

# Sabbath Recorder



A Seventh Day Baptist Publication  
March 2019



On the day *I* called,  
You answered me.  
*You made me bold*  
with strength in my soul.

—Psalm 138:3 NASB

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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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# BOLDNESS Brings JOY

Sitting in a Sabbath School class with children ranging in ages from first through sixth grades made our hearts smile as we listened to the concern these young people have for their unsaved friends. We were actually focusing on JOY as part of the advent study, but our conversation changed to awareness of the unsaved who did not have this Joy and the need for our boldness.

JOY was actually the word of the day but quickly the focus turned to Boldness. We reminded the kids that there is a difference between happiness and joy. Happiness is an emotion that can disappear as quickly as it comes. Joy is a choice that we have. God gives us JOY. We can live in an attitude of anger, or resentment, OR we can choose Christ to rule over us each day and we can feel the joy. We discussed JOY as a reminder to put Jesus first, others next, and yourself last.

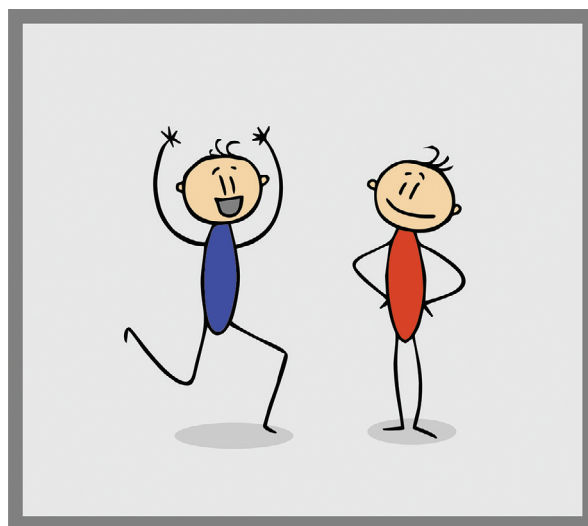
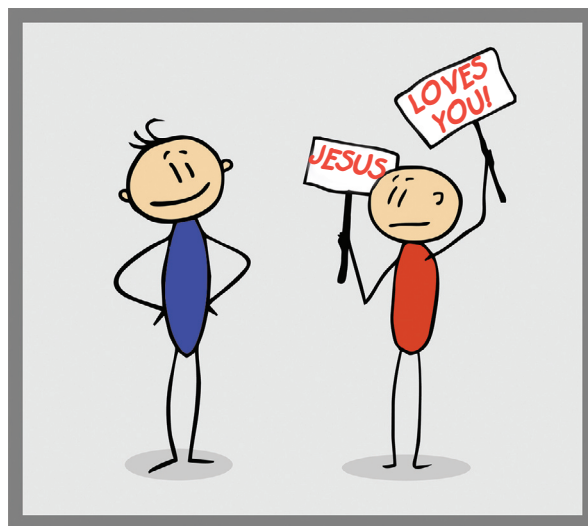
As the kids discussed JOY and what made them feel and experience JOY, their conversations quickly changed to their concern for others and the needs that they felt to show others the joy of Jesus.

Their concerns and boldness that they spoke about were awesome. We have a group of kids acting as missionaries in our local schools. Everyone participated and shared the concerns they had for their friends. They questioned why some classmates cannot or will not recognize there is a God. Others couldn't realize why their friends had no remorse for their actions and acted in such an ungodly manner. Some could not understand why parents do not take their children to church. Bullying was a huge topic discussed throughout all the grade levels. If only everyone felt the "Joy of Jesus" there would not be bullying. They were burdened as they looked ahead to Jesus coming again...would their friends and loved ones be ready to meet Jesus or would they be left behind?

Above all, even at this young age, kids were trying to figure out the right approach to showing and sharing the Joy of Jesus. They were sensitive to gaining the right approach so as to not turn kids away from Jesus, but to lead them to Him. Their hearts were heavy and wanted all to feel the joy to have a friend's heart turn to Jesus and accept Him. After a season of prayer with each kid lifting up the friend or friends they were concerned about, it was a reminder of how much these young ones love the Lord, but also want the love of Jesus to be shared by all. As we left the class, everyone, including the teachers, made a vow to go out and not be afraid but to be BOLD and share the Gospel in our community.

How often as adults do we tend to step back and not step forward to sharing the Good News of Jesus Christ? Let's take a lesson from these young people and be concerned for our unsaved friends and feel a genuine hunger to bring others to the saving grace of our Lord Jesus Christ. We are reminded in Romans 16:15 that each of us needs to follow the Great Commission: He said to them, "Go into all the world and preach the good news to all creation."

It is such a blessing to be a Sabbath School teacher. SR



By Dodi Moncrief and Sharon Campbell



# Practice Boldness

By Ruth Burdick

In January my Sabbath School class studied the book of Joshua, and (boom!) in the first chapter is God's charge to Joshua, the Israelites, and us today: **be bold**, strong and courageous. Years ago I had bracketed the first sentence in verse 5 and underlined the last half of the sentence. I had also underlined the four occurrences of "*Be strong and courageous*" and noted verses 7-9. What a great study for our children to hear and learn early in life! Furthermore, it is a command (vs. 9).

I was four. A wicked thunderstorm was loud, crashing and shaking our old farmhouse. Running to hide under my mom's desk, I cowered there with debilitating fear. My mother came, drew me into her arms and took me out to our covered porch to a glider. She cuddled me and spoke to me gently as the storm raged all about us. Softly, she told me how the Bible (Psalms) tells us that God's might and power is greater than the thunder and lightning; that it is only temporary and we need to trust Him through the loud noise and dangers. The storm will pass and the clean, quietness afterward will refresh our souls and offer confidence and courage to meet the next storm in life. How wise and true! Now I love to sit and watch a thunderstorm pass.

***My life lesson #1: God uses the storms of our lives to build our courage and recognize our dependence on Him. Know God is real. He calms our fears or takes them away with His peaceful presence (Joshua 1:9).***

I was sixteen. Camp Harmony was in full swing. One day I was directly faced with the fact I was a sinner. I recognized my sin and became humbled before man and God, confessing to each my need of forgiveness and a change of lifestyle and attitude. That day God's spirit gave me a new confidence and joy, an unshakeable trust in God and a peace in knowing I am His eternally (Joshua 1:5b, 9c).

***My life lesson #2: Believe, receive salvation, and begin a lasting personal relationship with Jesus. That confidence and assurance bolsters boldness.***

I was in my teens. My grandmother was my spiritual mentor as well as my Sabbath School teacher. I came to deeply love the Word of God. One must read it to discover its truths. The cross references, study notes, and concordance became my aids to create my own theme studies to delve into God's will for my life. It is an exciting journey, but we are warned to be careful and handle the Word of God correctly (Joshua 1:7-8; 2 Timothy 2:15).

***My life lesson #3: Study God's Word regularly. Absorb it into your thoughts and actions. Apply it to life as God guides. Always be prepared to share with others the hope and confidence you have in knowing God personally. Get ready (1 Peter 3:15; Joshua 1:2).***

*As you get stronger in Bible knowledge, and life changes,  
you gain courage to go beyond your comfort zone.*

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I was 18. It was time to move out into the unknown. The college I chose was far away from home and family. However, I specifically chose Milton College because there was a church in town with a church family ready to accept me. No problem there: God provided! The challenge was: how strong was my faith? That first year I was faced with the fact that I had a volatile temper. One night it erupted and I physically hurt someone in anger. I was horrified and ashamed and humbled before my Holy God. Sin was recognized and confessed. Forgiveness was sought and received, and reconciliation was given gloriously. God delivered me from that controlling trait and gave me a deeper love for people that amazes me at times.

***My life lesson #4: A believer is a forgiven sinner who continues to conquer sin. Joy is deep and boundless. Experiences enrich our testimony and help us identify with others. Sharing is necessary and needed. Strength evolves.***

I was in my twenties. It was my last semester in college, and I signed up for a Psychology course with a new professor. He introduced himself and then asked us a question, “How many of you believe in God?” Of 23 students, two of us raised our hands. I was shocked. It was then I wondered if some were ashamed to stand up for what they believed. The professor then challenged the class to write the first essay on why or why not you believe in God. The other student and I got A’s, though we never did change his mind.

***My life lesson #5: Do not be afraid of taking a stand for God. We are not to be ashamed of Christ and are told to speak out and glorify Him. Stand firm in the faith. Courage and strength become boldness for Christ. (I Corinthians 16:13-14; Romans 1:16; Luke 9:26; Ephesians 6:10-17)***

Early in my life, prayer became a vital communication link to my God. It is a two-way conversation. It keeps me focused and moving forward. Even thoughts have become prayers that were answered. Be specific. I have prayed for boldness more than once.

