

Lake Union HERALD

JUNE/JULY 2020



THE GOD WHO HEARS PRAYER

ILLINOIS MEMBERS
ILLINOIS FOCUS
INSIDE

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Wisconsin's Adventist Community Service volunteers made much needed tie- and elastic-strapped masks for facilities and individuals. They were asked to make masks for a 300-bed facility in Pennsylvania which had experienced 38 deaths due to the virus.



On Tuesday, May 5, the Michigan Conference Executive Committee voted to close the Adventist Book Centers in Lansing, Berrien Springs and Cicero (Indiana). They are exploring options to continue supplying printed material in more efficient ways.



As part of its Everyone Counts, Everyone Matters theme for the year, Lake Region Conference launched a monthly YouTube livestream program. The first episode featured first responders who were on the frontlines of battling the COVID-19 disease.



Taurus Montgomery, pastor of the Harbor of Hope Church in Benton Harbor, Mich., is featured on the cover of the May issue of Adventist Journey magazine. You can see his video testimony here: <https://vimeo.com/412831571>

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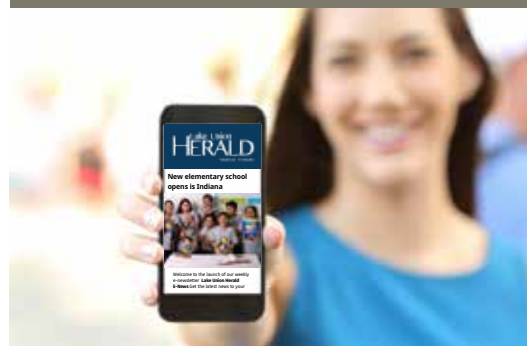
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So, how's your world? I remember my grandparents telling me about the old days in North Dakota. One day I was walking through the Watford city cemetery where my great-grandfather Melchior was buried. I noticed that so many of the tombstones were dated 1918, the year of the Spanish flu pandemic.

MaryAnn and I happen to share a backyard fence with Berrien Spring's Rose Hill Cemetery. It's a peaceful place to live, and we enjoy our walks there. Yet, from time to time, we see friends and strangers gathering to bury a loved one. It's a constant reminder to cherish every moment.

I think you will be encouraged, and challenged, by the scope of this issue that depicts a spectrum of experiences and views in response to our new norm while also offering practical counsel and reasons to hope.


Gary Burns
Editor



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COVER PHOTOGRAPH: MICHELLE HAMEL

ON THE COVER: Lowell Hamel recovered miraculously from the coronavirus, photographed with his wife, Judy

The *Lake Union Herald* (ISSN 0194-908X) is published monthly (except for January/February, June/July and November/December) by the Lake Union Conference, P.O. Box 287, Berrien Springs, MI 49103-0287. Periodicals postage paid at Berrien Springs, Michigan, and additional mailing offices. Yearly subscription price is \$12.50. Vol. 112, No. 5. POSTMASTER: Send all address changes to: *Lake Union Herald*, P. O. Box 287, Berrien Springs, MI 49103-0287.



Michelle Hamel

Hold On!

Picture, if you will, four angels holding fabric that slips ever so slightly from their hands as the weight of the world bears down in the center of a sheet-like cloth which they are grasping as tightly as they can. The muscles in their arms, hands and especially their fingers begin to burn as they attempt to keep the sheet from slipping.



▲ Maurice Valentine

Albert Einstein used the idea of an invisible fabric to depict gravity through which he postulated each planet is influenced by each other. Even galaxies are said to coalesce in groups and are drawn toward each other as each share this invisible space-time material. He may have been on to something as in some ways it reminds me of the picture that John the Revelator described when he stated, *And after these things I saw four angels standing on the four corners of the earth, holding the four winds of the earth, that the wind should not blow on the earth, nor on the sea, nor on any tree* (Revelation 7:1 NKJV).

Is it possible God is attempting to grasp our attention as tiny “micro-slips” of this illustrative “sheet” in Einstein’s case or metaphorical “winds” in John the Revelator’s vision, the latter of which, although meant to depict cosmic activities beyond our understanding, nevertheless, yield for earth’s inhabitants life-destroying wars, earthquakes, tsunamis, tornadoes, hurricanes, wildfires, floods and pandemics, too?

From a spiritual perspective, is it possible He’s shaking us from our spiritual slumber in an attempt to wake us up? Because, like the disciples in the Garden of Gethsemane, although warned to watch and pray over and over again, our love of the world and its comforts cause us to fall into a deep sleep over and over again.

Providentially, God allows pandemics, such as that which happened in 1342 and 1918, a pause of 576 years

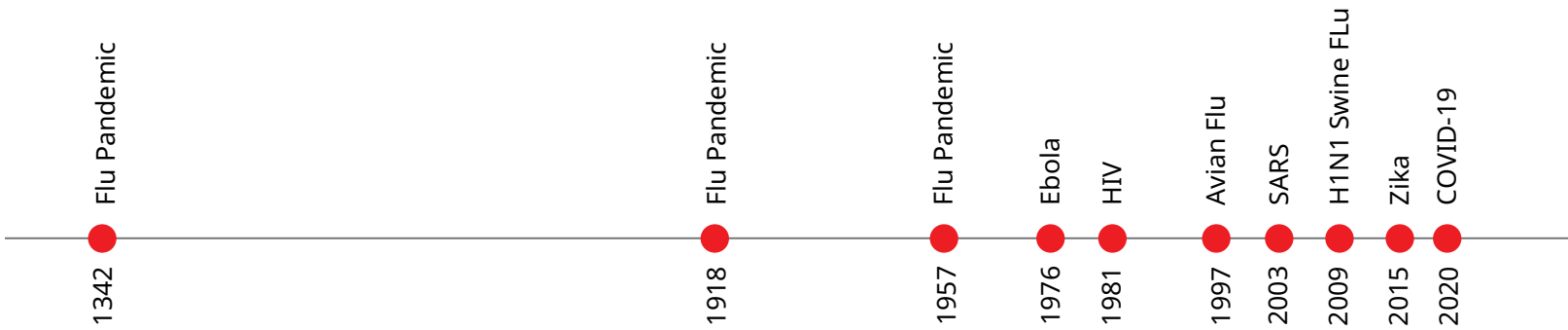
in which the angels’ hands seemed to hold firmly with only ever so slight micro-slips indicated by some smaller epidemics between those years. Now we have a better understanding of what it means to see the winds slip as they did in 1918 when a major life-destroying contagion swept the globe killing, by some estimates, as many as 50 million precious souls whose fates were forever sealed.

Some would ask, “*Is God judging the world?*” I would have to have a face-to-face conversation with God to know the answer to that question. So, to them, I would say, “Jesus identified who is really at work.” He stated, *A thief comes only to steal and kill and destroy. I have come so that they may have life and have it in abundance* (John 10:10 CSB).

That said, my first point is, since 1918 there was only a 100-year pause before another global pandemic, not 576 years. Certainly, since 1918 life on earth has been interrupted by the destroyer of life as smaller epidemics typically lacking in global impact such as the 1957 flu have occurred. But notice how, since 1918, the sheet has slipped ever so slightly again and again. In 1976 a dangerous disease occurred called Ebola re-emerged. Most alive today also remember the sudden scare caused by HIV in 1981. Since that time the world has battled Avian Flu (1997), SARS in 2003, H1N1/ Swine Flu (2009), in 2015 Zika, and now our world has been rocked and shocked by COVID-19. Hopefully, you



Timeline of Global Pandemics



noticed how each of these plagues are coming closer together in quicker succession, increasing virulence and greater severity. The greatest pain my heart feels is, painful as it is, not how many people have died globally in a COVID-19 world, but how many people are being swept by the enemy into Christless graves with no hope of eternity in view?

COVID-19 is a tectonic slip that, while small by Jesus’ last day predictions, is still, hopefully, enough slippage that a sleepy church awakens from its lethargy and a sin-entranced world is shaken enough to look to the holy writ of God’s Holy Word. My prayer is that we will rise from our spiritual slumber so we can hear His voice in the distance and be ready to go out to meet Him with our lamps trimmed and burning.

For Seventh-day Adventists, this is our day! This time is the end time about which we have invited our family and friends, even strangers, to take Bible studies or attend meetings so they, too, could understand, the end is not yet, yet, it’s even at the doors. Globally, we have knocked on doors, secured billboards, advertised in newspapers, radio, and television with an invitation to hear the cry of three seemingly unimportant angelic messages in Revelation 14, messages of hope for a distracted, dying world.

A time is coming when there is no such thing as “time.” Then, thanks to Jesus, all creation and all the redeemed will enjoy eternal existence in God’s presence. So, for now, while there may or may not be “space-time fabric,” as postulated by an astrophysicist, there is, one way or another, four winds being held by the grace of God. We know this to be true because, *We have also a more sure word of prophecy; whereunto ye do well that ye take heed, as unto a light that shineth in a dark place, until the day dawn, and the day star arise in your hearts* (2 Peter 1:18-19 KJV). *For the prophecy came not in old time by the will of man: but holy men of God spake as they were moved by the Holy Ghost* (2 Peter 1:21 KJV).

Is it possible that there are angels working with God attempting to save you, me, our families, neighbors and friends who are collectively crying in the celestial realm, “Help me, Lord God! I can’t hold on much longer. They’re slipping!”?

If you feel like you are slipping, give your life to Jesus. Or give it again! Because no matter how treacherous, painful or difficult, that’s when your life begins! ■

Maurice Valentine is president of the Lake Union Conference.

No Place Like Home

Adoption can be a difficult process, even for a cat! My parents recently adopted two kittens, although they were from different litters.



▲ Melissa Ponce-Rodas

Eleanor, the female cat, had been living in a foster home, with a foster mom and foster cat siblings. Timber, the male cat, had been in a store window display while he waited for adoption. His siblings had been with him at the store, but they had all been adopted before him. We brought Timber and Eleanor home on the same day, but were warned that they would take time to get comfortable, trust us, and get along with each other. So, we were prepared for some things, but surprised by others.

Both kittens were timid when we came home, especially Timber, who quickly hid under the bed and did not come out for hours to use his litter box or eat any food. It took over a week before he would come out to eat regularly. However, within hours, Eleanor was out, playing and exploring like she owned the house. We had been told she did not like to snuggle. Yet, within hours, she was sleeping in my mother’s lap. She had no problems eating, finding her litter box, or playing with her toys. It was awesome to see her adapt so quickly. We expected Timber’s behavior, but the surprise was Eleanor. We had to wonder, “*Why the differences?*”

As Christians, we might have an idea as to why both cats adapted so differently. We know that the main ingredient, especially in the first years of life for a child (or animal in this case), is the love and safety they get at home. It is the contact they have with others, from whom they feel loved, get fed and are soothed. Those building blocks of safety enable healthy growth, a safe foundation from which we can venture out and explore, like Eleanor. Without that firm foundation, life is a lot scarier, uncertain, and can even be paralyzing, like it was for Timber.

As humans, we were made to be loved, designed and formed in God’s loving image, including our minds and emotions. Yet, in a sin-filled world, it is easy to forget our love-based creation and design. Unfortunately, we cannot escape the consequences of sin, and not everyone has the blessing of a safe, healthy, early home environment. We must be careful not to blame others for their environments, because none of us can control the family into which we are born. Also, if we don’t have opportunities for learning and change, it can be a lot harder to create your own healthy home later on. Change is possible with God and a lot of hard work.

Think about these issues in your own life. How did your home environment growing up, shape you? What would you like to emulate, and what would you like to change? If our goal is to have our homes be “a little piece of heaven on earth,” we must better understand God’s love, trust, patience and long-suffering, and work to be like Him. May we all be able to trust like Eleanor, who adapted so quickly to the changes in her life, in part because of her firm foundation. May God’s love be our foundation and guide! ■

Melissa Ponce-Rodas is an assistant professor of Psychology at Andrews University. She and her husband, Segundo, have twin boys, Samuel and Jonathan. Her research and advocacy revolve around the intersections of religion and domestic violence.



Move More – Sit Less

Take a quick moment and ask yourself how much time, on average, you spend sitting throughout the day. Now think about how much of that time you spend sitting in one stretch. What did you come up with?

Unfortunately, the trend is that all of us are sitting more. Research shows that leading a sedentary lifestyle will lead to disease and a lower quality of life. According to the World Health Organization, physical inactivity is the fourth leading risk factor for death (WHO, 2010).

The good news is that there are some basic simple changes we can all make to incorporate more movement into our daily lives. Here are a few ways of how you can move more and sit less:

Phone-walking: Every time your phone rings, get up out of your chair before you pick it up. If you have a portable handset or, of course, your cell phone, then walk in your office or living room, from one side to the other, while you talk on the phone. Do not sit down until you have hung up the phone. If you have a phone with a cord, then put the phone on speaker, stand up and walk in place by your desk.

