

EDITORIAL
Stoke the Fire

PERSPECTIVE
Rockhounding

TABLE TALK
Divine Frequencies

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NORTHWEST ADVENTISTS IN ACTION



Prayer-Fueled Mission

Cultivating
Houses of Prayer to
Reach One More

JAN/FEB
2025
VOL. 120, N° 1

IMAGES of CREATION



*Your name, O Lord, endures forever, Your fame,
O Lord, throughout all generations.
Psalm 135:13*

CONTENT

JANUARY/FEBRUARY 2025

STOKE THE FIRE

GOD LIT A FIRE in each of our lives and we are charged to maintain this fire. We are to be caretakers, to be stewards of this fire because it can go out if we're not careful.

4



Prayer-Fueled Mission

Cultivating Houses of Prayer to Reach One More

6 **FOR 180 YEARS**, the Adventist Church has striven to fulfill its mission — yet obstacles persist. Could a deeper commitment to prayer be the key to unleashing real transformation? By intentionally inviting the Holy Spirit into our efforts, we open the door to renewed faith and divine guidance, empowering us to fulfill our mission with passion and purpose.

NORTHWEST ADVENTIST NEWS

<u>14</u> NPUC	<u>20</u> ACCIÓN	<u>22</u> ALASKA	<u>24</u> IDAHO	<u>26</u> MONTANA	<u>28</u> OREGON	<u>34</u> UPPER COLUMBIA	<u>40</u> WASHINGTON	<u>46</u> WALLA WALLA UNIVERSITY	<u>48</u> ADVENTIST HEALTH
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60 Rockhounding

WILL YOU SEARCH for something meaningful and life changing? Are you ready to do some eternal rockhounding?

IN EVERY ISSUE

- 50 : FAMILY
- 52 : ADVERTISEMENTS
- 54 : JUST FOR KIDS
- 56 : PERSPECTIVES
- 62 : TABLE TALK

STOKE THE FIRE

MY FIRST CHURCH WAS A BLANK SLATE — A PLACE WITH NO MEMBERS — WHERE GOD ALLOWED ME TO WALK ALONGSIDE A GROWING CHURCH FAMILY FOR 12 INCREDIBLE YEARS. RECENTLY, MY WIFE, SHIRLENE, AND I RETURNED TO CELEBRATE THE CHURCH'S 25TH ANNIVERSARY — A SPECIAL HOMECOMING.



BILL MCCLEENDON
*North Pacific Union vice
president for administration*

As we gathered in a circle of familiar faces, we shared stories, laughter and reflections with fellow leaders who had walked this journey with us. It filled our hearts with gratitude to God.

Yet, amidst the joy, a heaviness lingered as I noticed some who had once been key figures in our community had drifted away; their fire and love for God and His church had dimmed.

This got me thinking: Many of us work in the church, either as an employee or a dedicated lay leader. Every day, we have the incredible privilege to carry on the work that Jesus started long ago when He started His church. At the same time, we must remember that the work we do for the church can never replace spending time with Jesus.

We can be dedicated, even devoted, to our work for the church, and at the same time, our fire for Jesus can go out.

The book of Leviticus serves as a guide to holy living, detailing how to worship, make offerings, conduct personal lives, interact with one another and live in community. Lev. 6:8-13 contains a simple reminder to always keep the fire burning on the altar.

In verse 12, we find, “And the fire on the altar shall be kept burning and it shall not be put out.”

When you are on a camping trip, you know the importance of a good campfire to warm you up in the early morning hours.

God lit a fire in each of our lives and we are charged to maintain this fire. We are to be caretakers, to be stewards of this fire because it can go out if we’re not careful.

It’s an easy trap to fall into, to not stoke the fire, because of the general business of life. Yet the priest, the believer, is to add firewood, every morning, and not at some random time throughout the day. Notice how this passage has no reference to the evening.

Now, I confess, I didn’t start out as a morning person. I used to get up at the last possible moment before rushing off to school or work. Once I became a Christian, this habit lingered, so I nurtured a good devotional life in the evenings.

During a spiritual struggle, I sought counsel from a pastor friend. He asked me, “How much time are you spending with God every day?”

I told him about my evening routine and asked him, “Isn’t that good?”



It doesn't matter what yesterday was like or how your fire felt at bedtime; each day offers a chance to reignite that flame.

His response stung: "It's great if you want to keep from sinning in your sleep."

Those words prompted me to make one of the hardest changes in my life: I changed my schedule.

Here's what I've learned since that eventful conversation: What you focus on in the morning shapes the rest of your day. It influences your thoughts, attitudes and behaviors.

By committing to stoke your spiritual fire each morning, you'll find strength for the day ahead. If you've struggled with this and your morning spark feels dim, it's okay to add fuel throughout the day—just don't neglect those vital morning moments.

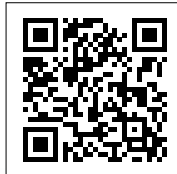
It doesn't matter what yesterday was like or how your fire felt at bedtime; each day offers a chance to reignite that flame. While it's easy to think people drift away when their fire goes out, remember you can't drift too far in just one day. Yes, you may have off days, but by restarting each morning, you won't fall away. Your fire will stay lit.

This lesson from Leviticus reminds us that it's our responsibility to rise each morning and add fuel to our fire. By prioritizing prayer and spiritual nourishment at the start of each day, we can ensure that our passion for sharing our faith burns brightly.

As you continue reading this issue, I encourage you to reflect on how cultivating a morning routine can empower your evangelism efforts and deepen your connection with God.

BILL MCCLENDON

North Pacific Union vice president for administration



More online at NWADVENT.ST/120-1-EDT-88



gleaner

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JANUARY/FEBRUARY 2025
Vol. 120, No. 1

Gleaner (ISSN 0746-5874) is published bimonthly for a total of 6 issues per year by the North Pacific Union Conference of Seventh-day Adventists, 5709 N. 20th St., Ridgefield, WA 98642. It is printed and mailed at Pacific Press Publishing Association, 1350 N. Kings Rd., Nampa, ID 83687-3193. Subscription rate: \$15.50 per year. Periodical postage paid at Ridgefield, WA 98642 and additional mailing offices.

OUR MISSION: Connecting Northwest Adventists with news and inspiration.