***My life lesson #6: Be serious about your prayer life. Cultivate it. Prayer is a lifeline for you and others. (Ephesians 6:18-20)***

Throughout life I have heard the phrase “practice makes perfect.” I can’t agree with that, but practice does make one better. It is the same with strength, courage, and boldness. They need to be nurtured. As you get stronger in Bible knowledge, and life changes, you gain courage to go beyond your comfort zone. As that occurs, you become bolder to stand firm in sharing with others. Practice thinking about how you can approach people, what questions to ask, how to establish rapport with that person, how to share Christ simply, and the list goes on. Remember God gives the opportunities and it is all about Him. Think about what you might miss if you don’t follow through!

***My life lesson #7: Practice boldness. God commands us to become strong and courageous. Enjoy the process! (Joshua 1:7a, 9; Matthew 7:24; Luke 8:21)*** SR

# PRAY for BOLDNESS

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By Patty Petersen

*“And now, Lord, look upon their threats and grant to Your servants to continue to speak Your word with all boldness.” (Acts 4:29 ESV)*

I used to read verses like this and be amazed at the faith and courage of these early Christians. Acts 4:29 is part of a group prayer following the release of Peter and John from jail. They know they face future arrests (and beatings or death) if they keep proclaiming the gospel of Jesus openly, yet they pray that God will grant them the confidence to speak openly without fear. Even the Apostle Paul, after years of missionary work, asked believers to pray for him to be able to speak the gospel boldly, “as I ought” (Eph. 6:19). Would I ever get to a place where I would ask God to make me bold in speaking the gospel message?

In 2007, on a short mission to Pine Ridge Indian Reservation (Rez Connection ministry), we were trained in an evangelistic method called, “The Way of the Master.” I liked that it gave me a series of questions to ask so there was a dialogue. My preference is to talk with people in private settings, but this training included approaching people in parks and on sidewalks. What heart-pounding fear when we first went out! Yet I wanted to be like those early believers who sought to obey the command of Jesus to preach the gospel to all (Mark 16:15). I was relieved when our efforts were received with kindness.

I felt convicted to share the gospel more, so I started going out once a week during my lunch hour to pass out tracts and see what God might do. Was I scared? Yes! Did I pray for boldness? Yes! How did God get me to go despite my fears? My greatest motivator at the time was simply a desire to be obedient. I knew the Great Commission. I knew I had information that was critical to every person’s eternity. I wasn’t very skillful at presenting it, but I was confident the Holy Spirit would help me and that I would learn and get better.

Once a young man asked me if I was aware that other men before Jesus had claimed to be God, been killed and returned from the dead? Uh, no. I asked him to tell me more, then went home and looked up those myths, so I’d be ready the next time.

Another time I was talking with a homeless man about his beliefs and I said something about how he must think XYZ (I don’t remember exactly what it was). He turned angry and said, “You know nothing about me! Don’t tell me what I think!” Thankfully I was able to backtrack and he accepted my apology. Street evangelism is a school of hard knocks, but worth it to learn how to reach people.

A favorite memory is of a street vendor from Africa who said he was a Muslim. I talked about how the gospels tell the life of Jesus, whom they consider to be a prophet. When I got to the resurrection, he was amazed. “But no one has ever come back to life!” It was exciting to think he was hearing this for the first time and might continue to explore the life of Jesus from the gospel of John booklet I gave him.

After a few years of regular outreach (and conversations with coworkers, neighbors, and family), my primary motivation became compassion for the lost. More and more I see every person as someone made in the image of God, someone He loves and wants to save. That gives me a love for them beyond my human ability. I keep in mind that the reality I see so clearly is veiled to them. I still feel fearful in witnessing situations but that frequent prayer for boldness does not go unanswered. It’s also best when I go with at least one other person. We are support for each other and lend confidence.





*Ana talking with some visitors to our outside table on the downtown Boulder mall.*



*Patty doing ministry at a Farmer's Market*

## **“I knew I had information that was critical to every person’s eternity.”**

You might think that, being mostly an extrovert, initiating conversations about spiritual beliefs would come more easily to me. Not so. Religion is a tricky subject in our culture. People may have strong opinions or have been hurt in a religious context. Where extroversion helps is that I usually enjoy engaging with people, even strangers, to get to know them and look for ways to be a blessing. When you give your full attention to people and listen well, they feel respected and often respond by opening up. My challenge is to let them do more talking than I do. Still learning that lesson.

Is it harder for introverts to speak the gospel boldly? Not “harder,” as we all deal with fear, but they may prefer non-public spaces for having spiritual conversations. My daughter, Ana, is an introvert yet very motivated to share the gospel. She suggested that introverts can pray boldly, especially supporting the work of evangelism through prayer. Also, it takes boldness to ask a probing question hoping to discuss spiritual things. She said it is bold to take a chance and invite someone along when you would prefer to be alone: out for coffee, or for a walk or to an exercise class. That’s sacrificial love in action, for the sake of the gospel!

Ana said she likes doing table ministry, even though it is on the streets, because the people who approach are interested in what we are offering, like free Bibles, gospels of John and tracts. Sometimes also water or candy. She likes the one-on-one conversations and opportunity to hone her skills in answering spiritual questions.

Pastor John Piper gave a very helpful mini message about introverts and the temptation to excuse themselves from speaking up for Christ. He believes that every spiritual gift, and every personality type, can be used in some way for the work of evangelism.

He suggests we ask ourselves, “How do I make my peculiar personality serve, by God’s power, the extension of grace into other people’s lives for the glory of Christ?” He described an introverted friend who found a way to support gospel work within his natural personality bent by becoming a Bible translator among a remote people group, for 30 years!<sup>1</sup>

I hope you will pray for boldness in speaking to others about Jesus and His gospel message. Pray for your pastor to have this boldness. Pray for all in your local church to have this boldness. And I will be praying for you to be empowered by the Holy Spirit with this boldness, for the sake of the lost, for your joy, and to the glory of God. SR

<sup>1</sup> “Ask Pastor John” podcast 12/2/18, “How Do Introverts Guard Against Selfishness?”



# Unbridled Power

By Pastor Rick Crouch

Daytona Beach is promoted as “The World’s Most Famous Beach,” but I don’t know of anyone who believes that statement is true. I can’t find any polls or research to support this claim. The slogan is just a marketing tool to draw tourists that has been in use since the 1920s. However, that doesn’t mean that Daytona Beach isn’t well-known. One of the things that Daytona Beach is famous for is automobile racing, which began on the beach and now draws hundreds of thousands of people to

the Daytona International Speedway every year. The Daytona 500 is known as the Super Bowl of Racing.

Although I grew up in Daytona Beach, I have never been a fan of the sport of car racing. I grew up two miles from the speedway and have never been to a race. However, despite my lack of interest in the sport, seeing headlines and hearing news stories about the sport is unavoidable when you live here. For example, I was aware of when they began putting restrictor plates on engines in 1987 to limit how fast the cars could go. They did this mostly for safety reasons because cars were going airborne when they crashed, but it also had the effect of leveling the playing field and causing all of the cars to be clumped together in packs racing side by side. Starting next year they will be transitioning from restrictor plates to spacers and larger spoilers that will have a similar effect.

The reason I’m bringing this up is because race cars are designed to race. They are designed to be powerful and fast and yet, at the same time, they are intentionally being handicapped to be slower and less powerful. They are created to race and are functioning as race cars and yet they are in bondage to restrictor plates, spacers, and other things that are designed to slow them down.

All Christians are intended to walk in the fullness and power of the Holy Spirit, and yet many Christians are in bondage. They are shackled by fear, pride, addictions and a host of other things that limit their power and effectiveness. They are Christians functioning as Christians, but they are functioning in a severely weakened state.

In Acts 5:12-32 we get a glimpse of what it looks like to walk in the unbridled power of the Holy Spirit. We see that many signs and wonders are being done among the people and believers are increasingly being added. Multitudes of men and women are coming to faith in Jesus.

And then we read in verses 15-16, “that they brought the sick out into the streets and laid them on beds and couches, that at least the shadow of Peter passing by might fall on some of them. Also a multitude gathered from the surrounding cities to Jerusalem, bringing sick people and those who were tormented by unclean spirits, and they were all healed.” (NKJV)

That is the unbridled power of the Holy Spirit, but it is also unbridled faith. Think about the kind of faith that it would take to believe that you could be healed by someone’s shadow passing over you. What would our lives look like today if we walked in that kind of power and faith? We don’t know because we haven’t tried it.

Very few of us truly believe in healing through anything other than medicine. We know that the Bible says that God is our healer, but we almost always turn to doctors and medicine before God. It is usually as a last resort that we anoint people with oil, lay hands on them, and pray for healing.

When we get a headache we go straight for the Tylenol or whatever our drug of choice is. When we get sick we go straight to the doctor and put our faith in whatever they prescribe. There is a place for doctors and medicine, but we should not put them in a position above God. If we seek God first and put our trust in Him, then He can prescribe our method of healing. He may very well lead you to a doctor, but it will be the right doctor, at the right time, who will prescribe the right medication.

