

*The
Sabbath*

*God blessed the seventh day
and set it apart as a special day,
because by that day he had
completed his creation
and stopped working.*

-GNB

A Seventh Day Baptist Publication

July/August 2018



*"Are you tired? Worn out? Burned out on religion?
Come to me. Get away with me and you'll recover
your life. I'll show you how to take a real rest.
Walk with me and work with me—watch how I do it.
Learn the unforced rhythms of grace. I won't lay
anything heavy or ill-fitting on you. Keep company
with me and you'll learn to live freely and lightly."*

In Every Issue

- 14 **The Beacon**
by Xander Post
-
- 15 **Alliance in Ministry**
Don't give up...Give it to God!
by Rob Appel
-
- 16 **Women's Society**
Remember and Believe
by Katrina Goodrich
-
- 17 **Christian Education Council**
Scripture Memorization, SDBU, and
Helping Hand – INFORMATION
by Nicholas J. Kersten
-
- 18 **Gospel Feet 5 K**
Important Information
-
- 19 **Focus On Missions**
Aware! Ask! Act!
by Scott Hausrath
-
- 20 **Young Adult**
"I'll Go the Distance"
by Sarina Villalpando
-
- 22 **Church Development &
Pastoral Services**
Church Succession
Pastor Search; Multiply Conference
by John J. Pethtel
-
- 24 **Council on History**
Council on History Holds Yearly Meeting
by Nicholas J. Kersten
-
- 25 **Stories from Churches**
Treasured in Seattle
by Donna Bond
-
- 26 **Church News**
Births
New Members
Obituary
-
- 27 **President's Page**
Conference Highlights
Less TALK – More ACTION
by David Stall

In This Issue

- 5 **Chocolate Covered Peanut Butter
Balls, Sabbath Rest, and
Deuteronomy**
by Carl Greene
- 8 **No Jesus, No Rest, No Good**
by Johnmark Camenga
- 10 **Yes! Here It Comes...**
by Scott Hausrath
- 12 **The Gift of Sabbath**
by Greg Olson
- 13 **Not on the Sabbath**
by Gabe Bejjani

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If you've never read *The Sabbath Recorder* before, you might be wondering who Seventh Day Baptists are.

Like other Baptists, we believe in:

- salvation by grace through faith in Christ Jesus.
- the Bible as the inspired word of God. The Bible is our authority for our faith and daily conduct.
- baptism of believers, by immersion, witnessing to our acceptance of Christ as Savior and Lord.
- freedom of thought under the guidance of the Holy Spirit.
- the congregational form of church government. Every church member has the right to participate in the decision-making process of the church.

THE SEVENTH DAY

God commanded that the seventh day (Saturday) be kept holy. Jesus agreed by keeping it as a day of worship. We observe the seventh day of the week (Saturday) as God's Holy Day as an act of loving obedience – not as a means of salvation. Salvation is the free gift of God through Jesus our Lord. It is the joy of the Sabbath that makes SDBs a people with a difference.

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Chocolate Covered Peanut Butter Balls, Sabbath Rest, and Deuteronomy

by Carl Greene

The Dessert. Chocolate-covered peanut butter balls must be one of the greatest desserts ever. The combination of a thin, sweet chocolate coating with a creamy peanut butter center makes a taste combination that is simply fantastic. Granted, most people believe chocolate is wonderfully fulfilling on its own. Yet, it would be a horrible shame if someone were to pop a peanut butter ball into his mouth, consume the chocolatey coating of goodness, and then spit out the peanut butter core. Who would commit such an atrocity? Even though the chocolate is fantastic, it is so much better with the peanut butter center—consumed as it was intended to be.

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Sabbath Rest. Is it possible that I treat Sabbath like a half-consumed peanut butter ball? Let's say that I enjoy Sabbath a great deal. I thrive in the blessing of working for six days, and then enjoy a day of rest. I am further blessed in corporate worship that I celebrate on the seventh day. These truly are great blessings—on par with the goodness of chocolate dripping from my chin. But, what if I am consuming the chocolate of Sabbath, believing that I am satisfied with a wonderful delight, but never tasting the peanut butter? Sabbath is more than attending worship on the seventh day and resting from work—that is the chocolatey coating around the core. There is yet more to enjoy, the peanut butter core, or the essence of the Sabbath. If we allow ourselves to be satisfied with only chocolate, we experience a blessing, but far short of what might have been.

Deuteronomy. I wish that I could demonstrate that Moses really, really liked peanut butter balls—alas, probably not. I do think that Moses recorded God's intention for Sabbath that follows the illustration of the peanut butter ball—a wonderful coating and a fulfilling core. In Deuteronomy 5:12-14:

¹² "Observe the Sabbath day, to keep it holy, as the Lord your God commanded you. ¹³ Six days you shall labor and do all your work, ¹⁴ but the seventh day is a Sabbath to the Lord your God. On it you shall not do any work, you or your son or your daughter or your male servant or your female servant, or your ox or your donkey or any of your livestock, or the sojourner who is within your gates, that your male servant and your female servant may rest as well as you.

(ESV)

God offers a wonderful blessing in this passage. First, people who were once enslaved and working all the time now enjoy the tremendous blessing of physical rest. Second, they are still offered the blessing of fulfilling work six days of the week, but it is kept from becoming an idol through weekly rest. Third, the Israelites are given the opportunity to bless the people around them with weekly rest. What a glorious picture! The Israelites have been removed from the pressure cooker of stress in Egypt and have been welcomed into a sustainable life pattern of rest that keeps God first and is celebrated in community. Glorious chocolate I say! Yet, that is the coating; there is so much more at the center of the Sabbath:





¹⁵ You shall remember that you were a slave in the land of Egypt, and the Lord your God brought you out from there with a mighty hand and an outstretched arm. Therefore the Lord your God commanded you to keep the Sabbath day.

—Deuteronomy 5:15, ESV

There is a peanut butter core that cannot be missed! The core is to remember. They were once slaves. God loves them and delivered them. They are called to celebrate. This is an action: remember and celebrate. The chocolatey goodness is to rest and avoid work. The peanut butter core is to remember and celebrate. Specifically, they are being called to remember and celebrate salvation.

Me. I fear that as a Seventh Day Baptist, I can become far too satisfied with the chocolate coating. The seventh day and worship in community are key components of Sabbath celebration—they are wonderful and certainly key components of Sabbath rest. Yet, I am prone to miss the peanut butter core. I can be enticed to smugly believe that attending worship and a Bible Study on the seventh day is the fullness of Sabbath rest. If that is the case, I am missing a key ingredient of Sabbath.

I am called to remember. Sabbath rest should cause me to remember my salvation story. I need to pause and remember how God has been at work drawing me into relationship with Him. I am called to celebrate the people God has placed in my life to help shape and mold me into who God has created me to be. I am called to repentance and forgiveness to remove any barriers that are distancing me from my Savior. My Sabbath remembering should also lead me to action—to share my story of salvation with the people around me. Remembering takes time—active time of engaging in prayer, reflecting on my story, and sharing the hope of salvation with others.