The half-hour challenge: Use your cell phone to set an alarm for every 30 minutes. Once it goes off, you will have to complete a two-minute physical activity challenge. Examples for this challenge are:

- Walking in place
- Jumping jacks
- Walking lunges
- Sitting down and getting back out of your chair repeatedly
- Push-ups on the floor or on the edge of your desk

The lunchtime walkathon: No matter how long you have for your lunchbreak, plan to spend the first half of it walking outside (preferred) or in the building. The second half of your lunch break can be spent eating.

Build your own mini-fitness center: Equip your office or home with some fun pieces of fitness equipment that you can utilize for the half-hour challenges or at lunchtime as an alternative to walking. In addition, these items could be used during phone-walking. Ideas for cheap and easy-to-store equipment are:

- Resistance bands
- Resistance ball
- Dumbbells
- Medicine ball
- Jump rope
- Bosu ball

Create a standing work environment! There are two ways to do this: a) request your employer to exchange your sitting desk for a standing desk; and/or b) find a way to heighten your work place utilizing boxes or something else to raise the height of your computer. Forcing yourself to stand rather than sit, can make a huge difference in reducing your sitting time. By the way, “b” is possible; I have done this myself!

Start a walking club. Be the leader and start a walking club at your workplace or in your neighborhood to encourage each other to walk together at lunchtime or during other breaks you may be able to take.

Meeting time = standing time. Whenever a meeting is taking place, choose to stand or walk in the room (or outside) together rather than sit.

To start moving more and sitting less right away, use one or more of the suggestions above. Not only can it help you to become less sedentary, but you may also inspire your family, friends, colleagues or supervisors to move more as well. Create a physically active life today and live more fully! ■

Dominique Gummelt, PhD, CPT, CWP, is a well-being expert, speaker and coach at Andrews University. For more, visit: alivehappy.com.



▲ Dominique Gummelt

The Post Minneapolis Years—1

And we bring you the good news that what God promised to the fathers, this He has fulfilled . . . by raising Jesus. (Acts 13:32, 33 RSV)



▲ George R. Knight

Spreading the “good news” or the “glad tidings” (as the King James Version puts it) was the task for the 1888 reformers after the close of the General Conference Session.

Ellen White left Minneapolis discouraged with the ministerial leadership of the denomination, but she still had hope in the Adventist people as a whole. Before the close of the conference, she had told the assembled ministers that if they would not accept the light, she wanted to “give the people a chance; perhaps they may receive it” (MS9, 1888). They certainly needed it. In September 1889 she would remark that “there is not one in one hundred” who really understood what it meant to be justified by faith, what it meant that “Christ should be . . . the only hope and salvation” (*Review and Herald*, Sept. 3, 1889).

Up through the fall of 1891, she, Jones and Waggoner had gone to England, Jones and W.W. Prescott continued to present the message in the United States. All through this period and beyond it, Ellen White emphasized that God had chosen Jones and Waggoner to bear a special message to the Adventist church, and she published widely on the topic of righteousness by faith herself.

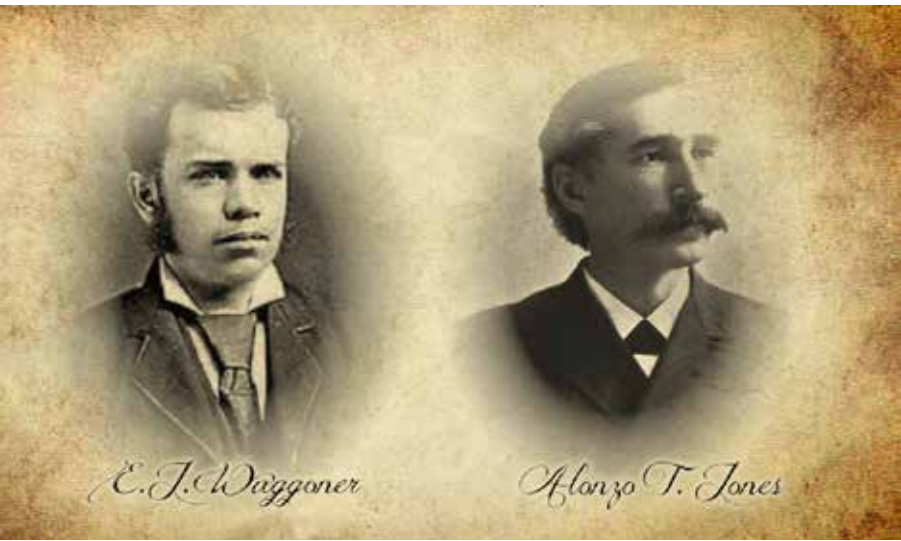
The new General Conference administrations of O.A. Olsen (1888–1897) and G.A. Irwin (1897–1901) responded positively by giving Jones and Waggoner exposure throughout the 1890s. The two men had access to the people through the churches, the Sabbath school lessons, the colleges, the in-service schools regularly held for the ministry, and the denomination’s publishing houses.

Especially important was the fact that during each General Conference session from 1889 to 1897 Jones and Waggoner received the leading role in the study of the Bible and theology. Beyond that, Jones by 1897 had assumed the powerful position of *Review and Herald* editor.

It would have been hard to conceive of a program that could have given the reformers more prominence during the 1890s.

Truly the “glad tidings” were being taken to “the people.” And they still are. Christ is still the center attraction in biblically oriented Adventist preaching. ■

George R. Knight is a retired professor of Church History at the Adventist Theological Seminary at Andrews University. This article is from his book, *Lest We Forget*, a daily devotional, published by the Review and Herald Publishing Association, page 294.



Faith Comes by Hearing

I don’t know about you but, with all the changes in our world, I’ve got an insatiable appetite for God’s Word. There are just too many other voices out there vying for recognition, yet have no eternal value.

Earlier this year I began reading through the New Testament. I’ve done this before, but I’m doing it in a new way this time. Now that we have instant access to the spoken word on our cell phones, iPads and computers, it provides, for me, a new way to absorb Scripture — a disciplined yet adventurous way to absorb Scripture.

I chose a trusted, yet unfamiliar version of the Bible matched up with an easy-to-listen-to voice in audio format. I play the narrated voice on my cell phone as I follow along with the text on my iPad.

I’ve been surprised at how focused I’ve become, and how seeing the text as I hear the text gives me two simultaneous gateways to receive the Word.

I’ve always been inspired by Ellen’s admonition: “It would be well to spend a thoughtful hour each day reviewing the life of Christ from the manger to Calvary. We should take it point by point, and let the imagination vividly grasp each scene, especially the closing ones of His earthly life. By thus contemplating His teachings and sufferings, and the infinite sacrifice made by Him for the redemption of the race, we may strengthen our faith, quicken our love, and become more deeply imbued with the spirit which sustained our Saviour” (*Gospel Workers*, 92 246.1).

So, what I’ve done with the rest of Scripture is to let my imagination grasp each scene of Creation, Adam and Eve in the Garden. Noah and the flood, the patriarchs, the prophets and Israel’s responses to the



circumstances in which they find themselves from time to time on their journey from Egypt to Canaan.

Oh, and by the way. The Bible highly recommends this form of study: *So then faith comes by hearing, and hearing by the Word of God* (Romans 10:17 NKJV).

Gary Burns is Prayer coordinator for the Lake Union Conference.



▲ Gary Burns

Sleep in Heavenly Peace

By Leah Westfall



Courtesy/Jamie Fisher

▲ Beds for Kids is a ministry of The Shepherd's House Church in Wausau, Wisconsin. Since its inception, they have delivered 247 beds.

JAMIE FISHER PRAYED FOR GOD'S LEADING

IN HER LIFE and He led her to evangelism. She wanted to share the love of Jesus by acts of service to the community, but was unsure of what the community needs were. After doing some research, Jamie and her pastor, Tom Michalski, found that the resounding answer was children in the community needed essentials.

In March 2018, Jamie created the nonprofit organization, Beds for Kids, a ministry of The Shepherd's House Church in Wausau, Wisconsin. As director of the organization, she combines her passions for children, community and service. Since its inception, Beds for Kids has delivered 231 beds. The children who receive beds reside in Marathon County, Wisconsin, and most referrals come from teachers, guidance counselors and Child Protective Services. The children receive a bed frame, box spring, mattress, mattress pad, pillow, sheets and a comforter.

Jaimie strongly believes that by providing bedding for children who are sleeping on the floor, on blow-up mattresses, on couches or with parents, Beds for Kids is helping to say, "You are worthy; you are loved; and you deserve dignity." That's what Jesus tells all of us.

The goal of Beds for Kids is to bring people to Jesus by preaching through actions. "We want our community to know that we have a message of hope." says Jamie.

"We want to build trusting relationships with families to whom we have already delivered beds." The Shepherd's House Women's Ministry works on additional evangelism to the families, such as providing school supplies and food and meeting other identified needs.

Their work with the Beds for Kids ministry has not gone unnoticed. They were recognized by a local TV news station with the Jefferson Award (<https://bit.ly/2YfL3Qk>).

"This award means the world to me because I followed the Lord's leading and overcame my fear of public speaking and got in front of my church and asked for help in a ministry I believed in." The second award was the Be Amazing Award which honored outstanding nonprofits and included a check for \$2,500.

Jamie says each person in the church plays a role in the program — from the children who collect a Lamb's Offering to the volunteers who help deliver beds and keep the storage closet stocked and organized. The nonprofit has not only helped to evangelize outside of the church but within its own congregation as well. Church members who had never spoken to each other within the church walls were now working together for Beds for Kids and began to feel more confident about socializing with each other. "I have learned about another form of evangelism — friendship," says Jamie. "The people within our church now feel like they belong."

For those who would like to get involved in this ministry, here are a few ways to consider. Individuals living near the Wausau area can volunteer. For those not local, monetary or bedding donations are always appreciated. Or, if you would like to start a similar ministry in your area, Jamie says she is always willing to talk and help get things started.

Beds for Kids delivered 16 more beds in May, making 247 in just over two years. "We had no idea what God had in store for us," says Jamie. "We just trusted His undeniable leadership in our program." ■

Wisconsin native Leah Westfall currently resides in Michigan and teaches Communication at the university level.

Ansiedad: ¿Será normal? ¿Necesito ayuda?

El siguiente artículo acerca de la ansiedad fue escrito por la Dra. Melissa Rodas-Ponce, profesora de sicología en la Universidad Andrews.

Respire profundamente, inhale por la nariz y exhale por la boca. Ahora, relaje la frente y la mandíbula. Relaje los hombros, los brazos y las manos. Relaje el pecho y el tronco. Relaje los muslos, las piernas y los pies. ¿Siente la diferencia? Desafortunadamente, a veces no nos damos cuenta de la ansiedad que se acumula en el cuerpo y la mente. Pero debemos concientizarnos de los efectos comunes durante esta pandemia y tomar pasos para cuidar y mejorar nuestra salud mental.

En momentos de incertidumbre, ansiedad es una reacción normal y esperada. Esto nos indica que algo está mal, para que podamos asesorar la situación y hacer los cambios necesarios para mejorar. Cuando Dios diseñó al ser humano lo hizo con un sistema de alerta para protegerlo e indicarle cuándo necesita cambiar o buscar ayuda. En pequeñas cantidades, estos cambios en nuestro funcionamiento mental (más ansiedad o nerviosismo) nos ayudan a estar en alerta. Pero cuando estamos constantemente tensionados o ansiosos, estos sentimientos son dañinos y necesitamos ayuda. Las buenas nuevas son que nuestro Dios de amor, quien nos diseñó, también proveyó la ciencia para orientar a los profesionales para ayudarnos a entender mejor nuestra salud mental, cuidarla y ayudarnos a sanar.

¿Cómo podemos saber si nuestras ansiedades y tristezas son normales o si deberíamos buscar ayuda? Primeramente, es necesario saber que es "normal" para usted (o sus hijos o familiares). Hay personas que toleran bastante incertidumbre sin sufrir mucha ansiedad. Pero hay otras que con frecuencia sienten ansiedad. Pregúntese, ¿cuán grande es mi ansiedad?

Será pequeña como una hormiga o un perrito, o será más grande como un árbol o una casa? Será tan grande como el mundo entero? Si su ansiedad es pequeña como una hormiga o quizás un perrito, hacer ejercicios como los de respiración, tomar un té, darse un baño caliente o conversar con un amigo podrían ayudarlo a relajarse. Pero si la ansiedad es del tamaño de una casa o de un árbol... imagínese el peso de cargar algo de tal tamaño. Eso duele y probablemente necesite la ayuda de un consejero o psicólogo para aliviar ese dolor. ¿Imagínese si la ansiedad fuera tan grande como el mundo entero? Quizás necesite llamar al 911 o buscar ayuda inmediata.