Another mistake that we make is that we don't acknowledge the effect that our spiritual life has on our physical health. We experience physical symptoms that feel like physical illness and so we naturally assume that the source of our illness is physical. Yet we all know from experience that emotional stress affects us physically. Some people eat more when they're stressed; others eat less. Some people throw up or get diarrhea when they're stressed or nervous about something. Being nervous also causes our heart rates to increase and we might tremble and shake.

No one disputes these things, but many people are blind to the damaging effects of things like unforgiveness, secret addictions, and sins that have never been addressed. Many people plead for physical healing when what they really need is spiritual healing.

Verse 16 says that those tormented by unclean spirits were among those who were healed. Medicine today does not recognize unclean spirits as a disease to be healed and is completely unequipped to treat it even if it did. Medicine may subdue a person's outbursts or suppress other symptoms, but that just plays into Satan's hand because now the unclean spirits can occupy that person without any threat of being removed.

I am not saying that every physical illness has a spiritual root—I am saying that we need to have a balanced approach that takes spiritual factors into account. As we train ourselves to seek God first in all areas of our lives, we can include a prayer for discernment so that we will know whether the physical symptoms we are experiencing are purely physical, or if there is a spiritual element that needs to be addressed.

The believers in our passage today brought both the physically sick and the spiritually sick to the apostles to be healed and they were all healed—not through the power of the apostles, but through the unbridled power of the Holy Spirit. We need to allow the Holy Spirit to guide us and empower us when dealing with all areas of our lives – including sickness.

A couple of weeks ago we talked about how the apostles prayed for boldness in the face of persecution. We talked about how they prayed for more healing and signs and wonders to be done even though they knew that those were the very things that would bring more persecution. So it is no surprise that they are once again arrested and put in prison.

The surprise is that an angel of the Lord opens the prison doors and lets them out and tells them to go right back to doing the thing that will get them in trouble again. He says in verse 20, "Go, stand in the temple and speak to the people

all the words of this life." (NKJV) The apostles obey immediately. Immediate obedience under those circumstances is only possible through the unlimited power of the Holy Spirit.

One of the things that Grace and I are working on with our kids is immediate obedience. Unless we specify that what we're telling them to do can be done at their convenience, we expect them to stop whatever they are doing and obey. It is a sign of respect. It shows recognition of the fact that they are under our covering and are commanded by God to honor us. Of course we want their obedience to be out of love for God and love for us, but sometimes they need a little extra incentive in the form of punishment to obey.

As adults we are offended whenever someone expects us to stop whatever it is we're doing to meet a need. It puts that person in a position of authority over us if we allow them to boss us around. Even when the person is our boss, we don't like it.

As Christians, God is our boss, yet how many times are we reluctant to do His will? As a parent I get upset if I have to tell my kids more than once to do something. How do you think it makes God feel to have to repeat Himself over and over?

God expects immediate obedience. When Jesus called the disciples, they dropped their nets and followed Him. Even what seems like a legitimate excuse for delaying was not accepted by Jesus.

At one point in Matthew 8, Jesus saw great multitudes about Him and gave a command to depart to the other side of the Sea of Galilee. Verses 21-22 say, "Then another of His disciples said to Him, 'Lord, let me first go and bury my father.' But Jesus said to him, 'follow Me, and let the dead bury their own dead.'" (NKJV) There is nothing more important than following Jesus.

The most important things we do each day are the assignments that God has given us. But how often do we actually complete every assignment, or how often do we even hear what the assignment is? We are so distracted by the world around us that we often miss or ignore the promptings of the Holy Spirit.

The one voice that we immediately obey is the voice of our phone. Many people will interrupt a conversation with you to answer their phone, or at least see who it is, and we don't mind because we would do the same thing to them. We have been conditioned to stop anything or everything to check our phones—even the ringing of a landline.

It didn't used to be that way. When I was growing up, my family never answered the phone while we were eating. We didn't have an answering machine or voicemail. We just let it ring. My parents' attitude was, "If it's important, they'll call back." Our family time around the table was more important than whoever might be calling.

Now we routinely allow everything we do to be interrupted by our phones. But if an actual person tries to speak to you while you're doing something, you get offended. When our family reads the Bible together, we'll tell Abel and Katie not to interrupt us, but sometimes we allow the

*Continued on page 24*

5 In your relationships with one another, have the same mindset as Christ Jesus:  
6 Who, being in very nature God, did not consider equality with God something  
be used to his own advantage;  
7 rather, he made himself nothing by taking the very nature of a servant, being  
made in human likeness.  
8 And being found in appearance as a man, he humbled himself by becoming  
obedient to death—even death on a cross! —Philippians 2:5-8

## I Prayed for the Wrong Thing

I was a quiet and considerate little boy. I kept to myself mostly in elementary school and, as is many times the case, fell victim to antagonism and threats from playground bullies. Typically, I did not cower, so after some blustering, they would generally move on to easier prey. But it still hurt me to see weaker kids tormented, and I wished that I could do something about it. Having already begun to develop faith in God's provision, I began to pray that He would give me physical strength. I did not need to be Sampson, but wanted enough to make the bullies think twice if I were to intervene. By junior high, I was becoming one of the strongest guys on our single A football team—and by 10th grade I had beaten all the 11th graders in arm wrestling and maxed out the weight room leg press. I regularly interceded on behalf of the little guy but started to fear that I was becoming a bully to bullies. I accidentally broke a couple of guys' bones in contact sports and began to feel that imprudent strength could lead to a lot of pain.

So I began to pray for wisdom. First I prayed in confrontation situations, to give me words or insight into what motivated others and how to turn hurts without breaking skulls. I thought of Solomon and thought that I had come upon the key to a fruitful and God-glorifying life. After all, Solomon

had prayed for wisdom and through it God had given him such earthly blessings that Solomon was envied throughout the world for his wisdom. Plus, as I understood, wisdom is God imparting the knowledge of His will in circumstances and what

better way to operate than with that kind of understanding! So I sought God's perspective in scripture and paid close attention to messages from Spirit-led teachers to gain wisdom in all situations. As I took on the ministry of working with different cultures and leaders from around the world, wisdom remained something that I prayed for and asked others to pray for on my behalf. Then I finally began to understand. Solomon had wisdom, but did not submit.

Knowing God's will is not enough. Removing our pride and carrying out what God would have us do is all that stands between us and "wisely" making the wrong choices even when we know what God would have us do. Solomon needed the example of Jesus, who was more powerful than Sampson and wiser than Solomon. Jesus prayed for God's will to be done. He submitted Himself to God's purpose and in perfect faith accepted what He had to endure while ministering as a servant to mere men—because submission to God is the only thing between us and acts of destruction. Pride, as it turns out, is the opposite of love and the opposite of the example Jesus gave us.

In the mission field, like all realms of our lives, subordination to God's will is essential. We cannot make disciples of Christ if we are too busy making disciples of our own. Strength and wisdom and intellect and wealth are of little real use unless our hearts are committed to God's purposes instead of ours. We can teach much, and fix many things, but without humble hearts that heed God's wisdom and recognize that all strength is His, then we labor in vain. Pray with me that we grow humbly in the likeness of Jesus, and in this make true disciples of ourselves and others through our thoughts, words, and deeds. SR



### FOCUS on Missions

Clinton R. Brown  
Executive Director

# Prayers of Significance

By Pastor William Shobe  
Dodge Center SDB Church, MN

“How significant are your prayers?” I have heard a number of responses to that question. Often they reflect uncertainty about the true value or impact of prayer. I am certain that we all have had times when we felt as if our prayers accomplished little, if anything. As a result we can lose confidence that our prayers matter and allow our prayer lives to deteriorate.

Yet the more I study the scriptures and the role of prayer in God’s Kingdom, the more significant I find it to be. Indeed, incredible as it might seem, God has directly linked the release of His power and work on earth to the prayers of His people. When God’s people pray in earnest powerful things happen.

In the Old Testament the intercessory prayers of one man provided notable protection for his family. Intercession is the act of positioning oneself between a person or group and an imminent threat. Job offered prayers and sacrifices for his children in case any of them might have sinned. Satan complained that God had responded by placing an impenetrable hedge around Job’s family. This serves as an example of intercession at work (Job 1:5, 10).


In Ezekiel 20, God related the many transgressions that the sons of Israel had committed resulting in His judgment on the land and its people. Yet even as destruction was ready to be released, God revealed that His desire was to manifest mercy for His people. “I searched for a man among them who would build up the wall and stand in the gap before Me for the land, **so that I would not destroy it**; but I found no one.” (Ezekiel 22:30 NASU) God searched for someone to pray and ask for mercy and forgiveness for His people but no one would respond. Therefore He unleashed His judgment. His desire for mercy was directly linked to the intercessor’s prayer.