POSTMASTER: send all address changes to:

North Pacific Union Conference
Gleaner
5709 N. 20th St.
Ridgefield, WA 98642
360-857-7000
info@nwadventists.com
nwadventists.com

SUBMISSIONS: Timely announcements, features, news stories and family notices for publication in the *Gleaner* may be submitted directly to the managing editor at the address listed above or submitted online at nwadventists.com/contribute. Material sent directly to local conference correspondents may be forwarded to the *Gleaner* and vice versa.

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Design: TM Design, Inc.

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IMAGES OF CREATION, P. 2



"Mountain Royalty,"
in Sahale Glacier, Washington,
by William Frohne,
of Walla Walla, Washington.



Prayer-Fueled



Mission

Cultivating Houses of Prayer to Reach One More

For 180 years, the Adventist Church has striven to fulfill its mission — yet obstacles persist. Could a deeper commitment to prayer be the key to unleashing real transformation? Discover anew how prayer ignites the Holy Spirit's power, enabling the church to overcome apathy and secular pressures and, ultimately, reach one more for Christ.

By intentionally inviting the Holy Spirit into our efforts, we open the door to renewed faith and divine guidance, empowering us to fulfill our mission with passion and purpose. Together, we can reignite the passion for evangelism and make a meaningful difference for God's kingdom.

The contemporary church faces significant challenges in fulfilling its mission of reaching the world for Jesus. Various factors contribute to this struggle, including external pressures such as secularism and anti-Christian sentiment, as well as internal issues like apathy and a lack of commitment among members. Despite numerous attempts at reform – ranging from innovative evangelism strategies to well-researched literature – sustained effectiveness remains elusive.

Amid these complexities, prayer emerges as a critical component of outreach and ministry. By fostering a deeper reliance on the Holy Spirit, the church can address both internal and external barriers more effectively. This exploration seeks to demonstrate how intentional prayer can revitalize the church's mission, enabling it to overcome contemporary challenges and fulfill its divine purpose.

It was God's purpose from the start that His church should be effective in accomplishing its mission of saving mankind. Before Jesus went to heaven, He told His followers that He possessed all authority and thereby sent them out.

“Go and make disciples of all nations, baptizing them in the name of the Father and the Son and the

Holy Spirit, teaching them to obey everything I have commanded you and remember, I am with you always, to the end of the age” (Matt. 28:18–20). As He sent them out to evangelize Jerusalem, Judea and to the end of the world, He promised to give them unlimited power through the Holy Spirit (Acts 1:8).

The State of the Church Today

As the years go by, we see the church's influence rapidly waning and diminishing instead of flourishing and increasing as we would expect. Less than half of the inhabitants of the U.S.¹ and Canada² now affiliate with a house of worship.

There was a decline in the U.S. between 2007–2019 in those who identified as Protestant from 51% to 43%, as well as those who identified as Catholic from 24% to 20%. Those who identified as “Nothing in Particular” rose from 12% to 17%. Over the same period, agnostics or atheists grew from 2% to 5% respectively, more than doubling their number.³

In North American Division, the average growth⁴ for the period of 2012–2021 was 1.04%. In 2022, NAD experienced a decline of 2.93%. Just to highlight how

dismal the numbers are in NAD, we can compare them to the worldwide church growth rate. The average worldwide church growth rate between 2012–2021 was 2.3%. In 2022, the worldwide church experienced an increase of 1.47%. These statistics⁵ highlight how poorly we are doing in North America and in the world.

According to *Christianity Today*, Bible reading is also on the decline among Christians. Between 2011–2021, 50% of Americans read the Bible at least three or four times a year. In 2022, only 39% read the Bible multiple times per year. In 2022 only 10% of Christians read their Bibles daily—a 4% decrease from before the pandemic.⁶

These societal trends reveal the fact that biblical values and stories are no longer the dominant ones being shared or the ones shaping the culture. People are turning from divine authority to human authority as their primary influence. On top of that, an anti-Christian posture has been steadily growing.

These trends are significant for us because in the past our evangelism centered on helping people know the truth. Today, that is becoming increasingly difficult because people have very little knowledge of the Bible, and most people have no biblical worldview.

God's Solution

Where can we find hope? The Bible reveals both the source and solution to the problem. The source of the problem lies in the church's tendency to neglect its reliance on the Holy Spirit.

The early church shows us the solution. Their situation was much like ours today. Before Pentecost, the church was weak. The gospel message had been rejected by the people. Israel had falsely prosecuted and crucified Christ. The followers of Jesus denied Him and ran away from Him. The church looked like a complete failure. However, all this changed when the Holy Spirit came upon them. During Pentecost, a great transformation took place.

The followers of Jesus went from being fearful of their enemies to becoming faithful champions of the gospel. They traveled from place to place, turning the world upside down. Thousands gave their lives to Christ. The church grew to thousands in a short period.

During the New Testament era, the church grew faster than any other time in history—percentage-wise.

Just as God brought life to the dry bones of Ezekiel's vision, by breathing on them (Ezek. 37), so He revived the church by sending them the Holy Spirit.

Jesus taught His disciples that the Holy Spirit's infilling and empowerment come through prayer and waiting on God. In Luke 11:5-13, Jesus told them that God was eager to give them the Holy Spirit but that they had to ask and make it the ultimate priority in their lives. In Acts 1:4-8, He instructed them to wait upon the Holy Spirit.

The disciples understood this to mean that they must pray for the Holy Spirit because they immediately banded together and prayed in one accord for 10 days (Acts 1:13-14; 2:2). In answer to their earnest prayers, the Holy Spirit's power was sent to them as they were gathered in asking for the Holy Spirit (Acts 2:2-4, 37-47). God sent the Holy Spirit to them and filled them with power and the ability to evangelize and turn the world "upside down" (Acts 17:6).

The power of prayer continues to be one of the most important lessons we can learn today. Scripture is full of stories of God manifesting His power to do great things when people pray.

- » Abraham prayed and God delivered Lot from fiery destruction (Gen. 19:12-38).
- » Joshua prayed and God made the sun and moon stand still in the sky (Joshua 10:12-14).
- » Daniel prayed and God shut the mouth of the lions (Dan. 6:18-23).
- » Esther prayed and God delivered His people from annihilation (Esther 4).