Practical. I want to continue to eat my Sabbath chocolate...but get a whole lot more peanut butter with it. Two practical areas I will invite you to join me in. First, consistent and enthusiastic participation in worship. If I am going to celebrate my salvation in community, I should be there—but that is not enough. I need to be actively engaged, on the edge of my seat into it. Second, I need to practice Sabbath rest throughout the day. How do I simply spend time with my Father on Sabbath? How do I rest in His presence on Sabbath? If you and I do not have a good answer to that—we are missing the peanut butter. SR



NO JESUS, NO REST, NO GOOD



by Johnmark Camenga

You know, childhood is messed up. I don't mean childhood is strained and difficult—it is—I mean that childhood is a savage mass of unresolved tragedy and tensions punctuated by the presence of dispassionate sentries who, as all the evidence would suggest, are bent on maintaining the status quo. There are bullies and impossible expectations and domesticated—if hostile—animals, and all of that is before you even get out of your house in the morning. It's messed up. Then, once you've finally figured out how to cope with the swarming hornet's nest that is childhood, you turn 18 and you find out that people were actually trying to be nice to you.

As it turns out, adulthood is messed up too. I don't mean adulthood is complex and unwieldy—it is—I mean adulthood is a symphony of catastrophe played for an audience wallowing in a stew of apprehension. There are bullies and impossible expectations and breakfast cereal without marshmallows, and all of that is before you even have your first cup of coffee in the morning. It's messed up. Then, to put some butter on that biscuit, adulthood is a 24/7 gig complete with latent feelings of inadequacy and disproportionate feelings of guilt.

So, into this grating, gnawing, despair-laden reality we thrust ourselves all day, every day for fear that should we opt out, if even for just a day, we may be left behind and thought of as shirkers who just could not handle the demands of life. Societal pressures hold both children and adults hostage, and, in a society full of hostages, we are left wondering to whom do we pay the ransom so there can be some relief only to find out that the ransom we pay is the life we live. A life lived beholden to the pressures of society is akin to a hostage thriller where, in the end, the hostage is shot. It's messed up.

So, I'm writing to deliver some bad news—not that you hadn't picked up on that already—and the bad news is this: these realities cannot be redeemed. What's the saying about putting lipstick on a pig? We cannot accessorize these realities such that they become something they are not. Though this, I fear, is how many Christians approach their lives. We look at the smoldering embers of the world we inhabit and we think, "We just need to add a little more Jesus to the recipe." We convince ourselves that this

is the answer and then we evangelize this faulty gospel, convincing others that they just need to start listening to Hillsong on their way to work and, voila! its not a pig anymore. The problem is that we misunderstand the problem. The problem is not in how we see the smoldering embers of the world we inhabit but in how we fail to see that the smoldering embers of the world inhabit us.

I don't know you—I mean, I might know you, but for the sake of this article, let's keep it anonymous. I don't know you, but I do know this about you: you are living life on the edge. The edge of exhaustion. The edge of moral failure. The edge of financial ruin. The edge of insanity. The edge of complete and utter devastation. Life is all edges for you. So, on the edge, you desperately search for some sort of solid ground upon which to take a rest.

If you are going to find that solid ground, there are things you must give up and things you must pick up. We all love that Jesus said, “Come to me, all who labor and are heavy laden, and I will give you rest,”¹ but we sometimes forget He followed up that command with a clarifying command. “Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy and my burden it light.”² Whoever told you that Jesus only came to take away your burdens was being stingy with the second half of the story. No, Jesus didn't come so that you could live a burden-free life; He came to rescue you from your irredeemable burden and to replace it with a better burden. What Jesus is saying here is you must take His burden if you want to take His rest.

Here's the clincher: there is a scriptural framework that dictates the proper way to follow Jesus and there is a scriptural framework that dictates the proper way to rest. The framework for following Jesus is summed up like this: deny yourself, pick up His burden, and follow Him.³ The framework for rest is summed up like this: work hard Sunday through Friday and then take Saturday—God calls it Sabbath—and rest.⁴ I know there is a large circle of people who get all pucker-faced when scripture says that there is a right way to follow Jesus. I know there is an even larger circle of people who get all-but-apoplectic when scripture says there is a right way to rest. I can't and won't argue all the points—isn't that what social media is for?—but I can and will declare this truth: you can try your whole life to follow Jesus and to find rest some other way but what you will find, at the end of your life, is that you have only succeeded in failing on both counts.

Jesus is the Savior you need—indeed, He's the only Savior there is—Sabbath is the rest you need, and both are given on God's terms. The only things left for you to consider are if you're messed up enough to admit your need for Jesus and if you're tired enough to admit your need for Sabbath. [SR](#)

References:

¹Matthew 11:28

²Matthew 11:29-30

³Matthew 16:24

⁴Exodus 20:8-11; Hebrews 4:9-10





Whenever a package shows up at my doorstep, I'm excited. I'm excited, because it means I'm receiving something, I'm getting something. We all love to get things, don't we?

Most of the packages I receive are shipped via UPS or FedEx, because they are something I've ordered from Musician's Friend, Sweetwater, Amazon, or another online retailer. What is it this time? An addition to my drumkit, some new PA equipment, a book, CD, or DVD that I have been looking forward to? If I'm at home when the package is delivered, I love hearing the sound of that truck barreling down my street and into the driveway. It brings a big smile, a fist pump, and a celebratory exclamation: "Yes! Here it comes..."

In some ways, the Sabbath is like that package that I'm anticipating, and in other ways it's very different. Like that package, the Sabbath is being delivered directly to me, Scott Hausrath. I don't need to go anywhere else to get it. It comes right to me, straight from the hand of God. What an amazing honor, and privilege, to receive a personal delivery from the One who created the universe! But I'm not the only one who receives a package on the Sabbath. God delivers a Sabbath package to everyone. And He doesn't just send it once and be done with it. Each week He personally delivers to each of us a Sabbath package. What a blessing!

Another similarity between the Sabbath and that package at my doorstep is that once the Sabbath has been delivered to me, it's up to me to do something with it. I have the freedom to ignore it, if I so choose— just leave it outside or in my dark garage. But why would I choose to do that?

It comes right to me, straight from the hand of God.

I also have the freedom to bring it into the house, and then toss it, unopened, onto a pile of other unopened packages, if I so choose. But, again, why would I choose to do that? A number of years ago, one of my old friends secretly sent a huge box to his house, addressed to himself, with no return address. He let it stay outside, on his front porch, and whenever his friends came by they urged him to open the package—but he just played cool and said he'd get to it when he'd get to it. His friends couldn't believe he had something just sitting there, waiting to be opened, and he wasn't interested in opening it! Why would I choose to do that with the Sabbath?

The Sabbath is a gift that is meant to be opened, and then unwrapped, moment by moment, for 24 hours. Can you imagine opening birthday gifts, or Christmas gifts, for 24 straight hours? That is an unfathomable concept—and yet that's exactly what the Sabbath is all about. It's a package that is stuffed with so many wonderful things, that it takes a full day to fully unwrap it. How cool is that?!

Another choice I need to make when I receive a package at my doorstep is whether I'll share its contents with anyone else. If it's a box of gourmet chocolate, will I be a pig and eat it all myself, or will I eat some of it, and share some of it with those who visit me? Regarding the Sabbath, it seems that some portions are meant to be shared with others, while other portions are meant to be savored separately. We typically share the Sabbath with others as we gather together for corporate worship, study, fellowship, eating, and service. We also enjoy separately other Sabbath activities, such as taking Sabbath naps, or engaging in special Sabbath devotionals and personal times with God. What's interesting about these latter activities (or lack of activities!) is that, though they are experienced separately, the benefits are shared with others. Beginning a new week with a freshly rested body and with new insights about our connection with God, enables us to more effectively share with others His presence in our world. Sabbath rest, rejuvenation, and recreation build individuals who build communities.