Even in 2 Chronicles 7:14 where God promised Solomon the He would forgive the sins of His people and heal the land, His mercy was conditioned on the response of His people in intercession: and if

“My people who are called by My name **humble themselves and pray** and seek My face and turn from their wicked ways, **then I will hear from heaven**, will forgive their sin and will heal their land.” (2 Chronicles 7:14-15 NASU) No prayer, no forgiveness or healing.

Often when we think of intercession we think in terms of an event, like the National Day of Prayer, or an official day when the community is called to pray in a time of drought or threat of war. Yet I believe God’s intent is that we develop a lifestyle of intercession, such that we regularly respond to His promptings to pray for the situations of need around us. Remember, even in prayer it is God Who initiates by prompting us to pray, and we respond to His promptings. When He prompts and we pray according to His will, He responds and reveals the power and will of His Kingdom of heaven on earth. (1 John 5:14-15, Matthew 5:9-10)

Significant situations of need for intercessory prayer arise regularly among Seventh Day Baptists, our people and our congregations. Individuals with illness, congregations seeking revitalization, new denominational initiatives could all benefit from prayers of protection, blessing, and divine intervention. Are you one who often feels the urge to pray when you hear about situations of need? You may have a gifting in intercessory prayer. We would love to hear from you so that we can encourage you in your development of that gift, and include you in a group who receives regular updates about current situations among SDBs in need of focused prayer.

If so, let us know at the Christian Education Council by sending an email to [nkersten@seventhdaybaptist.org](mailto:nkersten@seventhdaybaptist.org). To all of us, may God help us to be a people of significant prayer. 



Christian  
Education  
Council

Rev. Nicholas J. Kersten  
Director of Education  
and History

# A tribute to Victor Harold Burdick, M.D. (1927-2015)



Victor H. Burdick, M.D.  
in 1955

"We are thanking you for the doctor whom you sent to us," wrote J. Witness Mankhanamba. "It was a strange thing to see how he was doing with the people. He did not care how dirty they were, did not care how poor they were, but he showed his kindness by giving help to these poor people. Oh! God is Almighty, whom we thank. From Manjanja in Central Province up to the North, people were helped in the same way. He gave not only the medicine but also the spiritual message. Even now, he is giving to all of us from time to time this spiritual help." The African pastor closed on another note, "We are looking forward, to the return of our nurses who went for furlough. They have done a great work here in Nyasaland...."



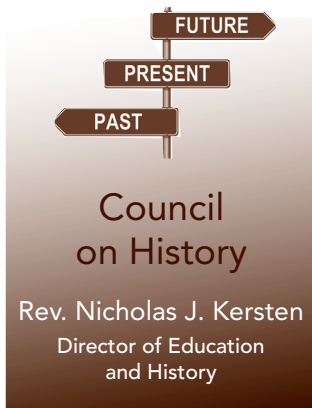
Victor and Beth Burdick with  
Victor, Jr.; Mark;  
and Joan in 1966

That was 1957. The thirty-year-old doctor, Victor Burdick, had been in Nyasaland (later Malawi) for just a few months after serving briefly as an Army medic in Japan near the end of World War II, then graduating from Alfred University and Albany Medical College in New York. The nurses, Joan Clement and Beth Severe, had served four years on the mission before that furlough. Within two years after the nurses returned, Victor and Beth were married in Africa.

In 1958 Seventh Day Baptist medical doctors in the USA received the first of a series of letters from Dr. Burdick, one year after he began work as medical director of SDB Makapwa Mission. He noted that he and the trained African "hospital assistant" saw about 25 new patients and 30 returning patients each day, he handling the problem cases or those requiring minor surgery. He and the three midwives delivered about 25 babies a month, he handling only the abnormal births. "I use a slide rule and 50-foot steel tape about as much or more than a stethoscope," he reported. They were building a new home for the hospital assistant and one for the native midwives, with plans for building a hospital so that he would not need to make monthly trips to the nearest hospital taking several patients for major surgery. After listing gifts from American SDB physicians already in use (many catgut sutures, dental equipment, surgical instruments, a fine microscope, and the dispensary-maternity building), he promised to keep the doctors posted on how they could be helpful.

The Burdicks' three children, Victor, Jr.; Joan; and Mark; were born during the thirteen years Victor worked on the mission. The schools and churches grew along with the medical work. Nyasaland became Malawi, independent from Great Britain. The Central Africa SDB Conference (CAC), now the largest in the SDB World Federation, was officially organized. Dr. Burdick's 1969 report to the SDB Missionary Society, shortly before his departure, reflects the growth:

*Our hospital continues to be the busiest department of Makapwa Station work, involving the largest staff and budget. Our medical assistant, Mr. Sankhulani, carries a heavy load, with long hours, but still maintains a cheerful disposition and evangelistic zeal. Although surgery has been gradually decreasing, the outpatient census and ward admissions continued in 1969 about the same as usual, and may be expected to continue without much decrease after the doctor leaves in 1970, thanks to Mr. Sankhulani's efficiency and experience. With his three assistants he cares for an average of 96 outpatients per day and 4 male inpatients per day. Commonest diseases treated are malaria, bronchitis, dysentery, hookworm, and*



## *“... not only a physical doctor, but also a spiritual doctor.”*

*tropical ulcers. Female wards and the maternity unit were handled capably by three nurse-midwives. Average number of women inpatients was 6 per day; maternity inpatients, 8 per day; deliveries, one per day. Well baby, and prenatal clinics were held weekly. Most of the record-keeping and dispensing of drugs and medical supplies was carried on by Beth Burdick, while general administration, consultation, and some surgery, was handled by Dr. Burdick. Thembe Dispensary was operated on a daily basis by one medical assistant, Mr. Mtengle, and one orderly, Mr. Mbawa. Dr. Burdick made monthly supervisory visits. Average number of outpatients there: 40 per day.*

In the *Sabbath Recorder* report on the Burdick's departure from Malawi, CAC journalist Fedson F. Makatanje wrote:

*The people of Malawi who loved the Burdicks, were very very sorry to lose them, because they had been so helpful. At the hospital, Dr. Burdick and his wife were attending serious patients quickly with a loving spirit. When a patient was to be taken down to the hospital by a car, Dr. Burdick was very willing to go over to help, no matter what time it was and how rough the road was, he had to go and get the patient to the hospital... As an evangelist, Dr. Burdick has visited almost every church in this country. Truly, he was not only a physical doctor, but he was also a spiritual doctor. In all the trips Dr. Burdick made, he identified himself with the people of the country by eating the African food ... He drank the same water people used to drink, using the same cup. He slept with the people on the same mat made of reeds ... Yes, his evangelism was unique. And truly many have come to Christ through his ministry... To prove that Dr. Burdick was greatly loved and needed by Malawi people, Chief Ngamwane in whose area Makapwa is built, with his Village headmen... and Malawi Congress Party area chairman... and ward councilor came to bid farewells... with them a wonderful and meaningful gift of two doves. "Now receive this small gift of doves which are so kind as you have been so kind, like the Spirit," is a quotation from a letter Chief N Gamwane wrote to doctor. "When you arrive in America, remember us," the letter concluded.*

Dr. Burdick had expressed his mission philosophy in *Sabbath Recorder* articles with such titles as "Sharing the benefits of God's redeeming love through the practice of medicine" and "Spiritual Surgery."

Upon return to the USA in 1970, the Burdicks lived in South Pasadena, California, where Victor continued his work as a doctor in an OB/GYN residency for three years and then with Kaiser Permanente for 16 years; later in Colorado, and last in Arizona. Victor and Beth again became active in the Los Angeles SDB Church. Victor had moved his membership there and been ordained a deacon in 1955 while extending his medical training at White Memorial Hospital before leaving for Africa in 1957. The Burdicks were active in the Pacific Coast Association and in organizing the San Gabriel Valley Church where they were charter members, holding a weekly Bible study in their home. Victor served on the conference Faith and Order Committee, directed Youth Pre-Con, and edited the SDB World Federation Week of Prayer booklet. For several years, he and Beth were a part of the NET (Natural Evangelism Training) team, traveling around the country to do training seminars in SDB churches.

In 2007 Dr. Burdick retired from medical practice and in 2015 he and Beth moved to Stephentown, NY, to live with their daughter Joan and her family. There they were active members in the Berlin, NY, SDB Church, Victor serving as deacon and prayer warrior.