These stories show us that God's power is released through prayer. The early church understood that their effectiveness was in proportion to the time they spent in prayer. They didn't just pray in the upper room for 10 days for the Holy Spirit. They continued doing so. Acts 2-6 records that the disciples "devoted" themselves to prayer. We see the clear results of their devotion to prayer. They received spiritual power to witness for the Lord, with "great power" (Acts 4:33).

The Importance of a Connection With Christ

Our power and spiritual vitality come only from our connection with Jesus and our dependence on Him. Jesus said, "Remain in Me, and I will remain in you. Just as the branch cannot bear fruit of itself, unless it remains in the vine, so neither can you unless you remain in Me. I am the vine; you are the branches. The one who remains in Me—and I in him—bears much fruit, because apart from Me you can accomplish nothing" (John 15:4-5).

Ellen White, in commenting on this verse, wrote, "The first lesson to be taught the workers in our institutions is the lesson of dependence upon God. Before they can attain success in any line, they must, each for himself, accept the truth contained in the words of Christ: 'Without Me, ye can do nothing.'"⁷

White also made it clear that we have no power on our own. She continued, "As a flower of the field has its root in the soil; as it must receive air, dew, showers

UNITED IN PRAYER

Prayer Partners are invited to pray for the Holy Spirit's outpouring on all aspects of ministry.

- January 2025 – Community blessings
- February 2025 – Proclaimers
- March 2025 – Blessings for Guam, Micronesia, Bermuda and Canada
- April 2025 – Power of the Holy Spirit
- May 2025 – Clergy blessings
- June 2025 – Families and reclaiming lost members
- July 2025 – A loving and caring church *
- August 2025 – Pentecost power for inner cities and rural areas
- September 2025 – Loving church
- October 2025 – Proclaimers message clear to all that hear
- November 2025 – Germination of the seeds that are sowed
- December 2025 – The message, proclamation, appeals and new believers

Find more information on Pentecost 2025 and prayer opportunities at pentecost2025.com.

* NPUC leading prayer efforts

and sunshine, so must we receive from God that which ministers to the life of the soul. It is only through becoming partakers of His nature that we receive power to obey His commandments. No man, high or low, experienced or inexperienced, can steadily maintain before his fellowmen a pure, forceful life unless his life is hid with Christ in God. The greater the activity among men, the closer should be the communion of the heart with God.”

Each one of us must be fully connected to Christ, through prayer, scripture reading and worship. If the church is to ever have the power to turn the world upside down, it must receive it from the Holy Spirit.

Changing the church from apathy to a house of prayer is nothing short of a revolution. It requires a complete and marked change in the way we do things. We must give prayer its primary place in our individual lives, our families and our church communities.

House of Prayer

Jesus envisioned the church to be a “house of prayer” (Isa. 56:7; Matt. 21:13). Houses of prayer are communities where prayer is central to everything that is done. Becoming a community of prayer involves more than just praying together now and then. It involves more than just a few people praying. A house of prayer is a place where there is real sustained corporate devotion to prayer.

What would happen if we recaptured Jesus’ original vision of a praying church? Undoubtedly, the church would once again “turn the world upside down” through the Holy Spirit’s power.

Our Northwest Commitment to Prayer

Prayer is a foundational element of ministry in the Pacific Northwest and beyond. In alignment with this commitment, Northwest leaders joined a division-wide prayer call to prepare for the Pentecost 2025 evangelism initiative. North Pacific Union’s designated months are October 2024 and July 2025.

NPUC’s territory spans three time zones, so prayer leaders hosted Zoom prayer rooms daily at 6 a.m. and 6 p.m. (Pacific) throughout October 2024.

“This was an ambitious plan, and God showed up through His people,” said Randy Maxwell, Washington Conference vice president for administration and Northwest prayer leader. “Attendance ranged from two to 24, with a core group of eight to 10.”

Prayer partners joined from offices, homes, cars, hotels and churches, representing a deep commitment to join in prayer from any location. “We prayed for God to transform our churches, schools, families and communities,” Maxwell said.

This NPUC prayer experience in October 2024 illustrates how a house of prayer can be anywhere with any number of people. It’s not tied to a geographical location, and it can include both small and larger groups.

“We can continue to hold together in prayer,” said Joyce Yeager, Idaho Conference prayer ministry coordinator.

Maxwell added, “Even though our month of focused prayer is over, we can keep praying as families, partners and faith communities. If you don’t have a prayer partner, ask God to lead you to one.”

Consider starting your own house of prayer: gather a small group of family and friends to pray through the Pentecost 2025 prayer themes. Together, we can prepare our hearts and communities for a Spirit-filled movement that points people to Jesus.

Find more prayer opportunities at pentecost2025.com.



More online at pentecost2025.com 
NWADVENT.ST/120-1-FT-90

I, Joseph Kidder, can attest to the power of God released through prayer to bring growth to the church. I was speaking to a group of pastors when a lady requested to tell her testimony of how prayer changed her and one of the churches that she and her husband pastored.

She heard me talk about how one of the churches I pastored grew from 40 to 600 members through prayer four years earlier. She left the meeting wanting the same thing to happen to her church. So, she decided that she would begin seeking God in prayer.

She had a ministry of going to the church weekly to clean on Thursdays. She left early in the morning and would come back a few hours later. On the first day after the pastors' meeting, everything was different.

After cleaning, she stayed at the church and went from pew to pew praying for the members of the church. She pled for them individually and for their families. Hour after hour went by. She lost track of time. When she arrived home, it was around 5 p.m.

Her neighbor, who was a Baptist woman, noticed that she had stayed at the church much longer than normal. She was surprised by this and asked her what she had been doing. The Adventist lady explained that she had stayed at the church to pray for the members. The neighbor was impressed and asked if she could join her in praying, on condition that they would include praying for her son during their prayer time. On the following Thursday, they went to the church together to pray.

They continued doing this for several months. Then one day, the Baptist lady's son confided in his mom that he and his wife were getting divorced. This was a great discouragement. They had been praying for him and the result was her son getting a divorce. She decided to go and visit her son and daughter-in-law to talk them out of their decision. She had a heart-to-heart conversation with her son. She pled with him to give their marriage another chance. She encouraged them to get counseling.

The Adventist woman and her neighbor continued praying for the members and their children. One day, the son called his mom. He told her they had changed their minds; they were not getting a divorce. The counselor helped put their marriage back together and restored their first love for each other and for Jesus. They started going to church and even having family worship. They had never been so happy together. God had changed their hearts.

