

EDITORIAL
Our Cause for Christ

JUST FOR KIDS
The PARTs of Prayer

PERSPECTIVE
An Oasis in the City

gleaner

NORTHWEST ADVENTISTS IN ACTION

MADE FOR

MORE

LOVE
WITHOUT
LIMITS

NOV/DEC
2023
VOL.118, N°6



IMAGES of CREATION

*Those who trust in the Lord will receive
new strength. They will fly as high as
eagles. They will run and not get tired.
They will walk and not grow weak.*

Isa. 40:31

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NOVEMBER/DECEMBER 2023

OUR CAUSE FOR CHRIST

THE HOLY SPIRIT and the Holy Scriptures call us to daily dedicate ourselves to the cause of Jesus Christ — to seek to save the lost and dedicate ourselves to the mission of the Adventist Church.

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MADE FOR
MORE

LOVE
WITHOUT
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THE WORK of healthcare is deeply ingrained in Adventism — Ellen White called it “the right arm” of the gospel ministry. Today, that ministry is at the heart of Adventist Health, where expert healthcare providers tend to broken bodies and highly-trained, deeply-compassionate chaplains care for patients’ spiritual and emotional needs. At Adventist Health, you’re never just a patient; you’re so much more.

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PLACES OF REFUGE are worth investing in. All of us experience the joys and hardships of life and need places to rest and recharge.

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OUR CAUSE FOR CHRIST

MY FATHER, WHO RECENTLY PASSED AWAY, WAS A DEDICATED PATRIOT WHO SERVED OUR COUNTRY DURING THE KOREAN WAR. HE VALUED FAMILY, EDUCATION AND, LATER IN LIFE, HIS FAITH IN JESUS.



JOHN FREEDMAN
North Pacific Union president

His life as a husband, father of three boys and high school teacher was defined by his commitment to various causes. When he became an Adventist, he was willing to sacrifice for the cause of Jesus Christ, who sets us free from sin, guilt and eternal death. Dad sacrificed until the end for the greatest cause in the world.

What cause have you committed to in your life? Both faith and business sector researchers have studies about people who are willing to sacrifice for a greater cause or a mission. Young adults especially get excited about a cause. In fact, people of all ages get excited about a cause.

People follow vision and mission. It's not always charismatic leaders who drive these movements, but often those who stay focused on the mission's core values and objectives.

My father's love for history led me to revisit the Gettysburg Address, delivered by Abraham Lincoln on Nov. 19, 1863. In it, Lincoln invoked the word "cause" to call people to continue the unfinished work of preserving freedom and a government of, by and for the people.

Lincoln reminded those present, and in the future, the importance of dedicating themselves to continuing and finishing the cause of freedom for all people.

Similarly, the Holy Spirit and the Holy Scriptures call us to daily dedicate ourselves to the cause of Jesus Christ – to seek to save the lost and dedicate ourselves to the mission of the Adventist Church.

What cause is driving your life? Is it the cause of position, power, money, sports or fame? If so, are you willing to rededicate your life to Jesus and His cause to seek and save the lost?

As Adventists, we recognize the spiritual battle known as the Great Controversy. In this world, it's not about political divides or worldly concerns.

The Apostle Paul tells us it's not what we can see that is important, but what we cannot see. What's most important is Jesus and His sacrifice. It's the Holy Spirit who reveals all truth to the believers of Jesus.

What's most important is *who* Jesus is and *what* people understand about Jesus. Do people see Jesus in us? Do we represent Jesus in our speech, thoughts and actions? Do people know that Jesus is returning – and soon?

Consider the story of James White, who followed the Holy Spirit's guidance to share the message of Christ with those he encountered. His journey began with a

single step when one day, as his conscience agitated him, he set off on a walk.

As he passed by a cottage, the Holy Spirit said, "Stop here."

He tried to walk past, but the Holy Spirit wouldn't let him. James tried to think of an excuse to knock. The Holy Spirit prompted him, "Why not ask for a drink of water?"

He knocked on the door and was greeted by a grieving man who had just lost his only son and questioned the existence of God.

"I cannot see past the tomb," he sobbed. "Is there a God? I am not a Christian and my burden is more than I can bear."

Through James's guidance, the man found faith and joy.

The next morning, when James started walking again, the same impression happened just two miles down the road. He knocked on the next door to again ask for water. To his surprise, a former student answered the door.

"Oh, Mr. White!" she exclaimed. "Are you a Christian? We have all been under conviction that Christ is coming soon."

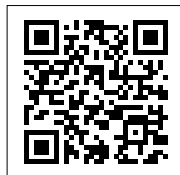
The girl seated James in the parlor, then hurried around the neighborhood calling friends, neighbors and fellow students. In less than 30 minutes, the house was full of people wanting to know Jesus. He left that village transformed, and more revival and reformation followed.

James went on at the ripe old age of 21 to become a traveling preacher. His life, preserved in *The Autobiography of James White*, is a fascinating story of leadership development in the Adventist Church. Empowered by the Holy Spirit, he passionately adopted the cause to proclaim Christ's soon return.

The work of taking the Gospel of Jesus Christ—in the context of the Three Angels' Messages—to our families, neighbors, co-workers, friends, communities, nation and the world is not finished. There's still work to do to move the cause of Jesus forward.

This Thanksgiving and Christmas season, regardless of your age, I invite you to dedicate or rededicate your life to the cause of reaching and teaching others about our loving Savior, Jesus Christ.

JOHN FREEDMAN
North Pacific Union president



More online at NWADVENT.ST/118-6-EDT-88

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IMAGES OF CREATION, P. 2



"Painted Hills of Oregon," near Mitchell, Oregon, by Tobin A. Kearns, of Walla Walla, Washington.





MADE FOR MORE

Many Americans believe the next decade will be marked by significant societal problems.

A majority say they are worried about economic insecurity, political division, environmental imbalance, a sense of a lack of personal safety, the limits of healthcare systems and other serious challenges (Pew Research Center, 2019). We need more hope, more nurturing of our deep human identity as God's children and more love in action.

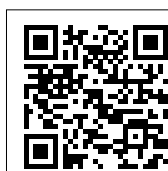
In the midst of these challenges, Adventist Health employees and healthcare providers are living God's love by inspiring health, wholeness and hope.

The work of healthcare is deeply ingrained in Adventism. Our church founders—Ellen White, Joseph Bates, James White, William Miller and others—spoke widely and often in public spheres about the need for health reform at a time when the state of public health in the U.S. was grim. Their work—our work today—is deeply embedded in the transformational humanitarian movement of Jesus who “healed every disease” and “had compassion” (Matt. 9:35–36).

Adventist Health provides healthcare for human beings within the context of their ultimate identity as creatures made in the image of God. Each executive, physician and hospital employee is mobilized to carry out this mission, but hospital chaplains carry heavy responsibilities to support the emotional and spiritual needs of patients, their family members, caregivers and healthcare employees.

As spiritual care providers, chaplains play an important role in the story of Adventist healthcare and loving in the way of Jesus. We invite you into a glimpse of their work to carry forward our healing ministry.

LOVE
WITHOUT
LIMITS



KIM STROBEL
*Adventist Health program manager
for religion, faith and mission*

More online at [NWADVENT.ST/118-6-FT-25](https://www.adventisthealth.org/118-6-FT-25) 

Adventist Health Chaplains Practice Whole-Person Care

A trip to the ER or admission to the hospital can bring anxiety and fear — even when you're confident you're receiving the best possible care.

Patients may face unfamiliar procedures, surgery, bad news, difficult decisions and worries about family members. Many begin thinking about their beliefs and values in ways they haven't considered for a long time, or possibly ever.

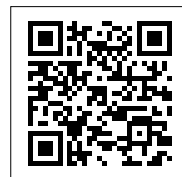
It's reassuring for patients to know they're being cared for by knowledgeable, skillful, careful physicians and nurses. It can be equally reassuring—and clinically beneficial—for patients to talk through their worries and fears with a

skilled spiritual care provider and to feel supported emotionally.

Chaplains at Adventist Health provide spiritual care with the highest standards of training and practice. This ministry is recognized by patients through top decile Press Ganey patient satisfaction scores for spiritual care. Hope is healing.

KIM STROBEL

Adventist Health program manager for religion, faith and mission



More online at [NWADVENT.ST/118-6-FT-26](https://www.nwadventist.org/st/118-6-FT-26)

Adventist Health Spiritual Care by the Numbers:

48

full-time spiritual care providers

57

associate chaplains



Annual week-long Mission Week events at each hospital

2

new mission leadership residents (started in 2023)

22

students enrolled in clinical pastoral education training

4

accredited CPE centers: Kern County, Mendocino County, Portland and Los Angeles

2

mission leadership residents in six-year clinical chaplain residency

6

visits to Adventist colleges and universities to build a pipeline of new mission leaders

2

undergraduate students starting in the mission leadership internship program

80%

of full-time chaplains have CPE board certification (on track for 100% by 2025)



Top decile Press Ganey patient satisfaction scores for spiritual care

Statistics from 2022

Hospital Chaplains Help Take Patients From Distress to Rest

Tony Andrews, Adventist Health mission and spiritual care director, has more than 16 years of experience as a hospital chaplain.

Andrews, like all full-time spiritual care providers at Adventist Health, is an ordained minister in the Adventist Church. In addition to his work as a chaplain, Andrews is the director of one of Adventist Health's four clinical pastoral education programs where he provides training for new chaplains.

In a recent interview, Andrews shared insight into the ministry of hospital chaplaincy, including the question he asks all patients, things that still surprise him about caring for patients and the most beautiful thing about his work.



Tony Andrews, Adventist Health mission and spiritual care director

What is a typical day like for a hospital chaplain?

Andrews: It depends on the needs of the patients and nursing staff. We may see patients who are experiencing anxiety about their hospitalization or uncertainty about their diagnosis. Those patients take priority. We have to prioritize who needs us and who needs us more. A nontypical day may include all critical incidents or all referrals from the nursing staff. When that happens, we may never get to rounding, which is a traditional approach where we go to see all patients.

How do you provide spiritual care for non-religious people?

Andrews: Each hospital chaplain has a slightly different approach, but typically we don't ask patients if they would like prayer. Instead, we ask, "How are you? What's bothering you?" As clinical chaplains, we want to assess how patients are coping during their hospitalization so we can provide the most appropriate interventions that meet the immediate needs of patients and their family members.

Most of our visits are not religious based. There might be some religious subtext to a patient's story, but generally we're caring for any anxiety related to a patient's hospitalization. Does God come up

in conversations? Yes, and that's generally during end-of-life conversations or when there's a serious diagnosis. At times like that, people start thinking about how they could be closer to God or get their life right. For those who do believe, we help them remember God is in control.

In general, most of our visits are about addressing fears, stresses and anxieties about hospitalization. Sometimes patients decline medical care because of fear. A clinical chaplain tries to understand what those fears are about, and then we work with that fear to help them come to a manageable resolution so they can relax.

Hospital chaplains today are often called "clinical chaplains."

What does the term "clinical chaplain" mean?

Andrews: The term "clinical chaplain" has roots in the Latin word *clinicus*, meaning in a sick-bed, alongside a sick-bed or at the bedside. So, we come alongside the patient as they go through their experience. In that role, we'll ask the patient, "How are you coping today?"

There's more of a psychodynamic assessment of the patient's condition, and we provide the care and interventions that are most needed. That's where you may think a pastor would have prayer or read scripture to relieve the patient or provide comfort. I'm not saying clinical chaplains don't do this, but we try to understand the cause of the problem.

For instance, people may ask for prayer, and we will say, "Certainly! Let's talk about the need for prayer first. What's bothering you? What's causing you distress?" Once we know more, we can provide more customized care to address a specific anxiety rather than praying for the patient but having no idea what specifically to pray for. The prayers and rituals become more meaningful and richer when we have done that prework.

What has surprised you about being a hospital chaplain?

Andrews: One thing that has surprised me is the amount of emotional, sexual and physical abuse within families. I hear it too often. There's so much hurt and pain out there in private homes you think are happy and good.

Most of the worries or issues we face are nonreligious. That's where the tension is. We hear the term "spiritual needs" all the time, but what is the need? It's human relationships.

Human relationships are the foundation of spirituality. If you take a 30,000-foot view of the Bible, it's all about restoring relationships—restoring our relationship with God, each other, our communities and with ourselves. So spiritual care is the restoration of the soul, connecting relationships and building and keeping those relationships.

When we talk about religion, we often talk about religious acts or rituals, praying this or doing that. There's a place for rituals—they are symbols full of meaning. God gives us symbols to practice and remind us of something.

Of course, prayer is important as we build, mend, restore and keep relationships, but when patients want to talk at length it really isn't religiously based. The hospital is not a church. People come to the hospital because of a physical problem. What's most on their mind is getting better.

How religiously diverse are the people you care for? Why is it important to honor those religious beliefs within an Adventist healthcare system?

Andrews: We care for people from all religions and walks of life—Muslim, Hindu, atheist. It doesn't matter who you are. We care for the human condition.



Some patients think we're coming in to talk religion to them, but converting people is not the role of clinical chaplaincy. Within the ethics of chaplaincy, it's not our role to proselytize or convert, but rather for patients to feel cared for and comforted.

When possible and appropriate, when patients from other religions have special needs, we ensure their religious needs are met whether or not we can perform them as Adventist chaplains. We will call in a religious leader from another faith tradition.

I've cared for and trained people from all religious backgrounds, and one of the biggest things I've learned is we have this in common: We all need to be heard, loved and understood. Period. That's universal no matter where you go.

What is the most joyful part of your work?

Andrews: The most joyful part is seeing a patient light up in discovery. It's a transformation and healing. In that moment, it's the most wonderful, satisfying thing. It's seeing someone go from distress to rest. The rest comes from the patient understanding why they are feeling a certain way or why they are scared about something. It's beautiful.

KIM STROBEL
*Adventist Health program manager
for religion, faith and mission*



More online at
NWADVENT.ST/118-6-FT-27

A Day in the Life of a Hospital Chaplain

Chaplains care for patients and tend to the well-being of hospital staff members as well.

They sit on committees, lead out in devotional messages throughout the hospital and are involved in a variety of community initiatives. We invite you to follow along as we take a look inside a day in the life of these three hospital chaplains:



Sidany Barclay,
Adventist Health
Portland chaplain



Kelly Kessinger,
Adventist Health
Glendale chaplain



John King,
Adventist Health
Bakersfield chaplain

Prepping for the Day

Kelly Kessinger, Adventist Health Glendale chaplain, arrives at the hospital and begins preparing the census for the day. This involves identifying newly admitted patients the team of chaplains will visit, taking note of patients who have requested a visit from a chaplain and identifying patients the chaplains have seen before who may benefit from a follow-up visit.

Sharing a Good Word

John King, Adventist Health Bakersfield chaplain, writes a daily devotional thought for the hospital staff. King's devotions are based on the mission and values of Adventist Health blended with events that happen at the hospital.

8:00 a.m.



9:30 a.m.



8:30 a.m.



Starting With Prayer

Kessinger and the rest of the Adventist Health Glendale spiritual care team meet to discuss plans for the day and pray about the work ahead.

9:45 a.m.

Meeting With Colleagues

Kessinger and the Adventist Health Glendale spiritual care team join the daily safety huddle with the hospital executive team and department directors where they share a devotional thought and prayer and discuss the day ahead, including the number of patients, planned procedures and surgeries, and any patient safety concerns.



10:00 a.m.

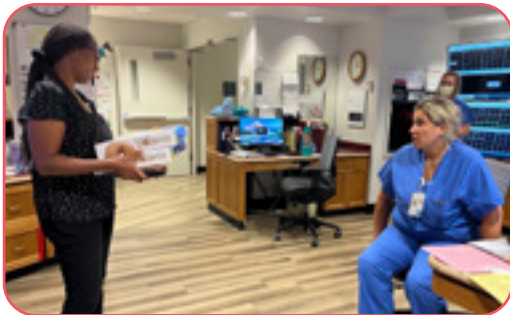
Supporting Hospital Staff

Chaplains at Adventist Health Glendale begin meeting with patients. As they make rounds, they also check on hospital staff. Supporting the well-being of nurses and other care providers is an important part of chaplaincy and a key element in helping healthcare providers bring the best possible care to patients.

Through interactions with the spiritual care team, nurses and other staff members also learn about ways chaplains can help patients and family members who are struggling.



10:00 a.m.



Keeping Morale High

Sidany Barclay, Adventist Health Portland chaplain, delivers donuts and a card from the family birth center team to the ICU team, which was having a particularly difficult time. Barclay started this gift-giving initiative and facilitates all the details to help boost staff morale.

It's a win-win-win: The unit doing the giving feels good about making a difference for another team, the unit receiving the gift feels supported and the spiritual care team knows that hospital staff are being cared for.

A Day in the Life of a Hospital Chaplain

A Little Self-Care

Chaplains at Adventist Health Glendale take time midday to unwind, chat with fellow spiritual care providers and rejuvenate. Conversations range from lighthearted topics to deep theological issues or helping one another process a difficult patient visit.

After a break, chaplains are back on the floors visiting patients and talking with hospital staff. Chaplains chart all patient visits immediately after they take place.



12:00 p.m.

Making Difficult Decisions

A meeting of the healthcare decision-making team is called at Adventist Health Portland. The team includes the physician who is the chair of the hospital ethics committee, the physician who asked for the meeting, representatives from risk management, social work and the spiritual care department, and a community member.

An HDT meeting is called when a patient's care requires a medical decision, such as a necessary procedure, removal of life support, etc., when the patient is unable to make the decision themselves due to their condition, and when there is no family member or legal power of attorney to make the decision for them.

1:45 p.m.



1:00 p.m.

Part of Jesus' Healing Ministry

At Adventist Health Portland, Barclay leads out in the Blessing of Hands, a ceremony for new graduate residents as they begin their careers in caregiving. The service reminds them of their call to be part of the healing ministry of Jesus.