Victor Harold Burdick was born 7 August 1927 in Westerly, RI, the fifth of seven children of SDB Pastor Rev. Paul Burdick and Nancy (Brooks) Burdick. He grew up in the several churches his father pastored and served in others wherever he lived. He died 7 November 2015 at Berkshire Medical Center in Pittsfield, MA. He is survived by his wife of 56 years, Beth Severe Burdick; children, Victor Harold (wife Darcy) Burdick, Jr. of Highlands Ranch, CO; Joan Marie Burdick (husband Jeff) Brokalis of Stephentown, NY; and Mark Daniel (wife Deborah) Burdick of Phoenix, AZ.; seven grandchildren; siblings, Stan (Cathie) Burdick, Bob (Mary) Burdick, and LeRoy (late Ruth) Burdick, and Marion (Dick) Maxson. A memorial service was held 14 November 2015 at the Berlin, NY, SDB Church with Rev. Matthew Olson officiating. SR

*Sources for this article by Janet Thorngate are Dr. Burdick's obituary and articles in the Sabbath Recorder between 1954 and 1986. Major quotations are from the following, in respective order: Mankhanamba, SR 163:13, Oct 7, 1957, p. 7-9; Burdick, SR 164:4, Jan. 27, 1958, p. 6; Burdick, SR 188:9, March 2, 1970, p. 12-13; Makatanje, SR 188:24, June 15, 1970, p. 10-11.*



## Behind the Scenes at the SDB Center


The house lights dim, the music comes up, and the curtain opens for the play to begin. On stage, the cast appears before a picturesque set. Captivating dialogue, animated movement, and an inspiring tale introduces a magical world. The play often includes original choreographed dancing, live music, vibrant colors, mixed textures and dynamic motion. This is what you as the viewer see. However, what goes on behind the scenes?

There are numerous responsibilities for the producer, the crew, and the production and technical staff. Each has specific independent duties and other tasks that they share as a team. The producer manages while the director creates. The director makes decisions based on the group's recommendations. The producer is the right hand of the director. Their mutual respect for and understanding of each other is essential to a successful play. The show must go on!

Organization is necessary to complete all the required jobs within a specified timeframe. Like a well-planned-out play, that is where General Services comes into play at the SDB Center in Janesville. The coordinated effort of the General Services is what makes everything else work with ease. They are "behind the scenes" of the various councils and work in concert with them to make sure the ministries of the local church are being supported. The General Services are the keystone of the SDB Center and its organization must be capable of balancing all activities simultaneously. It is not glamorous or out in front receiving the applause. However, the General Services is as important to the livelihood of the overall ministry as the councils.

If the General Services is the Director in the play, the SDB Memorial Fund is the Producer. The SDB Memorial Fund has been supporting the ministries of the Conference for years! Without its support there would be many areas of ministry that just wouldn't get done. The SDB Memorial Board has taken steps that will ensure that the work of SDBs goes beyond the day-to-day possibilities.

This arrangement has worked so well for many years and has operated "behind the scenes," not looking to take a bow or even appear on stage. But both rely on your support through monetary gifts, wills, bequests and annuities. If you want to make a lasting legacy with the ministries of the Seventh Day Baptists, please talk to us about what possibilities there might be.

If it weren't for our forward-thinking ancestors in 1890, we wouldn't be having this conversation today. What legacy can you make to ensure that 130 years from now you will still be making an impact in ministry? You can remain behind the scenes and still be the star of the show! 



By Rob Appel  
Executive Director





In keeping with our emphasis on young people and children, Conference this year will be headed up primarily by young adults. I was concerned a couple years ago when one of our young adults expressed frustration that every time she asked someone where a committee meeting was, she was pointed to Children's Conference to help there. I had already been asked to be Conference president, so my mind began spinning as I thought to myself, "Well, that's going to change!" We have an amazing group of young adults who are ready and willing to be active in the Conference. If we intend to keep their enthusiasm and gifts, we had better get serious about putting them into places of influence (not just with the children). I have been encouraged over the past ten years seeing the addition of young adults to our boards and agencies—and I can assure you that the ones I had the privilege of working with and training in five years of SCSC staff are capable, mature believers, who are alive in their relationships with God, and ready to see SDBs make an impact on the world. They were trained in understanding their true identity in Christ, counseled through some very hard experiences and false thinking, and certainly still struggle, as we all do, but have tools in their spiritual toolbox to know when they are in over their heads and how to ask for godly counsel.

This said, at Conference this year, all committees will be chaired by young adults with more experienced adults to help mentor them through if they need it. Every evening and Sabbath morning speaker is under the age of 40, with most in their twenties. Our morning Bible studies will be led by Pastor Dusty Mackintosh, whom I know for a fact is in his thirties. Our choir director is Nathan Crowder, whose Bachelor's Degree is in opera—so I think he understands a thing or two about music and he is under thirty. He has asked my fifteen-year-old granddaughter, Kayleigh Mackintosh, to be the pianist. I asked Lorelei Stall to be co-organist with her teacher, Kathy Hughes.

Every time I approached God about whom to invite as special non-SDB guests—like the ones we have had over the past few years who have helped us all look forward to attending Conference—I kept hearing, "Keep it in-house." This puzzled me greatly, because I have been very vocal over the past twenty years, saying, "Seventh Day Baptists, we need to get out more, to see what God is doing in the rest of the Church." I have been so encouraged to see that we have had outside speakers and have attended outside events regularly (like the Multiply Conference), so you can understand my "REALLY?" when God kept saying, "Keep it in-house." So, I contacted Ben Calhoun to come spend a couple of days with us. He is coming as the Tuesday evening speaker, though he will probably do some singing, too! What most do not understand, I believe, is that Ben was, has always been, and still is a Seventh Day Baptist. He was recently licensed to preach by the Milton church and is in the SDBU program to study for the ministry. He calls himself a "musicianary," which is what God has called him to be. He also told me that he loves to preach and clearly believes that is also his calling. He will lead a seminar on worship leading for those who want to learn how to do more than just lead songs and play instruments. Ben is one of the older participants, but still under the age of forty. I have asked him to share with us how we can participate in his calling as a minister of the Gospel through music, through prayer, and through financial support. I believe we need to get behind him.

Next month, I will have names of our evening and Sabbath speakers, our committee chairs, more of our seminar topics, and other ideas I have about how you can be an effective member of Conference 2019. [SR](#)



By Jane Mackintosh  
Conference President



# RISE UP!

The verse I've been meditating on lately is Proverbs 24:16: *For the righteous falls seven times and rises again, but the wicked stumble in times of calamity.* That verse is very powerful to me. I've been battling some things in life lately. When I go through those hard times I find it hard to focus on the Creator. I focus on me and how I can get through this. I say, "Hey, this stinks!" and I guess I will go my own direction and see where it takes me. But God wants us to focus on Him and His plans for our lives. God has been teaching me to get back up again and focus on His direction. God is always there for us in our times of peace and in our times of struggle. We need to remember how giant God truly is. He can take all of our troubles. When we think He can't handle what we are facing, we are putting God in a little box and making Him small. God is big enough. Hallelujah for our Father in heaven is always with us. He will never leave our sides. He is omnipresent.

Today if you are facing a "giant" in your way, remember that God is bigger than that "giant." God can take down any problem and any struggle we may come across. We also need to remember that this relationship with Him is a relationship and not a one-way street. We don't expect God to do all of the work. We need to put God in our lives daily and meditate on His scriptures and pray for those who are going through much worse than we are. This isn't about religion at all—just about a beautiful relationship with our Maker in heaven. Spend some time with God daily and give thanks for all that you have. There is always something to be thankful for and always something to pray about. So let's rise up as a church and a big family and let's continue to make this year a blessing to those around us. Let's change the atmosphere when we walk in the room! Let's lift His name up when we go through the worst of the worst. Let's never forget what He has done for us. Let's go church! We have lots of work to do before our judgement day!

*But be ye strong, and let not your hands be slack; for your work shall be rewarded.* —2 Chronicles 15:7

*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.* —Isaiah 41:10

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

Don't forget who you are. You are a beautiful creation from God! God knew you before you were even born. You are loved, forgiven, and chosen! Let's rise up and take these days one step at a time! God bless you my brothers and sisters in Christ.

Love, Brandon Gumness

Young Adult

By Brandon Gumness



# Running to God

sweet celebration of the finish line is coming keeps me going! It feels so much better when I cross the finish line strong and finally get the break my mind and body crave. It is such a triumphant feeling! I've learned to push through the distractions of temptation and settle for nothing less than finishing well.

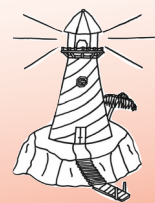
The refusal to stop running in a race is similar to resisting temptations in life's race. I see my runs as a parallel to my race on the path to God. The desire to stop is sometimes tempting. But the finish line, my desire for God, is my goal.

1 Corinthians 9:24-27 says, <sup>24</sup> *Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize.* <sup>25</sup> *Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever.* <sup>26</sup> *Therefore I do not run like someone running aimlessly; I do not fight like a boxer beating the air.* <sup>27</sup> *No, I strike a blow to my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.* I hope and pray that I "run in such a way as to get the prize," the true prize of eternity with Jesus. I will admit that I like the look of my running bibs and ribbons on my bedroom wall, but I know that these are "crowns that will not last."

