are so excited that we could create this partnership with Adventist Health Castle,” noted John Thomas, dean of the Zapara School of Business, “and continue providing business education in health care, which we have done for so many of our health care professionals over the years.”
A Hot Meal and a Prayer: 
**PUC Students Serve the Homeless**

By Becky St. Clair

Business administration major George Grigsby learned about the Clearlake Ministry at Pacific Union College (PUC) when he met fellow student and ministry leader John Roberts at a post-vespers student event.

Student-run Clearlake Ministry provides both hot and nonperishable food, hygiene items, clothing, and prayer to persons experiencing homelessness on the streets of Clearlake, California. This year, Grigsby is the ministry leader, taking about five fellow students with him every other week, passing out food and toiletries, and making lists of individual needs. The top three requested items are sweaters, sleeping bags, and socks.

“This ministry gives me a chance to put myself in a situation where I can make things better,” Grigsby explained. Because he grew up in West Africa, he felt deeply the tragedy that occurred when Ebola broke out there in 2014.

“The people I grew up with were suffering, and I couldn’t do anything about it,” he recalled. “If I can’t make a difference there, I will help the people around me. Clearlake gives me a chance to do that.”

Similarly, a chance meeting with a student ministry leader led junior biology and pre-med major Kevin Martins to try PUC’s student-run Berkeley Ministry to the Homeless.

“I really enjoyed the experience,” he said. “They’re usually just there alone and really enjoy having someone notice them and listen to what they have to say.”

Every other Sabbath the team of around 15 pile into a large van and attend church and eat potluck with the Adventist church in Berkeley. After potluck they prepare food in the church’s kitchen to serve 50-70 homeless.

“I decided to be a doctor because I wanted to help people in their healing,” he said. “The things she told me inspire me to keep going back.”

Martins, like Grigsby, says a majority of the requests they receive from those they serve are for basic hygiene items such as toothbrushes and shaving cream, as well as warm clothing such as socks and jackets.

“These ministries give us a chance to see beyond ourselves,” he said. “The present need of others isn’t someone else’s problem; it’s everyone’s problem. And if we don’t know what’s going on around us, we can’t help.”

Hygiene supplies, clothes—especially socks, gloves, hats, and coats—and money toward gas and food are always appreciated. If you are interested in contributing to these ministries in any way, contact Grigsby at gggrigsby@puc.edu or Martins at knmartins@puc.edu.

A group of around 15 travels to Berkeley every other week to serve hot food and pass out hygiene items to area homeless.
**Arizona Conference**

**Annual Phoenix Central Church Car Show** (March 2-6) 9:30 a.m., 777 W. Montecito Ave., Phoenix, Ariz. Street Fair, 11:00 a.m. Info: Clayton, rrlvcd@juno.com or call 480-244-0473.

**Health Fair** (March 3) 10 a.m.-3 p.m. Stay for the concert with Michael Harris. Buckeye Church, 501 N. 4th Street, Buckeye, Ariz., 85326. Info: Cathy Fields 602-818-0913 or Sylvia Hayashi 602-882-1514.

**La Sierra University**

“Into the Woods” musical intertwines classic fairy tales. Sat. (March 2) 7 p.m.; Sun. (March 3) 3 p.m. Hole Memorial Auditorium. General admission, $15; seniors aged 55 and over, $10; students, $5. Info: music@lasierra.edu or 951-785-2036.

**Wind Ensemble concert under direction of Giovanni Santos.** Sat. (March 9) 7 p.m., Hole Memorial Auditorium. General admission, $10; seniors aged 55+, $7; students, $3. Info: music@lasierra.edu or 951-785-2036.

**Big Band concert** Sun. (March 17) 6 p.m. Under direction of Giovanni Santos, Hole Memorial Auditorium. General admission, $10; seniors aged 55 and over, $7; students, $3. Info: music@lasierra.edu or 951-785-2036.

**Canada’s Burman University Orchestra** at La Sierra University’s Hole Memorial Auditorium, Wed. (March 20) 5 p.m. Info: music@lasierra.edu or 951-785-2036.