2:00 p.m.

Nurturing the Next Generation

Barclay presents a devotional message for a group of students at Adventist Health Portland.



3:30 p.m.

Alleviating Fears

King takes part in interdisciplinary ICU rounds along with other hospital teams at Adventist Health Bakersfield. His role is to contribute to the whole-person care of patients and family members by providing pastoral support, such as prayer and comfort, but also to help assess and meet spiritual needs that can impact medical care. These include refusal of treatment based on fears and anxieties, which King works to alleviate.



2:00 p.m.

Cross-Sectional Expertise

King participates in an interdisciplinary meeting with the palliative care and social work teams at Adventist Health Bakersfield to discuss changes in a patient's care. Interdisciplinary meetings may also address any spiritual or religious needs of a patient that are important to providing the best medical support.



A Day in the Life of a Hospital Chaplain

Supporting One Another

Back at Adventist Health Portland, Barclay prays with a local priest. “This was the most moving for me,” says Barclay. “The local priest stopped by the chaplain’s office just to talk about the difficulties and joys of ministry. Then he asked us to pray for him.”



4:00 p.m.

Finding Meaning and Hope

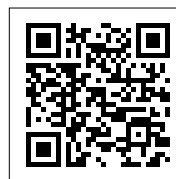
The mission story board helps keep the spiritual care team at Adventist Health Bakersfield engaged in the practical ways they impact medical outcomes.

While chaplains support, comfort and pray for patients daily, this board records the ways they have helped improve care specifically by improving communication, preventing departures against medical advice and supporting what they call “transformational experiences” — times when they help patients reconnect to their faith and find new meaning and hope.



5:00 p.m.

KIM STROBEL
Adventist Health program manager for religion, faith and mission



More online at [NWADVENT.ST/118-6-FT-61](https://www.nwadvent.org/st/118-6-ft-61)

Focusing on the Heart of Mission

Chaplains sit on various hospital committees, and today Kessinger meets with the employee well-being committee at Adventist Health Glendale. At committee meetings, chaplains provide input from a mission and spiritual care perspective and often open meetings with prayer.

4:00 p.m.



7:00 p.m.

Meeting for Inspiration

Barclay participates in First Friday, an inspirational community event led by a local church partner of Adventist Health Portland on the first Friday of every month. Barclay said, “It is so good to see people just show up to be inspired with no strings attached.”

Meet Leo Zakhariya, Adventist Health ‘Hope Giver’



ADVENTIST HEALTH

Leo Zakhariya is a familiar face at Adventist Health Portland, where he is known as a “hope giver.”

Zakhariya was a pastor in Russia before he and his family moved to the U.S. in 2002. It took several years for Leo’s pastoral credentials to arrive, so while he waited, he took a job in environmental services at Adventist Health Portland.

During his five years in environmental services, Zakhariya’s contagious smile, prayers with patients and inspiring conversations with hospital staff members attracted the attention of the hospital spiritual care director.

Soon, Zakhariya accepted a position as an on-call chaplain and began work on a Master of Divinity degree with an eye toward becoming a full-time chaplain. After finishing his master’s degree in 2008, Zakhariya completed clinical pastoral education at Oregon State Hospital in Salem. In 2011, he was hired as a full-time chaplain at Adventist Health Portland.

During his work as a chaplain, Zakhariya quickly saw the need for a CPE training program in the Portland area. So, with the support of Adventist Health, he started a CPE program at Adventist Health Portland. Zakhariya is now the CPE clinical supervisor at Adventist Health

Portland, and the CPE program he started has graduated more than 60 students.

People who know Zakhariya say he is an out-of-the-box-thinker, selfless listener and a spirit-filled healthcare provider. Most of all, Zakhariya is known as a teacher of hope and a presence of healing. As a result of Zakhariya’s work and vision, Adventist Health Portland now has one of the largest CPE training programs in the Portland metro area.

Sandraneta Hall, one of the chaplains at Adventist Health Portland, said the CPE program transformed how she relates to patients. “I’m here to be with them and walk beside them as they’re going through their challenges and their joys. My job is to love, and CPE has taught me how to love in a way that I understand God loves me and wants me to love other people,” said Hall.



KIM STROBEL
*Adventist Health
program manager
for religion, faith
and mission*

More online at [NWADVENT.ST/118-6-FT-29](https://www.nwadventist.org/st/118-6-ft-29)

CPE Training Prepares Chaplains to Provide Specialized Care

Hospital chaplains care for patients and their loved ones during seasons of life that can be scary and full of unknowns. Chaplains pray with patients and perform meaningful religious services, but they also receive specialized clinical pastoral education training to bring together health considerations and pastoral conversations.

CPE is an important part of preparing chaplains for their work. This rigorous training program for spiritual care providers from all faith traditions is offered across the country by a variety of educational entities.

Adventist Health operates four nationally accredited CPE training centers on the West Coast – in Portland, Oregon, and in Bakersfield, Mendocino and Los Angeles, California. CPE training includes study of ethics, psychology and sociology; understanding and articulating research;

facilitating trauma response; managing crises and more. All Adventist Health chaplains are required to complete CPE training.

“The mindset behind CPE is to develop a clinical identity alongside a pastoral identity,” said Leo Zakhariya, Adventist Health Portland CPE clinical supervisor. “A clinical chaplain analyzes each interaction with patients until they develop a clinical mindset focused on best outcomes. This is the difference between traditional chaplaincy and clinically informed chaplaincy.”



KIM STROBEL
*Adventist Health
program manager
for religion, faith
and mission*

More online at [NWADVENT.ST/118-6-FT-30](https://www.nwadventist.org/st/118-6-ft-30)

Spark Tank Funds Innovation



NORTH PACIFIC UNION LAUNCHED A BRAND-NEW INITIATIVE FOCUSED ON EMPOWERING LOCAL YOUNG ADULT MINISTRIES THROUGH SPARK TANK, A YOUNG ADULT OUTREACH SUMMIT, ON SEPT. 9.

After worshipping together at the NPUC office in Ridgefield, Washington, seven teams presented new and innovative ideas to connect with their communities and share the message of Jesus.

Each conference in NPUC was encouraged to bring up to three young adult teams. Representatives from across NPUC attended to evaluate each idea and were given the opportunity to award \$50,000 in funding – which would then be matched by a local church or local conference young adult department – to help launch the initiatives. The maximum amount to be awarded to any individual team from the Spark Tank initiative was \$10,000.

The seven teams represented Oregon, Upper Columbia and Washington Conferences.

Refuge Church: The first to present was Evelin Vilanova from Refuge Church in Seattle, Washington. A key strength of Refuge is its professional-level worship music thanks to dedicated musicians and members who have composed for Netflix shows and blockbuster films. Refuge requested funds to help launch an ongoing music mentorship program for their local community.

West Metro PDX: After launching as a collective youth group between three Spanish-speaking churches west of Portland, Oregon, in 2022, West Metro PDX discovered a growing need for community among young professionals in their area.

In July 2023, they decided to host a young adult vespers service, assuming around 20 people would join them. After 60 people showed up, some of them driving more than an hour, the idea began to form for an initiative more specific to the young professional age and stage of life.

A representative team outlined a year-long calendar of engaging events targeted at this demographic, as well as a formalized strategy for “passing the torch” each year to younger leadership, ensuring that the initiative would remain for young adults and led by young adults.

LifeBridge Church: A leadership team from LifeBridge Church in University Place, Washington, shared their vision of an outdoors-based ministry.

The focus of the initiative would be to create strong relational connections with local community members who regularly engage in outdoor activities such



YOUTH



as bouldering, backpacking, disc golf and other sports.

The team outlined a four-step framework for establishing these relationships: community engagement; invitation to spiritual growth through small groups and volunteer activities; encouragement toward baptism through worship gatherings and Bible studies; and development into spiritual leaders who could create new positive relationships in the community themselves.

Nuestra Iglesia: La Sociedad de Jóvenes Adventistas, similar to what is known in many English-speaking churches as Adventist Youth, is a longstanding tradition with a rich history in Spanish-speaking churches.

The student leaders of Nuestra Iglesia recognized a need on the campus of Walla Walla University to renew SJA and to create meaningful, bilingual Sabbath afternoon services.

They specifically pointed to the space that these services create for international students, who often have less built-in community available to them during their time at college and who greatly benefit from spaces where food and fellowship are provided.

Sharon Church: A team of four young adult leaders from Sharon Church in Portland, Oregon, presented Project Resurgence, a year-long initiative focused on developing engagement with young adults ages 18–25 through eight major events including a back-to-school supply drive, a graduation mentorship program, friendsgiving, family field day, community service projects and more.

In addition, the team outlined many quarterly goals including mental health check-ins, life and career coaching, game nights, Bible studies and vespers programs. The team brought strong local support in an initial startup pledge from their church for \$10,000.

Unnamed Docuseries: Rachel Swanston, team leader, brought forward an idea for a union-wide docuseries focusing on the ways God is moving through young adults and young adult ministries in the Pacific Northwest. The project is being supported by UCC youth department with additional support from Oregon Conference young adult department.

Journey Church: After being strongly impacted by their own experiences participating in NPUC’s DiscipleTrek program, a team of young men from Journey Church brought forward a pitch for a young adult leadership retreat built on similar values – time away from the distractions of home to invest in Bible study and building strong relationships together.

Once all groups had presented their ideas, NPUC and conference representatives prayed over the teams and their ministries. Due to the frugality of several of the teams’ initial pitches, NPUC Spark Tank was able to meet every request brought forward and even present more than what was requested for some teams.

“NPUC and every conference in it just wants to be incredibly supportive to young adults,” said Rob Lang, NPUC assistant to the president for youth and young adults, as he announced results. “That’s the news. So, share that news that your church loves you, values you, believes in you and trusts you. And we need you.”

Allen Stafford, participant from UCC, appreciated the opportunity to network and connect with like-minded peers.

“It was inspiring to be in a room with other ambitious young adults with dreams for empowering ministry within their churches,” he said. “It was even more special to see NPUC stand behind their young people, say we believe in you, affirm their ideas, give them excellent feedback and fund their ideas. And it wasn’t a small amount either [with] more than \$100,000 allotted.”

Through NPUC Spark Tank, seven new outreach initiatives will be launched between 2023–2024. The teams will come back next year with reports of how their ministry initiatives turned out and what they learned along the way. Please join in praying for each group and the communities they serve.



KALEB EISELE
*Oregon Conference
digital content
specialist*

More online at 
NWADVENT.ST/118-6-NPUC-49



PHOTOS BY LACEY STECKER

EDUCATION

Cohorts Offer New Teachers Support

THERE'S A CERTAIN NERVOUSNESS WHEN NEW TEACHERS ENTER A CLASSROOM AND START APPLYING THEIR LEARNED SKILLS AND TECHNIQUES.

North Pacific Union is in its third year of offering a layer of support for new graduates, second-year teachers and second-career teachers.

"This is giving teachers opportunities to collaborate with their peers across the union and discuss topics that are relevant as they enter their careers," said Carisa Carr, NPUC early childhood director and new teacher coach. "Teaching goes hand in hand with learning. We are all growing together. New teachers need community support, prayer and grace as they grow as an educator."

Teachers in the coaching program typically meet once in person for a time of professional development training. Follow-up sessions are held on Zoom and provide more interaction and collaboration.

Beyond networking and professional development, new teachers also need local community support.

"As education leaders, we would like to call upon our local school communities and school boards to embrace these young professionals with support and encouragement as they begin their ministry of sharing the gospel of Jesus and academically investing in the growth of our children," said Keith Hallam, NPUC vice president for education.

Currently, there are nine first-year teachers, 16 second-year teachers and nine second-career teachers involved in three active cohorts.

This year's professional development topic covered building a positive classroom culture with training from Lynal Ingham, Northern California Conference associate director for elementary education. The cohorts then spent a second day visiting classrooms to observe other teachers.

The educators say they love the collaboration that happens when they are in person. They like the space to share and to observe other teachers and gain information. They have a new perspective of what they've learned in the classroom.

"I love seeing the growth of teachers," Carr said. "When they come in the first year, they are worried about coming to a teacher professional development. The second year, they come with confidence and growth. That feeds into the first-year

group in a positive way. They see a group of people who are a year ahead of them and know that is where they will be next year."

Adventist education is always in need of quality teachers to help train the next generation. If you are looking to pursue a career in education, there are NextGen Scholarships available through Walla Walla University along with other opportunities.

As you pursue a teaching career, networks are in place to support you.

"The impact and joy from teaching can change your life along with your students' lives," Carr said.

HEIDI BAUMGARTNER
*North Pacific Union
communication director
and Gleaner editor*



More online at NWADVENT.ST/118-6-NPUC-86

NPUC offers an extra layer of support for new graduates, second-year teachers and second-career teachers.





Attracting our NEXT GENERATION of leaders: Join a partnership that offers tuition for future pastors and teachers.



NextGen
Pastor Scholarship



NextGen
Teacher Scholarship

More than ever, our world needs leaders who are trained to build communities of faith, discovery, and service. That's why the North Pacific Union Conference and Walla Walla University partnered to offer an innovative pair of scholarships that provide free tuition for qualified education or theology students.

“When I found out I received the NextGen scholarship I couldn't believe it. Everything that shouldn't be matching up was. For a while I had been wrestling with a feeling of God's call for my life. I am now pursuing it!”

—Brandon, NextGen Pastor Scholarship recipient

“Both my husband and I are enrolled at Walla Walla University and because of the NextGen Teacher Scholarship we have an opportunity to achieve our goals. The scholarship will make a significant impact on my future and my goal to become a certified teacher.”

—Leslie, NextGen Teacher Scholarship recipient

“After finding out that I got the scholarship I shed a tear of joy and gave a thank you prayer to God. I would love to work as a youth pastor and engage with the younger generation.”

—Khup, NextGen Pastor Scholarship recipient

There is a waiting list of future pastors and teachers hoping to enroll at WWU. **Learn more about the NextGen scholarships and how you can help by visiting www.npuc.org/nextgen or calling (360) 857-7000.**



North Pacific Union
of Seventh-day Adventists



Walla Walla University
SEVENTH-DAY ADVENTIST HIGHER EDUCATION

Digital Evangelist

IT'S IMPORTANT TO UNDERSTAND CULTURAL, TECHNOLOGICAL AND IDEOLOGICAL TRENDS TO KNOW HOW TO CONTEXTUALIZE THE GOSPEL MESSAGE ACCORDING TO THE TIMES. IT'S NOT ABOUT CHANGING THE MESSAGE, BUT IT DEFINITELY REQUIRES THE ADAPTION OF THE METHODS. NO SUCCESSFUL FISHERMAN BAITS HIS LINES WITH HIS FAVORITE FOOD, HE BAITS WITH WHAT HE KNOWS THE FISH WANT.

Since the boom of social networks, the expression “digital evangelist” has been coined to describe those who intentionally use their social networks to communicate the gospel with other Internet surfers. There’s no doubt that new technologies open up fresh opportunities for evangelism.

Julián Anaya is the son of Ricardo Anaya, first elder of the church in Boise, Idaho. From his earliest years, Julián attended church with his family. As he transitioned to adolescence, he gradually withdrew from the congregation and stopped attending altogether.

Julián said, “As I walked away, I never forgot the stories in the Bible or how I should treat people and that Jesus loved me and died for me. My father’s words were certainly interesting, but as a child they seemed boring to me.”

“My father never allowed us to go to bed without family

worship ... singing hymns, studying the Bible, reading the writings of Ellen White and praying. My father, with the help of the Holy Spirit, helped me learn a lot about the Bible and God,” said Julián.

Julián only knew about Jesus on an informational level, but he did not “know” Him personally.

Julián said, “I could definitely see the good in my father because of his beliefs and his behavior, and my friends, knowing him, instantly respected him and somehow recognized that my father was someone different, without even knowing anything about him.”

In January, Evan Fox, a young seminarian at Southern Adventist University, was challenged as part of a schoolwork assignment to find a person to give Bible studies to, so he posted an ad on Facebook. Meanwhile, that same day, before Fox posted his ad on

Facebook, Julián and one of his sisters were talking about their need to reconnect with God.

After finishing their conversation, Julián’s sister couldn’t sleep and started looking on her cell phone. That’s when she saw Fox’s post. She was surprised, but she knew this Facebook ad was a response from God. She contacted Fox and put Julián in touch with the young theology student.

Julián recounted, “I wanted to get closer to God because things were not going very well for me, but when I prayed I experienced peace. I knew I had to look for a more personal relationship with God, but I wanted to relearn how to do it. Fox and I connected online and started studying the Bible.”

Soon, the two young men were studying the Bible through video calls, and, in mid-January, Fox and Julián decided to contact me, as pastor

of the Boise church, and they let me know about Julián’s desire to be baptized.

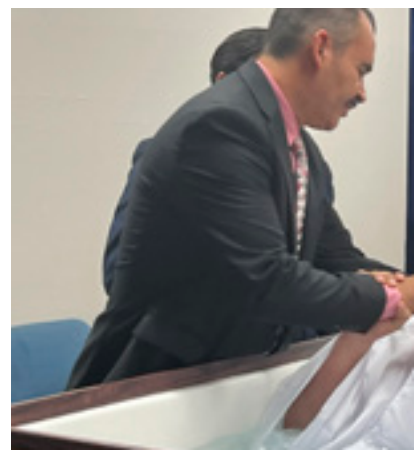
To God’s glory, on Feb. 4, Julián reconfirmed his love covenant with God through baptism as he was baptized by his own father. Shortly after his baptism, Julián married his girlfriend, and today they both attend church.

The prophet Daniel knew that a time would come when “the learned will shine” like Fox who decided to shine the light of the gospel as a digital evangelist.