The first time that I had ever experienced long distance running was during my sixth grade year when my friends and I joined the track team and we signed up for the one-mile run. Before this I had always thought of myself as more of a sprinter. Once I tried the mile, something in the back of my mind seemed to click. I loved it! The following year I joined my school's first ever cross country team. Since then, running has become a large part of who I am; it helps to keep me active and happy.

Although many runs are a lot of fun, there are some runs that challenge me to the point where it is no longer only a physical challenge but a mental one as well. My mind has to discipline my legs to keep going through the aches and my feet to continue moving despite them resenting the harsh pounding of the ground. For me, the physical and mental challenge of running is one of the best feelings I have experienced for two reasons: **One: the feeling of pushing through exhaustion.** I love to push myself beyond what I thought was possible, growing my mental and physical toughness and learning that next time I can go faster and farther. I've learned I need to push myself through difficult conditions in order to grow. **Two: the finish line.** Deep into the race my muscles are screaming at me to stop and my limbs are shaking and begging me to give in to the temptation to quit. At this point, I'm confronted with the choices to slow down (I'll still finish and it will be so much easier!), take a break (what do 30 seconds matter anyway?), or to even quit the race (well, I guess at least I tried). But knowing the

The run will get harder the farther we go, and there will be potholes and mud slowing us down, but we cannot allow these traps to trip us up. Temptation makes it seem like a good idea at the time to quit or to give up. Temptation infects our thoughts and tells us lies, causing us to make bad decisions. These decisions have consequences both on earth and in heaven. They are burdensome; they hurt; and they make it harder to get back up and start the race again. We will all trip at some point in our race, maybe even faceplant! But staying down is not an option. We must get back up. We must push ourselves beyond what we thought was possible. We must leave everything out on the field. We must look up from the ground and see the finish line, our Lord and Savior Jesus Christ. He is the finish and I desire Him above all else. <sup>SR</sup>



## THE BEACON

By Abigail Moore  
Next Step Church  
Thornton, CO



## Pastors Conference 2019 Preview

Our 2019 SDB Pastors Conference will take place from April 26 to 28 in Milton, WI. The theme will be MOBILIZE. All serving or retired pastors and their spouses are welcome to attend. Anyone who is training for pastoral ministry or is feeling a call to pastoral ministry and their spouses are also welcome to attend. If you have a question as to whether you should be attending, please contact the Director of Pastoral Services.

### REGISTRATION

The cost to attend is \$100. Spouses are free. In order to help us plan effectively, you must pay ahead of time by April 12 by check to the SDB Center (made payable to Pastoral Services) or by credit/debit card. If payment is not received by April 12, we will not be able to guarantee you a spot. Assistance may be available for you from our continuing education funds.

### TRAVEL

April 25 and April 29 will be travel days. Please make plans to arrive at Camp Wakonda by 9 pm on April 25. If you arrive

earlier than April 25 or leave later than April 29, all arrangements are on your own.

Flights should be booked into Chicago/O’Hare (ORD) or Chicago/Midway (MDW). From there, you will need to catch a Van Galder bus to Janesville. We will pick you up from the Janesville Van Galder bus terminal. Please send your flight and bus schedules to the Director of Pastoral Services.

### LODGING

Lodging will be provided at Camp Wakonda. If you are staying at Camp Wakonda, bedding will be provided for you. You are also free to make your own lodging arrangements.

### FOOD

Meals will be provided from dinner (6 pm) on April 25 to dinner on April 28. Other meals will be at your expense. Please note on the registration if you have any dietary restrictions.

### SCHEDULE

We will be worshipping at the Milton SDB Church on Sabbath. When a full schedule of events is completed, all those registered will receive an email.

If you have any further questions, please contact the Director of Pastoral Services. SR



Join as  
individuals  
and as  
a church

Team 21 is part of the ADVANCE initiative to promote, support, and fund church planting among SDBs. We are seeking out people who will donate \$21 each month towards church planting, pray at least 21 minutes each week (3 minutes per day average) and for 21 days straight each quarter, and commit to sharing their SDB expression of faith with at least 21 people each year (less than 2 people per month). All Team 21 members will receive a gift from the Church Planting Task Force for their contributions. If you are unable to meet all Team 21 commitments, we would still covet you joining in our prayer initiatives as individuals and as a church. To join Team 21, please visit [seventhdaybaptist.org/churchplanting/team21](http://seventhdaybaptist.org/churchplanting/team21).

### 2019 Team 21 Prayer Guide is based on Matthew 9:35-38

<sup>35</sup> And Jesus went throughout all the cities and villages, teaching in their synagogues and proclaiming the gospel of the kingdom and healing every disease and every affliction. <sup>36</sup> When he saw the crowds, he had compassion for them, because they were harassed and helpless, like sheep without a shepherd. <sup>37</sup> Then he said to his disciples, “The harvest is plentiful, but the laborers are few; <sup>38</sup> therefore pray earnestly to the Lord of the harvest to send out laborers into his harvest.”

For the next 21 days (March 3-23, 2019), we are asking that you pray for:

“ALL THE CITIES AND VILLAGES”—Praying for cities without SDB expressions of faith

Top 21 most populous cities in the US & Canada with no SDB expression of faith:

Los Angeles, CA; Chicago, IL; Montreal, QC; Phoenix, AZ; San Antonio, TX; San Diego, CA; Dallas, TX; Calgary, AB; San Jose, CA; Ottawa, ON; Jacksonville, FL; Indianapolis, IN; Charlotte, NC; San Francisco, CA; Mississauga, ON; Austin, TX; Edmonton, AB; Winnipeg, MB; El Paso, TX; Detroit, MI; Boston, MA. SR



Church  
Development &  
Pastoral Services

By John J. Pethel  
Director



## Ministry Center Launching in West Palm Beach

The West Palm Beach SDB Church was formed in 1992 by a group of members who had also started the Miami SDB Church. They rented a facility from Crossroads Baptist Church for about 10 years until they were able to purchase about 3.3 acres at their present location on Haverhill Road. The property had a small building which was converted into a worship space and has been the primary church facility since 2005.

A blessing in the form of a donation of eight modular buildings was given to the church and they obtained a loan to retrofit these buildings into a long-term church facility. Towards the end of the retrofitting in 2008, the buildings caught fire. All that remained were some ashes and a few pieces of mangled steel. This was a devastating moment but the group never gave up on the vision that God had given them for a church for their community. New plans began to be made to bring this vision toward a reality.

On December 30, 2018, the West Palm Beach SDB Church held a Community Church Building Campaign Launch. The rally was held outside where the future building will be constructed on the current property. Architectural renderings were on display to help bring the vision of this new facility to life in the minds of the attendees. Pastors Garfield Miller and Jasmine Lynch helped to lead the crowd (which included SDBs from South Florida and visitors from the community) in the worship of what God has done and will do through the saints of the West Palm Beach SDB Church. Guest speakers included John Pethtel (Director of Church Development for SDBs) as well as the architect and contractor for the project. Both the architect and contractor have volunteered their services for the project in support of the vision of the West Palm Beach SDB Church. The rally had the crowd singing, praising, and dancing for God.

The goal is to have the facility constructed and occupied by the Fall of 2019—but it cannot happen without your help. If you or your church feels led to help support reaching people for Christ in South Florida through this new ministry center, please contact Pastor Garfield Miller and/or the West Palm Beach SDB Church. Your partnership helps to make visions come true. SR

### PASTOR SEARCH

The following SDB church has called new pastoral leadership:

Middle Island SDB Church (New Milton, WV)  
Leroy Burdick, Pastor

The following SDB churches or groups are actively searching for pastoral leadership. Please keep them in prayer as they search for their churches' next leader.

Shepherd's Fold SDB Church (Johnson City, TN):  
Assistant

Pataskala SDB Church (Pataskala, OH)

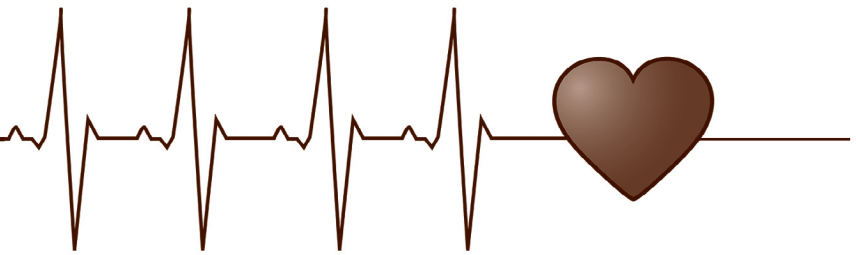
Bay Area SDB Church (Pinole, CA)

First SDB Church of Hebron (Coudersport, PA)

Covenant SDB Fellowship (Hungry Horse, MT)

Remembrance SDB Church (Ft. Worth, TX)

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 [jphtel@seventhdaybaptist.org](mailto:jphtel@seventhdaybaptist.org) or call 608-752-5055 ext. 1009.