What are some differences between the Sabbath and that package at my doorstep? First, while I pay for the packages that UPS or FedEx send me, the weekly package that God sends is always free. It's one more of His many gifts to us. The Sabbath is also automatic. It comes every week, whether or not I "order" it. God built it into His creation. The Sabbath is part of the fabric of this world.

The Sabbath also always arrives at its destination, and is always on schedule. God's packages are never lost—but sometimes one of my packages is delayed, delivered to a wrong address, or never arrives at all.

Another huge difference between the Sabbath and that package at my doorstep is well illustrated by my latest purchase. Today I received a box of power conditioners (so when I plug an expensive electronic device into the wall it'll be protected from power spikes and surges). Power conditioners are great at what they do, but they're one dimensional. They do only one thing. The Sabbath, however, is multi-dimensional. During the 24-hour process of unwrapping the Sabbath, at one moment I'm joining my church family in praising God through music; at another moment I'm studying God's word; then I'm sharing a meal with precious sisters and brothers; and finally, I'm sitting in my recliner, communing individually with the One who created me. The Sabbath is unlimited in its breadth and depth.

Another way to note this contrast is to describe each item arriving at my doorstep as physical and temporal, but the Sabbath as spiritual and eternal. A power conditioner connects me to a clean source of electricity; the Sabbath connects me to the One who created electricity. Both are needed, but the latter is the foundation of the former. A power conditioner grounds my stuff; the Sabbath grounds my soul.

A final contrast between the Sabbath package and the everyday package is this: "God blessed the seventh day and made it holy" (Genesis 2:3). Though I don't fully comprehend all its nuances, I do understand that the 24-hour period God calls Sabbath is foundationally different from any other 24-hour period of the week. The Sabbath is a gift that we can unwrap at the end of each week. It helps us to appreciate the week we've just experienced. It helps us to anticipate the week we will experience. The Sabbath helps us to look back, look forward, look inward, look outward, and look upward. Nothing that arrives in a cardboard box at our doorstep could offer us the depth of blessing that the Sabbath offers. The Sabbath is the perfect gift for spiritual creatures in a physical world.

Do you love to get things, and to share them with others? The Sabbath is coming. Are you eagerly anticipating its arrival? "Yes! Here it comes..."

—by Scott Hausrath



The Gift of the Sabbath

I finished my undergraduate degree by taking my last class from Jerusalem University College on Mount Zion in Jerusalem, Israel. Being in Israel was my first exposure to Sabbath, but that was long before I had heard about Christians keeping the Sabbath. Back then, I thought Sabbath was weird, “a whole country shutting down for a day?”

Years later, after getting married, I had the chance to bring my wife to Israel for her first time. That was not long after we had both come to the Sabbath. The feeling we shared on our first Sabbath together in Jerusalem is one that neither of us will forget. Instead of feeling weird for keeping the Sabbath, we felt completely at home.

Being in Israel on the Sabbath feels like stepping inside the Bible. The Gospels refer to the day before Sabbath as “the day of preparation” (Mark 15:42, Luke 23:54). Fridays in Israel, you can still experience the day of preparation. Friday is a busy day in the markets. With the abundance of fresh produce produced in Israel, many Israelis wait until Friday to buy the food they need for Sabbath. Prolific in their land and diet are cucumbers, tomatoes, figs, mangoes, dates, eggplant, and more. As Friday afternoon arrives, things really begin to intensify. Businesses and stores all start to close by about 3 pm—even in the summer, when sunset isn’t until 9 pm—to make sure their employees can reach home before the Sabbath begins.

As the sun sets on Friday evening and the Sabbath begins (Genesis 1:5b, 1:8b), the Sabbath dinner begins. It is the most special meal of the week. In a traditional Jewish home, before the sun goes down, candles are lit and each family has two loaves of a special bread called challah (pronounced “hallah”). The reason there are two loaves of this bread is in memory of the manna God provided in the wilderness and God’s instruction to gather a double portion of it on Friday so they wouldn’t need to gather more on the Sabbath (Exodus 16:29).

Once the sun goes down, everything stops. In Jerusalem, the light rail and buses all stop running, traffic becomes non-existent and the busy city becomes nearly silent—except at the Western Wall, where the start of the Sabbath is met with exuberant celebration and dancing.

In the morning, families walk together to their local synagogue. Even after their synagogue services come to end, the stillness persists all day. On our last trip there, my wife, Carol, counted cars on the six-lane road that went by the front of our hotel one Sabbath. Instead of cars, she just saw mostly kids riding their bikes down that road, with a single car maybe once in five minutes. That same Sabbath, I went for a walk to the Mount of Olives and passed by a local park that was filled with families just picnicking and playing together, enjoying each other’s company.

The weekly Sabbath is a gift from God to all of mankind (Mark 2:27)—it is the gift of rest (Exodus 16:29, 20:9-10). Besides the immediate value of the gift itself, the Sabbath also serves as a shadow of the rest still to come for those that follow Christ (Hebrews 4:1-11). The Sabbaths I have spent in Jerusalem have made the Sabbath more precious to me and provided me with a vivid picture of the rest to come. In fact, my wife and I have been so inspired by the way our trips to Israel have deepened our faith and understanding of the Bible, that we started “Bible Expeditions” (www.bibleexpeditions.com). Our goal is to help as many people as possible experience the Bible by visiting Israel.

We live in a time where everyone is so busy. On Sabbath, we need to just stop! Stop working, stop being busy, stop doing. Take a break, relax, rest, and listen for the still small voice. Sabbath is God’s gift—take time to enjoy it. SR

—by Greg Olson

Not on the Sabbath

I grew up as a Catholic and, at the age of 17, I was converted to the Seventh Day Adventist denomination. The concept of the Sabbath was new to me. Sunday observance was limited to attending mass on either Saturday evening or Sunday morning. But now Sabbath observance became a 24-hour period set to worship and rest. This Biblical concept was embraced by me wholeheartedly. It was a joy to worship and study God's Word on this wonderful day that our Lord gave us every week.

After a few months of keeping the Sabbath and the rejoicing in it, I began to discover the hard work that it took to really observe the day. From sunset on Friday evening to sunset on Saturday evening all regular activities were to be stopped: no TV, no radio, no sports, no secular music, etc. The church had very specific guidelines and policies on how to keep the Sabbath holy. Unfortunately for me the Sabbath became a day filled with burdensome regulations that robbed from me the joy of communion with my Savior.

*"If you keep your feet from breaking the Sabbath
and from doing as you please on my holy day,
if you call the Sabbath a delight
and the LORD's holy day honorable,
and if you honor it by not going your own way
and not doing as you please or speaking idle words,"*

—Isaiah 58:13-14.

The Sabbath should be a day of delight for all of us as believers. No attempt should be done to regulate Sabbath observance by adding rules and regulations. We have clear Biblical principles that ought to be our guide on keeping the Sabbath. In Mark 2:27 Jesus said, *"The Sabbath was made for man, not man for the Sabbath."* By failing to understand this principle, the Pharisees added rules and regulations that reversed the purpose of the Sabbath. They were blinded by their legalism

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Not on the Sabbath

continued from previous page

which is demonstrated in the next chapter of Mark. We see the Pharisees watching Christ carefully to see whether he would heal on the Sabbath. After the miracle of healing a man with a deformed hand, they began to plot to kill Jesus! The healing of this man could have waited until the sunset when the Sabbath was over.