Dan. 12:4 says that many will walk from one place to another – this can translate to browsing social networks today – wanting to know more – more of God’s love.

GERALD MARGIL
Treasure Valley Hispanic District pastor and Idaho Conference Hispanic ministries coordinator

Julián Anaya was baptized by his father, Ricardo Anaya, as their pastor, Gerald Margil, looked on.



MISIÓN Y ALCANCE

Evangelista Digital

ES IMPORTANTE CONOCER LAS TENDENCIAS CULTURALES, TECNOLÓGICAS E IDEOLÓGICAS PARA SABER CONTEXTUALIZAR EL MENSAJE DEL EVANGELIO DE ACUERDO A LOS TIEMPOS. NO SE TRATA DE CAMBIAR EL MENSAJE, PERO ADAPTAR LOS MÉTODOS. NINGÚN PESCADOR EXITOSO DEFIENDE PESCAR CON SU COMIDA FAVORITA, SINO CON AQUELLO QUE ÉL SABE QUE LE APETECE A LOS PECES.

En nuestra época, a partir del boom de las redes sociales, se ha acuñado la expresión “evangelista digital” para describir a quien usa sus redes sociales para comunicar el evangelio con otros navegantes de la Internet. No cabe la menor duda que las nuevas tecnologías abren nuevas oportunidades para la evangelización.

Julián Anaya es hijo de Ricardo Anaya, el primer anciano de la iglesia de Boise, Idaho. Desde sus primeros años, Julián asistió a la iglesia con su familia. Cuando entró en la adolescencia, gradualmente se fue retirando de la congregación y dejó de asistir por completo.

Julián dijo, “Mientras me alejaba, nunca olvidé las historias de la Biblia o cómo debía tratar a las personas y que Jesús me amó y murió por mí. Las palabras de mi padre eran ciertamente interesantes, pero cuando era niño parecían aburrirme.”

“Mi padre nunca nos permitía ir a la cama sin el culto

familiar ... cantando himnos, estudiando la Biblia, leyendo los escritos de Elena White y orando. Mi padre, con la ayuda del Espíritu Santo, me ayudó a aprender mucho sobre la Biblia y Dios,” Julián dijo.

Julián solo sabía de Jesús a nivel informacional, pero no lo “conocía” de manera personal.

Julián dijo, “Yo pude ver lo bueno en mi padre debido a sus creencias y su conducta, y mis amigos, al conocerlo, lo respetaban instantáneamente y de alguna manera reconocían que mi padre era alguien diferente, sin siquiera saber nada sobre él.”

En enero, Evan Fox, un joven seminarista de la Southern Adventist University, tuvo el desafío como parte de una de sus tareas escolares encontrar a una persona a quien darle estudios bíblicos, por lo que publicó un anuncio en Facebook. Mientras tanto, ese mismo día, antes de que Fox publicara su anuncio

en Facebook, Julián y una de sus hermanas estaban hablando sobre su necesidad de reconectarse con Dios.

Después de terminar su conversación, la hermana de Julián no podía dormir y empezó a mirar en su celular. Fue entonces que vio la publicación de Fox. Ella se sorprendió, pero ahí supo que este anuncio de Facebook era una respuesta de Dios. Se comunicó con Fox y puso a Julián en contacto con el joven estudiante de teología.

Julián contó, “Quería acercarme a Dios porque las cosas no me iban muy bien, pero cuando oraba experimentaba paz. Supe que tenía que buscar una relación más personal con Dios, pero quería reaprender cómo hacerlo. Fox y yo nos conectamos y comenzamos a estudiar la Biblia.”

Pronto, los dos jóvenes estuvieron estudiando la Biblia a través de videollamadas, hasta que, a mediados de enero, Fox y

Julián decidieron contactarme como pastor de la iglesia de Boise, y hacerme saber sobre el deseo de Julián de ser bautizado.

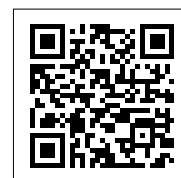
Gracias a Dios, el 4 de febrero, Julián reconfirmó su pacto de amor con Dios a través del bautismo, siendo bautizado por su propio padre. Poco después de su bautismo, Julián se casó con su novia, y hoy ambos asisten a la iglesia.

El profeta Daniel sabía que vendría un tiempo en el que “los entendidos resplandecerán” como Fox que decidió hacer brillar la luz del evangelio como un evangelista digital.

Dan. 12:4 dice que muchos caminarán de un lugar a otro – esto puede traducirse en navegar por las redes sociales hoy – queriendo saber más – más del amor de Dios.

GERALD MARGIL

Pastor del Distrito Hispano de Treasure Valley y coordinador del ministerio Hispano en la Conferencia de Idaho



More online at NWADVENT.ST/118-6-HSP-97

One Native's Faith Felt for Generations

NATHAN NOONGWOOK WAS BORN IN 1910 IN THE VILLAGE OF SAVOONGA, ON ST. LAWRENCE ISLAND. A LEADER IN HIS VILLAGE, HE DROVE DOG SLED TEAMS BETWEEN NOME, SAVOONGA AND GAMBELL DELIVERING MAIL. HE ALSO TAUGHT MEN IN SAVOONGA TO HUNT AND DRUM IN THE TRADITIONS OF HIS ANCESTORS.

One day in the mid-1950s, Noongwook woke up feeling weak and coughing up blood. Tuberculosis was raging through Alaska Native communities, and he feared he was infected. His wife Jeannette and village elders urged him to dog sled the 240 miles to Nome, the closest medical facility.

There, the doctors diagnosed Noongwook with TB and flew him to a sanitarium in Tacoma, Washington, for treatment. Each day was hard; there was no one to talk to about home, family and the Native ways. The only thing that gave him any comfort was a small transistor radio by his bed. From the moment he woke until he went to bed, Noongwook surfed the stations listening to music, talk shows and news.

One morning, Noongwook landed on a program that was different from the rest. The music was soothing and the message by H.M.S. Richards Sr. introduced him to Jesus and the Bible. Every morning, Noongwook listened to *Voice*

of Prophecy while recovering in the sanitarium. In 1957, Noongwook was baptized, becoming the first Alaska Native Adventist on St. Lawrence Island.

Back home, Noongwook shared his new faith with friends and family, but it was not well accepted. People shunned him, yet he held strong to his beliefs. After three years of living his faith for all to see, Jeannette was baptized.

Slowly, a small group of Native Adventists began to form in both Savoonga and Gambell, resulting in two churches – one with 46 members and 16 nonmembers, and the other with 59 members and 49 nonmembers, respectively.

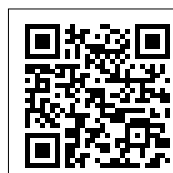
This July, Noongwook's influence was still felt in Savoonga as Kevin Miller, Alaska Conference president, baptized Noongwook's grandson and two great-grandsons, along with eight others.

These baptisms were the results of the tireless work of Elouise Hawkes, Arctic Mission Adventure worker, who studied the Bible with these new

believers over several years. This was only possible through the financial support of people whose passion it is to see the Three Angels' Messages taken to the furthest end of Alaska.

The Dec. 30 Sabbath offering is for AMA to continue to reach souls for Christ like Noongwook. Please consider giving, as a generous donor has

provided a match of all offerings up to \$25,000.



TANDI PERKINS
Arctic Mission
Adventure
development
director

More online at NWADVENT.ST/118-6-AK-81



Kevin Miller, Alaska Conference president, presents certificates of baptism to the new Savoonga Church members.

ELEVEN SOULS SAVED IN SAVOONGA!

SCAN TO GIVE *Made Possible By You!*

**NPUC Arctic Mission Adventure Offering
DECEMBER 30, 2023**

Matched up to \$25,000!

AMA, 6100 O'Malley Rd, Anchorage, AK 99507
(907) 346-1004 www.arcticmissionadventure.org

Program Teaches How to Save Lives

ISOLATION, UNCERTAINTY AND LACK OF ACCESS TO RESOURCES DURING THE PANDEMIC EXACERBATED AN UPWARD TREND IN THE NUMBER OF DEATHS BY SUICIDE, WHICH HAS IMPACTED THE LIVES OF MANY ACROSS THE STATE.

Alaska is ranked third in the country for its high suicide rates, with rural communities reaching up to four times the national average in suicide deaths. Question, Persuade and Refer, an internationally recognized suicide prevention program, is a one- to two-hour training that is easy to learn. With a 20-year history record, research shows that as QPR is implemented, suicide rates decrease.

Arctic Adventist Church in Utqiagvik has been praying about how it can proactively prevent suicides in Alaska communities. With the support of Arctic Mission Adventure, local church members have been trained as QPR instructors.

The program teaches interested participants the basic ways to recognize the

risks of a potential suicide crisis and intervene to save lives. It encourages community engagement, including church attendance, as part of a comprehensive mental health safety net for people at risk of suicide. QPR compliments the Adventist lifestyle values and emphasis on mental, spiritual and physical health.

Since spring 2022, a total of 162 people from four villages, including AAC members, pastors and AMA workers, have received training. Through partnership with Native corporations, AAC has been invited to conduct additional QPR training in the remaining four North Slope Borough villages.

Offered to community members and hosted in local schools, attendance has exceeded expectations as nearly

all school staff, police officers, firefighters/first responders, clinic personnel and other interested parties attend.

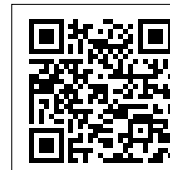
AAC hopes to follow up with a youth version of QPR to address the needs of young people. Additional plans include developing a grief recovery support group that is supportive to Native culture.

Two facilitators lead each training to ensure connection with attendees, especially those impacted by the emotional content. The topic can be overwhelming, so instructors

take the time to listen to their pain, offering hope and a path to healing. Facilitators, and others, have prevented several suicide attempts using QPR.

Saving lives is what we do when we share the love of God. Jer. 29:11 says, "For I know the plans I have for you," declares the Lord, 'plans to prosper you and not to harm you, plans to give you hope and a future.'" This is the message shared through QPR.

YVONNE BISWOKARMA
Arctic Church member



More online at NWADVENT.ST/118-6-AK-36 



Delegates Recognize God's Growth



IDAHO CONFERENCE WELCOMED DELEGATES TO ITS 55TH REGULAR CONSTITUENCY SESSION ON SEPT. 17 AT GEM STATE ADVENTIST ACADEMY.

Notably, of the 73% of eligible delegates in attendance, 57% of surveyed delegates were first-time participants.

"Thank you for engaging in the conversations and decisions of our church business today," said David Prest Jr., Idaho Conference president, in welcoming 301 seated delegates from southern Idaho and eastern Oregon.

After 40 minutes of worship and prayer, Prest shared in his president's report the results of 2019–2023 strategic priorities to facilitate exponential Christ-centered church growth – spiritual, discipleship and numerical – along with engaging youth and young adults, growing leaders and strengthening Adventist schools.

With the blessing of the Holy Spirit, Idaho Conference witnessed 462 baptisms or professions of faith; 1.5% net growth in overall membership over four years (after relevant adjustments); a large, coordinated

evangelism effort; and growth to more than 7,000 members among other growth areas. Idaho Conference is now considered a mid-sized conference by North Pacific Union.

David Salazar, Idaho Conference vice president for administration, noted in his secretariat report that the age range of members is fairly divided between decades and 55% of growth in the conference is coming from ages 30 and under.

Financially, Idaho Conference saw improvements in cash flow, debt reduction and stabilized working capital. The conference received a "clean" audit report.

John Rogers, outgoing Idaho Conference vice president for finance, is particularly pleased with what he calls the "most ministry-aggressive budget" the conference is currently operating with.

Patrick Frey, Idaho Conference superintendent of education, shared how enrollment increased from 265 to 304 students. Students are excelling

academically, and teachers are investing well in the next generation, including through mental health first aid training. Some schools within the ministry territory are 90% missional.

Each ministry report—including GSAA, Hispanic ministries, Camp Ida-Haven, Barefoot Media Ministries and Land Use Committee—featured encouraging updates and time for delegates to ask questions and thoughtfully engage in conversation.

The Articles and Bylaws Committee presented a list of governance changes for delegates to process.

The decisions included moving to a quinquennial meeting cycle, choosing to elect only officers and the superintendent of education at session time, and allowing the Board of Directors to select department directors. Additionally, the list included adding measures for emergency virtual sessions, adding additional representatives





From left to right: Barry Curtis, part-time ministerial director; Eve Rusk, planned giving, trust services and communication director; David Prest Jr., president; David Salazar, vice president for administration; and Patrick Frey, superintendent of education, were voted by the constituents to serve for the next five years.

PHOTOS BY ANTHONY WHITE

to various boards, and clarifying general wording and consistency issues within the bylaws of Idaho Conference.

Delegates chose not to change church delegate allotment based on membership from 1 for every 20 to 1 for every 30 members and sent back the wording on two items relating to department leaders' election process.

In meaningful moments, Idaho Conference recognized Milford Terrell for more than 30 years as Camp Ida-Haven operating board chair and Vern

Pritchard for 33 years of service with the Articles and Bylaws Committee.

In the last moments of the session, Prest reminded delegates of the Gospel Commission message to "go" and asked local leaders, "Will you join me in making His last command our first concern?"

HEIDI BAUMGARTNER
North Pacific Union communication director and Gleaner editor



More online at NWADVENT.ST/118-6-ID-67



Pathfinder Camporee Held at YMCA Camp Child

THIS PAST SEPTEMBER, THE SCENIC YMCA CAMP CHILD IN ELLISTON, MONTANA, WAS THE BACKDROP FOR AN UNFORGETTABLE EXPERIENCE FOR PATHFINDERS AND THEIR LEADERS WHO GATHERED FROM VARIOUS CLUBS FOR MONTANA CONFERENCE PATHFINDER CAMPOREE.

The heart of the camporee was its diverse range of activities, which allowed Pathfinders to earn four honor patches: marching/drilling, crystals, gold panning and stewardship.

The marching/drilling patch encouraged teamwork and precision as Pathfinders honed their skills in organized formations. The crystals patch engaged participants in the fascinating world of geology, fostering an appreciation for the Earth's natural wonders.

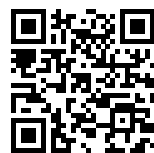
Gold panning, a thrilling excursion on Friday, introduced Pathfinders to the rush of prospecting and the area's rich history. Lastly, the stewardship patch emphasized the importance of wise use of resources—time, money and talents.

On Sabbath, Pathfinders embarked on a hike through the landscapes surrounding Camp Child, deepening their connection with God and each other.

One of the most impactful parts of the camporee was the spiritual growth experienced by Pathfinders. Oceana Munsey, the worship speaker, left a profound impression on everyone by sharing her personal testimony and connecting it to the biblical story of Daniel.

The camporee concluded with each Pathfinder club choosing mini-projects to enhance Camp Child. These projects included weeding and raking the volleyball court, repairing a bench and a fence, cleaning light fixtures and washing the bathroom windows, among other tasks. These acts of service created a feeling of responsibility and stewardship among the Pathfinders while leaving a lasting positive impact on the campsite.

Overall, the Pathfinder camporee was a remarkable event that combined adventure, education, spirituality and service. This unforgettable weekend will undoubtedly leave a lasting impression on the hearts and minds of all those who participated, reinforcing belief in God, values of teamwork, respect for nature and a strong sense of community.



RENAE YOUNG
*Montana Conference
education
superintendent and
youth ministries director*

More online at NWADVENT.ST/118-6-MT-66



- Montana Pathfinder Camporee programming from worship services to activities helped reinforce a belief in God, the value of teamwork, respect for nature and the importance of community.

Conference Sets Up Elementary Education Endowment Fund

NORTH PACIFIC UNION CONTAINS TWO OF THE LARGEST CONFERENCES IN NORTH AMERICAN DIVISION – ALASKA AND MONTANA – IN TERMS OF GEOGRAPHIC SIZE.

Alaska is incredibly vast, with enough space to fit Germany, France, Spain, Great Britain and Portugal, all while having room to spare.

Montana, too, boasts impressive proportions, capable of accommodating Germany and more than half of Switzerland within its borders. To put it in perspective, you could fit the entire country of Japan within Montana and still have 1,304 square miles left. However, Montana has a population density of 6.86 citizens per square mile, starkly contrasting Japan's 899 citizens per square mile.

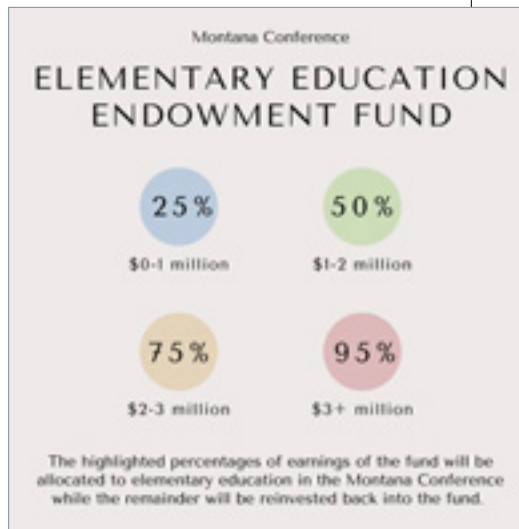
Despite their immense size, Alaska and Montana Conferences are among the smallest in the NAD regarding population and church membership. This poses a unique challenge for funding elementary education in Montana due to its sparse population. Consequently, Montana Conference faces annual struggles to support local churches in funding elementary schools.

Recognizing this challenge, an anonymous donor generously gifted Montana Conference a \$25,000 donation approximately 20 months ago to establish an Elementary Education Endowment Fund.

The Montana Conference Board of Directors has approved this endowment fund as well as how the earnings will be distributed:

- » For investments up to \$1 million, 25% of the earnings will be allocated for elementary education, with 75% reinvested.

- » Investments ranging from \$1 million to \$2 million in the fund will result in 50% of earnings going to elementary education, with 50% reinvested.
- » For investments between \$2 million and \$3 million, 75% of earnings will support



elementary education, with 25% reinvested.