## Understanding Adverse Childhood Experiences (ACEs)

ACEs are serious childhood traumas that result in toxic stress that can harm a child's brain. Toxic stress may prevent a child from learning or from playing in a healthy way with other children, which can result in long-term health problems.

Examples of adverse childhood experiences can include: emotional, physical or sexual abuse, emotional or physical neglect, mother treated violently, household substance abuse, household mental illness, parental separation or divorce, household member in prison, bullying (by another child or adult), witnessing violence outside the home, witnessing a brother or sister being abused, racism, sexism or any other form of discrimination, being homeless, natural disasters or war.

These exposures may increase the risk of: adolescent pregnancy, alcoholism and alcohol abuse, depression, illicit drug use, heart disease, liver disease, multiple sexual partners, intimate partner violence, sexually transmitted diseases (STDs), smoking, suicide attempts, or unintended pregnancies.

ACEs affect health through stress. Frequent or prolonged exposure to ACEs can create toxic stress which can damage the developing brain of a child and affect overall health. The hormones triggered during extreme stress can damage the brain and body when levels stay high over long periods of time.

Toxic stress reduces the ability to respond, learn or figure things out, which can result in problems in school. It increases difficulty in making friends and maintaining relationships, and increases stress hormones which affect the body's ability to fight infection. Other results are a lowered tolerance for stress which can result in behaviors such as fighting, checking out, defiance, increased problems with learning and memory which can become permanent and lasting health problems.

According to Dr. Bessel van der Kolk in his book *The Body Keeps the Score*, the most costly health issue in

the United States is child abuse. Its overall costs exceed those of cancer and heart disease combined. Eradicating it would decrease the overall rate of depression by half, alcoholism by 2/3, and suicide, IV drug use, and domestic violence by 3/4. Safe and protective early relationships are critical to protect children from long-term problems. Social support is a biological necessity, not an option.

A survival mode response to toxic stress increases a child's heart rate, blood pressure, breathing and muscle tension. Their thinking brain is knocked off-line. Self-protection is their priority. In other words: "I can't hear you! I can't respond to you! I am just trying to be safe."

The good news is resilience can bring back health and hope. Resilience is the ability to return to being healthy and hopeful after bad things happen. Research shows that if parents provide a safe environment for their children and teach them how to be resilient, the effects of ACEs can be reduced. Parents, teachers, and caregivers can help children by: gaining an understanding of ACEs, helping children identify feelings and manage emotions, and creating safe physical and emotional environments at home, in school and in neighborhoods.

But what about children who don't have supportive parents, parents who were never parented themselves? Is there a way to help them? Most of us don't know the things children we have contact with are experiencing at home. If each of us would reach out to the children we have contact with, be supportive, listen to them, and help them feel safe, we may unknowingly help them become resilient.

For many, having just one supportive adult in their life that they feel safe with can make a world of difference. This may be a teacher, an AWANA or Youth leader, a Sabbath School teacher or a neighbor who opens their home. Being that safe person to just one child may change their life.


(Source: *Janesville Mobilizing for Change*) <sup>SR</sup>

Recently I was scrolling across my Facebook feed, as one does, and came across a plea for help from an old friend from college. She had recently given birth to her second child and was asking for ideas. She was not producing enough milk for her baby and her infant was allergic to the different types of formula they had tried. One of her local friends (she lives on the East Coast now) suggested she try donor milk. Sure enough, a few weeks later she posted a picture of her adorable and much happier baby with a thank you to the moms who were now providing her with donor milk for her child.

If you are a mom (and even if you aren't—I know and I'm not a mother), you know that things like baby formula can be very expensive especially if you have to get a certain specialty kind for your little one—and then sometimes it doesn't work for your baby (*ie* they might be allergic). For a mom who is already feeling the stress that a new baby puts on her having to deal with not being able to feed her child, this can be overwhelming and can make her feel hopeless. That's where donor milk comes in.

There are two main ways you can get donor milk or be a donor and both are a big community service. One is from a milk bank or depot. Milk banks or depots are usually attached to hospitals and used for babies who are in the NICU, etc. They do sometimes sell it, but typically it is expensive to purchase this milk. Moms who donate to the bank have to be screened and accepted. Once accepted, their milk is taken and put through a pasteurization process and combined with milk from other donors. This is my approximation of how this process works: I may not have all the details correct, but more or less how it is processed. However, any milk pumped before the screening process has occurred is not accepted into the program.

The other option to get donor milk is through informal milk sharing. Informal milk sharing can be regulated by your state, so if you chose to do this you would want to investigate the laws in your area before participating in this type of donating. For example, in Nebraska, it is illegal to sell your breast milk, but you can share it. A lot of times people will trade milk for a box of milk storage bags, etc. Typically you can find a Facebook page for people in your area where moms who have extra milk but don't want to go through screening; or who have been screened but were not accepted (you can be rejected as a donor for a milk bank because you take herbal supplements or if your milk doesn't have a high enough fat content, etc). They have excess milk and would like to free up some storage in their deep freeze so they post that on the page. A recipient might also post the age of their baby and why they need donor milk and find a donor that way.

So if you're a mom who overproduces milk for your kiddo, instead of tossing it, consider donating it to other moms in need. It's a great way to meet new people and be involved in your community in a positive way that supports other women and children in your area. I know several women who have used donor milk and how thankful they are for the women who helped them feed their children. 

# Got Milk?

*A unique way  
to serve in  
your community...*



Women's  
Society

By Katrina Goodrich

## Unbridled Power

Continued from page 11

phone to interrupt. Imagine what we could accomplish for God if we were as sensitive and obedient to the promptings of the Holy Spirit as we are to the promptings of our phones.

The apostles were blessed to not have phones to distract them. However, they did have the threat of persecution hanging over them that they could have used as an excuse for not obeying. Despite this fact, they immediately obeyed the angel's instructions without complaint. They went early in the morning and began to teach.

Later that morning when the officers discovered that the apostles were not in the prison, all of the leaders were perplexed and wondered what was going on. Then someone came and told them that the apostles were in the temple teaching.

So the apostles were taken back into custody and brought before the council, and the high priest was understandably upset by their actions. He says in verse 28, "Did we not strictly command you not to teach in this name? And look, you have filled Jerusalem with your doctrine, and intend to bring this Man's blood on us!" (NKJV) They seem concerned for their safety and position.

Peter and the other apostles again refuse to back down. They say in verses 29-32, "We ought to obey God rather than men. The God of our fathers raised up Jesus whom you murdered by hanging on a tree. Him God has exalted to His right hand to be Prince and Savior, to give repentance to Israel and forgiveness of sins. And we are His witnesses to these things, and so also is the Holy Spirit whom God has given to those who obey Him." (NKJV)

Peter and the apostles preach Jesus right in the face of their persecutors and in open defiance of the high priest's authority because they were operating under the command and power of the highest authority.

There are not many Christians today who operate anywhere near the level of the early believers in terms of faith and power. The majority of Christians today are wearing restrictor plates that have been placed there by the enemy to make us less powerful and less effective. We have accepted this spiritual bondage as a part of life—and it is this bondage that keeps us from walking in the fullness of the Holy Spirit.

We are lazy, apathetic, and uncommitted when we should be on fire and fully committed. The good news is that we don't have to stay in bondage. We can experience freedom in Christ by renouncing what is false and choosing to believe what is true.

Every one of us has believed a lie of the enemy at some point in our life. And if you don't think you have, and if you don't think you are holding something back from God right now, then you're believing another lie.

God designed each of us for a special purpose. We aren't all going to be apostles and do the things that Peter and the other apostles did. We aren't all going to be race cars. Some of us might be moving trucks, but even moving trucks often have governors on their engines to limit their power. If God designed you to be a moving truck, then you need to take that governor off and be the most powerful moving truck you can be.

God gave us gifts and abilities to be used for His glory. We should never allow the enemy to limit what the Holy Spirit is capable of doing through us. SR

## CONTACT INFORMATION

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There are not many Christians today who operate anywhere near the level of the early believers in terms of faith and power.



## Seeking an Assistant Pastor

Shepherd's Fold is looking for two Assistant Pastors. Our church is passionate and committed to training up generations of leaders. We are seeking anyone who is considering and believes they are called to Pastoral Ministry and/or Church Planting. The ideal candidate has a familiarity with social media and technology. Ability to play an instrument and lead worship is a plus!

### Responsibilities

The Assistant/Associate Pastor is responsible to assist the Senior Pastor with ministerial and support needs as they arise. The Assistant/Associate, like the Pastor, is not responsible for doing all the work of ministry in the church, but for seeing it is done and done properly. The Assistant/Associate Pastor may be assigned specific tasks to perform or areas of ministry to administrate, like religious education, or on-going age group ministry of a church like Youth or Recreation.