**Alumni Art Exhibit** (thru March 14) the works of 11 Art + Design alumni on display, Brandstater Gallery, featuring a variety of media. Gallery hours are Mon.-Thurs., 10 a.m.-5 p.m. Admission is free. E-mail: Gallery Director Tim Musso at tmusso@lasierra.edu or call 951-785-2170.

**La Sierra Drama presents “Hamlet,”** Shakespeare’s classic play with a modern twist (March 2, 3, 7, 9 and 10). Showtime is 7:30 p.m. at Matheson Hall. Tickets are $10. Box office is at 951-785-2241 or drama@lasierra.edu.

**Northern California Conference**

**NCC Junior High Band Festival** (March 1) Antioch church, 2200 Country Hills Drive, Antioch. Clinician: Dr. Elsy Gallardo-Diaz. Festival coordinator: Ruth Wright. Info: rwright@hilltopcs.org.

**Vacation Bible School Training** (March 2) 3 p.m. Ukiah church, 1390 Laurel Avenue, Ukiah. “Jamaii Kingdom.” Learn how to teach the new 2019 VBS program, how to get your whole church involved, how to use VBS for evangelism. Door prizes! Info: nccsda.com/children’s-ministries, alice.merrill@nccsda.com.


**Vacation Bible School Training** (March 16) 3 p.m. Vallejo Central church, 1111 Colusa Street, Vallejo. “Jamaii Kingdom.” Learn how to teach the new 2019 VBS program, how to get your whole church involved, how to use VBS for evangelism. Door prizes! Info: nccsda.com/children’s-ministries, alice.merrill@nccsda.com.


**Church Treasurer Training** (April 28) 9 a.m.-2:30 p.m. NCC Headquarters, 401 Taylor Blvd., Pleasant Hill. Bring your laptop computer. Lunch provided. RSVP. Info: NCC Treasurer’s Office, 888-434-4622, ext. 209.
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Career Day (March 7) 11 a.m., Dining Commons. This event begins with Career Day Colloquy at 10 a.m. in the PUC church and continues with networking with professionals. Info: Career & Counseling Center, career@puc.edu, 707-965-7080.

2019 Lecture of the Percy & John Christian Civil Rights Conference Center (March 9) 4 p.m., Paulin Hall. Historian Dr. Ronald D. Graybill presents the annual lecture. Admission is free. Info: 707-965-7500 or pr@puc.edu.

PUC Visual Arts Faculty Show, Rasmussen Art Gallery. Open Thursday, Friday, Sabbath, and Sunday from 1 p.m. to 5 p.m. Runs through March 17. Info: 707-954-6303.

Symphonic Wind Ensemble Concert (March 10) 4 p.m., Paulin Hall. The PUC Symphonic Wind Ensemble, conducted by artist-in-residence Asher Raboy, presents their annual concert. The Ensemble will feature advanced instrumentalists as they perform a wide range of music. Info: Music Department, music@puc.edu, 707-965-6201.

Spring Quarter Begins (April 1). Students begin new academic term. Info: www.puc.edu/admissions.


PacificQuest 2019: Do you know a junior high student who loves to learn? Pacific Union College’s weeklong summer camp for top students is a great way to have fun and earn college credit! This year students will be introduced to the world of chemistry, computer programming and game development, and technology. Learn more about this year’s camp, running June 23-28, at puc.edu/pacificquest. Application deadline is April 16.

Start Your MBA today! PUC’s new 100% online MBA is accepting applications for summer and fall start dates in 2019. Learn more at www.puc.edu/mba or call PUC’s Admissions Office at 800-862-7080.

PUC is hiring! Please visit www.puc.edu/careers for more information or to apply.

Southern California Conference
Family and Brain Health Day (March 2) all day, 9:30 a.m.-4:30 p.m. Includes potluck lunch at 12:15 p.m. Presenter: Arlene R. Taylor, Ph.D. Rolling Hills church, 28340 Highridge Rd., Rolling Hills Estates 90274. Info: 310-541-1819, rollinghillssdachurch.org.
Advertising
Advertising is accepted as a service to Seventh-day Adventist Church members in the Pacific Union. The Recorder management reserves the right to refuse any advertisement, especially ads not related to the needs and practices of the Church membership. Acceptance of any advertising shall be considered a matter of accommodation and not a matter of right, nor shall it be construed to constitute approval of the product or service advertised.