The Adventist lady was so amazed at what God had done that she shared this story with her church the following Sabbath. The church members were deeply touched by the testimony, and they too wanted to be part of the prayer time to lift up their children to the Lord. So, the women of the church joined together in prayer.

Soon there was a group of women gathering to pray regularly. As they continued praying, God began to work miracles and the church started to grow. Several years later, the church was filled with standing room only.



“If you focus on prayer, that’s good. If you focus on mission, that’s good. When you focus on mission *and* prayer, you will find even greater power for ministry. As we step into this spiritual battle zone, we need to trust God to prepare us for expanding the reach of the gospel mission. Will you join us on this journey? Pray for strength, wisdom and opportunities to actively share God’s love. Together, we can experience the transformative power of prayer and mission united as we seek with God’s blessing to reach one more person.”

— JOHN FREEDMAN, NPUC PRESIDENT

Revolution in the Church

What would happen if our churches became houses of prayer? A revolution would take place. The world would be turned upside down. Nothing would be impossible. People would be converted. Churches would grow. Transforming our personal lives and our churches into houses of prayer should be our highest priority.

Here are some ideas on how to make this revolution happen:

Make prayer the central activity of your home:

Pray by yourself. Pray with your spouse. Pray for and with your children. Pray for your neighbors, coworkers and friends. Pray for those who know Jesus and those who do not. Find like-minded people in the church who understand the importance of prayer and pray with them.

Work to make prayer the central activity of the church:

Pray before Sabbath School, during Sabbath School and church, and after church. Create as many opportunities for prayer as possible – during committee meetings, small group meetings and social events. Encourage prayer partners and prayer walking.

That is how the church becomes a “house of prayer.” Let’s make this happen! It starts with you and me. It takes only one person to start this spiritual revolution.

Share your prayer stories from 2025: As you nurture your church and/or home as a house of prayer, keep track of the stories associated with answers to prayer. How has prayer impacted your life, your family or your church community? Your experiences can inspire others and strengthen our collective commitment to prayer.

Email talk@nwadventists.com with your stories about what God is doing in your life, your home, your school, your church or your community. Let’s encourage one another as we seek to ignite this spiritual revolution together!

View the full list of referenced source material by scanning the QR Code below.

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More online at [NWADVENT.ST/120-1-FT-53](https://www.nwadventists.com/NWADVENT.ST/120-1-FT-53)



S. Joseph Kidder is a highly respected professor, frequent guest speaker and voluminous writer specializing in the areas of church and spiritual growth, evangelism and pastoral leadership. He joined Andrews University Theological Seminary Christian ministry department in 2000.



Andre Scalfani recently served as Oregon Conference prayer ministries director and trust services officer. He is now pastoring at Albany Church and Sweet Home Church in Oregon.

Counting God's Miracles

Mark Remboldt plans to retire as North Pacific Union chief financial officer.



Mark Remboldt, NPUC chief financial officer, is retiring in early 2025.

Remboldt has served in the Adventist Church for 43 years. As he looks back on an audit of his career, he sees God's faithfulness recorded on every line. Each chapter has been a balance sheet of blessings, with challenges reconciled by grace and every need met with divine provision.

"I've learned that stewardship is more than just money," Remboldt said. "It's also about getting involved with the work of the church. Maybe I could have made more money elsewhere, but my career in the church has been so rewarding. The Lord has blessed us immensely, provided for our needs and allowed us to travel the world."

"Over the years, we've come to know that God's leading is always the best," said Janette, Remboldt's wife. "It started right from the beginning of our marriage in 1981 when Mark was hired at a big firm and faced the issue of working on the Sabbath. Mark said no and we prayed. The next day, Mark got a phone call asking him to work for the church."

That phone call led to an internship for Northern California Conference that seemed unlikely to pay the bills. "My wife and I wondered how we could live on a paycheck of \$600 per month," Remboldt

said. "But God blessed us. We lived in a 700-square-foot condo, we were able to buy groceries and we totally enjoyed it."

A few years later, Remboldt received a call to serve in East Africa Division in Harare, Zimbabwe. "I met Remboldt in Zimbabwe in 1985," said Bob Sundin, former NPUC undertreasurer. "I was responsible for payroll, and Remboldt had a parallel role on the accounting side. Upon returning to the U.S., our careers continued parallel in terms of education and small conference work, and I was glad when Remboldt called me to work with him at NPUC."

After six years in Africa, Remboldt returned to the U.S., finished his master's degree and worked for the General Conference in Maryland where he supervised the implementation of SunAccounts Software, which was the first time the church used software worldwide that could handle three-way currency conversions. Remboldt's work training accountants on the new software took him all over the world.

A few years later, Remboldt was stung by a centipede while visiting Central Philippine Adventist College in the province of Negros Occidental. "My leg was so swollen that I needed treatment," he explained. "But there was a lot of guerrilla warfare happening at the time, and being

on the road at night was unsafe. I was taken in the sidecar of a motorcycle down the mountain to the Adventist hospital with the lights off. The Lord protected us—there was no fighting that night.”

In 1996, Remboldt moved to become treasurer at Mountain View Conference in West Virginia. “We had delightful years there,” he said. “When our kids reached the age to go to high school, we started to worry about having to send them away to school—but then we got a call from Keith Hallam to go to Auburn Adventist Academy.”

In 2001, Remboldt took a position as Washington Conference treasurer. Four years later, he became NPUC undertreasurer and rose to treasurer there in 2008. In time, he became chief financial officer. In each position, Remboldt has built a reputation as a detail-oriented, knowledgeable, careful steward of the Lord’s money.

“Remboldt’s a quality guy,” said Doug Bing, Washington Conference president. “He’s worked at every level and is committed to using his talents for the mission of reaching people. I’ve enjoyed working with him.”

Tom Evans, former North American Division treasurer, said, “Remboldt is a person who enjoys life and is always upbeat. I’ve followed his career since I got acquainted with him handing out meal tickets at General Conference sessions in 1995. Since he became treasurer at NPUC, I have attended a few of his year-end treasurers’ meetings, and he runs a bang-up program.”

“Remboldt has been a real encouragement. I felt able to talk with him about challenges I was facing. He’s been very good to me personally and to Washington Conference. We’ll be praying

for him as he moves into the next chapter,” said Jerry Russell, Washington Conference vice president for finance.