The Pharisees were hypocrites as well. In Luke 14:5 Jesus asked them a question, *"Which of you, having a son or an ox that has fallen into a well on a Sabbath day, will not immediately pull him out?"* Again they had no answer. Our Lord, confronted the legalism and hypocrisy among the Jewish leaders. But their attitude about the law was not changed by Christ's teachings and miracles. They continued to illustrate what Paul calls in 2 Corinthians 3:6: *"...the letter kills, but the spirit gives life."*

Let us examine ourselves and realize that we, as well, are both legalists and hypocrites when it comes to Sabbath keeping. We tend to justify what we do and like to do and condemn what we see others doing on the Sabbath. Do you watch TV on Friday evening and Sabbath after church? Do you shop sometimes on the Sabbath? Do you work sometimes on the Sabbath? Do you attend sporting events or concerts on the

Sabbath? Do you allow your kids to participate in competitive sports on the Sabbath? Do you condemn others that do similar things on the Sabbath? I could go on and on by listing many other examples of hypocrisy and legalism that all of us at one time or another are guilty of doing. However, our behavior does not justify the breaking of God's law in keeping the Sabbath day as a holy day.

Ahad Ha'am who is known for his "cultural Zionism" writings said: *"more than Israel has kept the Sabbath, the Sabbath has kept Israel."* History has proven that he was right. The question for us today is: can the Sabbath strengthen our bond together as Christians and churches that worship the Lord and keep all of His commandments?

This short essay probably left you with more questions than answers. It was intended to do just that. We need to examine these issues in our lives and ask God to guide us as we live a life that is worthy of our calling in Him. But as for me, I can honestly and enthusiastically tell you that the Sabbath has been restored in my life as a day of rest, worship and fellowship with other believers. I love the Sabbath and look forward to it every week. Nothing can nor does prevent me from the delight of communion with my Lord. My corporate worship at church is a highlight of my week. I invite you to rejoice in the Sabbath. SR

—by Gabe Bejjani

God has a plan for all of us. We all have a role in his will.
We need to band together to spread the word. Whether you are
going out to distant places or nearby, God wants you there.

"For I know the plans I have for you," declares the LORD, "plans
to prosper you and not to harm you, plans to give you hope and
a future."

—Jeremiah 29:11 NIV

God loves us. He will protect you. So don't worry, don't stress.
Just pray and listen. Because God has a plan for you. For all
Christians.

Sincerely,
Xander Post

THE BEACON



Don't give up...Give it to God!

I had a wonderful experience on June 4th! Cheri and I were in Big Bear, CA, and she was not getting around well. She was in such pain just to stand and walk. I called the local hospital to see about borrowing a wheelchair. They did not have one but directed me to other places in the area, who then directed me to others, and so on and so on. One of the leads was the Lutheran Social Services (LSS)—I went to their offices because they did not answer their phone. But alas, they did not have a wheelchair and took down my name and number.

It could have been too easy to just give up!

I got two full blocks from their offices and they called me back informing me that a lady by the name of Margaret had found one! I went to see Margaret and she had walkers as well as the wheelchair and, when I contacted Cheri, she thought the walker would be fine. I asked Margaret if she needed anything to ensure that I would bring it back and she said, "The Holy Spirit talks to me and lets me know who is all right and who is not...you are okay." It is so cool when the HS shares with us someone who is a kindred spirit! And no, I did not let her know up until that point who I worked for or my title.

Do you ever feel like giving up? Ever feel like quitting? Do you feel like your situation is so hopeless that the only thing you can do is quit? When this happens, the temptation is to simply give up. All of us have faced this situation—when it seems pointless to keep trying. Some of you are probably facing it now. You may be hiding it well so that the rest of us would never suspect the struggle that's taking place in your life. The question for us Christians is, "How do we keep holding on when we feel like giving up?" How can we find the strength to persevere and go on? Where does the power come from to keep us going? There are three principles you can store in your heart for that day when you're tempted just to throw in the towel and give up.

Trust in God's Sovereignty

God is in control. No matter how hopeless, painful, unpleasant, or discouraging your circumstances are, God has a purpose for them. He has a purpose for you and that purpose does not involve giving up. The struggle you are going through has meaning and purpose, because God is sovereign and He does everything for a reason. He does not make mistakes and He isn't surprised by what has happened to you.

Trust in God's Power

When we become hopeless and can see no escape from our situation and it seems impossible that our circumstances will change for the better, God can make a way. Our God specializes in resurrections—He can bring life to dead relationships. He is the Creator—He can cause loving feelings and attitudes to be created out of nothing. He can transform people and situations in ways that we are unable to foresee. He can do it! God is able to do whatever it takes to fulfill His plan for you!

Place Your Hope in Christ

Whether or not God chooses to change our circumstances, ultimately our hope is not in what He is going to do for us on this earth, in this life. Our true hope is in Jesus Christ. Our true hope is in the forgiveness of sins and eternal life that comes from faith in Christ and that puts everything into perspective.

What is the result of placing our trust in God? It is hope, joy, and peace.

May the God of hope fill you with all joy and peace as you trust in Him, so that you may overflow with hope by the power of the Holy Spirit. —Romans 15:13 [SR](#)

↑
How
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keep
holding
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up?
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Don't give up...Give it to God!

Remember and Believe



A lot can happen in 40 years; it isn't an insignificant amount of time. Today 40 years is half an average lifespan. It is a long time to wait for something to happen. It is also a long time to be lost in the wilderness—that is how long the Israelites spent wandering around the desert because of their lack of faith in the God who had so recently delivered them from slavery in Egypt.

Israel was in Egypt where God had literally sent plagues on the Egyptians in response to Pharaoh's hardened heart; placed a pillar of fire between the Egyptian army sent to recapture them; and parted the Red Sea so they could escape that same army. About two months later they were grumbling about being hungry and God provided them manna to eat. Then while Moses was getting laws from God on the top of Mount Sinai, they got anxious and built an idol to worship. Roughly five months after their escape from Egypt they refused to enter the Promised Land because they didn't believe they could take it from its current inhabitants. They moaned and complained all night that it "would have been better to die in Egypt" and made plans to stone Moses, Aaron, Joshua, and Caleb. How quickly the Israelites forgot the miraculous events of just a few months prior and the provision from God keeping them alive. (Exodus 13-17, 33-32, Numbers 13-14)

And the LORD said to Moses, "How long will they not believe in me, in spite of all the signs that I have done among them?" (Numbers 14:11) Because of their faithlessness, God said that none who rejected following His lead into the Promised Land would live to see His promise come to fruition. So the Israelites wandered around the desert for 40

years, sometimes believing in the promise and, at other times, forgetting God's plan and doubting His provision, feeling forgotten and lost—even in light of the concrete evidence to the contrary.

Unfortunately the cycle of forgetfulness and faithlessness didn't end with the Israelites. How many times have you or I been wandering around lost and feeling forgotten because we fail to remember God's provision for us? We have the poignant example of Christ hanging on a cross, blameless and tortured because we needed a way to pay our debt of sin. Even before His death, Christ knew about the fallacy of human memory and gave us Communion to *remember* Him saying, "do this as often as you drink it." (1 Corinthians 11:25) Jesus knew that without the reminder we would forget—we do forget sometimes even when we are participating.