- » Once the fund surpasses \$3 million, 95% of earnings will benefit elementary education, while 5% will be reinvested to combat inflation.

As of Aug. 31, the Elementary Education Endowment Fund has received \$71,114.14, representing 2.37% of our \$3 million goal. While we have a long way to go, we are just now beginning to share this exciting endeavor.



STEPHEN CARLILE

We believe that with the support of church members in Montana, assistance from friends of Montana and the blessings of our Lord and Savior, we can reach our goal to help grow Adventist elementary education across the state of Montana.

If you want to contribute to Adventist elementary education in Montana Conference, you can send your donations to the conference, specifying them for the Elementary Education Endowment Fund.

You can also contact Renae Young, Montana Conference education director, for more information. Additionally, when updating or creating your estate planning, please consider including Montana Conference's Elementary Education Endowment Fund.

JERRY POGUE
Montana Conference
Board of Directors member



More online at NWADVENT.ST/118-6-MT-85

MITCHELL KESSLER



• Denise Dunzweiler

Dunzweiler to Serve as Interim Superintendent for Education

DENISE DUNZWEILER JOINED OREGON CONFERENCE IN AUGUST AS INTERIM SUPERINTENDENT FOR EDUCATION.

Dunzweiler has served in a variety of roles within Adventist education, including as dean of the School of Education and Psychology at Walla Walla University, dean of the School of Education and Psychology at Southern Adventist University and as an English as a Second Language instructor at Atlantic Union College.

She also worked for several years outside the U.S., earned a master's degree in special education and administration from Sonoma State University, and earned a doctorate in inclusive education and leadership from Andrews University.

Now, Dunzweiler is bringing that experience to Oregon Conference. "Teaching is the best job in the world," Dunzweiler shared. "I believe teaching is the heart of evangelism, and I believe education is the heart of the church."

Dunzweiler said one of her priorities is helping equip teachers to serve every student. "My goal here is to do anything I can to make principals very accessible to their teachers. If I can help principals carry a lighter load so that they can help carry some of their teachers' loads, I feel like I have done my job well."

As students study throughout the 2023–2024 school year, we look forward to the many ways God will show up in their lives. Please pray for our students, teachers, principals, school communities and all those dedicating their lives to raising them in a loving, Christ-centered environment.



KALEB EISELE
Oregon Conference digital content specialist

More online at NWADVENT.ST/118-6-OR-79 ⁺

TVA Places in NAD Educators Spark Tank

MOLLY DE PEÑA, TUALATIN VALLEY ACADEMY TEACHER, WAS RECENTLY AMONG THE FIRST TO PRESENT AT NORTH AMERICAN DIVISION EDUCATORS' CONVENTION SPARK TANK EVENT IN PHOENIX, ARIZONA.

As part of the broader NAD Educators' Convention, Spark Tank took place over two days and featured eight Adventist schools. The schools were given the opportunity to pitch community mission ideas, which were evaluated by a panel of judges.

TVA's idea was a new elective class based on serving the community. "It's just a way to get our school better serving its original purpose, which is to be a light wherever it is," said De Peña.

De Peña currently teaches math, science and Bible for seventh and eighth grade as well as an elective. One challenge with many student-centered service projects is timing.

"None of us have much time after school," she said. "So God gave me the idea: What if service was one of your elective classes?"

Students taking this new elective will experience a range of service projects including a community block party that offers



• Molly De Peña, TVA teacher, presents at the NAD Educators' Convention Spark Tank.

free haircuts, back to school materials, a health fair and a blood drive, as well as helping lead Bible studies, preparing VBS materials and volunteering at local food pantries.

TVA won second place in this year's Spark Tank event and was awarded a \$2,500 grant to help get their community projects started in the coming school year.



KALEB EISELE
Oregon Conference digital content specialist

More online at NWADVENT.ST/118-6-OR-76 ⁺

YOUTH

Pathfinders Head to South Korea for Camporee

ON JULY 30, 20 OREGON CONFERENCE PATHFINDERS AND STAFF BOARDED A PLANE FOR 15 HOURS OF FLIGHT TIME OVER THE PACIFIC OCEAN.

They were blessed with the opportunity to attend the third North Asia-Pacific Division Pathfinder Camporee at Sahmyook Adventist University in Seoul, South Korea, joining more than 2,300 other Pathfinders from around the world.

Fourteen countries were represented, including Taiwan, Mexico, Philippines, Mongolia, Japan and – of course – South Korea. In addition to Oregon, there was also U.S. representation from Oklahoma.

For Oregon Pathfinders who attended, this camporee abroad was filled with many of the dynamics they are used to experiencing at a regional camporee, such as inspiring worship services and music, baptisms, pin trading, honors, enacted Bible stories, fancy drills and parades.

Yet, at the same time they were able to experience it from a very different perspective, being in a new environment and culture as they were submersed in languages, foods and customs that were very different from those at home.

Pathfinders were able to not only experience Pathfinder ministry outside their bubble and natural habitat, but they were also able to witness the extended reach of biblical narratives and the message of hope in Jesus that

Pathfinders are regularly reminded of in their local church, school or club.

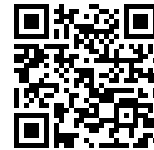
In the evenings throughout the week, they witnessed a powerful musical on the life of Joseph and mind-blowing cultural performances, saw their peers from different countries be baptized and heard messages of hope translated from a different language. All these were a subtle reminder that God’s family is world-wide and reaches far beyond our borders.

Throughout the days, Pathfinders had the opportunity to participate in more than 120 activities including archery, knife skills, leather work, knotting, space telescope making, fruit carving, 3D printing, climbing, boating, zip line, water bounce and water activities, just to name a few.

One of the daily afternoon highlights was the interaction with Pathfinders who spoke different languages in their efforts to trade pins and collect as many pieces as possible from other nations. It was a challenging yet fun experience that

brought many great memories as the kids learned to get out of their comfort zone and make connections with other young people.

This experience will bring encouragement to our Pathfinders in years to come, remembering the theme of this camporee – “Focusing our Vision” – and recognizing that it is in keeping our eyes on Jesus that allows us to make it through our time here on earth, no matter what town, state or country we might be in.



DANIEL ORTEGA
*Oregon Conference
Pathfinder director*

More online at NWADVENT.ST/118-6-OR-74 

• Pathfinders performed for their peers through music, art, language, marching and more.



DANIEL ORTEGA

CHURCH

Gateway Church Dedicates New Worship Center

AFTER YEARS OF HARD WORK, GATEWAY CHURCH IN GRANTS PASS, OREGON, HOSTED THE OPENING CELEBRATION OF ITS NEW WORSHIP CENTER ON AUG. 12.

Kip Bradford, Gateway Church pastor, and two former Gateway Church pastors, Nick Jones and Randy Hill, led the service and shared fond memories for the celebration.

Jones, currently Rivers Edge/Grand Ronde/Sheridan district pastor, began song service by saying, "I pastored here from 2013-2015, and I remember this room being full of stuff. It's definitely nice to see it full of people."

Throughout the celebration, the focus remained on God's work in the Gateway community and on the people He used to bring it all together.

"This is an excellent day," Bradford shared during the Sabbath message. "What makes it special for me is not that we are in this nice worship space, but that you are all here. I am so grateful that in the process of building this worship space the family has responded to this project without drama, strife or difficulty."

Making one of his last stops as Oregon Conference assistant to the president, Hill shared a few words. "I'm here because I'm a friend of people here," Hill began.

"I'm also honored to be here because I'm a former pastor of this church. I'm here because, for a few more hours, I am a member of the administrative team of Oregon Conference," he continued. "I'm here because all the churches of Oregon Conference are celebrating with you today, and I get to represent them."

After the service, a stack of bulletins remained on a table with the words, "May this worship center be a place of love, hope and transformation for all who walk through its doors. Welcome home!"

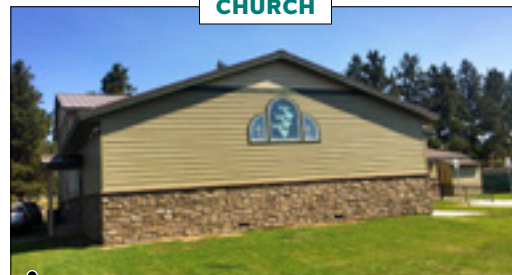


KALEB EISELE
Oregon Conference digital content specialist

More online at NWADVENT.ST/118-6-OR-75

Gateway Church holds celebratory service for its new worship center.

CHURCH



Bonanza Church celebrated their mortgage burning with the re-dedication of their church building.

BONANZA CHURCH CELEBRATES RE-DEDICATION

BONANZA CHURCH members are still celebrating the burning of their church mortgage along with the re-dedication of their church.

On a Sabbath morning in February, festivities began with historic photos shown by Sid Dyer and Ike Carson. Dyer and Jim Osborne interviewed charter members Jim Yoder, Nancy Yoder, Art Fry and Jeanette Fry. These pioneers, along with Ray and Dorothy Erwin, were instrumental in working with the community to plan a branch Sabbath School in fall 1979.

After meeting in the Bonanza Library for three years, Bonanza Company gained the title of "church" on April 23, 1983, just months after purchasing and remodeling a small house into a worship space.

With the help of Maranatha, Bonanza Church constructed a large fellowship hall, kitchen, classrooms and sanctuary in 2013. On April 1, 2017, members met in the new sanctuary for the first time.

Following the interview, Sarel Smit, pastor, offered a prayer of rededication. Then the congregation watched joyfully as Brent Plubell, then serving as Oregon Conference vice president for finance, burned the mortgage statement, paid in full in August 2020.

Devoted members and community friends stood in unity, singing, "What a fellowship, What a joy divine, Leaning on the everlasting Arms." Bonanza Church was truly built on a firm foundation and has been very blessed.

JUDY WHITLOCK
Bonanza Church communication leader



MORE ONLINE AT
NWADVENT.ST/118-6-OR-70



YOUTH

Hispanic Teens Visit Washington Family Ranch for Retreat

FOR MORE THAN A DECADE, HIGH SCHOOL STUDENTS FROM SPANISH-SPEAKING CHURCHES IN OREGON CONFERENCE HAVE HELD AN ANNUAL YOUTH RETREAT AT WASHINGTON FAMILY RANCH.

The retreat provides youth a great chance to make new friends, spend time with old ones and grow in their spiritual journeys as they worship and fellowship together. This year, many young leaders shared stories of how they first came to Washington Family Ranch as participants and now serve as pastors, chaperones and volunteers.

More than 200 teens traveled with their chaperones to Antelope, Oregon, leaving behind the forests and greenery of the west side of the state for the sprawling rocky landscape of eastern Oregon. After caravanning down miles of gravel road, they found themselves on the green, adventure-filled campus of Washington Family Ranch, where they were greeted with ziplines, swimming pools, go-karts, an obstacle course and many more exciting activities.

More importantly, however, the youth joined together to learn more about Jesus. This year's theme was "God's Playlist." Harold Altamirano, Echo Church lead pastor, spoke for

More than 200 teens traveled with their chaperones to Antelope, Oregon, for an annual youth retreat at Washington Family Ranch.

four programs, reminding the teens that when the voices in our heads tell us we are unlovable, God's voice says He will never stop loving us.

Whatever negative thoughts we may have about who we are and what we're worth, Altamirano proclaimed, "God has told us that we are worth everything to Him! Write a list of negative things that you have thought or said about yourself."

"Take a moment to think about this negative inner voice in your head. Surrender that voice to Jesus this weekend," he said in one challenge. "Look

for gospel realities in the Bible about who you really are in Christ and come up with your new list. Make a note on your phone and repeat them daily."

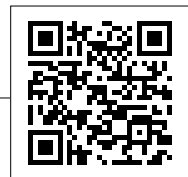
Some examples provided were 1 John 3:1, "I am God's child;" 1 John 1:9, "I am forgiven;" and Rom. 5:8, "I am loved."

On Sabbath evening, several young people made the decision to be baptized and were joined by close friends,

family and trusted leaders. Several more stepped forward to a call for those who would be interested in becoming pastors one day and helping to lead in their local churches.

KALEB EISELE
Oregon Conference digital content specialist

More online at [NWADVENT.ST/118-6-OR-77](https://www.nwadvent.org/st/118-6-or-77) 



Gladstone Park Church Hosts VBS Test Event

IN AUGUST, GLADSTONE PARK CHURCH WAS TRANSFORMED INTO A TROPICAL PARADISE AS THEY HOSTED NORTH AMERICAN DIVISION'S VACATION BIBLE SCHOOL TEST EVENT.

For those who may not be aware, Gladstone Park Church is currently the one and only testing location for the program before it is finalized and sent all over the world. Cassie Martsching, AdventSource communication and resource development director, attended for the first time this year.

"This was my first time coming out to the test event and I just really appreciate the community at Gladstone Park Church," Martsching said. "I came in as a stranger, not knowing anyone, but by the end of the week I knew everyone's name. It was just so warm and welcoming. I like to imagine that's the experience visitors find when they come to this church as well."

Before VBS packages arrive at local churches, teams of writers, editors and organizers draft the material and imagine how it will work in person. As with any event, the way things really work can be very different.

This is where Gladstone Park Church is able to help craft the experience. For Martsching, this means translating between both worlds – that of writers and editors, and that of local leaders, children and families.

"I am basically the project manager for VBS once it's past the writing phase," Martsching said. "I work with editors, translators and designers to put all the elements of the program together into something we can print and sell as a part of a VBS kit."

The testing process comes next. "We go through all the documents before we send them to Gladstone Park Church, but they are not getting the finalized, revised, polished version that everyone else sees," said Martsching. "We really want to find out first if these activities really work. Does this make sense? Are the kids getting the same message at each station they visit? Is this a cohesive program?"

The results discovered at Gladstone Park Church are recorded, discussed and implemented into the final VBS program that is then used everywhere else. "We've been collaborating with Gladstone Park Church for about five years now, and the volunteers seem to love helping us with it, which I so appreciate," said Martsching.

"They're not getting a program with instructions for decorations and pictures of what everything should look like, they're the people coming up with the decor that we use in the descriptions to show everyone else what theirs could look like. So really, they are interpreting what they get from the authors and from us when they put this test program together every year," she said.

Once tested, revised and finalized, these VBS programs are used in more than 1,000 NAD churches each summer, and even go across the world. Churches



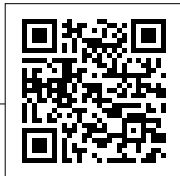
as far as South Africa, Kuwait, Kenya and New Zealand have utilized the VBS programs that were first tested at Gladstone Park Church.

The program is also translated into Spanish and, for the first time this year thanks to Quebec Conference, into French. “What Gladstone Park Church does for us by helping us test these programs really ripple out and touch the world church for years to come,” said Martsching.

“I appreciate them so much because putting on a VBS program is one thing, but putting on a VBS program that no one else has done, with no template to follow and knowing that it’s going to be filmed and photographed for other churches around the world to use—that’s a really big job that they take on for us every year. I just can’t say enough how much I appreciate the team at that church,” Martsching said.

As children grow and discover a faith of their own, VBS can play a major part in connecting each child with Jesus. “VBS is a really big and important part of what we do at AdventSource,” said Martsching. “We hear pastors all the time say that VBS is really the most important evangelistic event that their church can host, because it’s the one event that can get the whole family to come in and see what their church is all about. It’s a chance to meet and interact with people.”

KALEB EISELE
*Oregon Conference digital
content specialist*



More online at NWADVENT.ST/118-6-OR-69





UCC Commits to Serve One More

SEPT. 24 HAD DOUBLE MEANING FOR INLAND NORTHWEST ADVENTISTS.

This date served as a culmination of the Vertical: 24-10 Prayer Experience and the gathering time for the 79th constituency session for Upper Columbia Conference.

In total, 504 of 713 eligible local church delegates and delegates-at-large came together at Upper Columbia Academy.

"You've come anticipating a meeting," said David Jamieson, UCC president, as he welcomed the delegates. "However, I love ministry more than meetings. In a gathering of this size, there are many people who have come who may feel alone in the crowd or maybe there's someone who is hurting and needs to be ministered to."

Jamieson continued, "My purpose in being here today is through the blessing of our Heavenly Father, the grace of the Lord Jesus Christ and the

power of the Holy Spirit, to minister to you and to point you to Jesus Christ, the only hope of this world."

Jamieson invited delegates to join him in focusing on worship, prayer, mission, ministry and service through the conference-wide emphasis to Serve One More.

The Serve One More devotional culminated in a tangible time of prayer in which Jamieson invited delegates to blanket UCC territory in prayer.

Delegates slipped out of their seats and tied prayer knots onto the fringes of 160 sunflower-patterned fleece blankets. These blankets were then gifted to each church and school to share with someone in their church, school or community who needs God's healing touch.

In his devotional, Jamieson unpacked the story found in Mark 5 of the woman suffering with an issue of blood.

"The gospel stories don't just talk about what Jesus did as He went from village to village serving one more, but rather what Jesus does," continued Jamieson. "These stories build faith in the goodness, graciousness and greatness of our God. Jesus changes absolutely everything in a person's life when they get to know who He really is."

He added, "It doesn't matter when you come to Jesus, where you come to Jesus or how you come to Jesus. The only thing that matters is that we do choose, hopefully sooner than later, to come to Jesus Christ."

In the past four years, UCC allocated \$1.7 million to

evangelism activities including 235 reaping events, 1,000 sowing events and more than 1,500 baptisms.

Additionally, more than 55 churches are engaging their local communities through 111 Adventist Community Services and SonBridge outreaches and projects. This practical, hands-on approach to ministry led into the vision to Serve One More.

"We are beginning a new chapter in the life of UCC," said Jamieson. "A chapter that envisions God calling us to even greater moments and greater ministry to expand His kingdom in the inland Northwest."