Payment in advance must accompany all classified advertisements or they will not be published. Display ads for known advertisers will be billed. To pay by credit card, please call 805-413-7280.

How to Submit Advertising
Classified ads must be sent with payment to the Recorder office (Sali.butler@adventistfaith.com). Display ads should be arranged with the editor (info@adventistfaith.com).

Classified Rates
$70 for 50 words; 75 cents each additional word.

Display Rates (Full Color Only)
Back cover: $4,200; full page: $3,800; 1/2-pg., $2,200; 1/4-pg., $1,200; 1/8-pg., $700; $160 per column inch.

Information
Circulation is approximately 76,000 homes, and magazines are scheduled to arrive in homes by the last Thursday of the previous month. For more information about advertising, please click on the Advertising tab at www.pacificunionrecorder.com, e-mail info@adventistfaith.com or call 805-413-7280.

2019 Deadlines
These are the advertising deadlines for the Recorder. Your local conference news deadlines will be earlier.

April: February 28
May: March 28

Contributions
The Recorder pages are assigned to the local conferences, colleges, and health care institutions, and all content comes through the communication departments in those organizations. If you have a news story/idea, calendar announcement, etc, please contact your local communication department. See the masthead for contact information. Want tips for writing for us? See www.dailywritingtips.com/the-art-of-writing-news.

Digital Missions Presentation
(March 9) 11:45 a.m. and 3 p.m.
Justin Khoe, “That Christian Vlogger,” presents a morning and afternoon session on the topic of digital missions. Info: pastorcamato@urf.org or 714-319-9432. Upper Room Fellowship, 5319 N. Halifax Rd, Temple City 91780.

Second Saturday Series Concert
(March 9) 5 p.m.
Featuring Polish organist Gedymis Grubba. He is an international organist, composer, and conductor performing about 100 concerts each year around the world. Admission is by free-will offering, reception to follow. Glendale City church, 610 E. California Ave., Glendale 91206. Info: 818-244-7241.

Los Angeles Adventist Forum
(March 23) 3 p.m. The speaker is Fritz Guy, Ph.D., Professor of Philosophical Theology, HMS Richards Divinity School, La Sierra University. The topic is “Catching Up with Ellen.” All are welcome. Glendale City church chapel, 610 E. California Ave., Glendale 91206. Info: 818-244-7241.

Prayer & Spirituality Weekend
(April 12-13). Save the date, and stay tuned for more details! Speaker: Dr. Debleaire Snell. Valles Drive church, 300 Valles Dr., Glendale 91206. Info: prayer@sccsda.org or Janet Lui, 310-963-2578.

Second Saturday Series Concert
(April 13) 5 p.m.
Featuring Louis Mo, violin. Admission is by free-will offering, reception to follow. Glendale City church, 610 E. California Ave., Glendale 91206. Info: 818-244-7241.

Los Angeles Adventist Forum
(April 27) 3 p.m. All are welcome. Glendale City church chapel, 610 E. California Ave., Glendale 91206. Info: 818-244-7241.

At Your Service
California Adventist Federal Credit Union, your “One Stop Finance Shop!” Serving our Adventist Community for over 65 years with financial products and services, along with wealth-building education. Please visit our website at www.5acreditunion.com for updates on all that CAFCU has to offer. Call our office to speak to our friendly staff or manager for additional information: 818-246-7241.


SDA Realtor: Let us help you sell your property or buy the ideal home here in gorgeous northern California. Rural properties abound. Perfect for families and retirees. Jerry Kea, realtor, 707-888-9613, e-mail: thomaskea.tk@gmail.com, CA BRE Lic#02080864, TREG INC, dba The Real Estate Group.

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The Clergy Move Center™ at Stevens Worldwide Van Lines is The Way to Move from state to state. Through our national contract with the General Conference, we extend our moving services to all Adventist families. Contact our dedicated Move Counselors for a no-cost/no-obligation estimate at 800-248-8313. Learn more at www.stevensworldwide.com/sda.

