

# Sabbath Recorder

October 2019

A Seventh Day Baptist Publication

For everything there is a season,  
a time for every activity under heaven.

A time to be born and a time to die.  
A time to plant and a time to harvest.

A time to kill and a time to heal.  
A time to tear down and a time to build up.

A time to cry and a time to laugh.  
A time to grieve and a time to dance.

A time to scatter stones and a time to gather stones.  
A time to embrace and a time to turn away.


A time to search and a time to quit searching.  
A time to keep and a time to throw away.

A time to tear and a time to mend.  
A time to be quiet and a time to speak.

A time to love and a time to hate.  
A time for war and a time for peace.

—Ecclesiastes 3:1-8 NLT





And since you don't know  
when that time will come,  
be on guard!  
Stay alert and pray!

—Mark 13:33 NLT

- 13 **Alliance in Ministry**  
Praying Forward  
by Carl Greene

---

- 14 **FOCUS on Missions**  
Mission: Investment, Not Expense  
by Andy Samuels

---

- 15 **President's Page**  
Are you taking notes?  
by Kevin Butler

---

- 16 **Council On History**  
All-STAR Team Knocks It Out of the Park!  
by Kim Merchant

---

- 17 **The Beacon**  
YouthCon Thank You  
by Isaac Floyd

---

- 18 **Women's Society**  
TEAM: MORE  
by Katrina Goodrich

---

- 19 **The Recognition Committee Awards**  
by Karen Payne

---

- 20 **Young Adult**  
Everyday Faithfulness  
by Michaela Osborn

---

- 21 **Devotional**  
What's more important...  
by Scott Hausrath

---

- 22 **Church Development & Pastoral Services**  
Pastor Appreciation Month  
Multiply Conference Info  
Pastor Searches  
by John J. Pethtel

---

- 24 **Health News**  
Brain Health  
by Barb Green

---

- 25 **Church News**  
West Palm Beach SDB Church Summer Program

---

- 26 **Church News**  
New Members  
Death Notice  
Memory Verses for this month

- 5 "Do You Know How Loved You Are?"  
By Daniel Lovelace
- 7 Jesus: Wall Breaker, Peace Maker  
By Miriam Berg
- 10 The Imposter Syndrome: Fulfilling Our Calling  
By Lance Greene
- 12 What Did You Go Out to See?  
By Dennis Coleman

## AboutTheAuthors

*Miriam Berg lives in Thornton, CO, with her husband, Matt, and her children, Elijah and Sophia. They are members of Next Step Christian Church. Miriam is currently employed as the Operations Lead at her children's school.*

*Dennis Coleman is a member of Shiloh SDB Church, NJ. Dennis is a husband and father of two teens. Above all, Dennis is happy God lets him tag along as He ministers to His saints.*

*Lance Greene is a member of the Freedom Community Church in New Auburn, WI. He was a part of SCSC for one year and Stained Glass for three years. He is married to an amazing lady, Danielle, who was also a part of SCSC for three years.*

*Daniel Lovelace is passionate about encouraging people in their relationships with God in a way that is genuine, practical, and in alignment with God's heart. Currently enjoying work at a car dealership as a greeter, he also enjoys family and friends, movies, pets, the outdoors, and macaroni & cheese. Daniel grew up in the Metro Atlanta SDB Church in Hiram, GA, where he also currently attends.*



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.

# Sabbath Recorder

A Seventh Day Baptist Publication

October 2019

Volume 241, No. 10

Whole No. 7,061



Patricia Cruzan  
Editor

[sbsr@seventhdaybaptist.org](mailto:sbsr@seventhdaybaptist.org)

## Contributing Editors:

Kevin Butler, Carl Greene, Katrina Goodrich, Barb Green, Sarina Gumness, Nicholas J. Kersten, Isaac Floyd, John J. Pethtel, Andy Samuels

*The Sabbath Recorder* (ISSN 0036-214X) (USPS 474460) is published monthly (combined July and August) by the Seventh Day Baptist General Conference's Tract and Communication Council, 3120 Kennedy Road, PO Box 1678, Janesville, WI 53547-1678. This publication is distributed at no cost to members and friends of Seventh Day Baptist churches and is made possible by donations from its readers. Periodicals postage paid at Janesville, WI, and additional offices.

## POSTMASTER:

Send address changes to *The Sabbath Recorder*, 3120 Kennedy Road, PO Box 1678, Janesville, WI 53547-1678

This is the 175th year of publication for *The Sabbath Recorder*. First issue published June 13, 1844.



Member of the Associated Church Press.

*The Sabbath Recorder* does not necessarily endorse signed articles.

## WRITERS:

Please email your manuscript as a Word document to the Editor at [sbsr@seventhdaybaptist.org](mailto:sbsr@seventhdaybaptist.org).

Unsolicited manuscripts are welcomed; however, they will be considered on a space available basis.

No remuneration is given for any article that appears in this publication.

Paid advertising is not accepted.

## WHO ARE SEVENTH DAY BAPTISTS?

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

Like other Baptists, we believe in:

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

## THE SEVENTH DAY

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

## FOR MORE INFORMATION

The Seventh Day Baptist Center  
3120 Kennedy Road  
PO Box 1678, Janesville, WI 53547-1678.

Phone: (608) 752-5055; FAX: (608) 752-7711

E-mail: [contact@seventhdaybaptist.org](mailto:contact@seventhdaybaptist.org)

SDB Website: [seventhdaybaptist.org](http://seventhdaybaptist.org)

Director of Communications

Jeremiah Owen

[jowen@seventhdaybaptist.org](mailto:jowen@seventhdaybaptist.org)

cell: (818) 468-9077

Editor of Sabbath Recorder:

[sbsr@seventhdaybaptist.org](mailto:sbsr@seventhdaybaptist.org)

## SDBs ONLINE

<https://seventhdaybaptist.org>

<https://www.facebook.com/7thDayBaptists>

<https://twitter.com/7thDayBaptists>

<https://7thDayBaptists.tumblr.com/>

<https://www.pinterest.com/7thDayBaptists/>

<https://www.sabbathrecorder.com>



# “Do You Know How Loved You Are?”

*A summary of Monday night’s message*

by Daniel Lovelace

Many of you have known me as I’ve grown up. Perhaps I served with your church in SCSC, maybe we’re Facebook friends, or we’ve had a conversation at Conference sometime. But what I’d say has been less known about me is that for the majority of my life, while I may have given a nice appearance on the outside, I lived a life weighed down by a number of things on the inside. I was a believer and did all the “good Christian things,” but constantly lived under a legalistic pressure to perform for God to like me. I carried a deeply critical viewpoint of most everyone, myself included. Further, I struggled with cycles of hidden sin that just made me feel broken, ashamed, and undeserving of God’s blessings.

Humankind is made in God’s image. We will reflect His image whether we have an accurate understanding of Him or not. I believed God was very critical and judgmental towards me, so (underneath a mask of politeness) I reflected the same towards others, too. I also believed God didn’t like me when I messed up, which robbed my hope and joy, leading me to seek satisfaction either in more sin or with promises to “do better” for God—which is self-righteousness. The key to freedom from those bondages has been found in deepening my understanding of the Gospel—the message of God’s love for me—and you.

***“But God demonstrates His own love toward us, in that while we were yet sinners, Christ died for us.”***

—Romans 5:8

Let’s unpack a bit on this key verse which highlights the love of God for humanity, starting at the beginning of time. At creation, we see where God places Adam and Eve, the first two people, into the incredible Garden of



Eden. Now in addition to all the other amazing things there, there are two central fruit trees in this garden—the tree of life, and the tree of the knowledge of good and evil. God warns Adam about the second one’s fruit. Essentially saying—“Don’t eat that one, you won’t like it. You aren’t meant for that way of living. It’ll pull you away from My way of life, and into corruption, brokenness, and death.”

Well, we know the story. Adam and Eve thought about that for a moment, and then decided to give it a whirl anyway. Whoops, wrong decision. God actually knew what He was talking about. Humanity isn’t designed to live primarily under a system of knowing good and evil, because in that place we’re always trying to become good by our efforts, always crushed by the weight of our failures, and always weary in trying to be our own source of life, purpose, and direction. But the deed has been done, and here we are, stuck in a life pattern of sin—which is separate from what God intends—and the countless forms of brokenness because of it.