Los niños también sufren de ansiedad. Usted le puede hacer estas mismas preguntas a un niño, o mostrarles una imagen de estas comparaciones para asesorar su nivel de preocupación. Y recuerden que el mismo evento puede producir distintos niveles de ansiedad en diferentes personas. Lo que es un perrito para usted puede ser una casa para su hijo. Estas son solo algunas ideas para concientizarnos de las reacciones comunes en momentos difíciles. Si está en crisis debiera hablar con su médico o consejero. No hay por qué tener vergüenza de pedir ayuda en caso que la necesitemos. Dios ha puesto a otros para que nos ayuden. Somos guardas de nuestros hermanos. En estos momentos confiemos en Dios y en su sabiduría, ayudémosnos los unos a los otros, ¡y juntos venceremos! ■

Carmelo Mercado es el vicepresidente de la Unión del Lago.



▲ Carmelo Mercado

Caregiver's Prayer

A Daughter Makes Peace with Her Mother

By Kandis Draw

ONE MOMENT IN LIFE CAN CHANGE EVERYTHING.

There were vivid images crossing my brain, unable to truly process what had happened to me. I was in the Emergency Room, with my mom, while she was in unbelievable pain. Unable to detect what was happening to her, they sent her for a CT scan, and we were awaiting results.

When the ER doctor on call signaled to me privately to the back, little did I know what news I would get. He told me, "You need to look at this." Then he began to point at the screen, and I heard what sounded like a "faint" robotic voice, explaining what the scan read in technical terms. The doctor said, with urgency in his voice, "Your mother has stage four ovarian cancer that has spread to her liver." My eyes got big, and I grabbed onto the table, about to lose my balance. The nurse grabbed a nearby chair and made me sit down.

My response was, "What can we do? Are you guys sure? What are the next steps?" The doctor seemed skeptical, and said, "The outlook is grim." Everything after that? A blur of phone calls to family.

There I was. Four months shy of my 30th birthday and life had given me a curveball in a mere instant. To put a spin on things, there were two siblings I also had to look after once mom got sick.

My story isn't that unique actually, because I am like many of the hundreds of thousands of people across the country who find themselves in a similar position of having to look after a loved one. It changed the next three-and-a-half years of my life. Not only was I an instant caregiver, I was an instant parent as well. This changed everything.

My mom and I had had a challenging relationship in my adult years, and things would get pretty tense between us at times. Doctors' visits, grocery shopping,

medication logs, and then having to take kids back and forth to school, homework help, and their extra-curricular activities kept me so busy my life became a blur. Even if you have several other siblings or family members, it can be virtually impossible to get everyone on board. So, you really feel forgotten.

You see your life, and sometimes even your career, dwindle away. Most working people do not have the luxury of caring for a loved one on a full-time basis and have a full-time job. So being a caregiver can cause serious financial strain on a person.

I was my mother's caregiver for three-and-a-half years and, believe me, it was grueling. My faith was so tested during this time. I was very involved in my home church as a youth leader, but there were days that all I had was prayer and a good support system — friends I could vent to, and a God I could pray to. Sometimes, after checking on her at night and putting my siblings to bed, I would go into my room, get ready for bed, and cry because of the stress and emotional strain I would feel. My dad worked all the time, so I was brave during the day, but nearly broke down at night. Unfortunately, mistreatment is part of the caregiver life, because you have to be willing to serve without the expectation of getting anything in return. Isn't that what Jesus did?

But I kept going. I remember those difficult days when mom would cry because of the pain and the burden that her body was under. There always seemed to be a glimmer of hope on her tear-stained face as we battled together — holding her hand, reassuring her that we would get through it, and that I would help as much as I could. I say together, because a caregiver is down in the trenches with their loved one because of the countless hours and days spent together. Mom and I really bonded during her journey, and we would laugh



◀ Kandis (below) was primary caregiver for her mother, Nellie.

about the silliest things! Other times, she would hug me out of nowhere, and lean on my shoulder during her rough days.

After spending a week at a cancer treatment facility, mom had a minor chemo procedure and met with the doctors. That same week, my little sister was admitted to the hospital as well. I was on the phone with one doctor about my sister's situation and turned around to deal with my mom. Sometimes I felt this would never end!

Upon returning from the treatment facility, mom contracted a blood infection and was hospitalized for a week before her doctors talked to us about hospice options for her. When everyone had left, she grabbed my hand and said, "Kandi, everything is changing for me. I am proud of you, and I want you to be good to yourself. I made mistakes, and I'm sorry for how I treated you. I'm not perfect but be good to you. Look after the kids the best you can."

Tears welled up in my eyes, because that's all I wanted. She acknowledged all I had done. It's like a load dropped off my shoulders. It meant everything to hear that! That was the last conversation we would have. Three days later, I got a call from the hospital saying that she had suffered a stroke and they were transferring her to ICU. Two days later, she passed away.

The Bible states: *May you be made strong with all the strength which comes from His glorious power, so that you may be able to endure everything with patience* (Colossians 1:11 GNT). That's what caregiving is: sacrifice, endurance and patience.

If you are going through something similar, please be encouraged. Know that you're appreciated! Join a support group and seek professional help, if needed. You are not alone. God walks beside you every step of the way. ■

Kandis Draw is a member of Bolingbrook Church and was recently appointed as the 2020 Ovarian Cancer Research Alliance Advocacy Leader for the State of Illinois.

Courtesy Kandis Draw

Camp dates
subject to change.
Check with local Conference.
No LRC camp due to GC2020.

ILLINOIS CAMP AKITA

By Mary Claire Smith

As I drove along the endless highways, passed the vast cornfields of Central Illinois, my thoughts turned to the hidden gem that has changed my life immeasurably.

Ever since I was a junior camper some 10 years ago, I discovered the extraordinary outreach possibilities of Camp Akita. I had grown up Catholic, feeling out of my element and intimidated by the idea of praying to God in any way that was different from what I already knew. It did not take long to realize this was not an issue and I was in for one of the most exciting and spiritual summers of my life. I felt emotionally supported and driven to build my relationship with God. So much so, I had to come back every year for more. Now, as an adult, I can see and appreciate how they implemented all of the tools to love and teach indiscriminately.

Throughout childhood and important teen years, youth can often feel as if they cannot control anything in their lives and are never given a choice. Camp Akita provides a safe environment that supports, loves and allows children the independence to decide. In some of the most stressful, constantly changing times of these children's

lives, camp helps illuminate Who is their biggest fan, strongest advocate and unconditional companion. Camp helps youth of all backgrounds choose God on their terms which can be a solid foundation

for the most beautiful and meaningful relationship they will ever experience.

Additionally, Camp Akita has countless activities and events designed for a vast array of ages, interests and abilities. Everyone is given the opportunity to experience new things, make new and lasting relationships, and step outside of their comfort zone. As both a camper and a staff member, I have personally always loved the horse barn for allowing me to connect with God through watching these large, majestic creatures that graze, frolic and greet our oncoming campers. Others love testing their limits on the rock wall, learning about God in Bible study, or exploring their artistic abilities in the craft center. Some love it all and struggle to choose a favorite! For a few, they are enticed to come for the yummy food. The opportunities are endless to enjoy an incredible, dynamic, transformative summer season that's beyond expectations. ■

Mary Claire Smith is a sophomore at Iowa State University in Ames, Iowa, and is studying Animal Science Pre-Vet. She has attended Camp Akita for the last 10 years, her last four as a staff member. She currently serves as horse barn director.
Design by Alain Pichot



ILLINOIS SUMMER CAMP

July 19–26: Youth Camp 1 (ages 9–17)

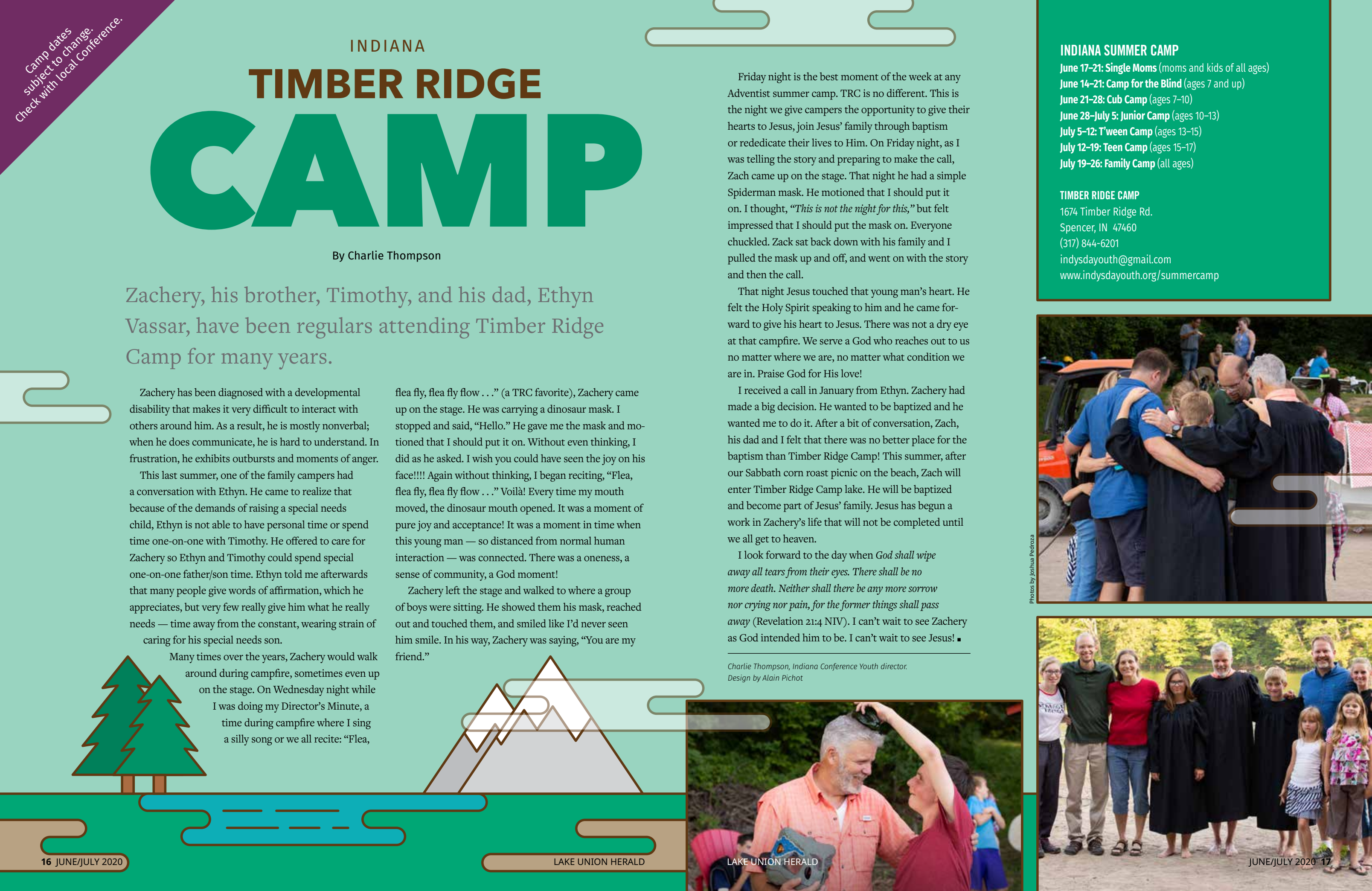
July 26–Aug. 2: Youth Camp 2 (ages 9–17)

CAMP AKITA

1684 Knox Rd. 1200 N
Gilson, IL 61436

(630) 856-2857
youth@ilcsda.org
www.campakita.com





Camp dates
subject to change.
Check with local Conference.

INDIANA TIMBER RIDGE CAMP

By Charlie Thompson

Zachery, his brother, Timothy, and his dad, Ethyn Vassar, have been regulars attending Timber Ridge Camp for many years.

Zachery has been diagnosed with a developmental disability that makes it very difficult to interact with others around him. As a result, he is mostly nonverbal; when he does communicate, he is hard to understand. In frustration, he exhibits outbursts and moments of anger.

This last summer, one of the family campers had a conversation with Ethyn. He came to realize that because of the demands of raising a special needs child, Ethyn is not able to have personal time or spend time one-on-one with Timothy. He offered to care for Zachery so Ethyn and Timothy could spend special one-on-one father/son time. Ethyn told me afterwards that many people give words of affirmation, which he appreciates, but very few really give him what he really needs — time away from the constant, wearing strain of caring for his special needs son.

Many times over the years, Zachery would walk around during campfire, sometimes even up on the stage. On Wednesday night while I was doing my Director’s Minute, a time during campfire where I sing a silly song or we all recite: “Flea,

flea fly, flea fly flow . . .” (a TRC favorite), Zachery came up on the stage. He was carrying a dinosaur mask. I stopped and said, “Hello.” He gave me the mask and motioned that I should put it on. Without even thinking, I did as he asked. I wish you could have seen the joy on his face!!!! Again without thinking, I began reciting, “Flea, flea fly, flea fly flow . . .” Voilà! Every time my mouth moved, the dinosaur mouth opened. It was a moment of pure joy and acceptance! It was a moment in time when this young man — so distanced from normal human interaction — was connected. There was a oneness, a sense of community, a God moment!

Zachery left the stage and walked to where a group of boys were sitting. He showed them his mask, reached out and touched them, and smiled like I’d never seen him smile. In his way, Zachery was saying, “You are my friend.”