As Remboldt looks forward to retirement, he has no regrets. “I hope to inspire others,” Remboldt said. “The church would not run without the faithfulness of its members, and I’ve seen God provide so many times. I’ve seen churches that didn’t believe they could get the funding to buy a building, but always the money is somehow received. I’ve seen schools where the boiler system has completely burned out and people wring their hands about how they’ll be able to have school the next week, but it always happens.”

“As a treasurer,” Remboldt shared, “I’ve read and reread Mal. 3:10, and I have learned that it is true. As we ‘bring all the tithes into the storehouse,’ blessings will be poured out upon us.”

JANELLE
SUNDIN
*Freelance
writer*



More online at NWADVENT.ST/120-1-FT-95



PHOTOS BY ANTHONY REMBOLDT

In retirement, Janette and Mark Remboldt are excited to spend time with their grandchildren.

Revolving Fund Reopens for Missional Investments

NORTH PACIFIC UNION ASSOCIATION HAS REOPENED THE REVOLVING FUND FOR A LIMITED TIME FOR DONORS TO MAKE MISSIONAL INVESTMENTS.

“The Revolving Fund allows us to provide economical building and capital improvement loans to NPUC churches and schools,” explained Jay Graham, association treasurer.

As of June 30, 2024, there are 83 active loans worth \$22.7 million.

A sampling of active loans include:

- » Samoan Tokelau Church in Washington Conference, which received approval for a loan for the purchase of property for their church.
- » Pasco Riverview Church in Upper Columbia Conference, which received approval for a loan to build a fellowship hall.

- » Tillamook Church in Oregon Conference, which received approval for a loan to replace their roof.

“We call investments in the Revolving Fund missional, as the current deposit interest rate is 2.25%, yet these investments have eternal impact,” Graham shared.

If you are interested in investing in the Revolving Fund, please call Graham, from Monday through Thursday, at 360-857-7000.

For new depositors: You need to be at least 18 years old and be a member of an Adventist church within NPUC territory

and live within this same territory in order to deposit monies into the fund.

“The Revolving Fund will remain open for new investments until our specific allotment of \$5 million is reached,” Graham noted. “Thank you for your interest in helping churches and schools thrive.”



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

More online at nwadvent.st/120-1-NPUC-88



 North Pacific Union
of Seventh-day Adventists

FOR A LIMITED TIME

REVOLVING FUND OPEN FOR MISSIONAL INVESTMENTS

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MISSION AND OUTREACH

Volunteers Deploy for Hurricane Recovery

A TEAM OF SEVEN NORTH PACIFIC UNION VOLUNTEERS TRAINED IN WAREHOUSE MANAGEMENT AND DISASTER RESPONSE JOINED FORCES WITH LOCAL AND NATIONAL ORGANIZATIONS IN AUGUSTA, GEORGIA, TO COORDINATE A MAJOR RELIEF EFFORT FOR THE COMMUNITY.

In collaboration with Georgia-Cumberland Conference and the City of Augusta, the team set up a warehouse, along with local volunteers, to manage urgently needed donations, providing crucial resources to area residents affected by recent hurricane events.

Additional Adventist Community Services teams joined in efforts to help with both Hurricanes Helene and Milton responses across the southeastern part of the U.S.

“Please keep us in your prayers, as the work is just beginning and will go on for months and months,” said W. Derrick Lea, North American Division Adventist Community Services and Disaster Response executive director, in one of his early situation reports. “We understand this will be a long-term recovery effort and are securing names of conferences and [trained] volunteers who are interested in helping in the future.”

The logistics behind an operation of this scale are demanding, requiring both careful planning and resources. The City of Augusta provided the ACS team with a warehouse, forklifts, pallet jacks, garbage bins and other essential supplies.

Even with the city’s support, unexpected challenges arose. At the warehouse, for example, two semitruck trailers of donated goods awaited unloading, but a missing dock plate for the forklifts delayed the process of offloading the pallets of goods.

In an inspiring show of solidarity, Team Rubicon – a veteran-led humanitarian

organization that serves global communities before, during and after disasters – stepped in to lend their support to the ACS team.

Ten Team Rubicon members joined the effort, offering their expertise and efficiency to help unload 24 pallets of water and other donated supplies from the two 53-inch trailers. The partnership exemplified how organizations can join forces to respond to communities in need.

After completing the unloading, volunteers from both organizations shared a moment to connect and learn more about each other’s backgrounds, missions and shared commitment to service. Just as the NPUC team had come from Alaska, Idaho, Oregon and Upper Columbia Conferences, Team Rubicon volunteers traveled from across the country, all united by a common goal: to serve those in need.

As the first month of recovery efforts concluded, ACS team members heard emerging needs for long-term rebuilding efforts from residents in Valdosta and Douglas, Georgia, many of whom do not have insurance or were told insurance would not be able to cover their loss.

“[Our ACS Team] were able to identify homes that had been damaged and needed repair to ensure livability. A plan is in place to ensure a safe environment for those affected. This is all at no cost to the homeowner,” Lea said. “We are forming relationships that will spread seeds throughout the neighborhoods where our churches sit.”

MIKE DAUNCEY
Oregon Conference community engagement director

HEIDI BAUMGARTNER
North Pacific Union communication director and Gleaner editor



More online at NWADVENT.ST/120-1-NPUC-33

A team of NPUC volunteers trained in warehouse management and disaster response helps coordinate hurricane relief.



6 Projects Receive Funding at Young Adults Outreach Summit

YOUNG PEOPLE FROM ACROSS NORTH PACIFIC UNION GATHERED IN RIDGEFIELD, WASHINGTON, FOR YOUNG ADULT OUTREACH SUMMIT ON OCT. 19, 2024. THE EVENT WAS ORGANIZED BY ROB AND VELVET LANG, NPUC YOUTH AND YOUNG ADULT DIRECTOR AND ASSOCIATE DIRECTOR.

Young Adults Outreach Summit and Spark Tank attendees gather from across NPUC to share ideas and successes.

Young adults pitched ideas for ministries to an advisory board of conference directors and young adult representatives at Spark Tank 2024, hoping to win an investment of up to \$10,000. Each project received its target amount.

SPARK TANK PRESENTATIONS

Outdoor Ministry

Lyndsie Walker and Katie Anderson, Summit Northwest Ministries leaders from Post Falls, Idaho, in Upper Columbia Conference, requested funding for outdoor ministries including camping trips and paddleboarding. They also intend to train an outdoor leader.