**Bulletin Board**


**Canvasback Missions** accepts vehicle donations of all kinds. Your tax-deductible donation of a running or non-running vehicle can help us share the love of God through health and healing. 707-746-7828 or info@canvasback.org

**Employment**

**Are you a physician with the desire to serve with mission and passion?** Providing a unique opportunity in the breathtaking Palouse region of Washington State and Idaho—an ideal place to raise a family. Total Health Physician Group is seeking to find a progressive, conscientious, and lifestyle-focused physician. Prioritizing the optimal health of our patients and providers, Total Health Physician Group is innovatively developing a...
digital health platform and insurance system to focus on value-based outcomes. To learn more about this exciting mission and opportunity, go to: https://www. totalhealthphysicians.com/jobs or e-mail Jayne Peterson at jayne@healthmotivate.org.

The General Conference (GC) of SDA’s Office of General Counsel is seeking a law student for an 8- to 10-week paid summer clerkship. This position is not a full-time, hire-track position and is best suited for 1Ls. Duties include legal research and other projects; emphasis is on religious liberty and First Amendment work. Must be SDA church member. Interview and/or relocation expenses will be applicant’s responsibility. Send resume, writing sample, and transcript to Karnik Doukmetzian at karnikd@gc.adventist.org.

**Missing Members**

**Mentone church**, 1230
Olivine Ave, Mentone, Calif.; 909-492-0738: Aaron, Joyce; Aquino, Concepcion; Bacon, Jennifer; Bitters, Christopher; Bloedorn, Daniel; Bloedorn, Deborah; Bloedorn, Jason; Bonner, Jeanette; Boulanger, Jorge; Boulanger, Maritza; Bovee, Lanty; Brandy, Dale; Burrola, Jessie; Burrola, Julian; Campos, Ernest; Carter, Brandy; Carter, Robert; Cruz, Jeffrey; del Pilar, Andrea; Davis, Tammy; DeLalli, Ted; English, Rhonda; Entwistle, Rita.

**Real Estate Out of the Cities**

**Secluded 155-acre ranch** near Redding, Calif. Solar, spring water, orchard, creek, pond, shop. Main house has 3bd/3br; 1,300 sq.ft.; second home. $750,000. Call Judy—please leave a message: 530-410-8525.

**Reunions**

**Lodi Academy Alumni Weekend** (April 12-14). Honor classes: ‘04 and ‘09, Friday 6 p.m., Vespers, Loewen Chapel; Hospitality, Quad Center. Saturday 11 a.m., Worship. Sunday, 8:30 a.m., Golf Tournament. Info: 209-369-2781.

**San Fernando Valley Academy Alumni Weekend** (April 6). Alumni president, Ashley Walters, coordinating all activities. Honor classes: ‘03, ‘4, 8, & 9, with ‘78 celebrating 40 years. Info: 818-349-1373.

**Mountain View Academy Homecoming Alumni Weekend** (April 12-13). Honor classes: ‘04 and ‘09. Fri., 5 p.m., Vespers; ‘78, 7 p.m., Registration. Sat. 10 a.m., Roll Call; 11 a.m. Worship. Speaker, Rob Colon, senior pastor, Sunnyvale church.

**Vacation Opportunities**

**Egypt Bible Tour** (Dec. 12-22, 2019) with Dr. Carl Cosaert of Walla Walla University. Discover the land of the pyramids, the Pharaohs, Moses, the Exodus, including a Nile cruise and more. Wonderful weather, meals, and accommodations for only $2,425 plus airfare. For more information, Contact Sharon Searson at Sharrons@uccsda.org.


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**Sunriver, Central Oregon.**

Four-bedroom vacation home on the North Woodlands golf course. Two master king suites, two queens one bunk set, hot tub, loft, Jacuzzi bath, gas log fireplace, BBQ, W/D, bikes, all resort amenities, sleeps 10, no smoking, no pets. For rates, photos, and reservations call: 541-279-9553, or e-mail: schultz@crestviewcable.com.