*Continued on next page...*

*Continued from previous page...*

***“...His own love toward us—sinners...”***

God didn't reject us in our turning from Him though. No, He came to Adam and Eve in the moment of their sin, and they, in feeling guilt and shame, ran from Him. Humanity has been running ever since. It's in this place that we're always running away from the Source of goodness and life, spinning ourselves into cycles of corruption, because we fundamentally believe that He hates us and isn't safe for corrupted creatures like us to be near. We're never able to free ourselves from this, never able to clean ourselves up, and never able to come back into what God designed us to be. In the moment we ate from the tree, we separated ourselves from Mr. Life Himself. We became alienated from Him, not by His choice, but by our own choice which blinded us to His love. (Ephesians 4:18, 2 Corinthians 5:19)

The Trinity designed us for deep, intimate and beautiful relationship in life with Them, and They would pave the way for us to come back into it. They weren't surprised by our sin, and in Their value of us They actually planned to bring us back before we ever left. So according to that plan, Jesus, God the Son, stepped into our world as one of us—a human. In Jesus, we see clearly where God has forever connected Himself to humanity. He lived a life limited by our very weaknesses and temptations, yet never took His perspective off the Father's love for Him in them. He lived in right relationship with the Trinity as humanity was designed to (which is righteousness), and taught others about it too. He built relationships with them in their sin, loved them where they were, and freed many from its corrupting influence in various ways. He explained to people that they will never rest in God through their efforts to be good enough, but only through trusting the goodness and work of Another. He revealed that God's nature is one of a Father yearning for His children to come home, and also that of a Shepherd who does all the work necessary to bring them home. And He didn't stop there.

***“...Christ died for us.”***

Jesus died for us. When He died, He died because humanity didn't recognize Him, hated Him, and killed Him. But as He died in His connection with humanity, He died as us. Jesus experienced our curse—what you, I, and the rest of humanity experience in innately be-

lieving that God is untrustworthy, that He rejects us, and we must be our own source of life. He felt the crushing weight of brokenness we experience in that—including our guilt, shame, fear, depression, and self-hatred. His body also tasted the corrupted influence of diseases, disorders, pains, cancers, and all other curses. Jesus even experienced our blindness to the Father's closeness on the cross when He cried out “My God, my God. Why have you forsaken Me?” But the Father never forsook Jesus! He is not scared of our corrupted bondages and brokenness from sin! No, He was there with Him just as much as always, loving Him, and paving a way to bring us back home in Him. (2 Corinthians 5:19, Psalm 22:24).

Jesus died as us, along with the corruption we know in sin. He was raised back to life as us to carry us into life as it's intended! Life seated back with the Father! Life free from the weight of knowledge of evil in our hearts, and restored to never needing any reason to ever pull away from God. God—Father, Son, and Spirit—the Triune Source of goodness, life, and love, did this out of Their immense love for you, and deeply delighted intentions to have you back close with Them. From the moment Jesus cried “Finished!” that work has been finished! So are you resting in that?

***How do we rest?***

Do you believe you are pure? Do you believe your sinful nature, a mindset opposed to living as God intends, was crucified in Jesus' death? To not believe this will always keep us from resting in God's love, because deep down we believe God hates something about us. In that we'll stay trapped in a cycle of constantly working to make ourselves more pleasing to God. As Romans 7 explains, sin will have dominion over us in that place. It's this place of unbelief where temptation will primarily be marked with defeat, and various skeletons of sin will linger in the closets of our hearts. It's in this place where our broken internal worlds will find excuses to stay corrupted. The good news of the Gospel is that the doors to your freedom, restoration, and life are flung wide open in the Person of Jesus Christ!

***“So you also must consider yourselves dead to sin and alive to God in Christ Jesus.”***

—Romans 6:11

*Continued on page 9*



# JESUS: WALL BREAKER, PEACE MAKER

*A summary of Thursday night's message*

By Miriam Berg

When I think about people being truly separated and isolated from one another, one of the first things I picture is the Berlin wall. This wall separated families and communities in Berlin for almost thirty years. And when it was broken down, people experienced wholeness, health, and unity—not only in Berlin, but around the world. Now, even though we are not living in separated Berlin, we each have experienced and continue to experience separation like this in our own lives.

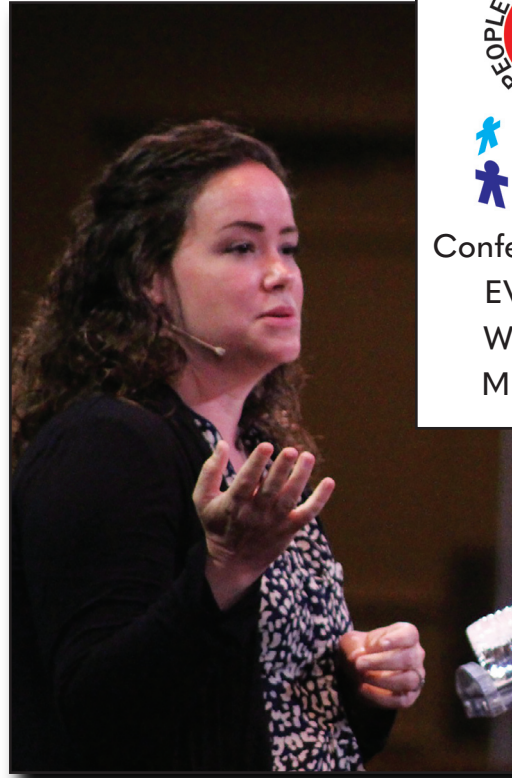
In my life, the deepest sense of separation that I have ever felt was in my marriage. Now, people joke, and they say, “Ha, ha. The first year of marriage is really hard.” And it is. And that was true for us, but it was true for more like seven years.

I don't know if I can truly explain how bad it was. We were dealing with issues that I never expected that I would have to deal with in my marriage, and we were going through multiple miscarriages at the same time. We saw counselor after counselor and tried to work it through, but things didn't get better. Things stayed the same. We were experiencing disunity, brokenness and separation in deep ways. For a very long time.

I had a wake-up call one day, when I was talking to one of my Christian friends, who I respect in the Lord. And this person counseled me that separation was probably our best choice. I felt trapped, alone, and hopeless. It was horrible.

Let's take a look at our text—it is taken from the book of Ephesians, Chapter 2 verses 11-22. Taking a quick look at this text, we see that there are many references to the division between Jews and Gentiles. It's a complicated, long story, but to oversimplify this division, the Jews were God's chosen people—and they knew it. In the effort to remain pure and devoted to God, they effectively excluded the Gentiles in all areas of life. It had been that way for about two thousand years at the time that was written.

When Paul wrote this letter, it hadn't been very long since he had begun to preach that the Gospel was also for the



Gentiles. And it's clear in this text that everyone didn't just automatically feel unity, equality, and wholeness as co-heirs to the blessing of Christ.

Paul addresses this separation by including an extensive BEFORE and AFTER list throughout this section of scripture. Let's look at it closely. He says:

#### **AT FIRST** you were:

- The uncircumcision (the physical sign of covenant with God—if you were a Gentile it was a physical marker that you were an outsider)
- Separated from Christ
- Alienated from Israel
- Strangers to the covenant of promise
- Having no hope
- Were far off
- Without God in the world

You can see how this language communicates deep pain and separation. It paints a bleak picture.

#### **BUT NOW:**

- You have been brought near
- He has made us both one (Jews and Gentiles)
- He has broken the dividing wall (between God and people, and people and people)
- Jesus has created one new man out of two—making peace
- He has abolished the written code as a tool of division
- Jesus has reconciled us all to God

*Continued on next page*

Continued from previous page...

- Jesus has killed the hostility (among people, and between people and God)
- Jesus has preached peace to those who were far off and those who were near
- We have access to the Father through the Spirit
- Fellow citizens join the Saints in the household of God
- Christ Jesus is our cornerstone
- Jesus joins together his people
- We, together, Jews and Gentiles, are a dwelling place for the Spirit of God

Look how much longer the second list is than the first! Although the pain and separation was awful, look how long the BUT NOW list is! And the words speak life—brought near, peace, reconciled... These are the wonderful things that we can now have if we are part of the family of God in Christ. We are joined together, we have access, we have peace. The list of the things that Christ has given us is SO MUCH LONGER than the list of things that sin can do.

Paul is emphasizing how Jesus has brought unity between God and people (vertical) and people and people (horizontal). Through Jesus, we as human beings can have peace with God. And we can have peace with each other. That is the Gospel.

Now we come to what many scholars believe to be the heart of this text. All of this amazing transformation and healing we have just talked about is possible because of what we read in verse 14—**FOR HE, HIMSELF, IS OUR PEACE.**

When we see a sentence that says, “blank is blank,” we can usually just replace the word “is” with an equal sign. In this case, we would say “Jesus = peace.” That would be an acceptable interpretation of what this text is saying. But I think this sentence is about so much more than a mere equal sign. And here’s why:

The emphasis of the sentence in Greek is the pronoun “he.” The pronoun is the main focus or purpose or emphasis of the sentence. You get a sense of that in the English translation, “He HIMSELF is our peace” instead of just, “He is our peace.” HE HIMSELF. HE HIMSELF is our peace.