### Duties

- Run Social Media Ministry (Creating Content, Answering Questions, and Community Outreach).
- Serve as the point person between Shepherd's Fold and the Good News SDB church plant in NC. (This may require travel to NC to preach, teach, and encourage)
- Preach on a regular basis.
- Serve as the Sabbath School Superintendent
- Coordinate coverage for Sabbath School teaching
- Select Sabbath School curriculum
- May be assigned a specific ministry target group to oversee.
- In absence of Pastor/Interim Pastor, receive his ministerial phone calls, lead staff meetings, oversee and lead worship services, and other ministerial duties.
- May be assigned to oversee all ministry counseling needs from church membership and requests from the community.
- Pray with church members and guests who express difficulties in their life.
- Teach regular Bible study classes.
- May be asked to visit nursing care facilities and homebound individuals/age group specific members.
- Conduct weddings and funerals for church members as requested.
- Visit grieving church members as requested.
- Represent the Senior Pastor at committee and ministry team meetings as requested.
- Cooperate with all staff to promote the entire ministry plan of the church.
- Serve as an effective liaison to church committees and team ministry efforts.
- Maintain a continued growth of personal calling and walk with the Lord through Bible study and prayer.
- Maintain personal priorities with home and family as the spiritual leader.
- Develop and exercise Personal Evangelism within and outside the church.
- Give graciously to the church through tithes and offerings.
- Perform other duties as assigned by the Senior Pastor.

If you are interested in this position or know of someone who should be considered, please contact Pastor Shay Rankhorn for more details at [PastorShay@hotmail.com](mailto:PastorShay@hotmail.com).

## MORE church news in SR

A common theme from our readers is a desire to see **more church news**. But it is difficult to get churches to submit their news! Now there is an online form to **submit your church news!** Go to:

<http://seventhdaybaptist.org/church-news-submission/>

We challenge our churches and you who want to see more church news to lead the charge in your own church by **submitting the news!**

## OBITUARY

**TARBOX**—Thelma C. Tarbox (née Kenyon) died peacefully at home in Saunderstown, RI, on Sunday, January 13, 2019, at the age of 98. She was the wife of the late Henry R. Tarbox, Sr.

Thelma was born on July 5, 1920, in Hopkinton, RI. She graduated from Westerly High School in 1938 and from the Rhode Island College of Education (now known as Rhode Island College) in 1942 with a degree in Elementary Education. She married Henry in Montgomery, AL, in 1942 and moved to Saunderstown, RI, after Henry left the service.

Thelma was an accomplished homemaker. She was also very active in her churches: the Second Hopkinton Seventh Day Baptist Church until it was disbanded in 1980; and then the First Seventh Day Baptist Church in Hopkinton. She served these churches in many ways, such as Sabbath school teacher, secretary, moderator, and deacon. She helped them with many fundraisers and was well-known for her participation in their plant sales and auctions.

Gardening was Thelma's great passion and she continued gardening until her passing. Thelma, in life as well as in gardening, "never saw the weeds, just the flowers" and her attitude throughout her life was positive and uplifting for others. She set an amazing example for all of us. Her children, grandchildren, relatives, and friends will remember her as a kind, gentle, and loving person. She will be sorely missed.

Thelma is survived by two sons, Henry Jr. (wife, Mary) of Jamestown, RI, and Glen (wife, Susan) of Saunderstown, RI; six grandchildren; six great grandchildren; and one great-great granddaughter. She is also survived by her sister, Carol Lundgren (husband, Jack) of Westerly, RI, and many cousins, nephews, and nieces. She was preceded in death by her father, George C. Kenyon, mother Mildred Pierce, stepmother, Julia Kenyon, and brothers, Bob Kenyon and Richard Kenyon.

The family wishes to extend their special thanks to her caretakers, Doreen Carvalho and Morgan Picillo, who were so wonderful to Thelma. They were truly a blessing to her and to her family.

The Funeral Service was held on Friday, January 18, 2019, in The Cranston-Murphy Funeral Home of Wickford, 140 West Main Street, Wickford Village, North Kingstown. Burial followed in the RI Veterans Memorial Cemetery, Exeter.

## OBITUARIES

**OTT**—Troy Levi Ott, 53, of Woodbury, PA, passed away on December 9, 2018, at his home.

Troy was born on May 3, 1965, in Bedford, PA, the son of Albert L. and Ruth (Robinette) Ott. Troy was a graduate of NBC High School. He enjoyed listening to music, especially Johnny Cash and Hank Williams, and playing his bass guitar.

He was preceded in death by a brother, Tony L. Ott. Surviving are son, Jesse Lee Ott of Bedford; daughter, Julia Dawn Ott of Broad Top; parents, Albert and Ruth Ott; brother, Timothy Lee Ott; brother Terry Leroy Ott; and sister Tina Leann Ott.

December 12, 2018, the funeral service took place with Pastor Darwin Steele officiating at the Bell Seventh Day Baptist Church in Salemville, PA. Interment will be held privately at the Salemville Cemetery. If so desired, Memorial Contributions can be made to Weaver Funeral Home, LLC to help the family with final funeral expenses. Arrangements by Weaver Funeral Home, LLC; Woodbury.

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**RANDOLPH**—Winfield, 96, lifelong member of the Alfred, NY, Seventh Day Baptist Church, died November 5, 2014.

Winfield was born in Utica, NY, on June 15, 1918, to Winfield W.F. and Ruth (Brown) Randolph. He received a Bachelor's Degree in Science from Alfred University in 1940; and a Master's Degree and a Ph.D. in Organic Chemistry in 1945 and 1953, respectively, while attending Syracuse University. He taught Organic Chemistry at Alfred University and SUNY Alfred. He was active in a number of professional organizations and participated in National Science Foundation Grants at the University of Chapel Hill, Duke University, University of Illinois, and RPI.

Winfield was predeceased in 2011 by his wife, Claire Denison Haswell, whom he married on August 2, 1945. Survivors include two sons: Peter (Ann Spies) and Robert (Lois Ann) FitzRandolph, both of Canton, NY; one daughter, Susan (Bruce) Picard of Keeseville, NY; three grandchildren; two great-grandchildren; and several nieces and nephews.

**RASE**—Margaret ("Peggy") Pitman (Wingate) Rase, 97, died October 3, 2016, after a short stay at the Wellsville, NY, Manor.

Peggy was born September 15, 1919, to Mary Margaret and Ray W. Wingate. She graduated from The Albany Academy for Girls in 1937, attended William Smith College and graduated from Alfred University in 1941. She was a member of the Alfred, NY, Seventh Day Baptist Church, serving on many committees and "work groups."

Peggy's career consisted of a variety of positions in various locations. When she returned to Alfred, she served as Alfred Village and Town Historian and President of the Alfred Housing Committee, which managed the construction of low-cost senior citizen housing. She was also active in the American Cancer Society and the Allegany Republican Committee.

She is survived by her husband, Daniel Rase, whom she married on June 16, 1949. She is also survived by two children: D. Jeremy Rase of Esperance, NY; and Kimberly Leona Sienkiewicz of Cheektowaga, NY; and four grandchildren: Jane Grounds, D. Jake Rase, Matthew C. Rase, and Jacey V. Sienkiewicz.

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**SMITH**—Ollene (Kenyon), 95, of Alfred, NY, died on November 12, 2014, at McAuley Manor in Hornell, NY.

Born in Alfred, September 14, 1919, the daughter of LaVern and Hazel Baker Kenyon, she resided in Alfred all of her life. Ollene retired as a custodian from Alfred University and was a member of the Alfred Seventh Day Baptist Church. Ollene was an active member of a number of civic organizations in the Alfred area.

In addition to her parents, Ollene was predeceased by her husband, Charles, in 1972; one grandchild, Lori Ann Kwiatkowski; a brother, Brice Kenyon; and a sister, Barbara Palmiter. She is survived by three daughters: Sally (Keith) Doty of Almond, NY; Jean (John) Kwiatkowski of Olean, NY; and Carol (Marc) Mullen of Greenwood, NY; eight grandchildren: Teresa Kirkendale, Jackie (Darren) Dalton, Marcella (Corey) McCaffery, Joshua (Suzanne) Mullen, John M. (Kimberly) Kwiatkowski, David J. (Jennifer) Kwiatkowski, Marshelle (David) Gillette and Cheryl Post; 24 great-grandchildren; and six great-great-grandchildren.

## NEW MEMBERS

### BAY AREA SDB CHURCH

Pinole, CA  
Steve Crouch, Pastor

#### Joined by Testimony

Norma Johnson  
David Silvas  
Candice Silvas

### FIRST SDB CHURCH OF HOUSTON

Houston, TX  
Jim Barclift, Pastor

#### Joined by Testimony

Ana Regina Osorio  
Laura Sanchez Flores  
Frances Franco  
Maria Anabel Eraso  
Veronica Sanchez Flores



*Do not* be afraid or discouraged,  
for the *Lord* will personally  
go ahead of you.  
*He will be with you;*  
he will neither fail you nor abandon you.

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