First, UCC has a vision to truly become a resource center to its field in ways that can't fully be imagined yet. The conference wants to assist, support and resource its members, families, churches,



• From left to right: Rodney Mills, vice president for administration; David Jamieson, president; Allee Currier, vice president for finance; and Brian Harris, vice president for education, were voted by UCC constituents to serve for the 2023-2027 term.



PHOTOS BY ANTHONY WHITE

schools and all the conference entities to build a legacy for God by following His vision to sacrificially Serve One More.

Second, as a resource center, UCC commits to Serve One More by modeling its core values and core actions to every person that its members interact with.

Third, UCC desires to make a greater impact for the kingdom of God by serving the felt needs of individuals and families in the inland Northwest through innovative community service initiatives.

The conference is currently fundraising between \$2–3 million to equip, empower and resource local church pastors, lay leaders, congregations and schools in their efforts to Serve One More.

“As we practice ‘Christ’s Method Alone’ accompanied by the power of persuasion, the power of prayer and the power of the love of God, our work will not and cannot be without fruit,” Jamieson noted.

Elected to serve for 2023–2027 term are the following officers: David Jamieson, president; Rodney Mills, vice

president for administration; Allee Currier, vice president for finance; and Brian Harris, vice president for education.

Delegates also appointed ministry directors including: Patty Marsh, Adventist Community Services & Disaster Response, women’s ministries and children’s ministries; Jeff Wines, Camp MiVoden, club ministries, young adults and youth; Dustin Jones, communications; Walter Pintos-Schmidt, Hispanic ministries; Stephanie Bailey, human resources; Art Lenz, information and technology services; Eric Brown, ministerial and evangelism; and Andrew McCrary, trust services. Additionally, delegates voted for Sandi Bowman from Arizona Conference to serve as Adventist Book Center manager.

Four new churches were welcomed into the sisterhood of churches, including two Spanish churches and a Slavic church. It was also the first session to include documents that were translated into Spanish, an acknowledgment of the growth

of Spanish-speaking members in the conference.

The Constitution and Bylaws Committee, led by Lowell Cooper, a veteran church governance administrator and member of Pasco Riverview Church, processed with the constituency several amendments. These amendments ranged from formatting changes to aligning future sessions with the North Pacific Union constituency sessions.

The session ended with delegates voting in a new executive committee, board of education and finance review team.

Jamieson closed the meeting by calling all those present to fulfill the promise of Isa. 52:7 and to go back to their churches and schools as representatives of Christ who understand “how beautiful upon the mountains are the feet of him who brings good news, who proclaims peace, who brings glad tidings of good things, who proclaims salvation, who says to Zion, ‘Your God reigns!’”

“This is our time!” Jamieson said as he challenged the delegates. “It is our time to be persistent in prayer, to receive the promise of Christ’s Righteousness, to daily experience the power of the Word of God, to proclaim the Three Angels’ Messages in verity and love, and to personally participate in Christ’s mission to Serve One More, to Sirve Uno Mas!”

HEIDI BAUMGARTNER
*North Pacific Union
communication director
and Gleaner editor*

DUSTIN JONES
*Upper Columbia Conference
communications director*



More online at [NWADVENT.ST/118-6-UC-06](https://www.nwadventist.org/st/118-6-uc-06) 



WENDY URBIN

His Travelers Hosts VBS in the Park

THIS SUMMER WAS THE SEVENTH SUMMER HIS TRAVELERS HOSTED VBS IN THE PARK. HIS TRAVELERS IS A TEAM OF YOUNG PEOPLE TASKED WITH SUPPORTING CHILDREN'S PROGRAMMING INCLUDING VACATION BIBLE SCHOOL, DAY CAMPS AND COMMUNITY OUTREACH PROJECTS. THIS SPECIAL EVENT, LOCATED IN RUTH PARK IN SPOKANE, WASHINGTON, HAD 55 CHILDREN IN ATTENDANCE.

"I wasn't sure what VBS in the Park would be like," shared Jonathan Kasper, His Travelers member. "I heard it was really fun, but I didn't know what to expect. However, after planning it out with the team, I realize it's so much better than I was expecting."

His Travelers is a program run through the Upper Columbia Conference children's ministry department. The program began in 2010 and is currently led by Wendy Urbin, UCC children's ministries administrative assistant.

His Travelers works hard every year assisting churches with VBS programs across UCC to minister to hundreds of children. However, VBS in

the Park is put on solely by His Travelers in a local public park.

"VBS in the Park began many years ago to provide a group of Nepalese refugees something for their children," shared Gayle Haeger, UCC urban ministries coordinator. "The idea was to provide something close for the neighborhood children to come to."

Since then, His Travelers has provided a VBS in the Park every year for the local children, except when the pandemic prevented it.

What makes this VBS unique is that many participating children are refugees. This year, children from Nepal, Congo, Russia and Ukraine, along with other

neighborhood children, were in attendance.

"I look forward to leading the His Travelers team as they lead out VBS in the Park each summer," shared Urbin. "It is such a blessing to serve these precious children from many nationalities. It is so meaningful to see them have fun, smile, share, eat together, become friends and fellowship with each other and the team."

This year's event was held earlier than expected, but that wasn't a problem for the group of five. They began planning and quickly created their own VBS program, being sure to include singing, games, snacks, crafts and Bible stories.

"VBS in the Park is basically a homemade VBS program," said Kasper. "We come up with everything from scratch. It's so impactful because I see these kids having so much fun and enjoying the program, and without VBS in the Park, they may never get to know Jesus."

The theme for the 2023 VBS in the Park was "The Lord's Prayer." Each day, His Travelers – Emmalyn Logan, Melani Dubon, Jonathan Kasper and Rachel Johnston – taught a new section with a script written by each member. The group made the book of Matthew come alive for the children using puppets. The children were so engaged and listened intently.

"VBS in the Park is a unique experience because over time, I've gotten to know a lot of the kids who come every year," shared Logan. "This summer was special because one of our volunteers was a girl who came to the very first VBS in the Park when she was younger."

"That's really cool to me," Logan continued, "because it means that VBS in the Park is making an impact on these kids. It's a good reminder to me that even just one week, given to God, can make a difference."

His Travelers continued the summer and participated in 10 VBS programs and two Adventist Community Services projects. "The team is such a blessing to the children within UCC," said Haeger.

AUTUMN DUNZWEILER
Upper Columbia Conference
communications coordinator



More online at [NWADVENT.ST/118-6-UC-65](https://www.nwadventist.org/st/118-6-uc-65)

MISSION AND OUTREACH

Shine 104.9 Celebrates 30 Years

SHINE 104.9 FM KEEH, HEADQUARTERED IN SPOKANE, WASHINGTON, CELEBRATED ITS 30TH ANNIVERSARY THIS YEAR WITH A SHINEFEST EVENT AT THE LILAC BOWL IN SPOKANE'S RIVERFRONT PARK. THE FREE LISTENER APPRECIATION CONCERT DREW A CROWD OF MORE THAN 5,000 TO HEAR SPECIAL GUESTS JOHNNY DIAZ, BRANDON HEATH AND MAC POWELL.

"At a time when media surveys point to the decreasing relevance of faith in the lives of our community, we are working to make Spokane a lighthouse of hope for the local region and beyond," said Darin Patzer, KEEH station manager.

In 1993, KEEH began broadcasting as a non-commercial radio ministry from a studio housed in the Upper Columbia Conference office. Over the years, the station has focused on being of service to the various denominational churches and non-profit ministries of the local community.

From offering free radio promotion and inviting community leaders and pastors into the studio for interviews to handing out Christian materials at events like the Bloomsday race, KEEH has developed a reputation for being an integral part of the Christian community in Spokane.

"God has blessed and given our station tremendous influence," said Patzer. "Shine 104.9 is fully funded by our community and has grown

to be ranked as the number one station out of all radio stations in Spokane for three separate years."

"That kind of success is almost unheard of nationwide for a station playing Christian music," Patzer continued. "With 1 in 9 residents of Spokane and Kootenai County reporting that they listen to the station for roughly an hour a day, tremendous bridges are being built for Christ and for the Adventist church."

Beyond its role as a radio station, Shine 104.9 has actively engaged with the community it serves. Through charitable events, partnerships with local organizations and hosting concerts and gatherings, the station has fostered a sense of togetherness.

The past several years, Shine 104.9 helps put on the biggest Christian discipleship conference in the Pacific Northwest.

The Be Bold for Jesus conference features Christian speakers and worship leaders who are bold for their faith, like Tim Tebow, Lauren Daigle

and Jeremy Camp. This year, the conference included Lee Strobel, Ken Ham, Greg Laurie, Adrienne Camp, Alisa Childers, Ted Cunningham, Danny Gokey and a closing keynote from Jeff Foxworthy, Christian comedian.

Additionally, KEEH has partnered annually with Water for Life to dig hundreds of fresh-water wells and share Bible studies in rural villages of Guatemala, as well as host the Christmas in July food drive, which brings in thousands of pounds of non-perishable food for the underprivileged in partnership with local food banks.

These and other projects are giving hope and sharing the Water of Life through the radio station's partnership with listeners. The station attempts to give back to its listeners by providing faith-affirming events and tours to locations such as Mount St. Helens and the Holy Lands, as well as tours of the

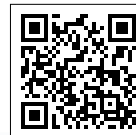
Creation Museum and The Ark Experience in Kentucky.

"I don't know that we can fully comprehend the reach that this station has in the Spokane community," said Jimmy Johnson, KEEH board chair. "God continues to open doors for this ministry to impact the lives of the people in our region. We are so grateful for God's providence in starting this station and, in turn, very mindful of His provision."

KEEH has recently expanded and is now available in three locations: Spokane, Washington; Coeur d'Alene, Idaho; and Sandpoint, Idaho. You can tune in from anywhere to listen to Shine 104.9 through the app or website at shine1049.org.

DUSTIN JONES

Upper Columbia Conference communications director



More online at NWADVENT.ST/118-6-UC-68 



He's Alive Ministries Releases *The Law of Life* Media Series

HE'S ALIVE MINISTRIES, BASED IN SPOKANE, WASHINGTON, RELEASED A NEW MEDIA SERIES FOCUSING ON HOW TO BIBLICALLY IMPROVE YOUR PHYSICAL HEALTH, MENTAL HEALTH AND OVERALL LIFE.

The series, *The Law of Life Media Edition: Healing from Damaged Relationships, Depression and Disease*, is based on a 278-page book written by Mark Sandoval, New Paradigm Ministries founder and president. The media series includes more than 16 hours of in-depth instructional videos, in addition to the book.

"Our goal for this series is to really reach out to communities struggling with physical and mental health and show them a way forward that is biblically based," said Rupert Salmon, He's Alive Broadcasting general manager and 3 AM Network, LLC, CEO. "We know that those who take part in this series will be truly blessed by Sandoval's message."

Sandoval is board certified in emergency medicine and

lifestyle medicine. He has served as founder and chairman of H.E.A.L.T.H. by the Book, president and medical director of Uchee Pines Institute, and health ministries director of Gulf States Conference.

The series is a dynamic combination of print and visual media intended for small group study, book clubs or health ministries that want to gain perspective on the inner workings of the mind from a biblical standpoint.

"Disease? Depression? Damaged relationships? This book is for you. A friend of mine spoke about some of the contents of this book, which sparked my interest, but it is far better than I was told," said reader Dee Dee.

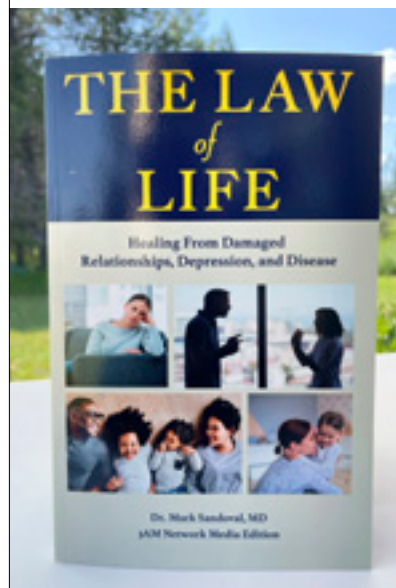
"The examples, rationales and correlations are simple yet

so profound. Sandoval goes deep into cause and effect, choices and change," continued Dee Dee. "This is a must-read book. I have difficulty putting it down! I will read it again, and have been encouraging others to read it as well."

Salmon's plan is to set up book clubs in churches using the book, workbook and videos to invite friends and neighbors to join in at members' homes or through Zoom to discuss chapter by chapter.

For more information on the project, contact Rupert Salmon at 509-508-8115 or by email at ruperts@hesalivetv.com. The series can be purchased at givebutter.com/hesalivetv.

He's Alive Broadcasting is a local Christian television station in existence for the past 28 years in the Spokane,



Washington, area. Over the past two years, He's Alive has been under new management and will soon be transferring ownership.

Under this new leadership, He's Alive Broadcasting will become 3 AM Network, a minority-owned and operated media company, broadcasting on five digital channels, KHBA-LP channel 35 Spokane, Washington.

DUSTIN JONES
Upper Columbia Conference
communications director



More online at NWADVENT.ST/118-6-UC-62

BIBLE READINGS

for

november

2023

FOLLOW THE DAILY READING PLAN AND YOU WILL READ THE ENTIRE BIBLE IN A YEAR.

S	M	T	W	T	F	S
			1 John 11	2 Luke 17:11–37; Luke 18:1–14	3 Matthew 19; Mark 10	4
5 Matthew 20–21	6 Luke 18:15–43; Luke 19	7 Mark 11; John 12	8 Matthew 22; Mark 12	9 Matthew 23; Luke 20–21	10 Mark 13; Matthew 24	11
12 Matthew 25	13 Matthew 26; Mark 14	14 Luke 22; John 13	15 John 14–17	16 Matthew 27; Mark 15	17 Luke 23; John 18–19; Matthew 28; Mark 16	18
19 Luke 24; John 20–21	20 Acts 1–3	21 Acts 4–6	22 Acts 7–8	23 Acts 9–10	24 Acts 11–14	25
26 James 1–5	27 Acts 15–16	28 Galatians 1–3	29 Galatians 4–6; Acts 17; Acts 18:1–18	30 1 Thessalonians 1–5; 2 Thessalonians 1–3		

Note: Our reading plan gives you a break on Sabbath to let you spend quality time with God in other ways.

Follow us @NWAdventists on Instagram, Facebook and Twitter.

More online at [NWADVENT.ST/118-6-BLE-57](https://www.nwadventists.org/resources/118-6-ble-57)





Scan here to watch *Beyond the Walls*

MISSION AND OUTREACH

Beyond the Walls Inspires Ministry Wherever You Are

DO YOU HAVE TO BE AN EVANGELIST TO MINISTER TO OTHERS? PERHAPS YOU'VE FELT THE PRESSURE TO EMBARK ON A MISSION TRIP TO TRULY EMBODY THE LOVE OF JESUS.

Adventists often emphasize that anyone can be a missionary wherever they are, but the question remains: how? What can the average person do? This is the question *Beyond the Walls* sets out to answer.

Beyond the Walls is a six-episode documentary series that sheds a light on the various ministries average people engage in beyond the walls of the church. Its primary aim is to inspire others to follow suit in their daily lives. Each episode focuses on a different community member who actively spreads the Word of God through their entrepreneurial ventures at work or in the community.

“We wanted to show average people doing ministry,” said Ernesto Hernandez, *Beyond the Walls* producer. “We want [church] members to realize, ‘Wow, I can do ministry at my workplace. I can do ministry through my clinic. I can do ministry at the factory I work at.’”

Evelin Velinova, *Beyond the Walls* director, added, “We’re always talking about ‘You want to do ministry? Become a pastor or major in theology.’ That’s not the only option out there. Maybe pastoring isn’t your thing, or maybe working for the church or the conference isn’t where you feel called.”

It’s time for the narrative to change. While the often-highlighted work of pastors, theologians and evangelists remains vital, it often falls short of reaching people until they are personally invited into the church by their neighbor or coworker.

These meaningful connections are created by ordinary individuals who exemplify Christlike qualities in ordinary ways every single day. *Beyond the Walls* aims to underscore the profound impact personal relationships have on the community.

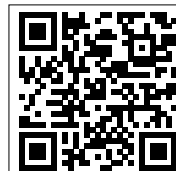
Ministry doesn’t have to be a well-rehearsed sermon or group Bible study. *Beyond the Walls* shows that there are other options. Like the six individuals shown in the series, anyone can minister in nontraditional ways.

Beyond the Walls is a call to action for every church member to become a conduit of God’s love and teachings

wherever they may be. It challenges the conventional perception of ministry by encouraging people to embrace their unique skills and passions as vehicles for spreading God’s message.

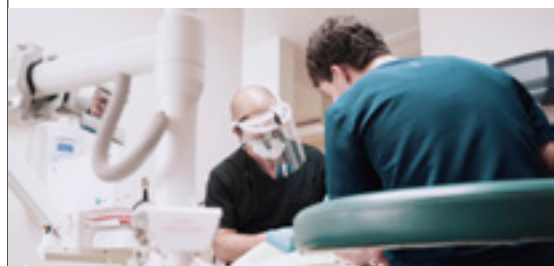
To experience these inspiring stories of everyday ministry, you can watch *Beyond the Walls* on the Washington Conference YouTube channel – WashConf – or by scanning the QR code above.

LACEY STECKER
Washington Conference communication intern



More online at
NWADVENT.ST/118-6-WA-46

PHOTOS BY EVELIN VELINOVA



Jed de la Paz working in his dental clinic featured in episode 2.



Inside Auto Taco featured in episode 1.

Fia Taito showing pieces from Arts of Love featured in episode 3.