Communion is about remembering the sacrifice Jesus made on the cross for you to save you from an eternal damnation. It's about more than that as well. It's a reminder to not live as the Israelites who knew the truth and rejected it. They rejected it out of fear and faithlessness that led them to feel alone and unprotected in a world full of big baddies. They weren't alone and had the distinction of being God's chosen people. They had just witnessed the power of their God to provide and liberate them from bondage yet multiple times they wanted to go back to that bondage because they didn't believe their God could take care of them.

Jesus does not want us to return to the bondage we cast off when we became Christians. He does not want us to have to wander in the wilderness for years because we can't seem to let go of the past and trust in His provision for our lives. So He says "remember me"—remember where you were and the sacrifice He made to bring you into fellowship with Him. Remember you are no longer a slave to this world and you aren't alone because of the sacrifice Jesus made on the cross. SR



Women's Society

by Katrina Goodrich
www.sdbwomen.org

LESS TALK MORE ACTION

Time to Report!

For those churches who have completed this year's **Scripture Memory Program** based on this year's Conference theme, "Less Talk, More Action," it is time to report the names of those who have completed the program so that they can be properly recognized by the General Conference!

The official reporting form can be downloaded from the General Conference's webpage (<http://seventhdaybaptist.org/scripturememory>) and then returned by email or postal mail any time before **JULY 11**. Churches that report after July 11 will not qualify for the related awards presented at General Conference and could additionally risk not receiving their certificates for the completion of the program. Please get the forms in as soon as possible after your members have completed the program!



SDBU Application Process for Fall 2018 Admissions is Open

Those wishing to **apply for admission** to the SDBU's Ministry Leader Certificate Program (formerly Pastoral Leadership Certificate Program) are invited to complete their applications and submit them by mail (to the Dean of the School of Ministry at the SDB Center) or by email (sdbu@seventhdaybaptist.org). The application can be found online on the General Conference website at: <https://bit.ly/2LwGesc>. The SDBU initiative's leadership and pastoral training certificates are meant to aid those who have been called by local SDB churches to leadership ministries which include some pastoral functions in the church to be equipped for continued service. If you have questions about the program, please check the webpage (<http://seventhdaybaptist.org/sdbu>) or contact Nick Kersten by phone or email for more details.



Helping Hand Survey

In the June-August issue of the *Helping Hand*, those who use the *Helping Hand* were invited to complete a survey about their usage of the publication. The purpose of this survey (which was encouraged by Conference action), is to evaluate current usage patterns of the publication as we look to evaluate it. We welcome all Seventh Day Baptists and users of the publications to give us their feedback about the publication by joining us in completing the survey, which can be found here: <https://goo.gl/forms/ScmFp72YGAs0850z2>.

Please help us in evaluating, improving, and gearing up this important publication for our subscribers and for Seventh Day Baptists!





This year's Gospel Feet 5K is more than a race; it's an opportunity for all to participate in supporting the SDB Missionary Society. There will be **3 events** requiring different skills, including athleticism, imagination, and endurance. Are you up to the challenge? The more you participate, the greater your chance of winning the K-Cup Trophy!

The Daily Grind:

Do you have the stamina to make it through a full week of Conference on your own? If not, this **5K-Cup Challenge** is for you! Visit the conference display tables throughout the week to purchase a cup of overpriced coffee. All proceeds will benefit the Missionary Society. Those who are able to enjoy **5 cups** throughout the week will receive special recognition.

Americano Warrior:

Have you ever wondered what it's like to be a K-Cup? Now's your chance to find out! In this themed course you'll work through the stages of coffee making. But beware, there are many obstacles to finishing with the perfect brew.

Gospel Feet 5k Walk/Run:

Hit the grounds running to boost the Missionary Society's impact across the world. Run or walk the 5K course on Carthage College's lakeside campus. This year's **evening start time** means everyone can be involved: running, walking, or cheering from the sidelines.

To register visit sdbmissions.org and select the 5K walk/run, the obstacle course, a t-shirt or all three! Registration will also be available throughout the conference week and at the start of each event. SR

Gospel Feet 5K

Aware! Ask! Act!

About my first trip to Africa

By Scott Hausrath

Last September, Pastor Andy Samuels and I visited some of our SDB congregations in Rwanda, Uganda, and Malawi. We had the privilege of working with many of their pastors. I'm unable to translate into just 500 words my entire experience there, so let me focus on just three words.

The first word is **"Aware."** This was my first time in Africa, so I was made aware of what day-to-day life is like for believers who don't have the luxury of the religious freedoms that I take for granted in the United States. In Rwanda, for example, a number of our SDB congregations have been forced to close their church buildings until they meet newly implemented government regulations. These regulations are mandating prohibitively expensive physical improvements to their facilities in order to meet requirements for restrooms, paved parking, property size, etc. Our brothers and sisters there are still worshipping in their private homes, but this government demand has taken from them many outreach opportunities.

The second word is **"Ask."** I've been asking my Rwandan brothers and sisters how they are working through their new struggles. How have the new government regulations affected their daily worship and discipleship activities? How have their outreach and other activities been impacted? I'm also starting to ask myself how I, and my fellow local believers, are going to respond if we continue to experience an erosion of religious freedoms in our country. What new governmental requirements or restrictions might be forced upon us? What daily adjustments might we need to make in order to accommodate these new requirements or restrictions? How much of a struggle would these adjustments be? What lessons would God have us learn through these struggles?

The third word is **"Act."** What actions might I, and my fellow local believers, take so that we can partner with our Rwandan brothers and sisters as they work through their new struggles? How can we be praying for them, how can we be encouraging them, how can we be supporting them? I'm also thinking about what actions we might take in our own local situations, so we can be more prepared if some of our own freedoms or opportunities are removed from us. What can we do now, to ensure that our faith will remain strong later?

All of these concerns and questions have come to me simply as the result of a two-week trip to Africa. I encourage all of us to think seriously about partnering with our SDB Missionary Society in a short-term mission experience, whether it be across the state, across the country, or across the globe. Trips like these raise our awareness, they help us to ask important questions, and they challenge us to actively share God and His truth with those who really need to hear. SR





“I’ll Go the Distance”

Music is a really powerful language. Sometimes we come across songs that aren’t necessarily qualified as “Christian” but personally move us in a spiritual way and, in a sense, a feeling of being closer to God. Some songs make us feel moved so we relate to what’s said and it helps us focus and clarify what God is doing in our lives. I think it’s good to find different ways, whether big or small, that God speaks to us.

The other day when doing homework, an acoustic version of the song “I’ll Go the Distance” from the Disney movie “Hercules” came on and it just brought to me this warm feeling—like a hug from God. Lately I have been having trouble knowing my place, where I belong, or where God wants me to be. Sometimes I feel like there are more bumps in my life than smooth. I constantly wonder if I’m in the right place and if I’ve made the right choices. And I’ll admit that sometimes I question why God has me go through the things He has me go through.