Friday night is the best moment of the week at any Adventist summer camp. TRC is no different. This is the night we give campers the opportunity to give their hearts to Jesus, join Jesus’ family through baptism or rededicate their lives to Him. On Friday night, as I was telling the story and preparing to make the call, Zach came up on the stage. That night he had a simple Spiderman mask. He motioned that I should put it on. I thought, “*This is not the night for this,*” but felt impressed that I should put the mask on. Everyone chuckled. Zack sat back down with his family and I pulled the mask up and off, and went on with the story and then the call.

That night Jesus touched that young man’s heart. He felt the Holy Spirit speaking to him and he came forward to give his heart to Jesus. There was not a dry eye at that campfire. We serve a God who reaches out to us no matter where we are, no matter what condition we are in. Praise God for His love!

I received a call in January from Ethyn. Zachery had made a big decision. He wanted to be baptized and he wanted me to do it. After a bit of conversation, Zach, his dad and I felt that there was no better place for the baptism than Timber Ridge Camp! This summer, after our Sabbath corn roast picnic on the beach, Zach will enter Timber Ridge Camp lake. He will be baptized and become part of Jesus’ family. Jesus has begun a work in Zachery’s life that will not be completed until we all get to heaven.

I look forward to the day when *God shall wipe away all tears from their eyes. There shall be no more death. Neither shall there be any more sorrow nor crying nor pain, for the former things shall pass away* (Revelation 21:4 NIV). I can’t wait to see Zachery as God intended him to be. I can’t wait to see Jesus! ■

Charlie Thompson, Indiana Conference Youth director.
Design by Alain Pichot

INDIANA SUMMER CAMP

- June 17–21: **Single Moms** (moms and kids of all ages)
- June 14–21: **Camp for the Blind** (ages 7 and up)
- June 21–28: **Cub Camp** (ages 7–10)
- June 28–July 5: **Junior Camp** (ages 10–13)
- July 5–12: **T’ween Camp** (ages 13–15)
- July 12–19: **Teen Camp** (ages 15–17)
- July 19–26: **Family Camp** (all ages)

TIMBER RIDGE CAMP

1674 Timber Ridge Rd.
Spencer, IN 47460
(317) 844-6201
indysdayouth@gmail.com
www.indysdayouth.org/summercamp



Photos by Joshua Pedroza



Camp dates
subject to change.
Check with local Conference.

MICHIGAN

CAMP

AU SABLE

By Bailey Gallant

During staff orientation of my first summer working at camp, I remember being amazed every evening as I watched the sun set over Lake Shellenbarger.

As I continued to explore Camp Au Sable, I began to love the beautiful pine trees, walks around the boardwalk and the quietness of the Northwoods. I etched in my journal that first week, “Could this place be any more beautiful?”

Just weeks later, I found myself surrounded by a cabin full of giggling girls, walking back to our cabin from an evening program. As we walked, I recollected memories from the previous weeks. I remembered the camper who was scared all week of riding horses; when she finally faced her fear, she firmly decided she wanted her own pet horse. I thought of the previous week when every girl in my cabin had decided they wanted to be baptized after watching, in the Friday Night Play, the replication of Christ’s life and sacrifice. I thought of evenings spent praying individually with each of my campers before bedtime and recalled the way I saw them opening their hearts up to me and, more importantly, to God. I remembered the laughter, the songs, the smiles, and the joy of these beloved girls.

As we made it back to our cabin, I smiled and realized that these little moments are what truly make Camp Au Sable beautiful. Yes, the nature and scenery are breathtaking, but the true beauty is in the way that God uses one week spent swimming, climbing, canoeing, studying the Bible, singing and exploring nature to show campers the eternal love He has for them.

The true beauty of Camp Au Sable is seeing God change the hearts of the campers, while also watching how He uses the campers to change your life.

1 John 3:1, *Behold what manner of love the Father has bestowed on us, that we should be called “children of God!”* ■

Bailey Gallant, an Elementary Education major at Weimar Institute and current vice president of Programming for G.Y.C., served at Camp Au Sable as a counselor, teacher and office staff. She is passionate about Children's and Youth ministries.

Design by Alain Pichot



MICHIGAN SUMMER CAMP

July 5–12: Youth Camp 1 (*ages 8–11)

July 12–19: Youth Camp 2 (*ages 10–14)

July 19–26: Youth Camp 3 (*ages 12–15)

July 26–Aug. 2: Youth Camp 4 (*ages 13–17)

**The adjusted age groupings are designed to provide expanded options and to provide ways for multiple siblings and their friends to attend together.*

CAMP AU SABLE

2590 Camp Au Sable Drive

Grayling, MI 49738

office: (989) 348-5491

cas@misda.org

www.campausable.org



Camp dates
subject to change.
Check with local Conference.

WISCONSIN

CAMP

WAKONDA

By Kristin Zeismer

Have you ever seen the wonder, or perhaps terror, in a kid's eyes as they touch a reptile for the first time?

That is a feeling I was privileged to experience this past summer. I used to be scared of snakes. It was a fear that I inherited from my father, and one I was always okay with keeping.

Throughout my life, I had never felt a need to let go of my snake-induced fear; besides, didn't God curse snakes? However, that all changed when I became the Nature director my third summer working at Camp Wakonda. If you have worked at a summer camp or had any interaction with kids, you will know that children can smell your fear. I mean, if you even wince in the direction of a bug, that bug will somehow be brought to you and waved in your face while laughter and taunting fill your ears. I am not really scared of most things at camp, but I realized that my fear of snakes was going to be quickly used against me if I did not control it.

So, before camp began, I told Pastor Chavez that I needed a snake. We chose a baby corn snake because it was little and non-threatening. I actually cringed when the pet store employee handed me the little box, but I told myself that it was time for me to let go of my fear. Over the next few weeks, I carried that little snake around with me and held him as much as I could. It got a little easier every day. By the time the campers came, I was best

buddies with that snake. And then I got to do the coolest thing — I got to help the campers let go of their fears, too.

During one of our family camps, there was a little girl who spent hours in the Nature Center. She only wanted to play with the fluffy animals (but, honestly, who can blame her?). During the week, I made it my mission to help her overcome her fears. Slowly, but surely, I convinced her to poke the snake. After she poked it (gently), she quickly petted it. Realizing it couldn't hurt her, she asked to hold it. The look of wonder and excitement on her face as she held the snake made the whole summer worth it.

Sometimes, God asks us to let go of things so He can give us something better. He will take our fears and anxieties and give us wonderful experiences that only He can imagine and make happen. Letting go is always one of the hardest things for me, whether it's letting go of my fear of snakes or letting go of my fear for the future. Camp Wakonda's motto is "a place set apart." I truly believe God has set summer camp as a place to reach people, both the campers and the staff. At Camp Wakonda, you can let go of your troubles and fears, and let God give you what you need. ■

Kristin Zeismer just completed her second year of studies at Andrews University, majoring in Psychology with a minor in Trauma and Disaster Response. Design by Alain Pichot



WISCONSIN SUMMER CAMP

July 5-12: Tween Camp (ages 11-13)

July 12-19: Teen Camp (ages 13-17)

CAMP WAKONDA

W8368 County Hwy. E

Oxford, WI 53952

Phone: (608) 296-2126

echavez@wi.adventist.org

www.wakonda.org



OUR FAMILY'S JOURNEY WITH COVID-19

By Ann Hamel

The Hamel family has deep roots in Berrien Springs and the Andrews University community. Born in St. Joseph and growing up in Berrien Springs, Loren and Lowell returned, after medical school at Loma Linda and residency at Hinsdale, to practice medicine.

When I moved to Berrien Springs in 1990 as a widow with three young sons, the two of them were practicing medicine together at the University Medical Center on the campus of Andrews University.

Marrying into Loren's family was a blessing. Loren is close to all of his brothers but, as identical twins, he has a special relationship with Lowell. They have worked together to provide for the healthcare needs of our community for more than 35 years, as both primary care physicians and hospital administrators. When the World Health Organization declared COVID-19 a pandemic on March 11, 2020, Loren was serving as president of Spectrum Health Lakeland and chief strategy officer of Spectrum Health in Grand Rapids, and Lowell was serving as chief operating officer of Spectrum Health

Lakeland while continuing to practice medicine part-time in Berrien Springs.

Since the first reported deaths due to COVID-19 in Wuhan, China, in late December, both Loren and Lowell watched the course of the virus. When the first cases were reported in Michigan, they were in the process of preparing the hospital for the crisis. On Saturday evening, March 14, we met together as a family. Loren and Lowell had roles within the community and, inevitably, would be exposed to the virus. Two of our sons, two of Lowell's daughters and my sister also would be on the front lines, seven family members altogether.

Nine days before the governor of Michigan issued a Stay-at-Home order for the State of Michigan, we agreed as a family that this would be our last family gathering

Michelle Hamel





▲ Lowell's daughter, Katrina, recognized the importance of family in her dad's recovery when she created a collage of family pictures, took it to the hospital and asked the nurses to put it at the foot of his bed so he would see it when he regained consciousness and remember why he was fighting to live.

and that those who could would self-isolate until this was over. Loren told our family that, if the course of the virus was anything like it was in Wuhan or Italy, we could very well lose a family member in this pandemic.

That was a sobering thought. Although I was able to do my work from the safety of our home, Loren and Lowell left for the hospital early every morning, seven days a week, in their attempts to prepare the hospital for the crisis. With great concern for our community, they devoted all of their time and energy into ensuring that the hospital was ready, the hospital staff adequately trained for the crisis, and the needed equipment and personal protective gear was on hand. Loren and Lowell both rounded throughout the hospital to ensure that things were ready.

On Sunday evening, April 6, Lowell called Loren to report that he had a fever, some mild body aches but no cough. Overall, he said he felt okay, but they agreed that he should stay home and work remotely. In the next few days his symptoms increased, he tested positive for COVID-19, and was admitted to the hospital.

We were concerned, but confident at this point that he would be okay. Lowell was resilient and healthy. We believed his immune system was strong. Due to the hospital's No Visitors policy, we stayed in regular contact through FaceTime but observed him declining by the day. As he worsened, Lowell's daughter, Danelle, posted the following tribute on Facebook Easter Sunday, April 12:

"I looked through all of my thousands of photos and found that I don't have many pictures of my dad. It makes me sad today, but I know exactly why . . . He is always behind the scenes . . . He has quietly done this for me my whole life and he has been doing it for all of you who live in Berrien County as this pandemic has threatened us. My dad . . . has worked from before sunrise to after sunset without a break, without rest, to help our community be as prepared as we can be for when COVID-19 comes for us, I'm sure it's more than 40 days in a row. And now it's come for him. . . We want him to come home, we need him to come home, so all your prayers, well wishes and good vibes are appreciated."

That night, Lowell had to be transferred to the Intensive Care Unit. Loren met with the team and the decision was made to transfer to Spectrum Health in Grand Rapids where the experimental treatment with convalescent plasma might be available one or two days earlier. When Loren told me that Lowell would be transferred to Grand Rapids, he also told me that we would follow the ambulance there. He wanted Lowell to know he was not alone.

While in the ICU, Lowell's condition continued to deteriorate. Four attempts to get convalescent plasma failed. Lowell has a rare blood type which makes finding an appropriate donor difficult. We watched his condition continue to decline almost by the hour. The virus was affecting multiple systems of his body. Loren and others knew Lowell would die unless there was a turn-around soon. The inherent risks involved in putting a patient on a ventilator makes it an intervention of last resort. On Wednesday, April 15, I posted the following message on Facebook:

"Loren and Lowell have worked together for the past 35 years serving the healthcare needs of this community. Now it is Lowell who is in need of care. I am sad to share that his condition has worsened significantly overnight. Loren says the next 24 hours will be critical as he has reached a point where he needs to be put on a ventilator. Thank you for your continued prayers on his behalf. They are much appreciated."

Hundreds of people, many of them Lowell's patients, sent messages saying that they were praying for him. Many recounted stories of things he had done for them

and times that he had gone well beyond the call of duty to care for them.

On Thursday, April 16, Lowell reached a state of acute respiratory failure. He was able to communicate with his wife, Judy, and his children, Danelle, Katrina and Marcus, then give his consent to be put on a ventilator. As a physician, he understood fully the implications of what was happening. He reports that, as he was sedated, he realized he might not wake up, that this might be it. Several hours after being put on the ventilator, Lowell was finally able to receive an infusion of convalescent plasma. We set up a family Zoom meeting that evening and Loren shared with the family what was happening. Together we prayed that God would use the plasma to bolster Lowell's immune system and restore him to health.

The limited experimental trials that have been done so far show that if convalescent plasma is going to have an impact it usually takes a couple days before the impact can be seen. Lowell continued to deteriorate. During this time, Loren and a team of researchers at Spectrum were scanning the literature to see what was being done around the world.