YOUTH

Hispanic Youth Ministries Fosters Connections With Spiritual Retreat

WHAT HAPPENS WHEN A COMMITTEE OF YOUNG ADULTS COMES TOGETHER TO BUILD CONNECTIONS? HISPANIC YOUTH MINISTRIES IS CREATED AND REINTRODUCES HISPANIC YOUTH AND YOUNG ADULTS SPIRITUAL RETREAT.



Participant enjoys horse riding at Hispanic Youth and Young Adults Spiritual Retreat.

Last year, Hispanic youth ministries, comprised of seven committee members, embarked on a mission to support youth programs within Hispanic ministries across the region. Their approach is rooted in active engagement with the youth and young adults they serve.

“We listen to what our kids want,” said Mayra Ventura, Hispanic youth ministries administrator and Bellingham Hispanic Church youth director. “We always try to involve the opinions of the jóvenes and the young adults so we can have them engaged with us.”

Youth and young adults are looking for something unique and a place where they can foster community and connections with others. In response, Hispanic youth ministries initiated small-scale events within local churches, providing intimate settings for one-on-one interactions. These personal connections laid the foundation for trust, setting the stage for larger events.

The culmination of their dedication led to the revival of Hispanic Youth and Young Adults Spiritual Retreat. In early August, Miracle Ranch served as a host site to 160 individuals ages 13–25.

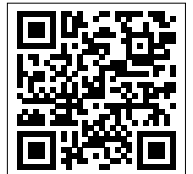
The retreat featured an array of engaging activities, including six workshops led by young professionals designed to nurture spiritual growth and teamwork. Beyond the workshops, attendees could enjoy thrilling social activities such as horseback riding, archery, paintball and boating.

The revitalized retreat was met with an overwhelming response from the youth and young adults. The spiritual retreat was so well received that they specifically requested their church’s youth directors to invite the Hispanic Youth Ministries Committee to speak at their home churches, further spreading the message of unity, connection and community.

Through active engagement and a relentless commitment to meeting the needs of youth and young adults, Hispanic youth ministries has reignited the flame of Hispanic youth and young adults while sowing the seeds of enduring connections and spiritual growth in their community.

The future holds great promise for this dynamic committee and the vibrant young individuals they serve, as they continue to inspire unity and connection throughout their journey.

LACEY STECKER
*Washington
Conference
communication intern*



More online at
NWADVENT.ST/118-6-WA-60

A group canoes at Hispanic Youth and Young Adults Spiritual Retreat.





MISSION AND OUTREACH

Mega Health Clinic Bridges Healthcare Gap

LIFEBRIDGE CHURCH'S NINTH MEGA HEALTH CLINIC SHONE AS A BEACON OF HOPE ON AUG. 26–27. IT NOT ONLY BRIDGED THE HEALTHCARE GAP, BUT ALSO IGNITED A POWERFUL SPARK OF INSPIRATION WITHIN THE COMMUNITY.

The clinic offered a diverse range of healthcare services including medical services, dental treatments, vision care, chiropractic care, physical therapy, free haircuts and more. 572 patients registered and received 1,871 services, totaling \$283,063.41 worth of care.

Dustin Serns, LifeBridge pastor, shared the vision for these clinics, saying, “One of our key goals is to give everyone at the clinic a taste of heaven. Patients are ministered to physically, emotionally and spiritually, and volunteers from the community often gain a new perception of what the church can be. We work to build personal relationships with them and continue journeying with those who are receptive.”

Within the medical area of the clinic, doctors, nurses and healthcare workers passionately offered check-ups and vital health assessments. In a fully equipped dental section, dental cleanings, fillings

and extractions were offered. Vision specialists provided free eye exams and prescription glasses to those in need. Chiropractic care and physical therapy sessions were tailored to individual needs.

This two-day event brought together people from diverse backgrounds to create a profound positive change in their community. Its true impact extends far beyond statistics.

The clinic touched the lives of every person who walked through its doors, offering them not just healthcare but hope, dignity and a renewed sense of belonging. It also extended an invitation to connect with LifeBridge, a place of faith, community and compassion for those in the Tacoma area.

Walter came to Mega Health Clinic unsure whether he could trust the event because it was sponsored by a church. From his first interactions all the way to the end of his time at the clinic, he felt

kindness and community with everyone he spoke with.

He received a dental cleaning on Saturday, and came back to receive a medical health screening on Sunday, where he was able to receive help for a rash he had for three months on his foot. As a result of the physical healing he experienced, he also chose to come to a LifeBridge worship gathering the following week.

While checking out in the chaplaincy area after receiving care, one patient began asking questions about why she was going through suffering. She felt God was punishing her, and she wondered what she did to deserve it.

After listening to her struggles, the chaplains opened the Bible to the story of Job and helped her see that God was not causing or wanting her to suffer. They made clear God’s character of love and how He will permanently remove suffering from the universe while maintaining freewill to love.

“This totally changes my paradigm,” the patient shared. She was in tears and had finally found peace. The patient left the clinic that day having received not only dental care, but a new picture of God.

LifeBridge invites you to join them for a worship gathering or at their next dental clinic on Jan. 26–27, 2024. If you would like to support LifeBridge’s mission to provide healthcare access to those in need, please donate at LifeBridgeway.com/give.

VICTORY KOVACH
LifeBridge Church member



More online at NWADVENT.ST/118-6-WA-63

A patient receives dental care from volunteers at Mega Health Clinic.



LACEY STECKER

MISSION AND OUTREACH

Housing Ministry Serves Families in Crisis

PATIENTS COME TO SEATTLE FROM ALL OVER THE PACIFIC NORTHWEST FOR ADVANCED CANCER TREATMENTS, TRAUMA CARE, TRANSPLANTS AND OTHER HIGHLY SPECIALIZED MEDICAL CARE.

While insurance often covers the cost of medical care, patient families are left to fend for themselves in finding local housing at a very stressful time in their lives. To help address this challenge, Green Lake Foundation, a supporting organization of Green Lake Church in Seattle, purchased its first house and launched a housing ministry a few years ago.

The ministry's financial model from the beginning was simple: use the rental income from the main part of the house to cover most of the mortgage and related expenses, and create an auxiliary dwelling unit for the housing ministry where guests in need can stay free of charge.

Because of growing demand, Green Lake Foundation purchased a second house a few years later thanks to the extraordinary generosity of Green Lake Church members. Then other church members made two additional units of their own available for use.

In 2022, the ministry logged 608 occupancy days. At the average cost of a modest hotel, this would be worth roughly \$100,000.

September 2023 marked another expansion of the housing ministry. When the house next to the church was listed for sale for the first time in 60 years, Green Lake Foundation launched out in faith and decided to purchase it, again counting on the blessings of God and the incredible generosity of supporters of the ministry. This new property will provide two additional units.

Guests have commented on the profound impact the housing ministry left on them.

"God gave me a connection from 'out of the blue' to this lovely house to stay in – free of charge. Words cannot express my gratitude. Knowing I am safe in a strange city where I know no one while trying to accept and adapt to the fact my husband is suddenly fighting for his life is such a God-send," said a family with four children from northern Idaho.

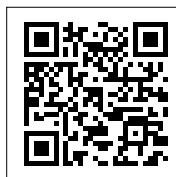
"I can't say thank you enough for this place to stay for a month while my husband recovered from a spinal fusion and laparectomy. You've shown me compassion and generosity that I hope to show others," said a guest from Port Angeles, Washington.

"Thank you so much for everything you have done. How wonderful it has been to stay somewhere safe and quiet during some of the hardest times of our lives. You have saved us thousands of dollars in hotel costs as well. We appreciate you and your hospitality," said a guest from Vancouver, Washington.

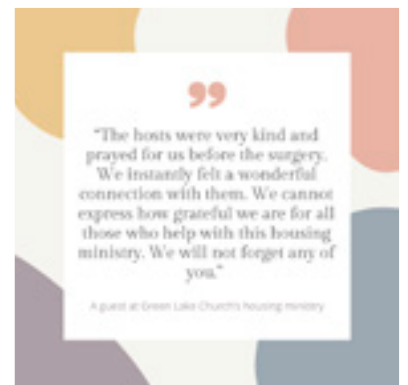
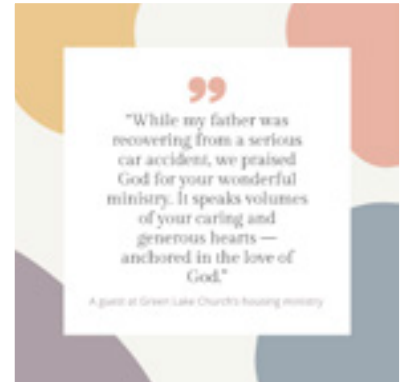
If you have a pressing need for temporary housing in Seattle, related to a medical or other special need, or would like to contribute to this ministry, contact the Green Lake Church office at 206-525-1330, email glcsda@gmail.com or visit the church's website, greenlakesda.org.

KEN WALTERS
Green Lake Church member

KEN FAIRCHILD
Green Lake Church member



More online at NWADVENT.ST/118-6-WA-48



Karin McLarty, right, welcomes a variety of guests through Green Lake's housing ministry.



MISSION AND OUTREACH

Project Love Represents Jesus

ON JULY 22, MONROE CHURCH COLLABORATED FOR THE FIRST TIME WITH PROJECT LOVE, A FELT-NEEDS EVENT HELD AT NEW HOPE FELLOWSHIP. TWICE A YEAR, LOCAL GROUPS COME TOGETHER TO FREELY OFFER MUCH-NEEDED ITEMS TO FAMILIES AND INDIVIDUALS WHO STRUGGLE TO FIND HOUSING AND SUPPORT THEMSELVES.

Monroe Church provided personal hygiene items for guests to choose from and a meal coordinated by Jemimah Evans in an epic display of Jesus' counsel: "For I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me, I was sick and you visited me, I was in prison and you came to me" (Matt. 25:35-36).

Monroe Church interpreted this text as, "When I was dirty you gave me toiletries so I could be washed clean and be refreshed."

Roger Evans, New Hope Fellowship outreach coordinator, and Melissa Clark and Jessica Tedeschi, Project Love founders, are passionate about reaching the unhoused and meeting community needs. They personally relate with the people they

serve as they themselves experienced homelessness and addiction in the past.

Their lives were turned around when they were introduced to Jesus; now they serve to make a difference in the lives of others. Jesus is interested in the well-being of the *whole* person, both the internal and the external.

Personal hygiene kits are simply a collection of items used to cleanse bodies on the outside, but they serve as a powerful metaphor to the cleansing Jesus offers on the inside – the mind and spiritual heart. The free soap and shampoo the church provided cleanse the skin, but Jesus provides the love, care and compassion that cleanse and transform the heart freely to all who receive Him.



Volunteers smile with guests at Project Love.

To His chosen people who represent Him to the world, God says, "Free those who are wrongly imprisoned ... Share your food with the hungry and give shelter to the homeless. Give clothes to those who need them ... help those in trouble. Then your light will shine out from the darkness, and the darkness around you will be as bright as noon" (Isa. 58:6-10).

It matters to God that His chosen people serve and meet felt needs, and it matters to God how they represent Him, shining His light to expel the darkness.

CARMEN PRADA
Monroe Church elder and outreach coordinator



Volunteers serve food for Project Love.



More online at NWADVENT.ST/118-6-WA-45

BIBLE READINGS

for

December

2023

FOLLOW THE DAILY READING PLAN AND YOU WILL READ THE ENTIRE BIBLE IN A YEAR.

S	M	T	W	T	F	S
					1 Acts 18:19–28; Acts 19	2
3 1 Corinthians 1–4	4 1 Corinthians 5–8	5 1 Corinthians 9–11	6 1 Corinthians 12–14	7 1 Corinthians 15–16	8 2 Corinthians 1–13	9
10 Acts 20:1–3; Romans 1–7	11 Romans 8–16	12 Acts 20:4–38; Acts 21–23	13 Acts 24–28	14 Colossians 1–4; Philemon	15 Ephesians 1–6	16
17 Philippians 1–4	18 1 Timothy 1–6	19 Titus 1–3	20 1 Peter 1–5	21 Hebrews 1–8	22 Hebrews 9–13	23
24 2 Timothy 1–4	25 2 Peter 1–3; Jude	26 1 John 1–5	27 2 John; 3 John	28 Revelation 1–7	29 Revelation 8–13	30
31 Revelation 14–22						

Note: Our reading plan gives you a break on Sabbath to let you spend quality time with God in other ways.

Follow us @NWAdventists on Instagram, Facebook and Twitter.

More online at NWADVENT.ST/118-6-BLE-58



MISSION AND OUTREACH

Growing Student Missions Program Shows God's Love in Action

THE STUDENT MISSIONS PROGRAM AT WALLA WALLA UNIVERSITY CONTINUES TO FURNISH LIFE-ALTERING OPPORTUNITIES FOR STUDENTS TO ENCOUNTER JESUS AND SHARE HIS MINISTRY TO THE WORLD. WITH A 63% INCREASE OF STUDENT MISSIONARIES THIS YEAR, IT'S CLEAR STUDENTS CONTINUE TO RESPOND TO GOD'S CALL TO SERVE.

WWU student missionaries act as teachers, healthcare workers, relief volunteers, media assistants, Bible workers and more. Half of all current student missionaries are stationed in Guam-Micronesia, but positions dot the globe.

Tyler Parker, WWU sophomore, is currently serving in Rwanda on a large promotional film project with Impact Hope. Impact Hope empowers refugee youth with access to a Christian boarding education and life-skills training.

During his first month of service, Parker worked as an assistant on a professional film team, traveling extensively around the country to capture various aspects of Rwandan life and collect stories from previous sponsored students.

"One day, we began filming at 3 a.m. to document life at a bakery as they prepared their bread for the day," Parker said. He explained that creating a 13-episode documentary takes much longer than a single month. His role now is to collect all the missing video shots to complete the stories that have been filmed.

Visiting refugee camps has been the highlight of Parker's service in Rwanda.

Parker shared that nearly half of those living in the camps are young children who were thrilled to meet the newcomers. "As you arrive, kids start running up from every direction with huge smiles on their faces," said Parker. "Just a simple high-five or fist bump makes their week."

Parker emphasized that the student missionary experience has taught him so much about the world and given him a new sense of gratitude. He has participated in many worships, both as a listener and a leader, that have challenged and grown his spiritual life. Most of all, he's seen God at work in the stories he is sharing.

"When you are a student living in a refugee camp with absolutely nothing and someone comes to offer you a way out of that, it's truly life changing," he said. Parker sees the transformative power of a Christian education and is glad to use his unique skills to support the refugees during his year of service.

EMMALANI DODDS
*WWU university relations
student writer*



COURTESY OF TYLER PARKER



More online at [NWADVENT.ST/118-6-WA-64](https://www.nwadvent.org/st/118-6-wa-64)

EDUCATION

Upgraded Nursing Program Unveiled

AFTER RECEIVING TWO SIGNIFICANT GRANTS LAST FALL, THE NURSING PROGRAM AT WALLA WALLA UNIVERSITY WELCOMED STUDENTS INTO NEWLY RENOVATED SIMULATION LABS AND CLASSES BASED ON UPDATED CURRICULUM.

The goal of both of these updates is to provide high-level nursing education to our students, continuing the tradition that earned WWU recognition in 2021 as the best school in Washington state for a bachelor's degree in nursing.

The new state-of-the-art nursing simulation labs provide a decidedly realistic and safe environment for students to practice and master their skills.

Students interact with manikins that provide feedback verbally and through vital signs such as a physical pulse and lung, cardiac and bowel sounds. A control room allows instructors to oversee work and help students better understand their performance.

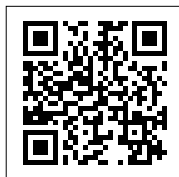
Recent renovations also modernized a realistic hospital and long-term care room. Working in realistic settings and simulations allows students to build confidence and step into their clinical rotations with confidence. "We are so delighted to be able to provide this rich

simulation experience for our students," said Michaelynn Paul, dean and professor of nursing.

These facility transformations are part of the university's continued transition to competency-based learning. WWU received \$100,000 in funding from American Association of Colleges of Nursing to support these curriculum changes.

The grant was awarded to only 10 schools, including Johns Hopkins University and Texas State University. WWU was the only Adventist university and the only university in the Pacific Northwest to receive the grant.

KELSI DOS SANTOS
WWU university
relations supervisor



More online at  NWADVENT.ST/118-6-WWU-57

EDUCATION



TWO NEW DEGREES OFFERED IN COMPUTER SCIENCE

WALLA WALLA UNIVERSITY is the first Adventist college to offer degrees in both cybersecurity and game development beginning this fall. These new programs aim to prepare ethical, Christian experts to join these growing fields.

The world of computing is rapidly changing, and WWU is expanding its degree offerings to prepare students for this changing landscape.

Cybersecurity majors will gain skills to manage systems and protect them against attacks on privacy and security.

Game development majors will be prepared to enter a growing field with evangelistic and education opportunities.

"While we are acutely aware of the negative influences that computer games can have on college students, we believe the industry and students interested in this field would benefit from the solid Christian ethical framework offered by WWU," said Jonathan Duncan, associate vice president of graduate studies and professor of math and computer science.

Learn more about computer science programs offered at WWU by visiting wallawalla.edu/cs.

KELSI DOS SANTOS
WWU university relations
supervisor



MORE ONLINE AT
NWADVENT.ST/118-6-WWU-59



DOUG MCCLAY

BARTHOLOMEW –

Velma Jean (Allison), 96; born Aug. 2, 1926, Greenly, Arkansas; died Feb. 5, 2023, Sandpoint, Idaho. Surviving: sons, Jerry, Robert and Billy Bartholomew; daughter, Anita Bartholomew-Manning; 12 grandchildren and 20 great-grandchildren.