Instead of a mere equal sign, it’s more like Jesus is at the center of a peace vortex, with peace emanating from his very being, encompassing everything around Him. He so much exudes this peace that it spills over and permeates all the relationships and lives that He touches. It goes to everything, and everything is drawn into it. The essence of His being is this overwhelming presence of peace. Can you sense the enormity of it? It’s big. It’s powerful.

The Greek word used here for “peace” is *eirene*, which means wholeness, the bringing together of parts in unity, quietness, rest, someone’s welfare. This “peace” that Paul is talking

about is greater than just a lack of conflict or a comfortable feeling—it draws on the Hebrew concept of Shalom.

Shalom means fulfillment, wholeness, physical wellbeing, prosperity, security, good relationships, integrity, justice, God’s reign, salvation, the presence and favor of God, etc., etc., etc. It goes on and on. It is an all-encompassing word. Essentially, Shalom is being the way God created us to be. That is a powerful thing.

So with this POWERFUL peace, God has brought humankind into proper relationship with himself, as well as bringing together those people who are separated from each other.

This peace, this unity, this wholeness is possible not only because of what Jesus did, not just the cross, but because of WHO HE is and because of His presence with His people. The mention of the Spirit building together the Body of Christ at the end of this passage is not some kind of disjointed add-on. The mention of the Spirit is the presence of God that allows this peace to become a reality in our lives.

**FOR HE, HIMSELF, IS OUR PEACE.**

Here’s what this peace can mean for us specifically:

- Forgiveness from sin—life eternal with Christ that starts the moment we follow Him
- Freedom from the spirit of fear that keeps us immobilized and alone
- The supernatural power of God to heal and restore all that is broken by sin—our bodies, our hearts, our addictions, our churches
- We know our purpose—to live in Christ as He reconciles all things together in Himself

Now, remember how earlier I shared about my struggles in marriage? I brought up this example because I firmly believe to the core of my being that Matt and I are still married because of the miraculous, transformational power of the Spirit of God. I can look back to the time when things started changing. Sophia had been born (which was its own miracle), and I try to pinpoint exactly what changed. What was that thing that made it change? What is the birth of Sophia? Was she the linchpin that held it all together? Of course we both worked hard to save our marriage, but we had already been working to save it for a long time. I don’t think it was either of these things.

Ultimately, our attitudes started changing. There began to be a sense of peace in our home. I can’t pinpoint exactly what happened to make it change. Deep emotions and habits don’t just magically change. Deep, lasting transformation like that doesn’t just happen. It’s not like we just tried to do something that we hadn’t tried before.

I believe that we both allowed God’s presence to dwell with us and guide our thoughts and behaviors and, over time,



Continued from previous page...

this brought the reconciliation and wholeness that we had so desperately been missing for so long. I can honestly say that I feel love for my husband every day. Maybe that doesn't sound like a big statement. But it is. We are happier, we are more whole now than we have ever been. I believe it is because of the powerful, transformational presence of God.

We are probably all experiencing this miraculous peace in some ways and not in others. It's important to remember that this peace that emanates from the very being of God does not come from me feeling bad that I don't fully experience it, or just willing myself to be more peaceful. It comes from the indwelling of the powerful Spirit of God.

Let me say that again: This peace does not come from me feeling bad that I don't fully experience it, or by just willing myself to be more peaceful. It comes from the indwelling of the powerful Spirit of God. And it's not a one-time kind of thing. It comes from a daily acknowledgment of our need for Him and surrender to His grace. It comes from a constant dwelling in His presence. **Jesus, in Himself, brings peace, unity and wholeness to our lives.**

Now for the hard questions. What is God calling you to surrender to Him to experience His peace? What is He calling you to walk out in faith to do? Where is He calling you to reconciliation and unity? What healing needs to happen in your life so that you can live in His peace and share it with others? Where does your church need more of the powerful presence of God? And—maybe most importantly—are you willing to be obedient to what He is saying? Are you willing to sacrifice whatever it will take to grab hold of that peace? Is that transformational power of the Spirit of God the pearl that you will sell all that you have to own? Or not?

I know in my life, I'm no longer interested in playing church or playing Christian. Saying I have the peace of God while I hold on to my junk and don't truly live in His presence. Where I agree to the tenants of the Gospel but I don't TRULY seek and surrender to and live in the presence of the Spirit of God. There is too much at stake. People are dying. Outside and inside our churches.

So my question is, "Is God big enough?" Is the powerful Shalom peace of God big enough to transform and reconcile us? Can He really change us, our churches, and our families—or not? We know from Scripture that God desires His people to be unified with Himself and with each other. He died to make it possible.

So I ask again, "Is God big enough?" Is He big enough to change me? Is He big enough to change my church and my family? My denomination? Can He bring the peace and reconciliation that His Word says He can? I am here tonight to say yes. Yes, God is big enough. Yes, Jesus' sacrifice was enough even for struggling SDB churches. Yes, the presence of God can change me and you and us. If we surrender our lives to Him and seek first His kingdom, not mine or my denomination's, seek first His righteousness, and not just what I think is right. Then I say a resounding, "Yes!" and I welcome us all to say, "Yes!" to Him tonight. [SR](#)

## "Do You Know How Loved You Are?"

*Continued from page 5*

If you're struggling with sin, know that Jesus carried the full burden of it so you can enjoy His very freedom. In Him, you are made pure with the purity of God Himself. That old thing does not define you, it is not your norm, and its chokehold on you is over! You don't have to live as a "Romans 7 man," stuck in a mindset of trying to make yourself pleasing to God. No, you are already fully pleasing to Him, and free to live and grow into what He's intended for you! Whatever your struggle, don't let it pull you away from Him. So if you've stepped into something you shouldn't, simply agree it's not good for you, and run back to Daddy's lap. He's already made you righteous, and now you get to live in it.

Consider yourself alive to God! You've been brought back into life as God intended it. You are blameless, innocent, and above accusation—free to nestle in the arms of the Father and live in His beauty forever. Don't focus on what you've done, simply rest in what Jesus has done.

The more we understand the Good News of His love, the more our hearts unlock with love back to Him, ourselves, and others. Sin also vaporizes as we rest close in His embrace and know we get to enjoy pleasures directly from His hand. Righteousness, peace, and joy in the Holy Spirit is the fruit that naturally grows as we live in love relationship with the Lover of our souls.

This message of God's love may seem a bit too good to be true; it has for me even as I've shared it. I think that's okay though, as it is a sign we are starting to actually encounter the vast mountain of God's eternal love. This message doesn't mean we won't encounter hardship in life, but it absolutely does mean God is with us in every step of it, that He wants to shepherd us through it, and that He has something good to bring beyond it.

So do you know how loved you are? The work is finished, God delights in you so deeply, and you're safe with Him. Rest in and enjoy that. The deeper you do, the more you're freed to breathe, rest, and live with Him and others as He's designed. (Ephesians 3:19) [SR](#)



# The Imposter Syndrome: Fulfilling Our Calling

*A summary of Friday night's Message*

By Lance Greene

The Imposter Syndrome is feeling inadequate to do the job we are given and more specifically feeling inadequate to fulfill God's calling on our life. I want to start by talking about an interview Lisa Bevere had with *Risen Magazine*. Lisa was asked about the dynamics of her childhood and I'm going to paraphrase her response:

*My parents were divorced when I was 12 and then they remarried each other when I was 14, and then they divorced again. So at about 21, I hit my lowest point. I was at the University of Arizona and I did everything that I thought that I could to make me feel happy. I was popular. I was nominated for Homecoming Queen and I kept thinking, "If I get a boyfriend that is in law school, then I'll feel happy. If I get pinned, or if I'm in a certain sorority, then I'll be happy." One of my boyfriends that I thought would make me happy started commenting on my weight. I started to think about the last time I felt happy and that was when I weighed 87 pounds. I started to develop an eating disorder. I ended up in the hospital but did not tell them that my system was starting to shut down. I destroyed myself physically, in my eyes morally, and I did everything that I said I wouldn't do. At this point, I prayed to God asking him to show Himself to me and saying I don't know how to find Him. In two weeks, John invited me to a Bible study. I only went for the free food but that night I heard for*

*the first time about the love of God and it completely stole my heart. My first date with John I was born again, filled with the Holy Spirit, and healed. John told me Jesus came to save me and he had no idea how broken I was because I hid it from him. But I felt the Holy Spirit come into my body and untie all the knots that had been in my stomach since I was 15. I was never raised to read the Bible and I began to devour it. I began to say, "Wait, is all of this true? Why did I never know any of this?" I knew then I was called into ministry but had no idea what that meant.*

Lisa is now a bestselling author and a renowned speaker. I tell you this story to show that when we don't let our inadequacies define us, we are able to go and live life the way God is calling us. My favorite example in the Bible is Esther. When I look at the story of Esther there are three aspects that we are going to focus on. She had a great support system in Mordecai, she found comfort in God, and she took action.