**AT REST**


**Bailie, Ira Eugene** – b. Sept. 17, 1923, Compton, Calif.; d. Sept. 11, 2018, Denair, Calif. Survivors: wife, Rita Farrar Norton; sons, Daryl, Karlen; daughters, Cheryl Matthews, Karen Franke; ten grandchildren; six great-grandchildren. As a physician, he served to build and staff hospitals in the...
mission fields of Paraguay and Argentina.


dren; cousins, Michele and Alan Stoops.


Hemphill, Gloria Mackson – b. Nov. 16, 1926, Baton Rouge, La.; d. Sept. 14, 2018, Loma Linda, Calif. Taught high school for over 20 years and as a missionary teacher in Beijing, China, for five years.


Manning, Kathleen Hoatson – b. Nov. 18, 1941, Loma Linda, Calif.; d. Dec. 28, 2018, Riverside, Calif. Survivors: husband, Jim L.; daughters, Lynette Lewis, J’Leen Saeger; five grandchildren; sister, Carol Chase. Had a passion for children; taught 30 years as an Adventist teacher in several schools and also taught Sabbath School in churches.


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On January 21, Western Adventist Foundation (WAF) held a retirement brunch at the Hilton Resort in Scottsdale, Arizona, for Yvonne “Bonnie” Navarro. Bonnie has served as Director of Gift Planning and Trust Services for the Pacific Union Conference since 2001, and she joined WAF in 2007 as Associate Legal Counsel. In 2009 she became Legal Counsel for Trust Administration and the Corporate Secretary for WAF.

She previously worked as director of gift planning for It Is Written. Before joining It Is Written, she worked in a private law practice in Pennsylvania for 10 years, specializing in estate planning and administration. She has a JD degree from Ohio Northern University, Pettit School of Law, and holds licenses to practice law in Pennsylvania, New Jersey, Washington, D.C., Arizona, and California, as well as the United States Supreme Court. Navarro is a native of Pennsylvania and is married to Albert.

“Bonnie’s contribution to WAF has really helped us establish credibility within the Church in North America,” said Jim Brown, president of WAF. “She was a very important part of our management team and helped streamline our legal processes and increase productivity.”

“Bonnie and her husband Al are so committed to planned giving, they are coming back in March part time to assist Pennsylvania Conference in re-establishing the planned giving program through WAF. We are certainly excited for this new program,” Brown said.

Bonnie Navarro’s commitment to her work and to her Lord are evident in the way she has served. “Every day I have the opportunity to assist individuals in achieving their goals of supporting the outreach of the Seventh-day Adventist church. Our team serves many different donors and clients, and, while each one may have their own unique approach, they are united in their desire to see the work of God’s kingdom move forward. It’s been a privilege to work closely with dedicated staff and donors, a privilege to watch God work through individuals,” Navarro said. “Most of all, I’ve been blessed to have a part in facilitating a donor’s desire to support the spreading of the gospel to everyone, everywhere!”

Our prayers are with Bonnie and Al Navarro in their part-time retirement and full-time commitment to their Lord!

In this heartfelt follow up to his book Where Are We Headed? Adventism after San Antonio, Dr. William Johnson candidly and personally addresses issues that concern many Seventh-day Adventists. With characteristic grace and care, he focuses our attention once again on Jesus Christ, our hope and Savior.

Drawing on a lifetime of theological reflection and service to the church he loves, William G. Johnson offers a series of insightful and provocative ideas regarding the future of Seventh-day Adventism.

—John Thomas, Ph.D., La Sierra University

Anyone reading this timely, Jesus-centered work will find it difficult to put down. Enlightening and provocative, the book is much needed. It gives voice to many of the concerns that Millennials are raising. At its outset Johnsson warns the reader: “Fasten your seatbelt. Get ready for the ride of your life.” No statement could be more true!

—Robert Soderblom, MD, Loma Linda University

Both Authentic Adventism and Adventismo auténtico are available through Amazon.com and AdventSource (adventsource.com)
Jesus is coming soon... ARE YOU READY?

ALEJANDRO BULLÓN  JORGE SORIA

Pastor Alejandro Bullon
April 7 - 12, 2019 @ 6PM

Pastor Jorge Soria
Vice President
Pacific Union Conference
April 13, Sabbath, 11AM

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