Story Service

Eugene Storyline Church in Oregon Conference hoped to support two young adult student missionaries focusing on

campus ministries. They create spaces to mingle with and get to know college students through sharing stories over hot drinks, soup and salad. They also plan to create a solidarity wall where people can encourage survivors during Sexual Assault Awareness Month in April 2025. Storyline's relationship-building projects will culminate in CRAVE, a three-day public evangelism event.

Peculiar People

Katelyn Weakley, Mount Tabor Church pastor in Oregon Conference, pitched a custom-made episodic role-playing game called Peculiar People. The idea is to spark conversations about what it means to be Adventist by filming young adults playing the game and then discussing the issues brought up during gameplay.

Harvest of Hope

Mikerline Apollon, Kent Church young adult leader in Washington Conference, presented Harvest of Hope Festival 2025. This family-centered event at Auburn Adventist Academy will include free dental and healthcare services, games, live music, care packages and prayer booths.

Fire and Ice

Joshua and Rachel Boram, from Walla Walla Eastgate Church in UCC, pitched Fire and Ice, a sauna and cold plunge ministry meant to reach the health-conscious, adventure-seekers in their community. The church plans to offer health talks and prayer ministries at each event.



Katie Anderson and Lyndsie Walker, Summit Northwest Ministries leaders, present during Spark Tank.



Danny Ramos, praise leader, prays over the event and its attendees.



Young Adult Outreach Summit brings together young adults with ministry ideas with mentors and donors to provide support.



Dental Screenings

Jazive Sanchez, Ynna Simeon and Danica Philadelphia, from LifeBridge Church in Washington Conference, requested funding for ongoing dental ministries. LifeBridge usually hosts two dental clinics per year. Chaplains meet with patients at checkout and invite them to celebrate together the next Sabbath. At their last clinic, LifeBridge saw 250 patients.

CELEBRATING YOUNG ADULTS IN ACTION

DiscipleTrek 2024

NPUC took part in DiscipleTrek, a North American Division pilot program for young adult collegiates at public campuses. The three-week experience of Adventist fellowship featured expert advice on team building and facilitating Bible studies for campus ministries.

“Young adults can minister and their elders should empower and support them. When this happens, we’re preparing people to prepare others for eternity,” said Lang.

West Metro for Christ

West Metro for Christ, also known as WMX, in Oregon Conference received funding in 2023 to develop outreach for bicultural young adults. Eli Martinez and Mayra Vasquez, young adult leaders, shared the successes of their monthly events, including Friday vespers, Friendsgiving and Sabado Jóvenes.

Six previously unaffiliated young adults were baptized at Hispanic Bible Camp at Washington Family Ranch, and many are also participating in the Bible study series “Rooted.”

Togiak Mission Trip 2024

NPUC supported Generation of Youth for Christ Northwest’s mission trip to Togiak, Alaska.

“I gave health talks on topics based on their requests every day,” said Virginia Polihronova, participant from Canada. “There were many new Adventists with questions about the health message. When we talked about depression and anxiety, one lady said, ‘I never knew the Bible talked about these topics before!’”

The group also hosted VBS programs. Each child who came two or more nights received a Bible. GYC Northwest plans to return to Togiak next year and continue its ministry.

Outdoor Ministry

LifeBridge received funding in 2023 to buy gear for outdoor ministry. Jonathan Kovach, young adult leader, reported that the group has worked to host at least two events per month doing a variety of activities including backpacking, skiing, paddleboarding and rock climbing.

“We’ve been able to connect with many people outside the church,” Kovach said. “My new friend Ala is now a volunteer at our dental clinic.”

CLOSING REMARKS

Byron Dulan, keynote speaker, said, “The call of God will not keep you out of trials, but God gives you the wisdom and peace to face them. Whatever your need, God will provide it at the right time.”

The young adults focused on building connections and supporting each other. They also offered encouragement to anyone else interested in starting a ministry.

“I had fears when I began in ministry,” Vasquez said. “What helped me was intentional prayer for every person in the group. Getting to know them and praying for their spiritual needs changed everything.”

Danny Ramos, Oregon Conference young adult advisory board representative, said, “It’s important to build meaningful connections with intentionality. It doesn’t have to be extravagant. What is up to you is to take that first step; then God opens things up. With the disciples, Jesus called people willing to do the work and then prepared them to do it.”

JANELLE SUNDIN
Freelance writer



More online at NWADVENT.ST/120-1-NPUC-79 

Youth Evangelists Illuminate Their Community

IN SEPTEMBER 2024, TRI-CITIES HISPANIC DISTRICT IN UPPER COLUMBIA CONFERENCE LAUNCHED HARVEST EVANGELISM, A POWERFUL INITIATIVE FOCUSED ON COMMUNITY OUTREACH.

Held Sept. 7-14, a dedicated group of young people spearheaded the evangelism campaign in Pasco, bringing together individuals of all ages under the theme “Maranatha, Christ is Coming.” The events consistently drew full attendance, reflecting the community’s enthusiasm and desire to deepen their spiritual journey.

Each night, audience members showed genuine interest, with many responding to the call to follow Jesus and prepare for His imminent return. Exceeding initial expectations, the campaign inspired eight individuals to begin Bible studies, three of whom expressed interest in baptism.

The event culminated in a moving closing ceremony led by Florencio Bueno, Tri-Cities Hispanic district pastor, during which three additional people were baptized, symbolizing their commitment to faith.

Youth speakers, each bringing their own unique voice, inspired audiences with messages that resonated deeply. Zooé García, age 16, captivated attendees with her compelling presentation, “Why So Much Suffering?” encouraging one attendee to choose baptism.

Jarod Aranda, 21, skillfully explored the question, “What Happens with Good and Evil?” while Sasha de Dios, 21, presented a heartfelt and poetic message, “The Forgotten Gift.” Ashley Cosio, 20, tackled the topic, “Life After Death,” drawing attention to often-overlooked aspects of faith, and Allison Lopez, 19, delivered an inspiring closing presentation, “How to Start Over,” which included a baptism invitation.

The pastoral family offered vital support throughout the campaign. Rossana Bueno’s opening presentation, “This Is Our

Time: Clay and Metal,” referenced the story of Nebuchadnezzar’s statue to underscore the historical significance of the current moment. Florencio brought the event to a close with an appeal to accept Jesus and avoid the “unforgivable sin.”