Mordecai supported Esther through prayer and fasting because she was terrified to go before the King. But Mordecai also took her in as his own daughter when both of her parents died. Then as she was living as a concubine, he checked in on her daily to see how she was doing. When I look at their story, I try to look at how we can apply their story to our lives



## It starts with us in our local church...

today. We can look at Mordecai as the denomination and Esther as the church, or Mordecai as the pastor and Esther as the local church. We can also see Mordecai as the local church and Esther as the pastor, or the local church and the local church. That is what we are going to focus on today. As Mordecai was supporting Esther, he was also taking action himself. He didn't just sit on the sidelines.

The next thing is to find comfort in God. (I do want to point out that this is not a step-by-step process, but these all happen at the same time.) If you are in a ship, it is easier to steer a ship that is moving than a ship that is sitting still. As long as we are moving and willing to listen to God, He will be able to steer us in the direction that He wants us to go. Esther was scared for her life, she was a woman, and a Jew. She was a concubine turned queen. The previous queen, Vashti, was banished from the kingdom for disobeying an order. Now it was Esther's turn to disobey an order and to stand up for the Jews to the king. It's because she knew who she was in God that she was willing to die to save the Jews. See, God helps us overcome our inadequacies. I know that our churches are small. I get that, but how many disciples were there? Twelve. How many Pauls? We cannot use numbers as an excuse. Now think about our local churches in our communities. How much of an impact could we make if just twelve of us went into our community, not our entire nation, but just our community? We could change the culture. We can change our communities just by being willing to let God overcome our inadequacies.

So, the time is now. When we let our inadequacies define us, we settle for complacency. God does not desire complacency. He desires us to chase after His own heart. As I started looking back at all the Bible stories that I was taught as a kid, every single one of them was about somebody taking action. Somebody was stepping out in faith, knowing that God was going to catch him, and that He wasn't going to forsake him.

I started asking myself, why are we so willing to teach these stories but not act in our own lives? And I'm talking about myself here, too. I'm up here and I feel completely inadequate to be speaking to you guys. I dealt with it for a year, ever since Jane asked me. But I know that Satan is here to kill, steal, and destroy. He is desperate to eliminate us. The image that I see since he cannot plan or coordinate—he cannot see the future. The image I see he is so desperate that he is backed into a corner throwing haymaker after haymaker hoping that something will land. And when he connects,

he doesn't stop—he keeps swinging, hoping that he can take more people down. When we don't act, when we let our inadequacies define us, he is winning. We need to be willing to step out. We are in the battle right now and it doesn't start tomorrow or on Monday, it starts today. People we must get ready.

I just look at Esther and Mordecai and how they did not wait, they acted. They found out about the law that was created by Haman casting lots to see when he could execute all the Jews. They all started to freak out, but they didn't wait. They took action and they prayed about it, and it all happened in God's perfect timing. So, I just want to talk about John and Lisa Beverie and their story. What if John never invited Lisa to that picnic? What if he didn't listen to God's direction to talk to Lisa? One, he wouldn't have her as his wife, but really, we wouldn't have this great role model or lady going out and speaking to the nations and spreading God's word. So, listen to that inner voice and be willing to step out in faith. Know who you are in Christ and that He won't abandon you. They might say "no" at first but, through prayer, they might eventually come. God will be honored in just that simple action and a seed will be planted, and that is worth it.

Now, I think about the story of Moses and when they are crossing the river, and how terrified I would be to take that first step into the river. I get that you are being chased, but I don't know. I ask myself would I have the faith to cross that river without knowing when the river is going to come crashing down? Would it be faster to die from them than it would be to drown to death? But they walked through it. They trusted God to get them through it.

I challenge us to be more willing to experience freedom through Christ and not let our inadequacies define who we are. This is really the best time to make the change because we are out of our normal routine—so now we can implement a new routine. I challenge you to find somebody in your church to support, to find your identity in Christ. This process can be quick, or it can take some time, but it will help set you free. And lastly, make a difference in the community. We like to think of the trickle-down philosophy, but this is a *trickle-up*. It starts with us in our local church and then moves into the denomination. But if we are not willing to make a difference in our local community then we cannot expect to see a difference in the denomination. [SR](#)

# What Did You Go Out to See?

By Dennis Coleman



I had a lot of fun at this year's Conference, even though as stage manager the week turned into a sort of working vacation. But that's okay. It was an honor to serve our Lord and to serve those of you who attended. Things were not perfect on stage (with overlapping practice schedules and with having to fit a piano, organ, choir, symphony-sized praise band, and a group of dancers on stage) but in the end we accomplished the goals of our Conference President, who was called by God to set the spiritual tone for this year's theme.

By God's grace things ran smoothly on stage and off stage. Unfortunately some did not see things in the same light. Even with all the hours of work put in before, during, and after, this year's was another in a long line of flawed and at times even uncomfortable week of Conference. In some instances we did not meet expectations. And here's the bad news: future conferences will also fail to meet expectations. In fact until we celebrate an SDB Conference week on our home territory in God's kingdom, we can count on missed expectations and outright failures no matter how hard those around us try to give us a great week.

In a way, serving at Conference is like being John the Baptist, who seemed to have fallen short of the expectations put upon him by others. I suspect it is these unmet expectations which Jesus addresses in Matthew 11. After responding to John's messengers who had come to ask if Jesus is "the Coming One" (Matthew 11:1-6), Jesus asked the multitudes, "What did you go out into the wilderness to see?" (Matthew 11:7-10 NKJV). As Jesus knew their hearts I suspect He is addressing those unmet expectations.

He describes the first expectation as "a reed shaken by the wind." A reed bends very easily, having no backbone. As a result it bends in whatever direction the wind blows. I suspect there were a number of well-known people of the time who were like reeds, bending to whatever was politically expedient (think Pontius Pilate) or to whatever would advance their careers or their fame. These were people who were easily swayed by money or by pressure, especially if this pressure came from the religious and political figures, both of whom pressured John because of his radical message of repentance.

Based on Jesus' question, I'm guessing there were those who were waiting for John to change his message. They likely wanted to see how he would respond in the face of the Pharisees. Instead of bending, he challenged them to bring the fruits of repentance. Again they likely wondered how he would respond in prison, put there by a local political leader because John called out the man's sin. Once again John failed to meet expectations, going to his grave without compromising on his belief in the Messiah, in God's kingdom, and in the need for people to repent.

Jesus also asked if people went out to see "a man clothed in soft garments" (Matthew 11:8). I think it fair to say John fell short of this expectation both literally and figuratively. His clothing of "camel's hair with a leather belt" (Mark 1:6) may have been comfortable but they were not what was considered "soft" back then or even right now. I doubt the religious leaders of the day ever dressed in ways that were noticeably weird. Instead, I suspect they often dressed in ways that screamed to others, "Look, God has blessed me 'cause I'm good." John chose clothing that would not be found in a king's house, unless of course you were in the king's prison.

Did John have doubts? Perhaps, as evidenced by his sending his disciples to ask if Jesus was the One. But he never allowed himself to bend with the religious or political winds. He never compromised his message. And where others saw a troublemaker or a weirdo, Jesus saw in John a great man of faith doing his best to serve God. Does He see something similar each year at Conference?

For SDBs to have a successful Conference each year we need a lot of people doing their best, both behind and in front of the scene. We have a host committee, a hospitality committee, and the employees of the college all doing their best to serve us during a (usually) warm summer's week. Sometimes they fail to meet expectations. What does God see even when we fall short of expectations? As He saw with John the Baptist, He sees His children doing their best to serve Him and to serve other SDBs as they worship and conduct the Lord's business. Hopefully He also sees us responding to each other with the same mercy, patience, and forgiveness He extends to us. [SR](#)



# Praying Forward

Thank you. Thank you for praying for individual churches and their communities, for pastors and their families, for SDB Directors and staff of the General Conference along with their families, and for the work of the General Conference as a whole. Every time you pray, you participate in advancing God's kingdom—what a blessing. Indeed, one of the principle ways that we partner together in gospel work as a General Conference is through prayer, as I am directly reminded by Paul's example in Philippians 1:3-5:

*I thank my God in all my remembrance of you, always in every prayer of mine for you all making my prayer with joy, because of your partnership in the gospel from the first day until now.*

Paul's gospel work hinges on the partnership of prayer that he has with churches. How true that is for us collectively as Seventh Day Baptists. Our passion for sharing the gospel with communities of existing and future churches relies on our partnership, this *koinonia*, of prayer. I continue to overflow with joy as people not only send me notes letting me know that they are praying, but also as people directly pray with my family and me, pray with churches, and pause to pray together about the mission that God is calling us to.