The team at Spectrum was willing to try any approach that seemed promising. Because the lungs of COVID patients are so severely damaged, doctors in other hospitals found that they do better if they lay them on their stomachs. It allows parts of the lungs not as damaged by the virus to do their work. To help Lowell breathe, his doctors kept him on his stomach for up to 20 hours a day for several days. Being on his stomach required much more sedation, however, and sedation carries its own risks. Lowell's heart rate dropped to 18, his blood

As a family, we knew all too well that Lowell could die. We did not approach the Throne of Grace confident that our Father in Heaven would miraculously intervene to spare Lowell.

Yes, as a family we are rejoicing. We are so grateful to be a part of a community that hears the voice of God in their hearts and lives, and answers His call to prayer.

friends via Zoom for an hour-and-a-half to earnestly plead with God for Lowell's life and for our community. We believe God called this group of men and women to serve as prayer warriors who would mightily intercede before the Throne of Grace on behalf of Lowell. Several reported that they felt called to both fast and pray. We

pressure plummeted, and multiple organs and systems were impacted.

As a family, we knew all too well that Lowell could die. We did not approach the Throne of Grace confident that our Father in Heaven would miraculously intervene to spare Lowell. We knew that statistically 85 percent of all those on ventilators would die. To use the language of Scripture in John 10:10, the COVID-19 virus has come into our community like a thief whose objective has been to kill, to steal and to destroy. It is like an evil, invisible force that can be transmitted to others without our awareness. Its presence has separated us from those we love and care about, prevented us from worshiping together as communities of faith, shut down our schools, and is destroying our economy. It has awakened in each of us our own vulnerability.

On Sabbath, Lowell's older brother, Gary, and his wife, Jeannie, along with Loren and I met with a group of

were deeply blessed by their prayers and their confidence that they were called to pray. We asked for God's healing power to rest on Lowell during the holy hours of the Sabbath and that healing would begin.

The very next morning on Sunday, April 19, our family was able to post on Facebook that Lowell was showing signs of improvement. After nine days the battle turned and his labs and oxygen levels began to improve. Over

the next few days, Lowell continued to improve at a level that exceeded the expectations of those caring for him. After eight days of ventilation, Lowell showed signs of being able to breathe on his own and was taken off the ventilator. His doctors told Loren that before Lowell went home he would likely be in the hospital another two weeks, followed by inpatient rehabilitation and two to three months recovery.

People in our community and in the hospital in St. Joe and Grand Rapids, as well as people around the world, continued to pray for Lowell's recovery. The Sabbath after being taken off the ventilator, God's healing power rested on Lowell once again and he experienced dramatic improvement. On Monday afternoon, Lowell was able to go home without the use of oxygen. He describes the rate of improvement that he experienced from the time he was extubated until he went home to that of being on a rocket.

With Lowell home from the hospital, we continued to have our nightly family Zoom meetings. During our first meeting, Lowell wanted to share the three factors that he attributed to his survival and recovery, all of which he believed were essential. The first was the quality and depth of family support that he felt, starting with his wife Judy and his three children, and extending to his brothers Loren, Gary and Carl, his dad and other extended family members along with friends and community.

The second factor is the quality of medical care provided by Spectrum Health in St. Joe and Grand Rapids. He feels immense gratitude to the team of doctors, nurses and other staff who put their own lives at risk to care for him as a critically ill and highly contagious patient. Doctors and nurses caring for COVID patients, particularly during high-risk interventions, are the real superheroes. Lowell also accredits his health care team's extraordinary willingness to collaborate and innovate.

Most importantly, Lowell is strongly convicted that his survival and recovery was an answer to prayer. Lowell does not believe that it is a miracle that God hears our prayers. After all, He made the universe. He believes that the miracle is that any of us can hear Him speaking to us. Lowell is surprised and inspired by the hundreds of people in our community and around the world who heard the voice of God calling them to pray and wholeheartedly responded, and his heart is overwhelmed with gratitude to them.



▲ Loren and Lowell Hamel

Michelle Hamel

As Loren walked the halls of the hospitals in St. Joe as well as in Grand Rapids, hundreds of people from various walks of life and religious perspectives shared that they were praying for Lowell. Many shared that God had called them to pray, some awakened in the middle of the night to pray, others at various times during the day. Some shared that they had been impressed to fast and pray.

Yes, as a family we are rejoicing. We are so grateful to be a part of a community that hears the voice of God in their hearts and lives, and answers His call to prayer. We serve a mighty and powerful God who sits on the throne above with Jesus standing by His side as our Elder Brother. Our Father in Heaven is inviting each of us to join Him in the battle against evil, against sin and suffering. This is a time to reach out in love and support to all those around us, to love each other as He has loved us.

Loren closed our first family Zoom meeting on that first evening that Lowell was home with the following prayer:

"Heavenly Father, as a family, we praise you. We praise you for not just talking to Lowell but to talking through Lowell to all of us. We are grateful for allowing us to hear your voice. And we thank you for not just healing Lowell, but for the healing you have in mind for a much broader audience, including all of us."

"We thank you that you've nudged us into a deeper relationship with you and into a deeper relationship with each other. We commit ourselves in service to you and in service to others."

"Thank you for the miracle that you have worked through our prayers and through Lowell's testimony and through this tragic pandemic. Again, we thank you and praise your name for that. In the name of Jesus. Amen." ■

L. Ann Hamel, PhD, DMin, is a psychologist with the International Service Employee Support team of the General Conference. She provides support and mental health care for missionaries, particularly during times of crisis. She lives in Berrien Springs with her husband, Loren, and has a part-time practice at the University Medical Center.



Watch the Hamel interview on our YouTube channel: <https://bit.ly/2z2Eia5>

Milton Torres: Husband, Father, Registered Nurse and Church Member

Giving to Others is Key

Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything (James 1:2-4 NIV).

Milton Torres, R.N., B.S.N., believes that even when you have needs that may seem overwhelming, you still have something to give to others.

That is why Torres, a registered nurse in telemetry medicine at AMITA Health Adventist Medical Center La Grange since 2018, relies on his spiritual faith to guide him at work, at church and personally.

With his positive attitude, Torres is a good example of how to persevere when you face trials. In his personal life, he and his family experienced a house fire in March 2020 that was caused by a faulty lamp. His

wife and children were able to get out of the house while he learned of it driving to work. In his professional life, the registered nurse has cared for COVID-19 patients during the unprecedented pandemic.

“My experience with the house fire — these are hard times now,” said Torres, who is married to Carli and father to a 7-month old son and 2-year-old daughter. “No matter what you are going through, personally you have something to give to others. Family and friends have grounded us. We forget who we depend on — that God is in control. It serves as a reminder to depend on God.”

Giving to others includes caring for seriously ill patients, working with his team, using kind words or being involved at church. Facing adversity has helped him grow personally and professionally.

Torres said he is thankful that his family

can live with his in-laws in the Chicago suburbs. Renovation of his house, damaged by fire and smoke, has been paused during the pandemic.

Torres has been a member of Hinsdale Church for about 18 years. He is active at church — serving on the nominating committee, co-leader for audio, and playing guitar and singing during worship.

“Nursing has been a perfect fit for me,” said Torres, noting he loves being involved with people and is service-driven, like his parents, who are both nurses.

Torres comes from a musical nursing family. His mother has a nursing and music degree, so she influenced Torres and two siblings. Growing up, they performed together. His mother had worked at AMITA Health Adventist Medical Centers GlenOaks and Hinsdale, and now works in case management.

“Right now, we wear masks and personal protective equipment at work,” he said. “A patient may be asymptomatic. This is a time where we all pull together at work.”

The telemetry unit provides care to patients with different types of infections, heart conditions, surgery, wounds and other conditions. His routine at work has changed as he rotates through the COVID-19 units. After work, he goes in through the garage at home, takes off his uniform and showers before he can play with his kids.

Although 2020 has been a challenging year, Torres counts his blessings, which include being a father. “We learn more from our kids than they learn from us,” he said.

Blessed is the one who perseveres under trial because, having stood the test, that person will receive the crown of life that the Lord has promised to those who love Him (James 1:12 NIV). ■

Julie Busch, associate vice president, AMITA Health



▲ The Office of Campus Ministries hosted “Sunday Streams,” a Facebook Live study of the Book of James, each Sunday in April.

Health and Hope in Uncertain Times

The COVID-19 pandemic has brought constant change to the daily lives of everyone around the world. The uncertainty has caused many to rethink their approach to “normal” and how to best care for their physical, spiritual and emotional well-being. At Andrews University, classes have moved to remote learning, with most faculty and staff working from home. Despite the adjustments, the importance of community remains a priority, and members of the Andrews community have found new ways to maintain positivity and establish healthy practices.

For Rachel Keele, associate Dean of Women at Lamson Hall, fitness plays a large part in her COVID-19 routine. She says, “Exercise plays such a huge role in both physical and mental health. I’m a group fitness instructor at the Andreasen Center for Wellness, and have been blessed to have the opportunity to continue

teaching in a virtual setting. It’s a great motivation for me to exercise, but I know it’s so important for those that join me from their homes.”

In addition to focusing on fitness, Keele has prioritized healthy eating and journaling about things that have brought her joy each day. “Aside from that, my husband and I have tried to be intentional about taking time for each other. It’s easy to just do our own thing all day as we work from home, without really spending any meaningful time together. We’ve tried to set aside time to eat a meal, watch a show or play a game,” Keele explains.

Danielle Pilgrim, associate Chaplain, also notes the importance of having healthy habits throughout the pandemic. She says, “Social distancing for an extrovert like me is certainly not ideal. However, despite being physically distant from family, friends, colleagues and the student population, I have been able to maintain my joy and fulfillment

by intentionally focusing on my spiritual, emotional and physical health.”

Pilgrim created a daily routine of three effective practices. “My routine includes an hour-long power walk around my neighborhood. In addition to my power walk, I intentionally contact one family member, friend, colleague or student to encourage them,” she says. “Last, and most important, I spend an hour daily speaking to God and meditating on His words. One Scripture that has been extremely encouraging says, *The Lord himself goes before you and will be with you; He will never leave you nor forsake you. Do not be afraid; do not be discouraged* (Deuteronomy 31:8 NIV).”

Turning to the Bible is also one of the ways that Scott Moncrieff, professor of English, has sought encouragement as well.

“When Paul wrote, *for now we see in a glass darkly, but then face to face*’ (1 Corinthians 13:13 NIV), you might have thought he was talking about our experience teaching by Zoom, contrasted to our traditional way of teaching,” Moncrieff notes. “Everyone at Andrews has been making the big transition to temporary online teaching and interacting. But faith, hope and love remain, and the character and stability of our God of love sustains me in a time when the immediate future seems especially uncertain.” ■

Hannah Gallant, University Communication student writer

“EVERYONE AT ANDREWS HAS BEEN MAKING THE BIG TRANSITION TO TEMPORARY ONLINE TEACHING AND INTERACTING. BUT FAITH, HOPE AND LOVE REMAIN, AND THE CHARACTER AND STABILITY OF OUR GOD OF LOVE SUSTAINS ME IN A TIME WHEN THE IMMEDIATE FUTURE SEEMS ESPECIALLY UNCERTAIN.”



▲ Milton Torres



▲ Student volunteers from Andrews University and event organizers Bill Wells, ASAP Ministries Refugee coordinator (fifth from left), Shawna Henry, Pre-Licensure Program director for the AU School of Nursing (sixth from left), and Carlisle Sutton, director of the AU Office of Community Engagement (far right).

Battle Creek refugees learn to Think Healthy

Earlier this year, representatives from ASAP Ministries (ASAP), Andrews University (AU) and local Adventist congregations partnered to launch a unique health outreach to Chin refugees in Battle Creek, Mich. During the first phase of the project, more than 60 members of the local Zomi Adventist group gathered at the Battle Creek Tabernacle on February 29 for Think Healthy, an event featuring interactive presentations on trauma and mental health, parenting and healthy relationships, as well as health screenings and a cooking demonstration.

Approximately 4,000 refugees from Myanmar (formerly Burma) have resettled in Battle Creek over the past 15 years. Most come from one of five ethnolinguistic groups — Chin, Burmese, Falam, Haka and Zomi — in Myanmar’s Chin State. Predominantly Christian, many Chin refugees have planted their own churches, including the Zomi Adventist group led by Pastor SB Ngaih Cin. Yet, like many refugees, they often struggle to adjust to life in America while also dealing with the effects of persecution and trauma suffered in their homeland.

In 2019, Bill Wells, ASAP Ministries Refugee coordinator, and Shawna Henry, Pre-Licensure Program director for the AU School of Nursing, began brainstorming ways to minister to the needs of these refugees. As plans developed, the project grew to include partnerships with several other AU departments, including the Office of Community Engagement, School of Nursing and School of Population Health, Nutrition & Wellness, as well as five Chin-speaking students from the undergraduate- and graduate-level business and theology programs who volunteered to serve as translators.

Tiji Pau, a Zomi Adventist lay leader, expressed his gratitude for their efforts, sharing what a blessing he and the group’s members received from Think Healthy as they learned about caring for their physical, relational and mental health. During the initiative’s second phase, planned for spring 2021, project partners will support the Zomi Adventist group in organizing a citywide Think Healthy event for the larger Burmese-Chin community.