Under the spirited leadership of Fátima López and the talented youth team, the worship and praise sessions created an atmosphere filled with joy and reverence, reminding everyone present of Jesus’ message. The Holy Spirit’s presence was evident, inspiring all who attended and reinforcing the campaign’s message: Maranatha, Christ is Coming.

FLORENCIO BUENO
Tri-Cities Hispanic district pastor

Florencio Bueno, Tri-Cities Hispanic district pastor, baptizes Wilson and Vela.

Florencio Bueno, pastor del distrito Hispano de Tri-Cities, bautiza a Wilson y Vela.

A group of young adults leads an evangelism campaign.

Un grupo de jóvenes lidera una campaña de evangelismo.



Jóvenes Evangelistas Iluminan la Comunidad

EN SEPTIEMBRE DE 2024, EL DISTRITO HISPANO DE TRI-CITIES EN CONFERENCIA DE UPPER COLUMBIA LANZÓ EVANGELISMO DE COSECHA, UNA PODEROSA INICIATIVA ENFOCADA EN EL ALCANCE COMUNITARIO.

Del 7 al 14 de Septiembre, un dedicado grupo de jóvenes encabezó la campaña de evangelismo en Pasco, reuniendo a personas de todas las edades bajo el tema "Maranata, Cristo Viene." Los eventos atraían constantemente a una asistencia completa, lo que refleja el entusiasmo y el deseo de la comunidad de profundizar su viaje espiritual.

Cada noche, los miembros de la audiencia mostraron un interés genuino, y muchos respondieron al llamado de seguir a Jesús y prepararse para su inminente regreso. Superando las expectativas iniciales, la campaña inspiró a ocho personas a comenzar estudios bíblicos, tres de ellos se mostraron interesados en ser bautizados.

El evento culminó con una emotiva ceremonia de clausura dirigida por Florencio Bueno, pastor del distrito Hispano de Tri-Cities, durante la cual se bautizaron tres personas más, simbolizando su compromiso con la fe.

Florencio Bueno, Tri-Cities Hispanic district pastor, celebrates a baptized individual.

Florencio Bueno, pastor del distrito Hispano de Tri-Cities, celebra a un individuo bautizado.

Los jóvenes oradores, cada uno con su propia voz, inspiraron al público con mensajes que resonaron profundamente. Zooé Garcia, de 16 años, cautivó a los asistentes con su convincente presentación, "¿Por qué tanto sufrimiento?" animando a uno de los asistentes a elegir el bautismo.

Jarod Aranda, 21, exploró la pregunta "¿Qué pasa con el bien y el mal?" mientras que Sasha de Dios, 21, presentó un mensaje sincero y poético, "El regalo olvidado." Ashley Cosio, 20, abordó el tema, "La vida después de la muerte," llamando la atención sobre aspectos de la fe que a menudo se pasan por alto, y Allison Lopez, 19, hizo una inspiradora presentación de cierre, "Cómo comenzar de nuevo," que incluyó una invitación al bautismo.

La familia pastoral ofreció un apoyo vital durante toda la campaña. La presentación inaugural de Rossana Bueno, "Este es nuestro tiempo: barro y metal," hizo referencia a la historia de la estatua de Nabucodonosor para subrayar

la importancia histórica del momento actual. Florencio Bueno cerró el evento con un llamado a aceptar a Jesús y evitar el "pecado imperdonable."

Bajo el enérgico liderazgo de Fátima López y el talentoso equipo de jóvenes, las sesiones de adoración y alabanza crearon una atmósfera llena de alegría y reverencia, recordando a todos los presentes el mensaje de Jesús. La presencia del Espíritu Santo fue evidente, inspirando a todos los asistentes y reforzando el mensaje de la campaña: Maranata, Cristo Viene.

FLORENCIO BUENO

Pastor del distrito Hispano de Tri-Cities



More online at [NWADVENT.ST/120-1-HSP-13](https://www.nwadventist.org/st/120-1-hsp-13)

Sasha de Dios presents a heartfelt and poetic message.

Sasha de Dios presenta un mensaje sincero y poético.



Pathfinders Believe the Promise at International Camporee

GOD IS FAITHFUL EVEN THROUGH CRAZY TIMES, AND ALASKA PATHFINDERS EXPERIENCED THIS FIRSHTHAND ON THEIR INTERNATIONAL CAMPOREE TRIP. A JOURNEY FROM ALASKA TO GILLETTE, WYOMING, FOR 120 PATHFINDERS IS ALMOST A BIGGER-THAN-LIFE EXPERIENCE.

A pre-camporee tour was scheduled, starting with a trip to an aquarium on Friday. Sabbath morning brought a wonderful service at Loveland Church in Colorado where Pathfinders and adults shared about Alaska and how they live their faith. After lunch, the group experienced the beauty of God's creation at Rocky Mountain National Park and completed the day with sundown worship in the mountains by Estes Park Lake.

Sunday was the day that the prayer journeys really started. The group went to a theme park to enjoy the rollercoasters and water park. Shortly after arrival, a storm closed most of the park with a strong possibility that it would close for the day.

What happens when plans for 70 people fall apart and tickets are non-refundable? Pray and watch God lead. Pathfinders enjoyed rides that were open and, to their amazement, the storm subsided and the park reopened. Monday, the final day of the tour, was a visit to Mount Rushmore.

On the way to Gillette, Pathfinders were able to "Believe the Promise" of God's leading and protection as the transmission in one of the buses started to fail. Again, prayers went up, and the group arrived safely Monday evening and joined the rest of the group.

Tuesday was the official start of camporee and Pathfinders were off to pin trading, honors and activities. That night, massive thunderstorms and high winds blew down tents and flooded camping areas. Again, God took care of the group.

While the tents got a bit wet, all were safe and sleeping gear was dry enough to keep warm. The conference's large assembly tent that was rented allowed Alaska Pathfinders to invite flooded-out clubs to come and stay the night. Stormy weather continued with a prediction of a huge, potentially dangerous storm Saturday night. After much prayer, camporee leadership decided to end Camporee on Friday evening to allow clubs to choose their best pathway forward.

Again, prayers ascended from the group as to where they could stay the next day; God quickly provided. Brighton Church and Brighton Adventist Academy extended their scheduled accommodations, so on Sabbath morning, the group enjoyed an awesome worship service led by the clubs and leaders of Alaska.