As we continue to pray together, I would encourage us to continue to emphasize some specific areas that I sense God calling us to lean into:

**Church Revitalization:** Pray that our churches know renewed life through the work of the Spirit raising our expectations, deepening our discipleship processes, leading us into outreach in local communities, while bringing health to our pastors and church leaders. Pray specifically for the application of the SDB Pulse process in local churches.

**Gospel Saturation:** Pray that our collective evangelism temperature is raised: that whatever our passion for gospel sharing is at the moment, that God will be at work in our lives encouraging us to take the next step, to increase our boldness in sharing our faith with others. Pray specifically for the work of the SDB Conference in equipping us for evangelism in our local context.

**Church Planting:** Pray that God will break through barriers and open up doors for new expressions of Seventh Day Baptist fellowships and groups in areas where we have not previously had a presence. Pray for God to raise up passionate church planters and that we wisely apply resources to leverage the work of church planting. Pray that new churches will be established in new cities and towns throughout the United States and Canada. Specifically pray along with the SDB Advance 21 Prayer Initiative.

**Leadership Development:** Pray that SDBs will continue to cultivate leaders and facilitate healthy pathways for our emerging leaders to grow and embrace the kingdom work set before them. Pray specifically for leadership initiatives of local churches, the upcoming Multiply Conference, SDB Pastors Conference, SCSC, the participants and teachers in SDBU, as well as the transitions taking place at the Conference level as I become integrated into the SDB team that is already in place.

Finally, partnership in prayer also calls for us knowing about and praying for the specific work of churches. Please continue to let us know how to pray for you and tell us when we can celebrate answered prayer together. I am thankful for the privilege to be praying forward alongside you! 



By Carl Greene  
Executive Director

# MISSION: Investment, Not Expense

My Dad passed away on Sabbath, May 25, 2019, one month short of his 86th birthday, and on the very Sabbath I preached my last sermon as Pastor of the Miami Seventh Day Baptist Church. Like me, he was born on the island of Jamaica in the West Indies. When he was a teenager, attending Crandall High School in Jamaica's capital city of Kingston, he had the privilege of being taught to play the piano by Mrs. Neal Mills, along with her husband, Pastor Neal Mills, who were serving as American missionaries on the island. Their mission sending agency was the Seventh Day Baptist Missionary Society. My Dad became very proficient on the keyboard and served his church as organist and pianist for the better part of two decades before he migrated to the United States, and also served the Philadelphia SDB Church in those capacities for more than another two decades.

As part of its mission-minded endeavor, seeking to fulfill the Great Commission of our Lord Jesus Christ, and taking the Gospel across the seas, Seventh Day Baptists had invested in my Dad.

Mission, outreach, and evangelism must never be seen as merely an expense, but rather as an investment. The ubiquitous question of, "How much will it cost?" should always be balanced with, "What will it accomplish?"

Here are six strategies for you and your church to employ when engaging in the fulfillment of your God-given mandate:



## FOCUS on Missions

Andy Samuels

Chief Executive Director  
SDB Missionary Society

**I**nventory—Take an inventory of all your resources. This includes spiritual gifts, abilities, passions, experiences, personnel, finances, facilities, wounds, hurts, education, etc. The list is countless. Your present resources are a good indication of where, what, and who you should be investing in for the Kingdom.

**N**etwork—It could very well be that you may also need to partner with others who are like-minded, and similarly focused, to take on a particular assignment or task. Do not be afraid to embrace those partnerships, and don't worry about who is going to get the credit. None of it belongs to any of us anyway.

**V**enture—Every investment involves risk-taking. We do not usually know for sure what the outcome of an investment will be, but with complete dependence on God, we venture out; we take the plunge; we become vulnerable; we sacrifice. We can venture into an investment because we know our Master's character and we know His nature. We cannot afford to do nothing, be caught in stonewalling, or wait on elusive instructions.

**E**ducation—None of us knows everything or understands everything. Our lives must be characterized by the never-ending process of learning. Seek to be educated about God and about the things of God, and seek to educate those with whom God permits you to work. His Word is supreme and sufficient.

**S**oil—Careful consideration must be given to the soil in which we invest. Sometimes effort must be made to prepare the soil. According to the parable of the sower told by Jesus, there are at least four types of soil into which we can invest. We can ask the Lord for a discerning spirit to understand how to be the best stewards of what has been entrusted to us.

**T**ime/Timing—Solid and legitimate investments do not usually provide instant yield. The return takes time. We need to exercise patience and trust the process. It's also important to understand the best timing for an investment. Without that comprehension, we could miss out on opportunities, frustrate ready investors, or squander our resources.

We may never flawlessly balance or measure all these six strategies in impeccable proportions. But we cannot wait for perfect conditions in order to invest in the work of God's Kingdom and invest in the lives of people.

Where are you investing for the vineyard of the Lord?  
What kind of return are you envisioning?

Almost 70 years ago, the Seventh Day Baptist Missionary Society invested in my Dad in a small Caribbean island, smaller than the third smallest American state of Connecticut. Today, I serve that same Missionary Society as Chief Executive Director. Very humbly, I say, by the grace of God, "What an investment!" SR



## Are you taking notes?

The little pink notebook in my wife's purse measures only 3 by 5 inches, yet it carries a boatload of heavy memories.

Janet started to faithfully document my medical visits last year before, during, and after my cancer diagnosis.

The strange symptoms started around Easter time. Falling onto a very unforgiving sidewalk sent me to the doctor to check for broken ribs. He became more concerned with my stomach area.

It took over a month to finally land on the correct diagnosis: seminoma. It's a form of testicular cancer that originates in the testis but can become a separate tumor elsewhere. In my case, it was in my gut, and the size of a small football.

Both my oncologist and urologist agreed that when caught in time, seminoma is one of the "wimpiest" and beatable cancers. If they had to choose which cancer to have, this would be the one; it is so often curable.

I took all this to mean that the treatment would be a breeze. Wrong!

The first round of chemo messed with my blood counts and immune system, and knocked me into the hospital for nearly two weeks. The next cycle placed a huge hit on my lung capacity, dropping it by a third. That will likely not improve.

Because of that they had to remove one of the three main ingredients from my "chemo cocktail." Instead of having only one more round of daily treatments, it added an extra.

In the meantime, all of this cancer fighting was apparently doing a number on my heart. I was only a couple days away from surgery to remove the source of the cancer when I was told that I needed to see a cardiologist to find the cause of my new very low heart rate. They didn't want to operate on a guy with heart concerns.

A catheterization showed no blockage. Yay! But further monitoring suggested the need for an ablation procedure. This is where they "burn" a pinpointed area of the heart to correct the rhythm. More delays.

The heart ablation worked, the eventual surgery was successful, and the scans continue to show that the tumor is shrinking slowly and "dead." No cancer. Praise God!!

Looking through the little pink book, some of those weeks had a medical appointment or procedure every single day. Infusions, transfusions, injections, pokes and proddings...

Those journal entries were always accompanied by their author. I praise the Lord for a faithful life partner and supporter. The entries were also accompanied by the prayers of so many family and friends. Multiple pages at the end are filled with names of those who contributed gifts. It was overwhelming and humbling. Thank you so much.

And every step was accompanied by the Author of Life. Thank you, Lord, for your ever-growing presence and love.

So, this journey was one rough road with many lingering side effects. Sounds a lot like life, right?

Jesus did not promise us a smooth path.

I had said "yes" to be nominated as president of our Conference before this whole adventure began. Valerie Probasco chaired the Nominations Committee and had made the request. More than once, I wondered if I should call her (or if she would call me) to consider a back-up plan for 2020's president. That call was never made.

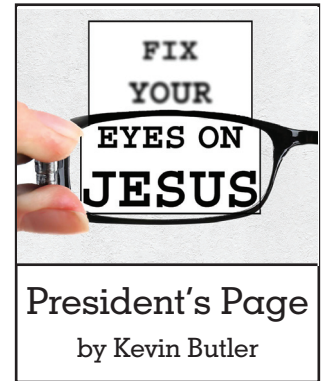
A couple of the nurses had quipped, "Give the doctors a year of your life, and they will give you more years to your life."