The song “I’ll Go the Distance” represents to me a story and a feeling. It represents the journey of wandering around, knowing there’s this beautiful end goal—but there’s going to be trouble finding it and it won’t be easy. It has so much meaning. My favorite word is “strength.” God is my strength. For a few years I’ve dealt with anxiety and depression—it is strength that gets me through it all. God gives me the strength to wake up in the morning, get out of bed, get through the day, and to just keep living. Along with this, running has been a way I’ve always coped. I love to run and just clear my mind and release all my thoughts to God.

I think that “I’ll Go the Distance” can be a very moving, spiritual song if you really listen to the words and slow it down. Your story may not be the same as mine, and it may not have the same meaning to you as it does to me. I decided to break down some of the lines in the song to bring some support to the lyrics.

“I have often dreamed Of a far off place

Isaiah 30:18—Therefore the LORD longs to be gracious to you, And therefore He waits on high to have compassion on you. For the LORD is a God of justice; How blessed are all those who long for Him.

Where a great warm welcome Will be waiting for me

John 14:2-3 (NIV)—My Father’s house has many rooms; if that were not so, would I have told you that I am going there to prepare a place for you? ³ And if I go and prepare a place for you, I will come back and take you to be with me that you also may be where I am.

Where the crowds will cheer

Zephaniah 3:17—The LORD your God is in your midst, a mighty one who will save; he will rejoice over you with gladness; he will quiet you by his love; he will exult over you with loud singing.

When they see my face And a voice keeps saying

Romans 8:28—When you pass through the waters, I will be with you; And through the rivers, they shall not overflow you. When you walk through the fire, you shall not be burned, Nor shall the flame scorch you.

This is where I’m meant to be

Jeremiah 29:11—“For I know the plans I have for you,” declares the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future.”

I will find my way

Psalms 119:105—Your word is a lamp for my feet, a light on my path.

I can go the distance

Micah 6:8—He has told you, O man, what is good; and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God?

I'll be there someday

If I can be strong

Philippians 4:13—I can do all things through him who strengthens me.

I know every mile

Isaiah 41:10—So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.

Will be worth my while

I would go most anywhere

Deuteronomy 31:8—It is the Lord who goes before you. He will be with you; he will not leave you or forsake you. Do not fear or be dismayed.

To feel like I belong

Colossians 1:16—For by him all things were created, in heaven and on earth, visible and invisible, whether thrones or dominions or rulers or authorities—all things were created through him and for him.

I am on my way

I can go the distance

Psalms 23:4—Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me.

I don't care how far

Matthew 6:33—But seek first the kingdom of God and his righteousness, and all these things will be added to you.

Somehow I'll be strong

Psalms 46:1—God is our refuge and strength, an ever-present help in trouble.

I know every mile

Will be worth my while

Genesis 29:20—So Jacob served seven years to get Rachel, but they seemed like only a few days to him because of his love for her.

I would go most anywhere

to find where I belong

I will beat the odds

Romans 8:37-39—No, in all these things we are more than conquerors through him who loved us. For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

I can go the distance

Psalms 91:11—For he will command his angels concerning you to guard you in all your ways;

I will face the world

2 Peter 3:9—The Lord is not slow in keeping his promise, as some understand slowness. Instead he is patient with you, not wanting anyone to perish, but everyone to come to repentance.

Fearless, proud, and strong

Romans 15:13—May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.

I will please the gods

1 Timothy 2:3-4—This is good, and pleases God our Savior, ⁴ who wants all people to be saved and to come to a knowledge of the truth.

I can go the distance

Till I find the Hero's welcome

John 3:16—For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life.

Right where I belong"

Romans 5:5—And hope does not put us to shame, because God's love has been poured into our hearts through the Holy Spirit who has been given to us.

Always remember how strong God's love is and that it will never abandon you. God created you and you belong to Him. The journey will be long but it will be worth every mile. SR

**Greetings from the
Bell SDB Church!**

We wish to share with you the good news of a new pastor. On May 19, 2018, we had an installation service for Pastor Darwin Steele led by Pastor Steve Osborn.

Over fifty attended the service, including pastors from the community who helped fill the void of our beloved Pastor Ed Sutton. A fellowship meal was followed with friendship greetings.

Pray for us and Pastor Steele as we move forward. Amen!

—Ruthanna Roberts
Church Correspondent



Church succession can be a sticky subject and sometimes involves a lot of awkward conversations. But it doesn't have to. As pastors age, they can prepare so that the transition of leadership in their churches passes smoothly and their churches are set to stay on a healthy trajectory.

A variety of reasons for change

A number of things can make it difficult for pastors to step down or retire as they grow near retirement age. These can range from a deep attachment to the church and a reluctance to relinquish their leadership of it, to fear of change and a resistance to enter into a season of retirement, to the need for financial security.

This last reason can come from a very legitimate need. If they have been serving at a small church, they may have no means of retirement and are only making ends meet. We need to find a way to ensure these pastors are cared for while the church is allowed to continue to grow into the next season of ministry and mission.

Too often, many churches reach a point where people say, "I wish that pastor would retire." We never want to overstay our welcome. For example, we've all been in situations where we invited people over and have had a great time, but then they stay a bit too long and we yearn for them to go home.

Wishing a pastor would retire is not a great start for a smooth transition of launching the church into a healthy future. When the congregation starts to long for a pastor to retire, but the pastor refuses to recognize it, it creates an uncomfortable situation. Someone trusted must go to the pastor and lovingly speak into his life, encouraging the pastor to step down.

Note that this does not mean when pastors enter their 60s we simply ship them out. It is not uncommon, in fact, for pastors to really hit their stride in this season of life as they've had many experiences, much wisdom, and countless hours of training to bring to the table.

But when pastors do get into their 60s, it is wise for them to start thinking about succession and forming a plan. It's similar to what we do in life as we get older. We prepare our family and children (if we have children) for what happens when we are gone or no longer capable of doing the things we do. If a church delays making and implementing a plan for succession for too long, the church can begin to age with the pastor.

A few tips for leaving well

When a pastor is preparing to retire, one way that person can love the church is to give the church notice well in advance of the departing date. The church can then start the process of finding a new pastor while the old pastor is still there, preaching and watching over the congregation. This way, the church is not left shepherd-less for a season as they scramble to find a new pastor.

And no, there is not a set timeframe for how far in advance pastors should let their churches know they will be retiring. Sometimes, it's a matter of months; other times, a year or two might be ideal. For still others, 4-5 years may be needed to work through major church transitions that need to occur. This number will largely be determined by each church's individual culture and personality.

One possibility for a smoother transition is to take one year in which the leadership slowly transitions from the old pastor to the new pastor. This way, the departing pastor has time to gradually step out of the role and the new pastor has time to get to know the church before taking on a full leadership role. The congregation will also have an opportunity to build trust with the new pastor without having to abruptly say goodbye to the outgoing pastor.

Post retirement

It is worth noting that pastors retiring from their roles can—and often, should—continue in ministry on some level. There are many ways they may continue to serve their local church and the global church. These could include, but are not limited to:

- Becoming a mentor to younger pastors in the area
- Taking on a smaller leadership role under the new pastor for a few years as part of the transition
- Writing a book

Pastors do not become obsolete to the mission of reaching our world for Jesus when they retire. Many, in fact, will go on to have the most fruitful years of ministry after they retire from the pulpit.

When they have smoothly handed the baton to the next pastor, many pastors also remain integral, valued members of their church communities. Some are able to fulfill a "grandparent" role, capable of gently speaking wisdom into their churches which no one else could say because of their history and experience.