BEDINGFIELD –

Barda (Knapp), 90; born May 5, 1932, Colville, Washington; died Jan. 29, 2023, Colville, Washington. Surviving: sons, Robert and Lester; daughter, Shannon Koskenmaki; brothers, Dan, Jasper and Kevin Knapp; 3 grandchildren, 9 great-grandchildren and 4 great-great-grandchildren.

BLANKENSHIP –

David Duane, 74; born April 24, 1948, Ladysmith, Massachusetts; died Oct. 28, 2022, Walla Walla, Washington. Surviving: father, Lowell; son, Tavis; daughters, Sarah Akin, Rochelle Davidson and Ashley Blankenship; brother, Michael; sister, Michelle Ellison; 5 grandchildren.

BLANKENSHIP –

Esther May (Dull), previously Esther Reilly, 87; born May 5, 1934, Brockway, Pennsylvania; died Oct. 28, 2021, Seattle, Washington. Surviving: spouse, Lowell; son, Kevin Reilly; brothers, Wayne, Bill and Donnie Dull.

BLANKENSHIP –

Lowell Dean, 66; born Dec. 13, 1949, Fort Lawton, Massachusetts; died May 24, 2016, Wenatchee, Washington. Surviving: father, Lowell; brother, Michael; sister, Michelle Ellison.

BLANKENSHIP –

Sheryl Lee, 68; born July 15, 1952, Fort Devens, Massachusetts; died Feb. 22, 2021, Seattle, Washington. Surviving: father, Lowell; brother, Michael; sister, Michelle Ellison.

BUSBY –

Patty Charlotte (Hartje), 75; born April 30, 1947, St. Helena, California; died Aug. 20, 2022, Everett, Washington. Surviving: spouse, Dan; son, Jordan; daughters, Elizabeth (Busby) Johnson and Heather (Busby) Delloso; 4 grandchildren.

CASTLE –

Esther Annabelle (Jorgensen), 92; born May 22, 1931, Clinton, Minnesota; died Sept. 1, 2023, Loma Linda, California. Surviving: son, Charles; daughter, Jacquelin (Castle) Romero; 4 grandchildren and 2 great-grandchildren.

ESLINGER –

Shirley Anne (Shipp), 90; born Sept. 13, 1932, Hood River, Oregon; died March 10, 2023, College Place, Washington. Surviving: sons, Daniel and Doran; daughters, Dianne Eslinger and Debba (Eslinger) Smart; brother, Jimmy Shipp; sister, Virginia (Shipp) Meskill; 6 grandchildren, 12 great-grandchildren and 1 great-great-grandchild.

GEIER –

Delta Janiece (Harvey), 88; born July 6, 1934, Dodge, North Dakota; died Dec. 3, 2022, Carlton, Oregon. Surviving: son, Russell; daughter, Teresa Geier-McCart; 3 grandchildren and 9 great-grandchildren.

GEIER –

Earl, 86; born Nov. 2, 1932, Heaton, North Dakota; died Oct. 12, 2019, Carlton, Oregon. Surviving: spouse, Delta (Harvey) Geier; son, Russell; daughter, Teresa Geier-McCart; 3 grandchildren and 9 great-grandchildren.

GRADY –

Carrol Joan (McBroom), 86; born July 2, 1936, Kokomo, Indiana; died March 24, 2023, Bellevue, Washington. Surviving: spouse, Bob; sons, Bruce, David and Paul; 15 grandchildren and 12 great-grandchildren.

GRANGE –

Verlyn Oliver, 73; born April 19, 1949, Forest Grove, Oregon; died July 30, 2022, Vancouver, Washington. Surviving: sons, Scott and Brian; daughter, Stacey Grange Thorne; 10 grandchildren, 5 step-grandchildren and 5 step-great-grandchildren.

HAWKS –

Judy D. (Robertson), 69; born Sept. 14, 1952, Columbia, Missouri; died March 11, 2022, Dexter, Oregon. Surviving: father, Lowell Robertson; spouse, Dan; sons, Dave and Jeff; daughter, Becky (Hawks) Gerling; brother, Curtis Robertson; sisters, Debra (Robertson) Lattimer, Michelle (Robertson) Gipson and Darla (Robertson) DeLaVega; 9 grandchildren and 4 great-grandchildren.

HALL –

Christine “Tina” (Watkins), 85; born April 4, 1937, Siloam Springs, Arkansas; died Feb. 20, 2023, Milton-Freewater, Oregon. Surviving: son, Gordon Hall; daughters, Carolyn Hall Garza and Linda Hall Garza; sister, Bertha Mohr; brother, Wallace Watkins; 5 grandchildren and 5 great-grandchildren.

HOWELL –

Dewey Bernard, 84; born Oct. 28, 1938, Wood River, Illinois; died April 4, 2023, Boise, Idaho. Surviving: spouse, Judy (Brown) Howell; son, Mark; daughters, Kelly (Howell) Hartman, Wendy (Howell) Hart and Sherry (Howell) Bayley; 8 grandchildren.

JOHNSON –

Debra Elise (Morin), 83; born Dec. 11, 1965, Chicopee, Massachusetts; died July 13, 2023, Battle Ground, Washington. Surviving: spouse, Malcolm; daughter, Rachel Johnson; stepson, Nathan Johnson; stepdaughter, Heather Johnson; 4 step-grandchildren.

LEEPER –

Marlys (Hiebert), 87; born July 30, 1935, Bottineau, North Dakota; died April 24, 2023, Walla Walla, Washington. Surviving: daughters, Rori (Leeper) Bumgarner; Gina (Leeper) Stahlheber; Marci (Leeper) Payne and Lona (Leeper) Mason; brother, Lorence Hiebert; 6 grandchildren and 5 great-grandchildren.

LOISEAU –

Mariette Armande (Hunt), 95; born Sept. 21, 1927, Cul-de-Sac, St. Martin, French Caribbean; died Nov. 7, 2022, Happy Valley, Oregon. Surviving: daughter, Linda Loiseau Foxworth; 2 step-grandchildren and 3 step-great-grandchildren.

LUXTON –

Larry James, 78; born June 19, 1944, National City, California; died April 2, 2023, College Place, Washington. Surviving: sons, Brian and Jason; daughters Jacqueline (Luxton) Hilt and Lisa Luxton; 14 grandchildren and 10 great-grandchildren.

MADDOX –

Sanford Dorsey, 80; born Oct. 16, 1942, Baltimore, Maryland; died March 18, 2023, Vancouver, Washington. Surviving: spouse, Shirley (Webb) Maddox; son, Sanford Todd Maddox; daughter, Stephanie Brame; sister, Barbara Maddox.

McCLENAHAN –

H. Larry, 82; born Aug. 9, 1940, Seattle, Washington; died March 21, 2023, Jackson, Tennessee. Surviving: daughters, Christine (McClenahan) Halbasch and Jennifer (McClenahan) Hill; 1 grandchild and 1 great-grandchild.

MORTON –

Shelley Jolene (Ulery), 64; born March 27, 1958, San Bernardino, California; died Nov. 26, 2022, Panama City, Florida. Surviving: father, Nelson Ulery; spouse, Tony Morton; sons, Ian A. and Sean K.; brother, Bud Ulery; 3 grandchildren.



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Grow in your walk with God at Walla Walla University.

WWU is a place of purpose where you will be supported by faculty and staff that care about you and know you by name. Most uniquely, you will experience genuine community and interactions with others who are on a similar faith journey.

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Walla Walla
University
SEVENTH-DAY
ADVENTIST
HIGHER
EDUCATION

family AT REST

NATIONS – Olen Henry, 97; born Jan. 30, 1925, Thrift, Texas; died July 12, 2022, Grants Pass, Oregon. Surviving: spouse, Mary Nations; son, Randy; daughter, Sandy Puntney; brothers, Stanley, Jim, Bob, Thomas Wayne and Mike; sisters, Millie Shawn and Martha Ewert; 3 grandchildren and 4 great-grandchildren.

PUTNAM – Marian (Bosco), previously Marian Wolf, 80; born March 12, 1943, Anaheim, California; died March 28, 2023, Springfield, Oregon. Surviving: spouse, Marvin Putnam; daughter, Cynthia Bosch; sister, Margarete Bosco; 2 grandchildren and 4 great-grandchildren.

ROGERS – Laurin Arthur, 62; born Nov. 24, 1959, Yakima, Washington; died Feb. 10, 2022, Richland, Washington. Surviving: parents, Lyndon and Bette; spouse, Katie Carter; daughter, Hannah McDonald; sister, Jan (Rogers) Jorgenson.

SKEERS – Dorothey M. (Newland), 83; born Feb. 5, 1940, Fall City, Oregon; died April 2, 2023, Eugene, Oregon. Surviving: son, Michael; brother, Stan Newland; sister, Louise (Newland) Clark.

SANDVIK – Kent Lee, 89; born June 24, 1933, Moose Lake, Minnesota; died March 16, 2023, Palmer, Alaska. Surviving: spouse, Vivian (Pearson); sons, Chuck and Randy; daughters, Ronda and Vonya Sandvik; 11 grandchildren and 17 great-grandchildren.

SHAFER – Vernon, 98; born July 28, 1924, Tacoma, Washington; died Aug. 22, 2022, Walla Walla, Washington. Surviving: sons, Larry and Kenneth; daughter, Terri Heagy; 5 grandchildren and 5 great-grandchildren.

WARDEN – Jessie E. (Johnston), 98; born Nov. 18, 1924, Wallace, South Dakota; died March 23, 2023, Vancouver, Washington. Surviving: daughters, Susan (Warden) Hem and Sandra (Warden) Hickey.

WIBE – Gene Harold, 93; born Feb. 4, 1930, Sioux City, Iowa; died March 17, 2023, Portland, Oregon. Surviving: spouse, Elizabeth (Haines); son, Greg; daughter, Linda (Wibe) Olson.

WILLIAMS – Dorothy Ann (Rasley), 93; born Jan. 24, 1930, Deer River, Minnesota; died Aug. 9, 2023, College Place, Washington. Surviving: sons, Steve, Paul and David; daughters, Marie (Williams) Randall, Sue Williams and Doreen (Williams) McCulloch; 16 grandchildren, 8 great-grandchildren and 1 great-great-grandchild.

All family announcements are published online at NWAdventists.com/family. To submit family announcements, go to NWAdventists.com/contribute. To publish an expanded obituary with a short bio and photo, contact info@nwadventists.com or call 360-857-7200 for submission and cost information.

The North Pacific Union Gleaner accepts family listings as a service to members of Adventist churches in the Northwest. This information is not intended as an endorsement of any facts or relationships represented.

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360-857-7000 • fax 360-857-7001 • npuc.org
Monday–Thursday 7:30 a.m.–5:30 p.m.

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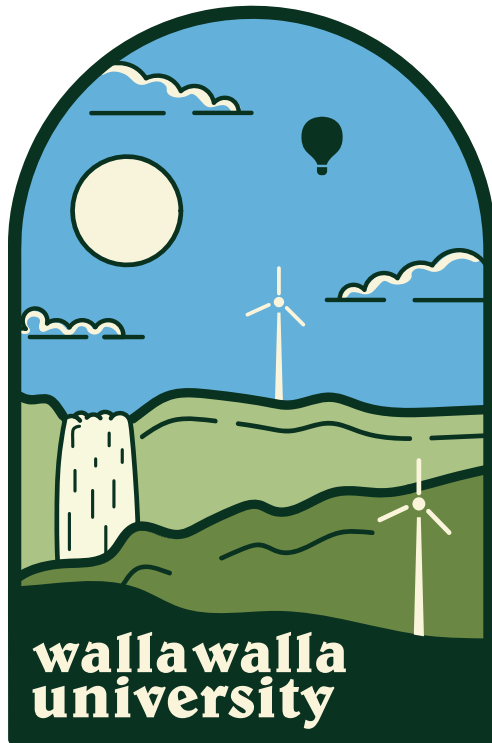
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gleaner 2022

STATEMENT OF OWNERSHIP, MANAGEMENT AND CIRCULATION

This Statement of Ownership, Management and Circulation for 2022 was filed on Aug. 31, 2022, with the U.S. Postal Service for the *Gleaner*, for publication number 0746-5874, a magazine owned and published by the North Pacific Union Conference of Seventh-day Adventists, 5709 N. 20th St., Ridgefield, WA 98642. It is published 6 times a year at a subscription price of \$15.50. The following figures for the extent and nature of the circulation apply to the year ending with the Nov/Dec 2022 issue of the *Gleaner* and were printed in the Nov/Dec 2023 issue of this publication.

Total number of copies
 Paid circulation mailed outside-county
 Paid circulation mailed in-county
 Sales through dealers, carriers, street vendors
 Other classes mailed through USPS
 Total paid distribution
 Free or nominal rate outside-county
 Free or nominal rate in-county
 Other classes mailed through USPS
 Free or nominal rate outside the mail
 Total free or nominal rate distribution
 Total distribution
 Copies not distributed
 Total
 Paid Electronic Copies
 Percent paid

	YEAR AVERAGE	SEPT/OCT 2022 ISSUE
Total number of copies	37,204	37,100
Paid circulation mailed outside-county	37,037	36,963
Paid circulation mailed in-county	0	0
Sales through dealers, carriers, street vendors	0	0
Other classes mailed through USPS	0	0
Total paid distribution	37,037	36,963
Free or nominal rate outside-county	137	137
Free or nominal rate in-county	0	0
Other classes mailed through USPS	0	0
Free or nominal rate outside the mail	0	0
Total free or nominal rate distribution	137	137
Total distribution	37,204	37,100
Copies not distributed	100	100
Total	37,304	37,200
Paid Electronic Copies	0	0
Percent paid	99.63%	99.63%

ANNOUNCEMENTS

NORTH PACIFIC UNION

Offering

- Nov. 4 – Local Church Budget
- Nov. 11 – Annual Sacrifice for Global Mission (GC)
- Nov. 18 – Local Church Budget
- Nov. 25 – Local Conference Advance
- Dec. 2 – Local Church Budget
- Dec. 9 – Adventist Community Services (NAD)
- Dec. 16 – Local Church Budget
- Dec. 23 – Local Conference Advance
- Dec. 30 – Alaska Conference (NPUC)

OREGON CONFERENCE

East Salem Church Seeking Missing Members

East Salem Church in Salem, Oregon, is looking for the following missing members: Patricia Burgin; Michelle Collum; Beau Cummings; Linda Griffin; Sarah Gutmanis; Barbara Helderman; Debra Jennings; Cynthia Johnson; Tanya Kerner; Terry Livell; Dana Lyons; Johnny Jones; Sandra Marshall; Laura Moody; Ryan Muphy; Dawnita and Rex Randall; Jack Sanders; Lynn Smith; David Stone; Joey White; Jerry and Sichelle Worley. If you have any information about these people, please email the church office at secretary@eastalemchurch.org.

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JAN./FEB. NOV. 7
MARCH/APRIL JAN. 22

gleaner 2023

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Free or nominal rate outside the mail
Total free or nominal rate distribution
Total distribution
Copies not distributed
Total
Paid Electronic Copies
Percent paid

	YEAR AVERAGE	SEPT/OCT 2023 ISSUE
Total number of copies	37,203	37,143
Paid circulation mailed outside-county	37,067	37,006
Paid circulation mailed in-county	0	0
Sales through dealers, carriers, street vendors	0	0
Other classes mailed through USPS	0	0
Total paid distribution	37,067	37,006
Free or nominal rate outside-county	136	137
Free or nominal rate in-county	0	0
Other classes mailed through USPS	0	0
Free or nominal rate outside the mail	0	0
Total free or nominal rate distribution	136	137
Total distribution	37,203	37,143
Copies not distributed	100	100
Total	37,303	37,243
Paid Electronic Copies	0	0
Percent paid	99.63%	99.63%

The PARTs of Prayer

When I was younger and doing Bible studies to prepare for baptism, we covered the power of prayer. I always knew prayer was an important part of having a relationship with God, but sometimes prayer can be overwhelming, and I didn't know where to start.

My mother sat down with me one night and explained the different elements of prayer as explained by author Becky Tirabassi. She broke down prayer into the acronym PART — Praise, Admit, Request and Thank.

My mother then handed me my journal, and we wrote the letters down the page. We did an example together for each letter, and once we had completed that, we prayed together using those parts.

P is for Praise. Start off your prayer by praising God. For example, "God, You are all-powerful and all-knowing. Even when I am anxious, I know I can trust in You."

A is for Admit. Admit your sins and recent transgressions to God and ask for His forgiveness. "I'm sorry I lied about cleaning my room today. Please forgive me and help me to do better next time."

R is for Request. This is the section where you ask God for the things that are on your heart. "Please, Lord, help keep my father safe as he is traveling, and bring him home soon."

T is for Thank. At the end of your prayer, thank God for the good things He has done in your life. "Thank You, God, for Your everlasting love. Thank You for healing my dog's hurt leg and for helping my friend find her lost jacket at school."

You can close out your prayer however it feels best to you. I usually end mine with, "In Jesus' name, amen," however others like to just say, "Amen." Do whatever feels personal to you and your walk with God.

If you want to practice this exercise for yourself, you can use the space provided on the next page, or take out a piece of paper and pencil to write out **PART** and get started.

MAKENA HORTON
*North Pacific Union assistant
communication director and
Gleaner managing editor*



More online at 
NWADVENT.ST/118-6-KIDS-05



PRAISE

“God, You are almighty.”

ADMIT

“I’m sorry that I was not nice to my classmate.”

REQUEST

“Lord, please help my mother get over her cold.”

THANK

“Thank You for helping me make new friends at school.”

An Oasis in the City



I have the privilege of being a pastor in Seattle, Washington. Like most places, Seattle comes with good and bad. There is the beautiful skyline with the iconic Space Needle and the majestic Mount Rainier towering as an omnipresent backdrop.

There are three pristine National Parks within a day's reach. Ferries connect to wonderful coastal escapes, and in the summer it's possible to go months without rain. Yet Seattle doesn't have the nickname "Rain City" for nothing.