Shirley Finneman, director of Adventist Community Services in Battle Creek, who was instrumental in organizing the initial event at the local level, had been praying for just such an opportunity for some

time. She marveled at how God brought together all the details. Wells concurred, remarking, “The synergy both in the planning and execution of the service was felt by all. To see such unity in the body of Christ, coming together in service, was a wonderful gift to behold and experience!” ■

Bill Wells serves as Refugee coordinator for ASAP Ministries in Berrien Springs, Mich. Jeniffer Peña, an intern at ASAP Ministries, is completing a Master of Social Work (MSW) degree at Andrews University.



▲ Katelyn Campbell, an AU Master of Social Work student, presented a seminar on emotional health.

Academy students commended for their ‘Caring Heart’

In the Seventh-day Adventist Church, we believe teaching young people to be actively involved in witnessing and service activities is central to the educational goals of the school and the mission of the church. For this reason, the secondary student Caring Heart Award for Christian service has been established to give recognition to those students who have demonstrated a personal commitment to active service and witnessing activities.

Through the Caring Heart Award, the importance of witnessing and service activities is emphasized and given appropriate recognition along with academic, athletic, music and other school awards and honors. An additional purpose of this award is to foster increased awareness of and participation in witnessing and service activities by all students.

To be eligible, the student should be a full-time junior or senior student with a strong citizenship record who has given evidence of a personal commitment to witnessing and service activities by exhibiting initiative and responsibility for carrying through, serving as an overall example on the campus. Criteria also might include significant and varied participation in service-type activities, witnessing experiences, and mission trips (inside and/or outside the country).

The North American Division (NAD) Office of Education provides one Caring Heart Award to each NAD-accredited senior academy that has selected an eligible candidate. The award will consist of a special scholarship award certificate with a value of \$500, paid by the Union, and accompanied by a plaque and engraved Bible provided by the NAD Office of Education. The scholarship award may be used by the student award recipient for either funding a mission trip experience,

or as tuition assistance at the Adventist school of their choice.

The recipients for the 2019–2020 school year are:



ANDREWS ACADEMY

As a senior, Jenisca Samuel was chosen for the Caring Heart because she exemplifies the characteristics of this award. Jenisca held an ex-

tremely strong citizenship record and had a history of commitment to witnessing through her participation in many of our school programs. During her junior year Jenisca went on our mission trip where she assisted in building a home church for the local people. She was consistently kind and friendly in her dealings with everyone and befriended all with whom she came in contact. She had a ready smile and a hug for anyone she met. She was an absolute joy and will be greatly missed at AA.



BATTLE CREEK ACADEMY

Elizabeth Bateman was a quiet and humble student who got things done. As a member of the Student Association (SA), she served

other students by helping to plan and run school events and activities. She was a good model student with no disciplinary issues at all. She played the trombone very well and used her musical talent to praise God. Elizabeth was involved with her church Pathfinder Club, church praise team, vacation Bible school, and a church hospitality team. She volunteered to help with Cadet Band, served in SA, faithfully



GRAND RAPIDS ADVENTIST ACADEMY

Elizabeth Green was a senior described as a person with a daily walk with Jesus. She was caring, kind, joyful and often

could be seen going out of her way to help someone. Generally soft-spoken, she was often the first person to recognize a need and hurried to assist. Elizabeth also had a way of considering how others might feel about an event or conversation and always tried to make them feel at ease. These qualities were the primary reasons which endeared her to her fellow students and influenced their decision to select her as Student Association president. Elizabeth’s contribution to our school was always positive and influential. Our school is better because she lived her life as a child of God.



HINSDALE ADVENTIST ACADEMY

Anneliese Tessalee was a student at HAA for 13 years. In her academy years, Anneliese emerged as a

true leader with a heart for service. She served as a youth leader at church, class secretary, class vice president, volleyball team chaplain, and a Pathfinder TLT. Most recently, Anneliese served as Senior Class secretary, yearbook co-editor, the Youth spiritual head at church, and the

National Honor Society president where she put a renewed emphasis on community service through events like helping at the Rx Mobile Food Pantry. Beyond these responsibilities, Anneliese chose to be an active member of all the academy's music ensembles where she was able to share her talents to praise God and bless others. Outside of school, she could often be found leading praise services and AY programs at church, volunteering at health clinics and memory care facilities, or even preaching for youth vespers programs. Anneliese participated in mission trips to places like Holbrook, Ariz., and was planning on going to the U.S. Virgin Islands for her Senior Class trip to help with hurricane relief efforts. Next steps for Anneliese are to study chemistry and music.



INDIANA ACADEMY

Julio Santana, from Lakewood, Ohio, was a senior who was overwhelmingly selected by the faculty and staff of Indiana Academy to receive the Caring Heart award for his demonstrated conviction to consistently serve others. Always willing to volunteer, to spend extra time praying with his peers as a resident assistant, and to continually seek opportunities to share Christ's love with others, Julio exemplified what Christian care for others could look like. With graduation from Indiana Academy behind him, Julio plans to pursue a major in music performance and theology.



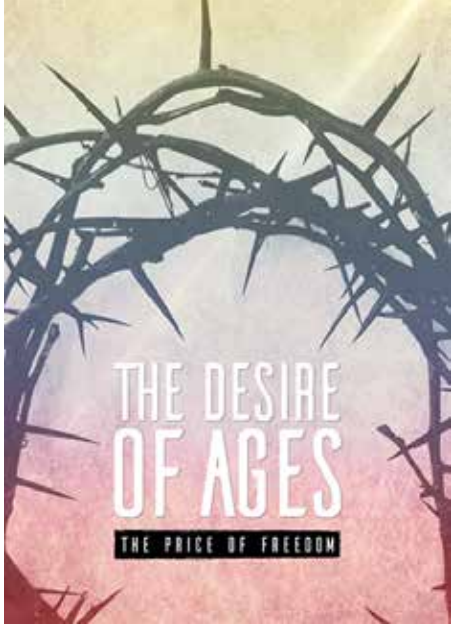
GREAT LAKES ADVENTIST ACADEMY

Myah Riggs-Wright has a servant heart. She always took the initiative to look for opportunities to serve others. A comforter, encourager and helper, Myah placed the needs of others before her own, oftentimes volunteering to do the least desirable tasks. The outflow of Myah's love for others brought joy to all with whom she came in contact. Her Christ-like service and character were a true blessing to our GLAA campus, our church, and our community. She had planned to participate in a mission trip to Cuba this year. Although circumstances didn't allow that trip, Myah desires to continue to serve others.



WISCONSIN ACADEMY

Alice Uwiduhaye was a junior who lit up our campus with her smile and sunny disposition. She especially loved to pray for people and encourage them. Alice had a passion for introducing people to Jesus Christ. One of her favorite activities was GLOWing, where a group went out and knocked on doors. Before delivering the GLOW tracts, the students sang a hymn and prayed with the people. Alice faithfully knelt to pray, even when people's porches were icy. She has also canvassed and encouraged others to spend the summer doing it with her. A blessing to our school, we were so glad to have her here. ■



Messages of hope shared during COVID-19

Bill was at a gas station pumping gas when, suddenly, he felt a strong impression to give a GLOW tract to a well-dressed woman on the other side of the pump standing near her vehicle. He tried to brush aside the impression, but it remained with ever-increasing intensity as the seconds wore on. After some hesitancy, he finally relented and went over to hand her a few GLOW tracts. She inquired as to which church put out these pamphlets. When she learned, a huge smile spread across her face. She had attended the Adventist church when she was a little girl! That next Sabbath, after quite a stretch of time away, she once again attended the local Adventist church. She is now a baptized and active member of that local Adventist church. We read that the work of printing and sharing literature has been ordained by God and that this ministry will change individual's lives for eternity (*Christian Service*, p.148). And yet, how can we share the message of hope during these uncertain times? What can we do when we are all staying at home and personal contacts with others aren't as available or encouraged? Right before Easter this year, a number of members began to mail their family members, friends and co-workers sharing

books like *The Desire of Ages* and *Story of Hope*, along with a personal note. One of the book recipients of *The Desire of Ages* posted a picture of the book and the attached personal note on social media with the following comment: "The sweetest gift, sent from a loving neighbor.... truly blessed." It is not that complicated to make a difference, even while stuck at home! So how can we share literature right now? **Read the literature.** Rediscover the power and encouragement found in the pages of our Adventist books, tracts and magazines for yourself. **Pray.** Ask God to guide you to the people that need to be encouraged and blessed by our literature at this time. **Share literature by mail.** Write a personal note and include it with the book or magazine that you mail to them. **Share literature digitally.** Share the COVID-19 and other GLOW tracts via social media, text or email. God bless you as you share the written word with others. May we all hear these words one day, "Thank you for sending me that book/for sharing that tract or magazine with me. I found Jesus because of you!" ■

Other resources:
Digital GLOW: www.glowonline.org/digital
Mailing books: www.glowonline.org/gift
Signs COVID-19 magazine: www.adventistbookcenter.com

Kamil Metz, director of Literature Ministries, Michigan Conference



Peoria Adventists produce videos aimed at post-Christian audience

When Matthew Lucio, pastor of the Peoria Church, was growing up, evangelism meant that preachers expected everyone to bring a Bible and know how to use it. He said that the assumption was that everyone in America was basically Christian, but just the wrong kind of Christian. "We don't live in that world anymore," said Lucio, who oversees Peoria Adventists, a digital church planted by the Peoria Church. "We haven't lived in that world for a long time." So, to reach a post-Christian, skeptical, digital audience, Lucio is launching Project Atlas, a new way of talking about Jesus in a new world. Project Atlas is a series of videos by a diverse group of speakers with the intention of feeding people's curiosity to know more about this spiritual world we share. "Sure, we want to persuade people that the Good News of Jesus is for them, that it will challenge and transform," he said in explaining the concept. "But there are

no catches. There is no appeal music as the speaker invites you down the aisle. We don't want your money. We don't have books to sell or DVDs to sell or a special offer for you if you call 1-800-555-5555. You won't find a link to any ministry we are trying to promote. What you will find is each speaker asking viewers to donate to a charity of their choice. There's no catch and no pressure to do anything." The plan is to wrestle with some genuinely interesting questions, like the environment and the apocalypse and what's good and bad about secularism. They'll even touch on the historical transmission and integrity of the biblical text: how do you know that the New Testament you see online is really what was written in the first century? This first season of Project Atlas, released on May 10, has nine videos from nine speakers. You can download them all, or binge-watch them, or start a watch party on Facebook for your friends. For more information, visit <https://www.facebook.com/projATLAS/>. ■

Debbie Michel, Lake Union associate director of Communication

Doing school online: Plenty of tech tools and a learning curve

It's early morning as the alarm clock goes off, much later than it usually would on a school day. Patrice Jenkins, Hinsdale Adventist Academy third- and fourth-grade teacher, gets up and goes through her new morning routine of reviewing her lesson plans and preparing for her Zoom class at 10 a.m. with her students. This is the new normal for the Chicago-area teacher, as well as other educators across the Lake Union, after the abrupt closure of schools as the nation confronts the COVID-19 pandemic.

Across the Lake Union footprint, there are 70 schools with an enrollment of 2,851 students who are taught by 275 teachers. Under normal circumstances, schools would need several weeks to provide training, preparation and structure to make distance-learning a smooth transition. But, amidst the logistical, pedagogical and emotional layers of shifting to distance learning, teachers, students and administrators are learning lessons in resiliency and creativity.

Adjustment Period

Lake Union Conference associate Education director, Ruth Horton, says that teachers have quickly adjusted to various e-learning platforms, including Google Classroom, Google Meet, Zoom and Office 365 Teams software. They also have adapted to teaching/learning plans, content coverage and learning experiences for students. "While not necessarily an easy, fluid journey," Horton says, "teachers are committed to providing students a rich and meaningful learning opportunity."

Jenkins had never used Google Classroom before. In the process of transitioning, she taught herself how to use the program while additionally using Google Slides and Zoom. "I do a lot of hands-on project learning, so I knew it'd be a challenge for both my students and I to go digital," says Jenkins. "But I knew it could be done after



▲ Hinsdale Adventist Academy teacher Patrice Jenkins (bottom left) sent 'I Miss You' letters to her students; Holland Adventist Academy students view an online program.

making sure each of my students had access to online learning."

To prepare her students' parents for the transition, she invited her classroom parents in for a meeting prior to the quarantine orders to learn how to manage Google Classroom, along with her, so that they would know how to help their children with distance learning.