Church succession, while sometimes difficult, can be a helpful step in a church's growth towards a healthy future. SR

Ed Stetzer holds the Billy Graham Distinguished Chair of Church, Mission, and Evangelism at Wheaton College, is executive director of the Billy Graham Center, and publishes church leadership resources through Mission Group.





The 4th annual MULTIPLY Church Development Conference (October 18-20, 2018) is open to anyone who desires to see renewal and revitalization in their church or desires to see new SDB churches in North America.

This conference will be combining our own SDB learning cohort with the MULTIPLY Conference put on by Frontline Church Planting in Colorado Springs to learn from missional church leaders and each other during this extended weekend.

Registration deadline is October 1, 2018, and the conference fee is \$100. This fee includes registration, meals for Thursday, Friday, and Saturday, and lodging for Wednesday-Saturday nights. Transportation arrangements will be provided from/to the Colorado Springs airport (COS).

A change in our format this year is that we will be sponsoring a pre-conference all day on Thursday so you will want to arrive on Wednesday to participate in the full weekend—but please register and join us for whatever part you think that you can.

For more information and to register, visit seventhdaybaptist.org/MULTIPLY.



The following SDB churches or groups are looking for pastoral leadership. Please keep them in prayer as they search for their churches' more preferable future.

First Hopkinton SDB Church (Ashaway, RI)
Looking for an Assistant

Middle Island SDB Church (New Milton, WV)

First SDB Church of Hebron (Coudersport, PA)

Covenant SDB Fellowship (Hungry Horse, MT)

There are other potential vacancies in the near future. If you are interested in one of these vacancies, if you are called to pastoral ministry or if you know someone who might be interested in pastoral ministry, please contact the Director of Pastoral Services by email at jpethtel@seventhdaybaptist.org.

SDB GENERAL CONFERENCE USA & CANADA CONFERENCE SESSIONS DISPLAYS POLICY

Displays are an extension of the ministries of the SDB General Conference USA & Canada. The displays are used to inform, celebrate, and support the Conference and its mission.

Display space is limited at every conference session based upon size and location of the venue used. Therefore, priority will be given based upon the following categories of display, with Category 1 being the highest priority:

- **Category 1:** This category includes displays related to the councils, allied societies, or other ministries of the SDB General Conference USA & Canada. There will be no charge for these displays.
- **Category 2:** This category includes member churches of the SDB General Conference USA & Canada. There will be a fee of \$50 for a display in this category.
- **Category 3:** This category includes churches and groups identifying as Seventh Day Baptist. There will be a fee of \$100 for a display in this category.
- **Category 4:** This category includes vendors or other ministries that support or encourage the mission of the SDB General Conference USA & Canada. There will be a fee of \$150 for a display in this category.

Additional Charges: If the display is selling products, there shall be an extra \$25 charge. If the display needs electricity, there shall be an extra \$25 charge. Displays in Category 1 are exempt from these charges.

There shall be no guaranteed location for any display.

Internet and electricity may or may not be available for displays and availability shall be on a priority and then first come, first served basis.

1. Application for a display must be submitted no later than May 15 of each year, or the Monday following the 15th if it falls on a weekend. Acceptance of your display will not be confirmed until after May 15.
2. A separate request must be submitted for each display table.
3. Tables will be at least six feet long. You will be responsible for providing a tablecloth and skirt for your display. (These are required.) One chair can be provided per display upon request.
4. Nothing may be attached permanently to any walls or to the display table. Storage may only be provided underneath the display table.
5. No audio equipment or sound amplification of any kind is permitted. Videos without sound may be shown as long as the monitor/television rests on the display table.
6. We prefer and recommend electronic distribution of information instead of printed matter. Use of QR codes, web addresses, or SDB LINK is recommended.

If you must ship materials for your display, you must contact the Executive Director to obtain the proper address. You will be responsible for the costs of shipping your display.

No display may be set up at the venue prior to the opening Sunday of the conference sessions. All displays must be removed from the venue by 10 am on the closing Sunday of the conference sessions.

All displays that have items for purchase shall remove or cover the items from 6 pm Friday until 6 pm Saturday.

All displays must be approved by the General Council and/or Executive Director.

Waivers to this policy may be requested from the General Council and/or Executive Director.

For more information contact

Robert Appel, Executive Director
robappel@seventhdaybaptist.org
Phone: (608) 752-5055



Nick Kersten, Judy Parrish, Tim Lawton, Elizabeth Camenga, Elon Sinclair, Kim Merchant, Janet Thorngate

Council on History Holds Yearly Meeting May 5-6, 2018

Each year, the dedicated members of the Council on History (Janet Thorngate, Judy Parrish, Kim Merchant, Tim Lawton and new member Elon Sinclair) meet in Janesville, WI, at the SDB Center to review and direct the work of historic preservation among Seventh Day Baptists. This year, the Council considered matters related to the upkeep of the library, the transmission of our history (including our website), celebrations of important church and denominational anniversaries, and honoring individuals who have made significant contributions to the preservation of SDB history.

Individuals interested in joining in the work of the Council on History are invited to contact Nick Kersten (nkersten@seventhdaybaptist.org) for more information about how they can join in this important work!

Digital SDB History Resources available on [sdbhistory.org](http://www.sdbhistory.org) Continue to Grow!

Early this Spring, the Council on History completed a project to scan and upload the complete collection of the *Sabbath Recorder* between 1844 and 2003. All of these resources are now available for searching on our website, www.sdbhistory.org, through the hard work of Council member Tim Lawton and the General Conference's virtual assistant, Brittany Kersten. Because of their work, Seventh Day Baptists can now

peruse every *Sabbath Recorder* printed over that span at: <http://www.sdbhistory.org/sabbath-recorder-archives/>. Those wishing to use the index to search the collection for specific names will still need to join the library supporters group to gain access to the index. More information about supporting the library can also be found at www.sdbhistory.org. Additional scanning of the archives is already taking place to add the remainder of our periodical and yearbook collections to the online resources by the end of the year. Stay tuned for further updates!

Due to this increased material becoming available, longtime members of the Historical Society who have had their memberships in the Society converted to supporter categories for the Library Supporters group, especially former life members of the Historical Society, are invited to contact Nick Kersten by email to arrange for access to these historical materials.

Genealogy Volunteer Begins Work for the Council!

Gay McRoberts, of the Albion SDB church, has agreed to join in the important work of aiding genealogy researchers with requests which require the usage of the SDB Historical Library and Archives in Janesville. She will provide support to those who cannot make a physical trip to Janesville but need resources which are housed in our collections. [SR](#)



Council on History

Rev. Nicholas J. Kersten
Director of Education and History

TREASURED IN SEATTLE

"...the Lord has chosen you to be a people for his treasured possession."

—Deuteronomy 14:2

It all started, for me, with an \$88 credit from my new favorite airline—the one that does not charge for every old bag. I needed to use it before mid-May. But where to go? Obvious answer was to visit my sister, Doreen Davis, near Seattle, WA. My son Levi suggested I attend the Northwest Association's 11th annual Women's Retreat the last weekend in April.

What a wonderful idea! Twelve of God's most treasured creations met on Friday, April 27, 2018, at Lakeview Christian Conference and Retreat Center for three days of studying and discussing God's word as prepared by Deb Burma for Concordia Publishing House© 2009. Five more of God's "treasures" joined us on Sabbath day for four sessions.