When my family got the opportunity to come to Seattle, it wasn't just the rain that people warned us about. It was the city itself.

The ubiquitous traffic, the growing challenges of homelessness, the pace of life and the fear about safety. For some, it was hard to understand why we would choose to live in a city. After all, isn't it written somewhere that in the time of the end we should move to the country?

Before the move, we heard some comments about Seattle like, "Why would anyone want to live there?" "Good luck!" and, "Stay safe!"

Yet, I have found the city to be full of wonderful people.

One of my favorite activities here is walking around the lake by Green Lake Church in North Seattle. In a short 3-mile loop, I get a window into an eclectic range of human experience – people from all cultures and backgrounds, the wealthy and

the poor, the young and the old, the joyful and the depressed.

As I walk around the lake, I observe birthday celebrations, couples holding hands and people flying by on Rollerblades and bikes. Each person has a story and I breathe it all in. In my passing contemplation, I often pray for these strangers as we briefly cross paths.

The loop is a blur of activity, but it is also full of soul-satisfying pockets of solitude. Hammocks hang between trees. Boats dot the lake. This is an oasis in the city and it's not the only one.

Miles of trails link to parks across the Emerald City. Bookstores and coffee shops offer opportunities for connection and escape. My favorite oasis in Seattle is the place my family gets to call home.

Before receiving the call to Green Lake Church, our greatest concern was where we would live. We wondered how we could afford to live in Seattle and if our kids would be safe. God supplied all our needs.

It turned out that Green Lake Church was thinking about these challenges and invested in a housing ministry. Our home was provided by long-time members of Green Lake Church – the Jensens – and became our parsonage and a medical ministry suite.

The home has a large backyard, fruit trees and a garden all fenced in. It is a perfect oasis in the city, not only for our family but for the numerous families that have stayed here amid personal health challenges.

Green Lake Church has been expanding this medical ministry



AUTHOR

Kevin McGill



More online at NWADVENT.ST/118-6-POV-47





Sabbath rest isn't just about getting more sleep; it's about recharging the soul."

to include additional suites. From 2017 until the present time, we've had more than 2,000 nights of occupancy in the church's various homes. Hotels in Seattle can average more than \$160–200 a night, so each year this ministry represents savings of hundreds of thousands.

Places of refuge are worth investing in. All of us experience the joys and hardships of life and need places to rest and recharge.

I believe this is why a theme for Jesus throughout his ministry was rejuvenation. Sabbath rest isn't just about getting more sleep; it's about recharging the soul. Jesus said, "Come to me all you who are weak and heavy laden, and you will find rest for your souls."

I am thankful for the opportunity to be part of the ministry in Seattle. Not everyone is called to, "flee the city." There are good people here.

Sometimes medical emergencies offer no other choice. This ministry provides an oasis in the midst of medical storms, and it is a testimony of meeting a practical need in a time of vulnerability. I have had atheist and agnostic friends reach out and offer thanks that our church offers something like this.

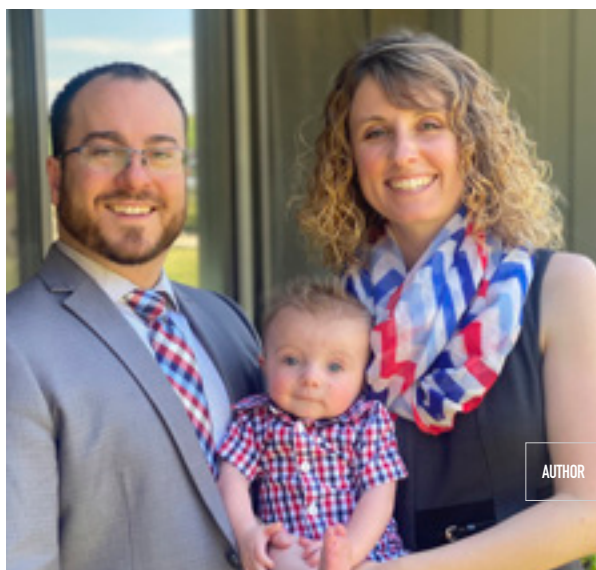
If you would like to read more about the impact of the Green Lake housing ministry, read the longer article on page

43. May you be inspired to be a place of refuge for your community, to be an oasis of hope and wholeness.

KEVIN MCGILL
Green Lake Church
senior pastor



Trash or Treasure



F

riday morning is a high point in our household. A special event takes place in the morning hours that my

little son looks forward to with much anticipation: The garbage truck comes to pick up the trash.

Though he can't talk yet, he smiles and enthusiastically blows kisses towards any trash can that he sees knowing it leads to the garbage truck. When he hears the rumble of the truck, he runs and climbs on the back of the couch, smiling, screaming and pointing as the truck rumbles up to the curb to grab the garbage cans.

Trash doesn't excite me in any way. In fact, the garbage can in our home has become even more foul having a child in diapers. I want the trash as far away from me as possible, and I am glad the garbage truck comes to take the trash away.

This is not the reaction my little son has. He sees the trash cans and is excited; he sees the garbage truck and is filled with exuberant joy. He can't contain his excitement at the sight of any garbage can or truck.

This joy over trash has led me to understand in a small part how

AUTHOR

Natashia McVay

Jesus feels about us. We as sinful people are dirty, filthy and stinky in our mess. We have no real appeal; rather we are smelly and as gross as trash.

Left in our sin, we become dirtier and dirtier, and we can become so used to being sinful that we don't even smell the stink anymore. This could be a very depressing reality to be left in. However, Jesus provides promises that He loves us even in our mess.

Rom. 5:8 says, "But God shows His love for us in that while we were still sinners, Christ died for us." Jesus didn't give His life for a bunch of perfect people. Jesus didn't say we can only be saved if we show up perfect and mess-free before Him. Rather, He loves us and died for us while we were still sinners.

1 John 4:9 says, "In this the love of God was made manifest among us, that God sent His only Son into the world, so that we might live through Him." It's because of God's great love for us that we can live and have a chance at being clean and new in Him. This isn't something we can do for ourselves. It only comes through a relationship with the Life-Giver, the Maker of All Things.

The unbelievable thing is that Jesus, the creator of the world, looks forward to His time with us just like my little son looks forward to the garbage truck. Jesus is filled with exuberant joy when He thinks of us. He smiles; He jumps for joy when He sees us.

He sees our mess—our garbage—and it doesn't repulse Him, rather it draws Him ever closer to us. He desires to be with us, to clean us and restore us. He doesn't sit there and smell the stink, rather when He looks at us, He sees something of great value.

What the world sees as trash, Jesus sees as great treasure.

Jesus sees what the world would throw away as of great value. We are more valuable to Him than even His own life.



Jesus didn't say we can only be saved if we show up perfect and mess free before Him, rather He loves us and died for us while we were still sinners.

PERSPECTIVE

Each Friday morning, I am reminded just how much Jesus loves each one of us. I am reminded that Jesus looks forward to any amount of time we spend with Him.

He is waiting for us to come to Him. He is longing for us to come to Him for companionship and restoration. He is excited to take our trash and turn it to great treasure.

I pray that when you see a trash can or the garbage truck you will be reminded just how much Jesus loves you, and that He is excited to spend time with you!

NATASHIA MCVAY
*Moscow and Pullman Church
associate pastor*



More online at NWADVENT.ST/118-6-POV-94



Creating Healthy Habits in the Home

With the recent popularity of books about habits, I wanted to share reasons and ways to create healthy habits in the home. God created marriage and family as part of His perfect plan.

When we strive to create a healthy home life for our family, I believe we are doing God's will. A healthy home life just doesn't happen by accident—we must cultivate healthy habits that can have lasting change.

God is First

For a healthy home, I believe God must be put first in our homes. He is our creator, savior and best friend. He wants us to succeed, thrive and live healthy lives for His glory and for our benefit too. How do we put Him first in our life? Pray, read our Bible, play Christian music, read Christian books and do these things together as a family. Let your kids see you putting God first.

Prov. 3:6 tells us, "In everything you do, put God first, and He will direct you and crown your efforts with success."

Of course, as Christians, we all know the importance of putting God first. But, are we practicing it? Let's be intentional each day of putting Him first—truly first. That's how habits are made.

Maybe try a new habit to help you with this. I enjoy using the Bible app and doing Bible studies with friends. I also enjoy Bible journaling. Both of these habits help me keep God in the forefront of my life personally.

Create a Healthy Emotional Environment

Make a habit of being available to your family. I know that life can get busy. It's overwhelming at times, but creating a healthy, emotional environment takes work—and this is the most important work you can do. Help your family feel safe to talk with you about anything.

Authentic communication is key. Do you feel safe talking about anything with your partner? Are you a safe person who listens without judgment and offers love? When we feel safe in our home, we can thrive.

Be quick to offer forgiveness. (*This does not apply to abuse. If there is abuse in the home, please seek help immediately.*) Col. 3:13 tells us, "Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you."

Forgiveness and reconciliation are difficult. In fact, I won't lie, there are times I don't want to make amends and offer or ask for forgiveness. But, with God's help, we can create new habits of asking for and offering forgiveness readily in the home.

Manage stress in healthy ways. Practical ways to help could include prayer, meditation on His word, asking for help and practicing self-care—for me, that's a long bath.

In my home, you'd see me take breaks and breathe deeply or even ask God out loud to help me. If you are having a continued

difficult time at home with stress, anxiety or depression, get help. It's okay to get medical help.

Creating boundaries in the home will help us all outside the home. Boundaries on behaviors, finances, emotions, verbal interactions, personal space and our bodies are all very important for creating a healthy home.

Make a habit of communicating your boundaries. For example, you'll often hear me tell my kids, "We don't use those words in our home. I can't let you say that," or, "We don't force people to do ____; they are allowed to say no." I want my kids to have healthy boundaries and be able to communicate those boundaries.

Don't Neglect Physical Health

How are your eating habits? Are you getting exercise? Are you sleeping enough? Physical health affects brain health, which affects our relationships. It's all tied together.

Creating healthy habits includes healthy eating, sleep and exercise as well as emotional and spiritual habits. Working full time, being involved in a Christian school and a busy Pathfinder club, I tend to put exercise at the bottom of the list. I should not do this. This is one area of my life that I need to improve—pray for me?

Use a Habit Tracker

Habit trackers are very popular right now. You can use a physical or digital version. I currently use a digital tracker.



AUTHOR | LaVonne Long



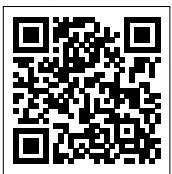
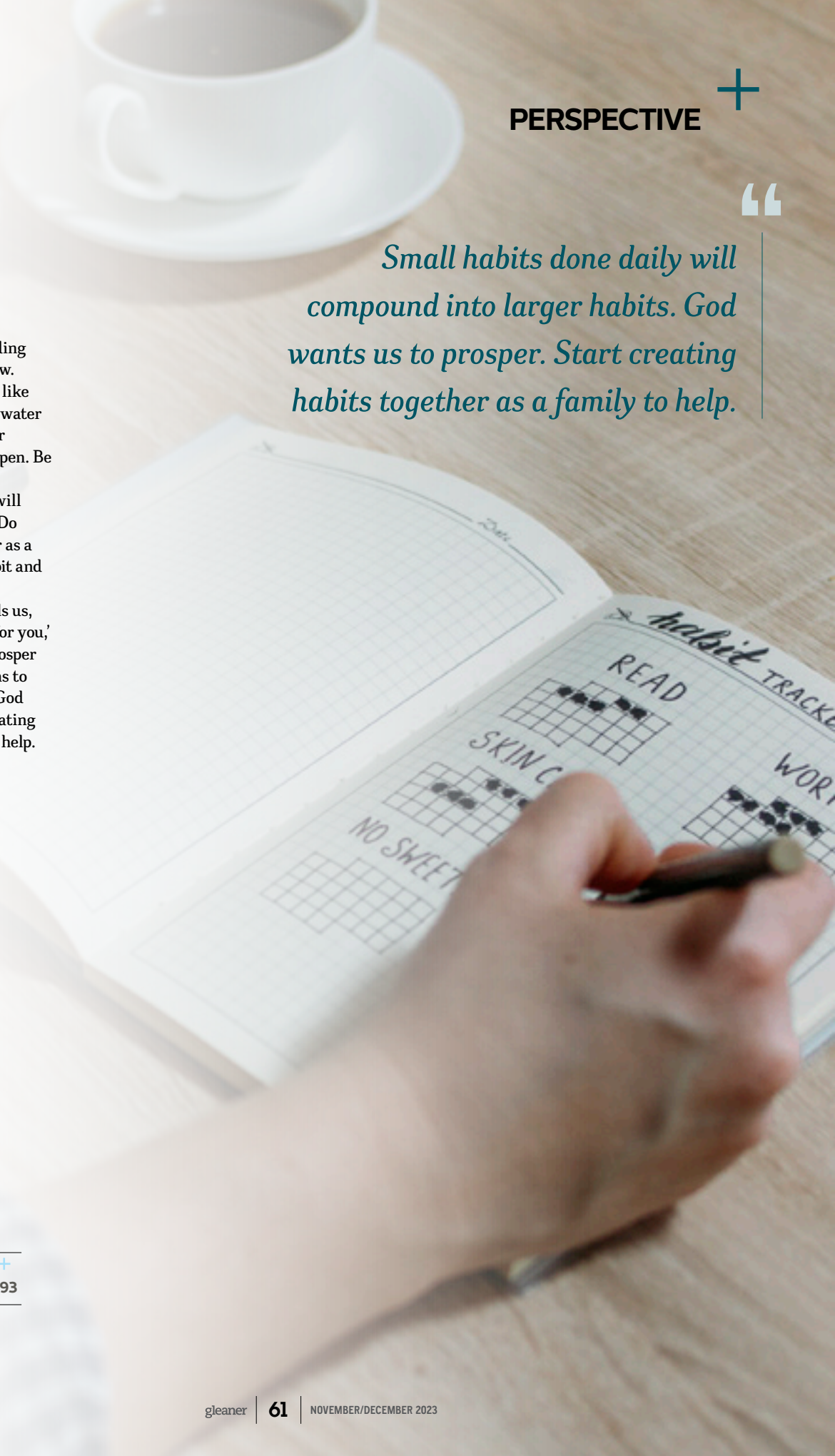
Small habits done daily will compound into larger habits. God wants us to prosper. Start creating habits together as a family to help.

I am tracking sleep, Bible reading and physical activity right now. But, I occasionally add things like taking breaks, breathing and water intake. Find a habit tracker, or create one with a paper and a pen. Be intentional about new habits.

Small habits done daily will compound into larger habits. Do these personally and together as a family. Pick just one good habit and start small today.

Remember, Jer. 29:11 tells us, "For I know the plans I have for you," declares the Lord, 'plans to prosper you and not to harm you, plans to give you hope and a future.'" God wants us to prosper. Start creating habits together as a family to help.

LAVONNE LONG
Northwest Adventists
family columnist



More online at [NWADVENT.ST/118-6-POV-93](https://www.nwadventists.com/118-6-POV-93)

Welcome to Table Talk

OUR FAMILY DINING ROOM TABLE WAS THE BIGGEST PERSONAL SENTIMENTAL LOSS FROM THE PARADISE, CALIFORNIA, FIRES IN NOVEMBER 2018.



AUTHOR Heidi Baumgartner

Now, there was nothing particularly remarkable about my family's table. It was a long, narrow, laminated particle board table. My parents had purchased this table set soon after they finished seminary. It was the best they could afford at the time, and it ended up seeing them through nearly 40 years of pastoral ministry and hospitality.

The memories around this table are what make it special. It was a place of practicality, togetherness and hospitality. It was the site of science experiments, diorama art projects, Pathfinder honors, Bible studies and homeschool assignments. Our lives centered around this table where we hosted family, friends and strangers for a meal and long, faith-filled conversations.

Tables come in all shapes, sizes and functions. Tables can be commonplace or memorable, personal or corporate, literal or metaphorical.

In the Bible, scholars note how tables are a place where God is present. Tables are intended to be places for

harmony, love, goodwill, provision and reconciliation—a universal symbol of togetherness and community.

God started out by setting a table for us in the Garden of Eden. Even after Adam and Eve's fateful decision, God kept setting tables as places to gather, to dwell and to be present with Him. There's plenty to feast on here with a topical study of tables, hunger, bread and more. Get started with Isa. 55, Psalm 23:5, Matt. 26:17–30 and Matt. 14:13–21.

Not only does God set tables, He also overturns tables to change our thinking, perspectives or practices to better align with His kingdom—see Matt. 21:12–17 and Mark 11:15–19.

Ultimately, God is preparing a table for us to sit at eternally as His

heirs. We see the Lord's Supper as a symbol of the eternal marriage supper where God's family will fellowship forever—see Rev. 19:1–10.

While we wait for this heavenly table, we can nurture qualities to help us be better table mates. The ability to listen respectfully, interact with generations young and old, seek understanding, embrace diversity of thought and disagree with grace can foster more meaningful conversations.

With Thanksgiving, Christmas and the New Year coming, we will likely have opportunities to set or join a table. These moments provide a chance to engage in conversations that bridge generational gaps, fostering spiritual growth and development.

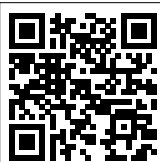
Through our continuing Table Talk interactions, let's aim to invite just one more person to God's table as we feast on His Word and eagerly await the return of Jesus.

HEIDI BAUMGARTNER
North Pacific Union
communication director
and Gleaner editor

TABLE TALK PROMPT

What qualities should we nurture in our earthly conversations to prepare for fellowship at God's abundant banquet table?

Let's keep the conversation going. Share highlights of your table talk stories and reflections by emailing talk@nwadventists.com.



More online at NWADVENT.ST/118-6-TT-87



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