Imagine having to roll out an online plan the first day of starting a new job. That was the case for Lake Region's Fabiola Andre of Chicago Christian School. Andre's first day

as the new principal and science teacher was planned for March 23, but quarantine orders closed schools across the state so she wasn't able to meet with faculty, parents, or students in person. Despite the setback, she wrote letters to parents and called each of them to introduce herself and share her ideas, goals and vision while seeking parental input on what they wanted to see happen during distance learning. She even offered a special program for science and math, and each student who participated received a personalized spring



Green Bay Adventist Junior Academy and Hinsdale Adventist Academy Facebook pages



▲ Students from Green Bay Junior Academy, and Hinsdale Adventist Academy embark on hands-on experiments.

break certificate. "She's been doing a phenomenal job during this transition even though she hasn't even been at the school," says Helen Bryant, Lake Region Education superintendent.

Early Adopters

While many schools have been thrust into a sharp learning curve, Indiana Conference teachers have long had to adapt to e-learning, in the event of unforeseen school closures.

Indiana is a voucher state, which means public funds are available for students to use toward private school education, and one of the mandates is that schools prepare for five e-learning days every year. Tom Coffee, Indiana Conference superintendent of Education, said, "While not fully prepared for this situation, our teachers in Indiana have been somewhat prepared for online learning."

Michigan Conference also had begun preparing their schools by making sure they had contingency plans. "We are blessed in the Michigan Conference to have a tremendously dedicated educational team," says Jeremy Hall, Michigan Conference school superintendent, in a release. "Prior to the gathering restrictions that were put in place, the Education Department asked our schools to have a contingency plan in place should the need arise for us to no longer deliver face-to-face instruction. So, when the mandate came down that schools were

closing, we were able to activate this plan with a little more preparation time."

Interactive Lessons

Even though distance keeps faculty, teachers and students apart, teachers are finding inventive and fun ways to stay connected with their students and send their community some love at the same time.

Earlier in the year, Ivelisse Lozano, Milwaukee School North Campus first- and second-grade teacher and her students had visited an assisted living facility. After the social distance orders, the students have been creating encouraging messages for those at the living facility and taping their notes and pictures to the outside of the facility's windows so the residents can see and enjoy them.

Meanwhile in Michigan, Kalicia Clements, Charlotte Adventist Christian School principal and teacher, found a fun way to get some fresh air and exercise while making special appearances at her students' homes. While hosting her Zoom class, she and her husband rode their bikes down the road. While passing one of her student's homes, her student was excitedly waving from their porch. After hearing about the ride-by, her other students began to plead with her to ride by their houses as well.

Missing the personal connection to her students, Hinsdale teacher, Mrs. Jenkins, came up with a fun way to stay connected with her students by sending them an "I



Miss You" letter in the mail. "I really enjoy the Zoom calls, but I wanted to send my students a personal postcard." She created a postcard, wrote a letter to each of her students, and dropped them in the mail.

Fourth-grader Max Murrill says he was elated to receive one of those letters. "I've never gotten a letter before," he says, and so promptly wrote a letter back.

Another fun classroom experience for Max was a scavenger hunt. His mother, Melissa, laughingly recalled watching her son run around looking for items, such as a fork, during his virtual class scavenger hunt.

Carmen Magray, K-2 teacher at Green Bay Junior Adventist Academy in Wisconsin, sent her students on a bear hunt. After listening to the book, *We're Going on a Bear Hunt*, during their Zoom class, they talked about where they would like to look for bears if they could go on their own bear hunt. So they wrote stories and shared them together during their virtual class. The K-2 students also had a fun time decorating a window of their house with a bear display showing where they found their bear on their bear hunt.

"Although our students and teachers find themselves at greater physical distance, teachers are taking advantage of this opportunity to continue connecting and ministering to student needs," writes Laurie Snyman in an update from Michigan Conference. "This national crisis has positioned the Adventist teacher to be the face of consistency to our students, sharing God's love each and every day."

Internet Access Challenges

While many areas have good access to internet and online programs, some areas are not as accessible. In the Wisconsin Conference area, the countryside has less access to reliable internet as compared to suburban areas around the cities.

"With distance education, we are facing challenges with students who have language barriers, no computers, or in bad areas of online access," says Sue Nelson,

Education superintendent. “Our teachers have risen to the occasion to what’s going on and are keeping things on track while adjusting to their students’ situations. Anything our teachers have needed, we are trying to support them.”

Emptiness in the Boarding Academies

When the call for temporary closures came, Steve Baughman, Indiana Academy principal, never thought the closures would extend throughout the rest of the school year but planned for the long haul.

“Things are going well for a bad situation and, although we’re no longer together, we are trying to provide the same community and support for our students,” says Baughman. “I think my staff did extremely well adjusting to the transition. We’re keeping a good assessment of what’s important and what can wait.” Each teacher is responsible for reaching out weekly to a group of students to see how they are doing, not just with classes but also personally.

Baughman and his faculty are feeling the emptiness of the boarding school. But, in the meantime, they are trying to keep a semblance of normalcy for their students by doing personal check-ins, posting interactive worship thoughts, and making sure to recognize their graduating seniors.

“The outpouring of support for our seniors is great,” says Baughman. “We’ve

ordered a bunch of ‘We Love Our Seniors’ yard signs and are planning to deliver them to houses.”

Parent Partnership

Melissa Murrill, Hinsdale Adventist Academy volunteer librarian and parent to two boys, said she was a bit nervous about the uncertainty of how she would help her children with their schooling. “There was definitely a transition at first,” she says. “I was overwhelmed by trying to provide for all of my kids’ needs.” Murrill’s husband works in healthcare and while his routine stayed fairly normal, with the exception of being busier, hers and the children’s changed drastically. “It was harder at the beginning adjusting to my kids’ education because it was new, and I was a little intimidated with everything.” But she has discovered that she has enjoyed the time with her children and “the growth of being together.”

Rachel Nephew, Holland Adventist Academy School secretary and parent, also was flummoxed when she began home-schooling her three children but is happy to report that things are going better than expected. “Our teachers are really doing a great job with online school,” she says. “When this all started, our school principal sent out a couple of very well-done tutorial videos for parents on how to access Google Classroom (the platform the kids are using

for their classwork) and how to find your way around.”

Finding Community

While students are missing their classes, teachers also are missing the community they have with each other. Teachers and faculty have been having weekly check-ins with each other and meetings with conference presidents or pastors chiming in to give updates and encouragement.

“I enjoy meeting with all the teachers every Monday through Zoom. Our teachers face both successes and challenges. Many teachers have expressed how much they enjoy seeing each other during our Monday Zoom to exchange ideas,” says Nelson, Wisconsin superintendent.

In their time of online learning, teachers are finding community with each other by sharing various ways of providing the best educational experiences as possible in this time of transition.

Usually the Cross Street Christian School would show their teacher’s appreciation during a teacher appreciation week. But since the quarantine, they’ve adapted their week into a five-week span of showering them with weekly gifts of appreciation.

“They usually go all out for the teachers during teacher appreciation week,” says Lisa Rhodes, grades 3–5 teacher and principal. “Once a week, they’ve been sending gifts like a gift basket with self-care and sweet goodies, and they just sent us fresh home-made bread and pie made by our community church members.”

Rhodes adds that the Cross Street Christian school board has been a huge support for distance learning by providing funding for more books, art supplies, and STEM materials for students; she hopes to be delivering these soon. ■

Katie Fellows is a Michigan-based freelance writer.



Adventist camps in the North American Division provide Summer 2020 Camp Report

Every summer throughout the North American Division (NAD), Adventist camps host summer camp evangelism at about 60 camps. With the impact of COVID-19 and the uncertainty of how life will be throughout North America this summer, our camp directors, camp boards and conference administrators are making hard decisions regarding the safety of young people and the operation of their summer camps.

As of May 2020, 43 conferences have decided that they will not be able to operate their usual weeks of summer camp this year. An additional 18 camps are still holding out hope that they may be able to offer at least a few weeks of summer camp late in the summer.

There are currently nine camps exploring the possibility of some type of “virtual camp.” It is uncertain what this style of camp will be like, but we know it will be unique for each camp and camper that gets involved.

In addition, there are some camps that are taking this summer to do capital improvement projects as well as undertake needed maintenance work. If you know camp directors, maintenance directors

and camp rangers, you know they will be doing everything they can to be ready to host people of all ages as soon as they can safely open up camps again. This is because camp exists for the purpose of sharing Jesus with everyone who comes onto these sacred grounds and helping them hear the voice of God among their beautiful outdoor settings in nature.

Each summer throughout our 61 camps, we hire about 2,800 of our academy and college students as summer camp staff. It is these students who actively share Jesus’ love with campers every day of the week. These student staff are the cabin counselors and have the high privilege of sharing their faith with our campers whenever they ask questions about life and love and God. It is with deep regret that most of our camps will not be able to hire our students as summer camp staff this summer because many camps will not be in operation.

For more information about the summer camp in your conference, please go to your local conference’s website to see what your camp is planning for this summer and beyond. Visit www.AdventistCamps.org to learn more about our camps. ■

Tracy Wood is NAD Camp Ministries director; Jeff Wines is Adventist Association of Camp Professionals president.

ADRA International commits \$150,000 to support ACS food pantries

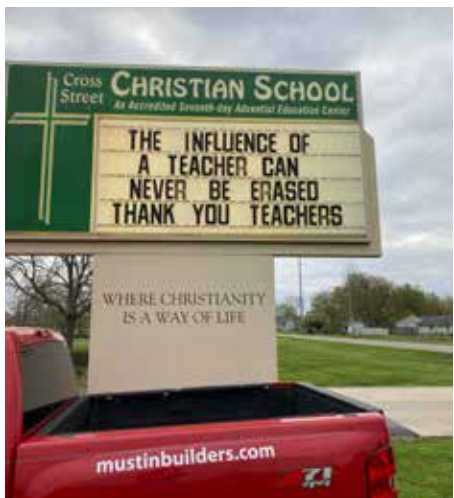
The international Adventist Development and Relief Agency (ADRA) has committed \$150,000 to support Adventist Community Services (ACS) food pantries in the U.S. respond to the COVID-19 food relief efforts. In addition, ADRA is providing \$2.3 million worth of medical consumables as gifts-in-kind and 426 boxes of PPE (personal protective equipment). “We are grateful for ADRA’s commitment to serve and to partner with ACS for this endeavor,” said Sung Kwon, NAD ACS director.

North American Division (NAD) ACS has committed to supporting the operations of ACS food pantry ministries of local conferences within the division (U.S., Canada, Bermuda and Guam-Micronesia). ACS has invested \$1.5 million and allocated a grant of \$25,000 per conference for relief efforts. ■

Adventist Community Services



▲ Indiana Academy student receives his hand-delivered graduation attire and yard sign; Cross Street Christian School shows their appreciation to their teachers



Indiana Academy and Cross Street Christian School Facebook pages

WE WANT
TO HEAR
FROM YOU!

How often do you typically read an issue?

☐ Every ☐ Most ☐ Occasionally ☐ Never

How much of each magazine do you read?

☐ All ☐ Most ☐ Some ☐ None

How long do you keep an issue?

☐ >1 mo. ☐ <1 mo. ☐ 1 wk. ☐ Discard

Total minutes reading each issue?

☐ 60+ ☐ 30-60 ☐ 10-30 ☐ 0-10

If additional content is available online only, how likely are you to go to the website to read it?

☐ Not ☐ Some ☐ Moderately ☐ Very

Using either the list below, the Table of Contents (on p. 3) or by flipping through the magazine, please answer the questions that follow:

Feature articles which focus on a particular theme or topic for that issue

Perspectives (editorial, Lest We Forget, Conversations with God, Conexiones, One Voice)

Evangelism (Sharing Our Hope, Telling God's Stories, Partnership with God, On the Edge)

Lifestyle (Family Focus, Alive & Well)

Current Matters (AdventHealth, Andrews University, other News stories, Calendar of Events, Mileposts, Classifieds)

What type of articles would you like more of?

What article(s) do you *Always* read?

What article(s) do you *Never* read?

Welcome to the *Lake Union Herald* Readership Survey!

This is your opportunity to share your opinions and suggestions so the *Herald* magazine can best serve your interests. Your responses will help us gain a clearer understanding of what you expect to see in these pages and assist us in producing a magazine that is a better reflection of interests and concerns to our readers.

In general, the articles should be (*check one*):

☐ Shorter ☐ Longer ☐ Remain Same

On a scale of 1–10, how valuable is the content to you?

In your opinion, how can we improve that value?

What article topic would you consider to be the most memorable in the last year?

What do you like the most about the magazine?

What do you like the least about the magazine?

Are there any changes or improvements you would like to suggest?

Do you subscribe to the weekly e-newsletter?

☐ Yes ☐ No

Please sign me up (*provide info. below*)

Email address

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Please rate the quality of the current *Herald* magazine on the following:

	Excellent	Good	Average	Poor	Very poor	No opinion
Content						
Cover						
Readability						
Design						
Photography						
Writing						

Of what conference are you a member?

☐ Ind. ☐ Ill. ☐ Mich. ☐ Lake Region ☐ Wis. ☐ None ☐ Other

What is your age?

☐ under 25 ☐ 25-34 ☐ 35-49 ☐ 50-64 ☐ 65+

What is your gender?