Doreen gave an overview of Session 1, centering on 1 Corinthians 6:20, *"You were bought with a price."*

Marcella Figueroa chaired Session 2, which stressed the transformation process. Just as coal, under pressure, becomes a beautiful gem, God may use pressure to transform us into the treasured women He wants us to be. Key verses were Matthew 6:33, *"Seek first this kingdom and his righteousness, and all these things will be given to you as well,"* and Romans 8:28, *"...in all things God works for the good of those who love him, who have been called according to his purpose."*

Sessions 3 and 4 were led by Martha Vaught and Jenny Jensen, respectively, stressing four qualities of diamonds: **Cut, Color, Carat** and **Clarity**. Psalm 139:14a says, *"I praise You, for I am fearfully and wonderfully made."* God has shaped (**cut**) us for what He wants us to be.

The book of John makes numerous references to Christ as the light. Thus, like a diamond, we have no color of our own, but reflect the **light** of Christ.

Carat refers to the weight of a diamond. We were encouraged to write the names of Christians whose lives have had a heavy impact on our walk with Him. Along with honoring those saints, we are obligated to make a positive impact on those who come after us.

Finally, **Clarity** is affected by attitude and sins that dull our light for Him—doubt, greed, gossip, selfishness and lies. An especially common, heart-breaking lie believed by too many women is, "You're not good enough."

Alas! All was not Bible study! We also cooked and ate; donned tiaras and other plastic "bling"; sang old favorite hymns; dabbled in Bible journaling during craft time; rested; and viewed an entertaining film, *Mama Mia*, Sabbath evening.

As we said "goodbye" on Sunday morning, several of my new friends asked if I would be attending the 12th annual Women's Retreat. We'll see: it's a 3000-mile journey well worth making. SR

—Donna S. Bond
(with Karen Uhlich and Martha Vaught)



BIRTHS

SCULL – A daughter, Louise Emilee, was born to Colin and Melissa Scull, of the Shiloh SDB Church, NJ, on February 18, 2018.

UHLAND – A daughter, Kylie Michelle, was born to Kyle and Julie Uhland, of the Shiloh SDB Church, NJ, on March 21, 2018.

CHRONIGER – A son, Nolan Jennings, was born to Tyler and Jen Chroniger, of the Shiloh SDB Church, NJ, on April 27, 2018.

BOND – A daughter, Anna Lee, was born to Richard and Kate Bond, of the Shiloh SDB Church, NJ, on May 11, 2018.

OBITUARY

CHRONIGER – Rose W. Chroniger (nee Dean), 89, of Shiloh, NJ, and formerly of Lanham, MD, passed away peacefully at home early Friday morning, May 18, 2018.

The wife of Pratt J. "Jim" Chroniger, she and her husband would have celebrated their 70th wedding anniversary on June 9.

Rose was born January 9, 1929, in Franklin, PA, and was the daughter of the late Reuben and Violet Harkless Dean. Following the death of her mother when she was eight, Rose was raised by her aunt. The Chronigers moved to Shiloh last June to live with their son and daughter-in-law, Pastor Donald L. and Charlotte Chroniger.

Rose worked for several years as a receptionist and cashier for Malen Medical in Riverdale Park, MD. She was a longtime member of the Central Seventh Day Baptist Church in Mitchellville, MD, where she served as a deaconess. In addition, she was active with the church's Sabbath School.

Mrs. Chroniger had a great love for children. Besides her church activities, she also brought children into her home-feeding them and helping them during their formative years.

In addition to her husband, she is survived by three sons: Pastor Kenneth D. Chroniger and his wife Peggy S. of Alfred Station, NY; Pastor Donald L. Chroniger and his wife Charlotte of Shiloh, NJ; and Kevin L. Chroniger and his wife Brandi of Glen Burnie, MD; sixteen grandchildren: Heather (Dan), Angela (Jimmy), Rachel (Lance), Matthew (Barbara), Elianna, Madge, Tyler (Jen), Jordan, Bethany (Phil), Jessica (AJ), Amanda, Samantha (Dylin), Nicole (Scott), Kevin Jr., Ashley, and Dallas; and 28 great grandchildren. She is also survived by a half-sister and a half-brother.

Relatives and friends were invited to attend a visitation at the Freitag Funeral Home, 137 W. Commerce St., Bridgeton, NJ, on the evening of May 22. An additional visitation was held at Gasch's Funeral Home, 4739 Baltimore Ave., Hyattsville, MD, on the morning of May 23. The funeral service followed.

The interment will take place at Ft. Lincoln Cemetery in Brentwood, MD. In lieu of flowers, memorial contributions are requested in Mrs. Chroniger's memory to the Shriners Hospitals for Children, 3551 N. Broad Street, Philadelphia, PA 19140.

NEW MEMBERS

SHILOH SDB CHURCH

Shiloh, NJ
Donald Chroniger, Pastor

By Baptism

Lee Brooks
David Hemple
Ellen Hemple
Ammi Post
Xander Post

By Testimony

David Gardenier Sr.
Kathy Rockhill



For access to the library of current and past issues of the *Sabbath Recorder*, go to your App Store and download the **FREE SDB LINK** app.

Team Members Requested!



Would you like to be part of a team that has a lasting impact on the future of Seventh Day Baptists?

We are currently seeking enthusiastic, nurturing and loving brothers and sisters to support **Children's Conference for 2018** in Kenosha, Wisconsin.

Please consider joining this teaching, singing, dancing, loving and laughing group by spending your mornings making a difference in the lives of the children (ages 4 – middle school) in our denomination.

If you are interested in working with this amazing program, please contact Emily Watt at 240-393-6294 or ew9@hood.edu

LESS TALK MORE ACTION

Rev. David Stall, Conference President












pastordavestall@gmail.com



It has been my pleasure and honor to serve as your Conference president during this year. The travel and connections with churches and associations was awesome. My family has been blessed by hospitality, generosity, and the response to the theme of “Less Talk. More Action.” I have worked hard to plan a great week at our Conference in Wisconsin. I look forward to seeing you there soon!

—Pastor Dave Stall


Conference Highlights:

-  **Kevin Sorbo**
Actor, Author, Speaker
-  **Leith Anderson**
President, National Association of Evangelicals
-  **Lori Stanley Roeleveld**
Author, Speaker
-  **Men’s Choir, Women’s Choir**
NYC area SDB Choir
-  **Church Health Clinic**
-  **Christian Writers Workshops**
-  **Family Fun Day**
-  **Game Show Night**
-  **Evening 5K Cup Event**
-  **Morning Devotions**
Evening Worship Services
-  **Conference Business & Reports**



**CARTHAGE
COLLEGE**



9/30 All. Assoc. Toronto	10/6 Berlin NY	10/7 C.NY Assoc. Verona, NY	11/11 S.A. Assoc. Atlanta, GA	12/23 Boulder CO	12/30 North Loup NE	2/24 Edgewater FL	3/3 Daytona Beach, FL	5/4 E. Assoc. Shiloh, NJ		7/29 Conference Kenosha, WI
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Periodicals postage paid
at Janesville, WI
and additional offices

LESS TALK MORE ACTION

Seventh Day Baptist General Conference

July 29 – August 4, 2018

Carthage College in Kenosha, WI

Conference Highlights
on page 27

Gospel Feet 5K Run
information on page 18

Why the Sabbath?

– see inside –