I say, "Give God a mustard seed of faith, and He will move your mountains."

We certainly fixed our eyes on Jesus. May we all continue to do that as we make our journal entries of life. <sup>SR</sup>

---

*One of the main chemos, plus another drug to hyper-stimulate my kidneys to clear the chemicals and cancer from my body, seems to have been the main cause for yet another side effect: tinnitus. While resting up from treatments in a usually silent room, I noticed a high-pitched whine that wasn't there before. (That will be a topic for another day.)*





# All-STAR Team Knocks It Out of the Park!



Kim Merchant, right, Council on History member responsible for the Library's CuadraSTAR online catalog, expresses appreciation to Fran August, one of the All-STAR team of volunteers.



Conference President Jane Mackintosh draws winning raffle tickets earned by STAR Volunteers for entering library records into the SDB Historical Library's online catalog.

By Kim Merchant

At the 2018 General Conference, the Council on History requested volunteers to enter library records into the online catalog, CuadraSTAR. Playing on the catalog name, the Council on History named the group of volunteers the STAR Team. It turned out to be an apt name based on the volunteers' enthusiasm, skill, and productivity. The team of 14 volunteers entered 4,424 library records into CuadraSTAR in just 10 months! Project completed—ahead of schedule!

At the 2019 General Conference, the Council on History expressed their appreciation for these All-STARs. As part of the recognition program, the Conference President assisted the Council on History by drawing the winning tickets for two raffles. (The volunteers earned tickets each month for the drawings based on how many library records they entered that month.) The drawing winners were Lucy Lawson, Keli Watt, and Fran August. Congratulations!


The Council on History expresses their heartfelt thanks to the entire All-STAR Team:

- |                   |                |
|-------------------|----------------|
| Fran August       | Samantha Fick  |
| Anthony Bentley   | Dean Fox       |
| Aaron Browka      | Heather Gadd   |
| Madge Chroniger   | Lucy Lawson    |
| Sandy Clare       | Diane Merchant |
| Leigh Anne Crouch | Karen Payne    |
| Nathan Crouch     | Keli Watt      |

## THANK YOU FOR A JOB WELL DONE! More to Come!

In case you are worried that the game is over and you missed the opportunity to join the All-STAR team, don't be! That was just the first inning! The All-STAR team just started the second inning. In this second year, volunteers have four projects from which to choose (see below).

All that is needed is a computer with an internet connection. Instructions and tutorials will be provided. We ask for a minimum commitment of four hours per month but you set your own schedule.

For more information about these volunteer opportunities or if you are ready to join the All-STAR team, please contact Kim Merchant at [kmerchant150@gmail.com](mailto:kmerchant150@gmail.com) 



Council on History

Rev. Nicholas J. Kersten  
Director of Education and History

Project	Priority	Skill Level
Format personal names in the Surname Index and add the resulting subject headings into the online catalog, CuadraSTAR (tutorials available)	High	High
Add hyperlinks to Sabbath Recorder issues into CuadraSTAR (tutorial available)	High	Low
Add records for Sabbath Recorder volumes and issues from 1991-present into CuadraSTAR	Medium	Medium
Add records for the individual volumes of the Conference Yearbook into CuadraSTAR	Low	Medium



## YouthCon Thank You

I first want to say thank you. Nothing from YouthCon could have been available to us without you. Thanks!

Using your resources, we at YouthCon were able to go to laser tag, go to a high-end buffet, and we were able to have an air-conditioned room to use for class. Beyond material things, we also have grown more in Christ. We learned that we are not the “tomorrow,” as much as many famous adults say, but we are the “now.” It is our job as followers of Christ—we are commanded to make disciples of all nations—regardless of age. We also were inspired by Ben Calhoun, who emphasized the importance of knowing that demons are real, active, and want to kill us.

So again, I thank you for both the material things we got to enjoy and the spiritual encouragement we received. May the God of absolute truth and unrelenting love bless the holy ground you walk on. [SR](#)



THE BEACON

By Isaac Floyd



# TEAM MORE

*These are excerpts from the exit testimonies of SCSC 2019 Team More.*

All praise glory and honor belong to God—how great and wonderful He has been to me.

I didn't know I would be a part of SCSC this year. My plan was to work this summer but God had other plans. God was calling me back to serve in SCSC this year because He had things He wanted me to learn from the program. I believe that if I didn't go this year I might not apply for SCSC again, and I wasn't ready for my SCSC career to be over. SCSC this year was the right place for me in this particular time of my life.

This summer I grew spiritually. At training we learned the importance of prayer and the different aspects of prayer—but perhaps the most impactful for me was learning how to pray expectantly.

At training we learned about "The Art of Noticing" and I was convicted to try it. I asked God to show me someone who needs to be noticed and for Him to give me the words, silence, or actions that he needs. I believe God used this several times throughout the summer.

I believe God put me in position to listen to people through SCSC. Because of that, different people were willing to talk to me about God and their struggles, giving me opportunities to tell them about Jesus in meaningful ways.

Being a part of this SCSC program has not only been a life-changing experience but a season of spiritual growth. I have seen the move of God's hand in many ways this summer including overcoming personal weakness. He gave me strength when I was tired and gave me confidence when I was trying things out of my usual comfort zone.



We were actively involved in various ministries including: praise and worship, teaching and counseling/mentoring, counseling at camp (organize campfire time), playing for worship time, and serving as a small group leader. I helped several church members by doing things that they aren't able to do because of sickness or age. I led five children to make the decision to become saved. Throughout the entirety of the project I saw God using us to reach out to people who may not have had the chance to learn about Jesus before, and to people whose love for God was still young but were still clearly desiring a relationship with Him. I had the wonderful opportunity to share the goodness of God in my life.

Throughout the course of this summer, I had a wonderful time being in ministry, meeting awesome people of God, and most of all being able to minister to souls both young and old. I saw the hand of God move in mysterious ways. This opportunity allowed me to develop my leadership skills through serving the family of God in various ways.

I encountered some difficult situations. God has a purpose for all of us, but that doesn't mean we will not have difficulties. The question is what will your response be? I learned that even when things are going wrong we must keep a positive attitude and trust in God's purpose.

He has brought me a long way this summer, making this experience all the better! I ask that you all continue to pray for me as I do the same for you all and myself!

God was absolutely everywhere, and I have truly been blessed beyond measure. I am so thankful that He got me back on track in time to apply for SCSC. I have seen the favour of God Almighty on my life and how He had a purpose for me. God has been so good to me, and all the glory is His! SR



Women's  
Society

By Katrina Goodrich



## The Recognition Committee

## 2019 Recognitions

The Recognition Committee is the newly named committee choosing the *Robe of Achievement* and *Women In Ministry Everywhere* recipients. Last year was the first year for the *Women In Service Everywhere* (or WISE) to be awarded. This year your committee (Janet Butler, Marcy Kersten, and Karen Payne) chose a woman who has served our denomination and her church for many years. She is a deaconess and Sabbath School teacher for her local church and served on the Board of Christian Education and General Council for the denomination. Unfortunately her health did not allow her to attend Conference this year. Mayola Williams Warner from the Verona Seventh Day Baptist Church is our *Robe of Achievement* recipient this year.

Mayola and her husband Garth celebrated 71 years of marriage on July 25. She and Garth are the parents of Mark, Kevin, Wendy, and Jim. Wendy's son, Jonas, named his daughter Mae after his grandma because she is loving, fun, and has been a good role model and prayer warrior for him.

Church committees Mayola has been active in, either as chairman or committee member, are Library, Missionary/Evangelism, and Music. She was VBS director or teacher for many years, pianist or organist for 60 years, and hosted a weekly prayer meeting when her health allowed.

After hearing the cantata "Tell it Like It Is!" presentation at Conference, Mayola went home and founded a singing group for youth in the Verona area called "The Power Company." Every year they prepared and performed a new cantata for many churches. "The Power Company" went strong for 25 years! She also organized a men's musical group called "New Creations." Mayola led community Bible studies, was active in the Prison Ministry for 15 years which was started by Pastor Helen Green, visited at nursing homes, and is part of the Gideon's Auxiliary. She has served as organist at many community churches and taught piano lessons.

Mayola and Garth directed Youth Pre-Con and were the cooks at Young Adult Pre-Con. They also directed Camp Harmony for Central New York Association. Mayola directed Jr. High conference, led Bible seminars, accompanied various special music selections, and wrote numerous articles for the *Sabbath Recorder*. She has written three books that she hands out to people she meets as a witnessing tool.