☐ Male ☐ Female

Please mail completed survey by September 30, 2020, to: *Lake Union Herald*, P.O. Box 287, Berrien Springs, MI 49103

Or, go online to fill out the survey: <https://www.surveymonkey.com/r/VTYXSRJ>.

Or, scan this QR code.



Watch for survey results in the first quarter of 2021. Thank you for your time and support in completing this survey.

Within the Lake Union, the officiating pastor or church communication leader is responsible for submission of information to this column. Forms are available in print format, or they can be filled out and submitted directly online. Milepost forms are available at <http://www.lakeunionherald.org>. Conference addresses and phone numbers are listed in the masthead on the inside back cover.

OBITUARIES

BEKOWIES, Erich C., age 89; born Oct. 3, 1930, in Detroit, Mich.; died March 22, 2020, in Surprise, Ariz. He was a member of the Pioneer Memorial Church in Berrien Springs, Mich. Survivors include his wife, Karen (Johnson); son, Michael (Alyssa); daughter, Wendy (Ed) Eberhardt; sister, Nancy (Don) Learned; and three grandchildren. Memorial services will take place at the end of summer due to COVID-19; private inurnment.

BURNETT, Nella (Raines), age 95, born Nov. 24, 1924, in Akron, Ohio; died March 19, 2020, in St. Joseph, Mich. She was a member of the Pioneer Memorial Church, Berrien Springs, Mich. Survivors include her son, Keith (Melinda) Wilson; daughter, Maryann Wilson (Gary) Burns; six grandchildren; and one great-grandchild. Family memorial service and internment will take place summer of 2020 at the National Cemetery, Madison, Tenn.

PHILIP, Joseph, age 83; born April 11, 1937, in Chicago.; died April 22, 2020, in Chicago. He was a member of the North Shore Church in Chicago. Memorial services were conducted by Pastor Jonathan Burnett; inurnment was in Chicagoland Cremation Options Mausoleum in Schiller Park, Ill.

POLLITT, Bonnie J. (Nutt), age 85; born April 14, 1934, in Kadoka, S.D.; died Dec. 17, 2019, in Berrien Springs, Mich. She was a member of the Pioneer Memorial Church in Berrien Springs. Survivors include her sons, Kevin and Brendan; daughter, Shannon; brothers, Quentin Nutt, Bruce Nutt, and Robert Nutt. Memorial services were conducted by Pastor John Glass; inurnment was in Mission Hills Memorial Gardens in Niles, Mich.

RASMUSSEN, Charles P., age 87; born May 19, 1932, in Rawlins, Wyo.; died Sept. 23, 2019, in Berrien Springs, Mich. He was a member of the Pioneer Memorial Church in Berrien Springs. Survivors include his wife, Alice (Call). Memorial services were conducted by Pastor Dwight K. Nelson; inurnment was in Fort Custer National Cemetery in Augusta, Mich.

RASMUSSEN, Ruth Elaine, age 90; born Oct. 1, 1929, in Battle Creek, Mich.; died April 27, 2020, in Orange City, Fla. She was a member of the Kalamazoo Church, in Kalamazoo, Mich. Survivors include her husband, Arthur D. Rasmussen; sons, Arthur A. (Marsha) Rasmussen, Gene L. (Kathy) Rasmussen, and Darryl K. (Kindred) Rasmussen; daughter, Starr S. (Richard) Bender; five grandchildren; and four great-grandchildren. Memorial services will be held at a later date; inurnment was in Orange City.

SNELL, Ruby V. (Brown), age 95; born Aug. 23, 1924, in Hinsdale, Ill.; died Nov. 25, 2019, in Berrien Springs, Mich. She was a member of the Pioneer Memorial Church in Berrien Springs. Survivors include her sons, Dennis (Judy) and Douglas (Rena); daughters, Lynnece (Gerald) Abel and Joanne (Tim) King; seven grandchildren; six great-grandchildren; and five great-great-grandchildren. Memorial services will be at a later date; inurnment was in Union Cemetery in Berrien Center, Mich.

SNYDER, Julia “Judy” (Thomson), age 92; born June 25, 1927, in Pineland, Texas; died July 2, 2019, in Atlanta, Ga. She was a member of the Pioneer Memorial Church in Berrien Springs, Mich. Survivors include son, David (Renate) Snyder; daughters, Denise (Siegfried) Greutz, Rebecca (Mark) Becker, and Rachel Kroncke; seven grandchildren; and 11

great-grandchildren. Memorial services were conducted by Rossell Burrill; interment was at Rose Hill Cemetery in Berrien Springs.

STAPLES, Phylis A. (Ingle), age 95; born April 23, 1924, in Durban, South Africa; died July 14, 2019, in Stevensville, Mich. She was a member of the Pioneer Memorial Church in Berrien Springs, Mich. Survivors include her husband, Russell Staples; daughters, Jillian (John) Hamer, and Dianne Staples; four grandchildren; and five great-grandchildren. Funeral services were conducted by Pastor Dwight K. Nelson; interment was at Rose Hill Cemetery in Berrien Springs.

TACKET, Virgil “Chuck”, age 96; born March 26, 1923, in Hollister, Wis.; died Jan. 1, 2020, in Berrien Springs, Mich. He was a member of the Pioneer Memorial Church in Berrien Springs. Survivors include his wife, Phylis (Servi) Tacket; son, Douglas (Tracy); daughter, Judy; five grandchildren; and three great-grandchildren. Funeral services were conducted by Pastor Dwight K. Nelson; interment was in Rose Hill Cemetery, Berrien Springs.

TOWNSEND, Randy L., age 58; born March 2, 1961, in Pontiac, Mich.; died Nov. 15, 2019, in Perry, Mich. He was a member of the Grand Ledge Church, in Grand Ledge, Mich. Survivors include his father, Ralph Townsend; mother, Darlene Townsend; and brother, Ralph Townsend Jr. Private inurnment.

Readers — Return your survey **TODAY** to be included in a drawing for a \$50 gift card at Amazon. Due to a disruption in our mail service, we are extending the deadline to September 30.

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CALENDAR OF OFFERINGS

JUNE

- June 6 Local Church Budget
- June 13 Local Church Budget
- June 20 Local Church Budget
- June 27 Local Conference Advance

THIRTEENTH SABBATH OFFERINGS

- June 27 TransEuropean Division

JULY

- July 4 Local Church Budget
- July 11 North American Division (Emphasis: *Women's Ministries*)
- July 18 Local Church Budget
- July 25 Local Conference Advance

CALENDAR OF SPECIAL DAYS

JUNE

FOCUS FOR THE MONTH — CHURCH GROWTH AND EVANGELISM

- June 13 Women's Ministries Emphasis Day
- June 13 Refugee Sabbath

JULY

FOCUS FOR THE MONTH — ADVENTIST LIFESTYLE

- July 11 Griggs University
- July 25 Health Ministries Sabbath

Good Works

By Jon Corder

I MOVED TO MICHIGAN NEARLY FOUR YEARS AGO, but it wasn't until recently that I discovered that the American Robin is the Michigan State Bird. I had commented to someone that robins were very persistent and stubborn. They replied that they were the state bird (and well liked), and that I should make sure to treat them with respect.

There is a mother robin trying to build a nest in one of the rafters of our deck. I admit, it's a great place for a nest; she has chosen the spot wisely — it is out of the rain, protected from the wind, and close to a bountiful food chain. However, I know that robins make a huge mess, come back to the same place year after year, and are quite aggressive in protecting “their” territory. I don't want our deck to be a disaster zone so I am doing everything I can to discourage her from moving in. This battle has been going on for nearly a week and, by the time you read my article, maybe a month!

She will fly up, sit on the railing with nesting material in her beak, watch me, but will not fly away until I open the sliding glass door and step out onto the deck. As soon as I go back in the house, she returns, trying quickly to deliver her building materials before I see her or come out on the deck again. She has now taken to scolding me when I interfere with her nest-building activity. And, even though we disagree, I admire the robin for her tenacity. There is much I can learn from her commitment to mission.

Paul says we should be *zealous for good works* (Titus 2:14), and *be ready for every good work* (Titus 3:1). Later in, he says it this way, *Be careful to maintain good works* (Titus 3:8), and then he admonishes us *to be a pattern of good works* (Titus 2:7).

Right now, with all that's happening in our world, it would be good for us to be like Mrs. Robin as it relates to Paul's council. With her persistence and commitment, just think of the difference it would make if you and I were *zealous for good works*, springing forth from a heart overflowing with love (using caution and common sense, of course).



So many are in need! Will you help? You can pray, share your food, give a masked smile — the opportunities are limitless (almost)! I think that's what a good steward would do, don't you? ■

Jon Corder is Stewardship director of the Lake Union Conference.

Sabbath Sunset Calendar

	June 5	June 12	June 19	June 26	July 3	July 10	July 17	July 24	July 31
Berrien Springs, Mich.	9:17	9:21	9:24	9:24	9:24	9:21	9:17	9:11	9:03
Chicago, Ill.	8:22	8:26	8:28	8:29	8:28	8:26	8:22	8:16	8:08
Detroit, Mich.	9:06	9:09	9:12	9:13	9:12	9:09	9:05	8:59	8:51
Indianapolis, Ind.	9:10	9:13	9:16	9:16	9:16	9:13	9:10	9:04	8:57
La Crosse, Wis.	8:44	8:48	8:50	8:51	8:50	8:47	8:42	8:36	8:28
Lansing, Mich.	9:13	9:17	9:19	9:20	9:19	9:16	9:12	9:06	8:58
Madison, Wis.	8:33	8:37	8:40	9:41	8:40	9:37	8:32	8:26	8:18
Springfield, Ill.	8:24	8:27	8:30	8:30	8:30	8:27	8:23	8:18	8:11

Commencement

In normal circumstances, the senior year of high school culminates on a high note. But as the usual milestones, such as mission trips, music tours and graduation have evaporated because of the coronavirus, we turned to our senior class pastors for some words of encouragement for the Class of 2020.



NATHAN FERNANDEZ
Andrews Academy

Whether it was in Sabbath school or from our parents, at one point or another all of us have heard the two words “trust God.” Being rather simple to say in themselves, we discover that putting these

two words into practice becomes much harder as time passes. As we step into the next chapter of our lives, it is more likely than not that we will experience even more pain and suffering. The only way to combat the pain of this world is to trust in God. The same God who made a way for the Israelites through the desert will make a way for us.



PAOLO RICCI
Battle Creek Academy

It is sad to think that our time together came to an early end because of something we couldn’t control, but this situation is an example of what is going to happen at the end of time. Paraphrasing what is said in

Matthew 24:44, Jesus is coming back at a time we don’t expect, and so we have to be ready any time. Many disasters like this are bound to happen as we get closer to the end, but if we stay ready and God is by our side, nothing can stop us. *What, then, shall we say in response to these things? If God is for us, who can be against us?* (Romans 8:31 NKJV).



MORGAN MCCRORY
Grand Rapids Adventist Academy

Hebrews 11:3 says, *By faith we understand that the worlds were framed by the word of God, so that the things which are seen were not made of things which are visible* (Hebrews 11:3 NKJV). The

Bible gives us a contrast between what God sees and what we see. It can be scary, confusing, heartbreaking and painful. For four years, we have been excited to see the finish of high school and share that experience with the people who have become our family. Even though I know it doesn’t seem fair and I am still learning to understand it, remember that God has a much bigger plan for us.



JOCELYN FLORES *Great Lakes Adventist Academy*

Throughout history God’s people have always been tested. Even when their brothers and sisters were getting killed for their beliefs, early Christians had faith and hope in the Lord. In times of trouble, they have stood by God; they went to Him when they needed Him most. We see how He guides and protects His people from danger. It is really important that you don’t focus on the negativity. Seek to develop a relationship with God during these times, because just as we see in history, He will help us when things get really tough.

ISAAC WEBB *Hinsdale Adventist Academy*

Remember, we may be scattered across the land, but physical distance doesn’t have to break up a family. The Bible story that reminds me of this is the story of Joseph. Despite being separated from his family after being sold into slavery, he didn’t turn his back on his brothers. They were miles and miles away but Joseph still remembered them and loved them. As a senior class, we are all each other’s family. Let’s keep sticking together, with God and each other, through whatever trials come our way.



JULIO SANTANA *Indiana Academy*

It is fairly simple to fall into the toxicity of the world. However, in this time, please continue pursuing a version of yourself that is healthy. Identify your unique strengths and passions and meditate over this verse: *I press toward the goal for the prize of the upward call of God in Christ Jesus* (Philippians 3:14 NKJV). Reach out for Christ, who has so wondrously reached out to you and me. It is okay to say that you don’t have it all together but keep your eye focused on Him. Run to Him, and do not turn back.

ABIGAIL LOPEZ *Wisconsin Academy*

When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze (Phil. 3:14 NKJV). God reminded us that He will be with us through the deep waters and the bumps that our path contains. He never promised us that there wouldn’t be trials, but He promised that He will be right by our side through them. The trials and tribulations of this world are nothing compared to what God did and is doing for us. ■



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