One of our reasons for choosing Mayola was her family history in the Seventh Day Baptist denomination which dates back to Roger Williams in 1671. Mayola continues to share her passion for Christ and the Sabbath with love, wisdom, integrity and service. Her life and ministry have touched many in her church, community, and world. Her relation-

ship with her Savior is deep and strong and shines for all to see. She has been a cherished friend and mentor for many. People in the community describe Mayola and her husband, Garth, as examples of what it means to be a "real" Christian. They are spiritual parents of many people.

It was with great pleasure that we awarded the *Robe of Achievement for 2019* to Mayola Warner. Her son Kevin was there to receive the award for her. Mayola was honored at her home church on Sabbath, August 10, as was the WISE recipient Diane Falkenmeyer.

This year we honored Diane Warner Falkenmeyer as a woman who is working hard to reach others, serve others, and do it with humility.

Diane is a member of the Verona Seventh Day Baptist Church where she has been an active member since joining in 1965. Some of the areas where Diane has served in her church are as moderator, deaconess, trustee, in the Christian Education Department, and Ladies Aid.

The most amazing thing about Diane is that she doesn't need to have a formal position in the church to serve. She can often be found stopping by the church to check on things or work on a project. Diane is quick to step in and help anyone who has a need, whatever it might be, but she never looks for recognition. She is a great listener with a compassionate heart whose desire is to be more like Jesus day by day.

Thank you, Diane, for your loving service to your Savior, your church and your community. Diane Falkenmeyer is our 2019 WISE recipient. SR



Mayola Warner



Diane Falkenmeyer



I QUIT!!!

## EVERYDAY Faithfulness

### Young Adult

By Michaella Osborn  
Clarkston, GA

In the last week, you've probably thought about quitting something. A job, school, a way you volunteer, something you care about, something you don't care about. Maybe you've even thought about quitting a friendship or a relationship. I know because I've been in the same spot a lot lately. Sometimes we are so good at quitting we do it by accident. Here's a list of things I've thought about quitting in the last week:

1. An exercise class I was taking
2. Fasting (I was on a fasting retreat with some of the students from the school where I work)
3. Fasting (again, probably plus 4 or 5 more times)
4. My job (briefly after someone overscheduled events I have to be at)
5. Living in the city I live in (roaches)
6. Living with the roommates I live with (we're moving and it's been dramatic)
7. Ministry (It. Is. Hard.)
8. Living in the United States (too many expats in my social media feed)
9. Being a good friend (again, hard)
10. Writing this article (too many ideas, not enough substance)

But here's another thing I know, you and me both, we have big dreams and want to do important things with our lives. We want to advance the Kingdom and build things that will last. Maybe we're a little self-important, but ultimately, I think that the fact that our generation wants to see change happen in the world is a positive thing. But change doesn't come from quitting.

In Matthew 25 Jesus tells a story to explain what the Kingdom of God is like. The story is about three servants who were entrusted with bags of gold as their master was away. Two of the servants put the money they were entrusted with to work and doubled what their master had given them. When he returns the master says to these servants, "Well done, good and faithful servant! You have been faithful with a few things; I will put you in charge of many things. Come and share your master's happiness!" (Matthew 25:21). But the third servant simply buried the gold he was given. When the master returns he is angry and casts this servant out. Sometimes quitting things that are not for us in a season can be good, but if we quit the things that God has put in front of us we become like the unfaithful servant. Often times all that God is asking is for us to show up with the small things He's given us to steward. And when we prove faithful with few things, we can be trusted with bigger things. How can you be faithful with what God has put in front of you this week? [SR](#)

## What's more important...our circumstances or our character?

I'm sure you all know the "church" answer to this question: "Why, Pastor Scott, of course our character is so much more important than our circumstances. Why would you even ask such an obvious question?"

I think I'm asking the question more for my own sake than for anyone else's. You see, I tend to forget this truth. I tend to focus more on my circumstances and less on my character, which seems to be the opposite of what God does.

This leads me to ask the follow-up question: How can I get my priorities more aligned with God's? I think there are many practical ways to do this, but all of them depend on a foundational truth: Our life has been radically changed. Once we trust Jesus as the One who died on that cross for our sins, once we bow our knee to Him as our Savior, our Lord, we are given a new citizenship. Colossians 1:13-14 says that God *"has rescued us from the dominion of darkness and brought us into the kingdom of the Son He loves, in whom we have redemption, the forgiveness of sins."* Though our physical location has not changed, our spiritual location has. We are now citizens of God's kingdom.

Colossians 3:1-3 fleshes this out a bit more: *"Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. Set your minds on things above, not on earthly things. For you died, and your life is now hidden with Christ in God."* It's one thing to say that our life has been radically changed, but it actually goes beyond that. Our old life has ended, and we've begun a new life. Just like Jesus, we have died and have been resurrected.

If it's true that our life is now hidden with Christ, then it doesn't make sense to focus on the things of this world, cuz that's no longer "where we live." Paul says that we've been raised with Christ.

But there's even another layer of chewy goodness in all of this, as seen in the next verse, Colossians 3:4: *"When Christ, who is your life, appears, then you also will appear with him in glory."* Not only is our new life hidden with Christ, but Paul says that Christ *"is"* our life. The very essence of our being is wrapped around the person of Jesus Christ.

Once we begin to understand—and accept—that Jesus is our life, I think we'll start changing our priorities, bringing them more in line with God's priorities. Then we'll begin to focus less on our circumstances and more on our character. SR

Sharing the journey,  
Pastor Scott





Not many people know how tough and emotionally draining it is to be a pastor, and, sadly, pastors often hear a good deal of criticism. Don't forget to let your pastors know how much you appreciate them. Showing small bits of appreciation on a regular basis and throughout the year (not just this month) will let your pastors know that you care.

Here are 7 simple ideas for you to consider:

1. Take them and/or their family to lunch.
2. Hand-write a note with something specific that they have done for you or taught you that mattered.
3. Give verbal encouragement regularly. Tell them when they are doing a good job. Speak well of them publicly.
4. Provide a date night or getaway with gift cards or money along with providing babysitting.
5. Volunteer your time to the church on a regular basis. It will be beneficial to you and your pastor.
6. Grab them coffee and bagels or their favorite treat.
7. Buy them books or attendance at a conference. Most pastors love books or conferences.

Church  
Development &  
Pastoral Services

By John J. Pethel  
Director



### PLEASE NOTE THE DATE CHANGES

The 5th annual MULTIPLY Church Development Conference (**NOVEMBER 14-16, 2019**) 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 31, 2019, and the conference fee is \$120. 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).

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 and up-to-date information and to register, visit [seventhdaybaptist.org/MULTIPLY](http://seventhdaybaptist.org/MULTIPLY). For any questions, please contact the Director of Church Development.



## Pastors at Conference



### PASTOR SEARCH

**The following SDB churches or groups are looking for pastoral leadership. Please keep them in prayer as they search for their churches' next leaders.**

- Shepherd's Fold SDB Church (Johnson City, TN)  
Assistant
- Bay Area SDB Church (Pinole, CA)
- Covenant SDB Fellowship (Hungry Horse, MT)
- Pataskala SDB Church (Pataskala, OH)
- Miami SDB Church (Miami, FL)
- Remembrance SDB Church (Ft. Worth, TX)
- Edgewater SDB Church (Oak Hill, FL)

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](mailto:jpethtel@seventhdaybaptist.org) or call **608-752-5055 ext. 702**.

“Sometimes Sabbath-keepers become disappointed at seeing how few people and businesses recognize the Biblical way of counting time. To see how the recreation/entertainment world picked up on the sundown to sundown day, go on your computer to a hotel/motel site and punch in a few separate days of the week to get rates. You’ll quickly discover that the lowerrates fall on Sunday through Thursday nights while the higher weekend rates fall on Friday and Saturday nights. It looks like God was onto something.”

—Tim Bond

# Health News

Barb Green, Parish Nurse  
Milton, WI



## Brain Health

Lifestyle has a profound impact on your brain health. What you eat and drink, how much you exercise, how well you sleep, the way you socialize and how you manage stress are all critically important to brain health.

Regular aerobic exercise (running, biking, swimming, walking) improves blood flow to the brain, which preserves existing brain cells while fostering the growth of new ones. A recent study shows a link between long term moderate physical activity and an increase in the size of the hippocampus—the area of the brain that deals with the formation of long-term memories. It is the area first to be damaged in Alzheimer’s disease. Exercise stimulates chemical changes that enhance learning, mood and thinking. If you are not a regular exerciser start by seeing your doctor to assess your fitness level. Record your daily exercise in a journal so you can see how much you’ve done. Balance your activity by incorporating aerobic activity along with strength training. Be sure to start slowly and warm up your muscles each time you exercise. Stay hydrated and eat meals that are high in fiber such as oatmeal, fruits and vegetables, beans, tofu and fish.

What’s good for the heart is also good for the brain. Maintaining good blood pressure, optimal cholesterol levels and good blood sugar control is important. High blood pressure and diabetes which are not controlled both cause damage to blood vessels which in turn may cause stroke, heart attack or dementia. Avoiding tobacco and limiting alcohol consumption are strongly encouraged. Yearly checkups with your doctor will keep you aware of how you are doing.

Exercising the brain includes mental stimulation. This can include learning a new skill, hobby, or language and doing games and puzzles like crosswords, Sudoku, and word search. There are a number of computer games that can help stimulate your brain.

Brain games available on the web for free include:  
[www.aarp.org/fun/puzzles](http://www.aarp.org/fun/puzzles)  
[www.thirdage.com/living/games/sbt1](http://www.thirdage.com/living/games/sbt1).

Commercial brain fitness programs include:  
[www.lumosity.com](http://www.lumosity.com)  
[www.cogmed.com](http://www.cogmed.com) and others.

Playing cards, chess, or other games with friends is helpful. The important thing is to engage in a variety of these activities.

Social interactions are very important for brain health. Volunteering, joining a class, interacting with family and friends, being an active part of a church, spending time each day in Bible reading and prayer all fill the bill. These activities also help you manage stress which helps keep brains healthy.

A healthy diet promotes a healthy brain. The Mediterranean diet and the DASH diet are both helpful. More information about these diets can be found on the internet. The MIND diet is a hybrid of both these diets and has been specifically designed to promote better brain health. Adherence to any of these diets may reduce the risk of Alzheimer’s disease. Specific foods that are beneficial to the brain include blueberries, avocado, spinach, broccoli, kale, asparagus, cold water fish (such as salmon, halibut, and tunas), nuts, turmeric, and cinnamon.

There are many brain supplements which claim to improve memory and brain health. Most research studies have not found a specific benefit to taking these vitamins. Remember that digesting vitamins from their natural source in whole foods is always preferable to taking a supplement.

Protect your brain by using safety measures to prevent head injury. Wear a seat belt and wear a helmet when biking, horseback riding, ice skating, etc. Head injuries and especially concussions can be a risk factor for Alzheimer’s. Concussions are getting a lot of press lately. It is important for people of any age to follow up with a doctor if a contact sport results in a concussion. Since a person’s brain is not fully developed until age 25, it is especially important for youth and young adults to get medical attention and follow orders given.

Did you know that your brain performs important tasks during sleep? It has been compared to backing up a computer. When sleep is disturbed, memory can be lost. Everyone feels and functions better when they get at least 7-8 hours of sleep per night. Children and teens need more.

No one wants to get dementia or have a stroke or heart attack. Genetics do have a role in these conditions but a healthy lifestyle can offset these risk factors. The younger you are when you start this lifestyle the better, but starting at any age will help. <sup>SR</sup>

*(Adapted from Alzheimer’s & Dementia Alliance of Wisconsin newsletter)*



The West Palm Beach Seventh Day Baptist Church, FL, would like to thank the Seventh Day Baptist Women’s Society for sponsoring the SCSC Program. We were truly blessed to have two SCSC servant leaders from June 20-July 25 this year. We could not have had a summer program without their service.

The two young people, Denovia McKenzie and Jevaughnie Martin, hit the ground running the day after they came. They came on a Thursday and became familiar with the songs the praise team was singing on Sabbath and joined with them to bring a spirited praise time. By Sunday, they were gone for one week with six of our young people to DeFuniak Springs, FL, ten hours away from West Palm Beach. There they served as counselors to SDB campers ages 8-16 from Florida, Georgia, and North Carolina.

On returning to West Palm Beach a week later, they joined with some of our members to go into the community to advertise and register students 6-18 for our Community Kids Club (CKC/VBS) and they prepared to teach the students. Our goal was to have 30 students. We registered 32 students and 30 showed up with enthusiasm to explore our theme: “Roar: Life is Wild—God is Good.”

Our Project Director, Pastor Jasmine Lynch, with Denovia and Jevaughnie, and Sisters Laura Robinson and Yvonne Shaw-Davis, took those youngsters every day through the theme showing “When Life is Unfair—God is Good! When Life is Scary—God is Good! When Life Changes—God is Good! When Life is Sad—God is Good! And When Life is Good—God is Good!”

Some of the children had never read the Bible before but they were fascinated with studying the life of David and Moses, and seeing the movie aligning with the Word of God. The high schoolers studied David, middle and elementary studied Moses, and the preschoolers watched Odyssey Adventure series. All the children, even the preschoolers learned the memory verses associated with the theme daily and the songs that went along with the theme. Our SCSC servant leaders led the recreational activities every day. The kids enjoyed the activities and expressed their love for Denovia and Jevaughnie. We did not want to send them back home.

Our program began each day with the theme song, theme verse, and introduction to a child’s life in Zambia. We also became acquainted with the animals in Africa. The staff and some of the children’s parents (46 individuals) went on a field trip to Lion Country Safari to see the animals and enjoy the water slides and splash.

The program climax was the graduation on Sabbath, July 20, during the regular worship service. Several parents attended and the kids received back-to-school supplies in the backpack

they had colored in their art class. It was an expensive program and a lot of work for our cooks, SCSC servant leaders, teachers, and church members—but we made an impact in the community, and introduced the children to Jesus and God’s wonderful work. We hope as we do follow-up that the seed planted will grow. Again, thanks to SDB Women’s Society for the excellent training given to the Project Director and the SCSC Servant Leaders. Keep up the good work. SR



*Lion country Safari*



*CKC Graduation 7/20/2019*

## NEW MEMBERS

**BAY AREA SDB CHURCH**  
Pinole, CA

Joined by Testimony  
Darrell Botz  
Andrew Cummings  
Jude Cummings



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.

## DEATH NOTICE

**SAMUELS**—Benjamin Augustus Samuels (affectionately called Brother Bengy) died on May 25, 2019. He was born June 27, 1933. He leaves behind four sons: Hugh, Patrick, Andrew, and Winston; three daughters: Janice, Seanette, and Wendy; 11 grandchildren; 8 nieces, nephews, and other relatives and friends. Thanks Giving service was held on Monday, June 17, 2019.

## CONTACT INFORMATION

### CHURCH DEVELOPMENT & PASTORAL SERVICES

**Rev. John J. Pethtel, Director**  
jpethtel@seventhdaybaptist.org  
office: (608) 752-5055 ext. 702  
cell: (304) 629-9823

### COMMUNICATIONS

**Jeremiah Owen, Director**  
jowen@seventhdaybaptist.org  
office: (608) 752-5055 ext. 700  
cell: (818) 468-9077

### EDUCATION & HISTORY

**Rev. Nicholas J. Kersten, Director**  
nkersten@seventhdaybaptist.org  
office: (608) 752-5055 ext. 701  
cell: (608) 201-4850

### SEVENTH DAY BAPTIST GENERAL CONFERENCE

**Carl Greene, Executive Director**  
3120 Kennedy Road, PO Box 1678,  
Janesville, WI 53547-1678  
cgreene@seventhdaybaptist.org  
office: (608) 752-5055 ext. 703

### SEVENTH DAY BAPTIST MISSIONARY SOCIETY

**Andrew O. Samuels, Chief Executive Director**  
129 Main St. #156, Ashaway, RI 02804  
info@sdbmissions.org  
office: (401) 596-4326

## “FIX Your Eyes on Jesus”

### SCRIPTURE MEMORY VERSES FOR 2019-20

(using NIV 1984 version)

#### YOUTH/ADULT

##### SEPTEMBER

Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God.

—Hebrews 12:2

##### OCTOBER

In the last days, God says, I will pour out my Spirit on all people. Your sons and daughters will prophesy, your young men will see visions, your old men will dream dreams.

—Acts 2:17

#### JUNIOR

##### SEPTEMBER

Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross...

—Hebrews 12:2

##### OCTOBER

...Your sons and daughters will prophesy, your young men will see visions, your old men will dream dreams.

—Acts 2:17

#### PRIMARY

##### SEPTEMBER

Let us fix our eyes on Jesus...

—Hebrews 12:2

##### OCTOBER

...your young men will see visions...

—Acts 2:17





The grass withers and the flowers fade,

but the word of our God stands forever.



NOTHING  
YOU EVER DO  
IN THIS LIFE  
WILL EVER MATTER  
UNLESS  
IT IS ABOUT  
LOVING GOD  
AND LOVING  
THE PEOPLE  
HE HAS MADE.