God is so good and provides even amid storms. Praise God the team made it home safely with great memories. During the final worship on Sunday, the crew sang "Away Beyond Jordan." Alaska Pathfinders are excited for the day when we can meet in Heaven.



JOHN WINSLOW
*Alaska Conference
education superintendent
and youth and young
adult director*

More online at
NWADVENT.ST/120-1-AK-07



The group is ready for their next adventure after a delicious meal.



The group worships together at Campion Academy.



Pathfinders enjoy the sun and pool time during travels.

AGA Prayer Vigil Sparks Deeper Spiritual Growth

AMAZING GRACE ACADEMY STUDENTS SPENT SEPT. 30–OCT. 4, 2024 ENGAGED IN PRAYER ON FIRE, A COMBINED WEEK OF PRAYER AND WEEKEND PRAYER VIGIL HOSTED BY THE ACADEMY AND CHURCH.

The FIRE acronym called students to worship in *faith*, with the right *intentions*, *relationships* and *endurance*. “During our final day of week of prayer, I sat with a student who had been brought to tears through prayer,” recalled Ryan Rogers, Palmer Church pastor.

That morning, students sat in silent prayer for eight minutes, a long time for kids to be in the same room and not talk. During prayer, one student felt God communicate His love for the first time. Rogers was greeted with the words, “I heard Him, pastor. I heard Him. He spoke to me during prayer, and He told me that He loves me.” Rogers felt privileged to sit with the young person as they processed for the first time that there is a God who loves them. Prayer is powerful!

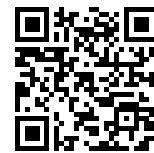
AGA’s week of prayer ended with a three-day prayer vigil, during which school and church families were encouraged to join in prayer for the growth and strength of their school. A prayer room provided 11 prayer stations where prayer warriors could interact with God. Stations provided ways to be thankful, praise God, intercede with a prayer wall and a prayer chain, encourage others, meditate in silence and walk with God.

On Friday morning, approximately 70 AGA students rotated in groups through the prayer room. “Most of the kids were very excited about the prayer room and were eager to check out all the stations,” said Marta Beaubien, Palmer Church member and coordinator. “I was surprised by how many students wanted to

participate in the forgiveness stones station which involved writing their sins with chalk on a rock and then washing them in water, symbolizing Jesus’s forgiveness.”

“The kids really enjoyed the interactive stations of the prayer room and couldn’t wait to visit again on Sabbath,” said Karen Carlton, AGA principal.

God promises, “Call to Me and I will answer you” (Jer. 33:3). AGA students challenge you to join them as they continue to pray for the growth and spiritual strength of not only their school but others in Alaska and throughout North Pacific Union.



MARTA BEAUBIEN
Palmer Church member

More online at NWADVENT.ST/120-1-AK-09 



- AGA students sing during their fall week of prayer and prayer vigil.

Teachers Use MAP Data to Empower Students

TEACHERS FROM IDAHO CONFERENCE ELEMENTARY SCHOOLS AND GEM STATE ADVENTIST ACADEMY GATHERED AT GSAA ON OCT. 21, 2024 FOR AN INFORMATIVE TEACHER IN-SERVICE.

Craig and Lizzie Mattson came from Northwest Christian School in Puyallup, Washington, to share what Washington Conference is doing to encourage students in their academic journeys. Craig is the principal and Lizzie teaches seventh grade.

In Idaho Conference, students in third grade and above participate in Measure of Academic Progress testing three times a year. This helps students and teachers know what areas each student needs to work on. Typically, these results are shared with the teachers, parents and students. That can be the end of it, or a teacher can encourage a student to work to improve in a specific area.

The Mattsons presented a process that Washington Conference has been implementing. MAP results are shared with the students in a format they can import into different educational platforms such as Kahn Academy, IXL and

ReadWorks. These platforms help students develop goals for themselves. In essence, the student “owns” their progress.

Idaho Conference teachers practiced using the platforms so they could see how they worked and be able to provide support to their students. The Mattsons challenged the teachers at the end of the day to choose at least one part to implement in their classrooms.

Gina Duncan, parent of an eighth-grader at Boise Valley Adventist School, shared that her daughter’s teacher decided to implement giving the students the opportunity to develop their own learning goals based on their MAP results. Her daughter was excited about that and has already chosen an area to improve upon before the next round of testing.

While MAP testing has shown the improvements students make the longer they are in Adventist education, this makes

the results more personal to the students. They can take ownership of their progress and the teacher can provide support for them as they seek to improve. Imagine how much greater impact Adventist education can make on each individual student!

The platforms are grade- and age-specific, so children in third grade won’t be expected to have the same progress as older students. They will have academic improvement based on their own abilities and desire to achieve.

Elementary teachers, on a second day’s worth of in-service training, explored incorporating art into their curriculum to assist their students’ achievements in areas ranging from math and science to language skills, which includes reading, English and Bible classes.

Katie Frey, commercial artist, walked the teachers through several art projects, showing them how they can add an art project to other subjects. There has also been a movement to add art to STEM – science, technology, engineering and math – making the acronym STEAM. When students’ brains are challenged in different ways, their brains can learn to look at their classwork from a different perspective.



EVE RUSK
*Idaho Conference
communication director*

More online at
NWADVENT.ST/120-1-ID-06



MISSION AND OUTREACH

Women's Retreat Provides Training to Reach the Community

EIGHTY-TWO LADIES ATTENDED THE 2024 WOMEN'S RETREAT AT CAMP IDA-HAVEN WITH JANET SALAZAR, AUTHOR AND GUEST SPEAKER.

Salazar, a self-described “recovering Pharisee,” shared more on her journey of becoming more like Jesus, sharing love and grace to all. She spoke on the theme “You Are Chosen” at the 2023 retreat, and the women’s ministries committee thought a good sequel theme for 2024 would be “Why Not ... Love?”

Bright, cheery sunflowers greeted the ladies as they entered the main lodge to check in. Most of the women arrived in time for a delicious dinner, followed by the evening meeting. Danette Tester, worship leader, and her team led in songs with a theme of love. Books and other items were given away at each meeting.

Salazar shared many scriptures showing how Jesus loved people when He was on earth. Being obedient to God’s law is important. Without love, people aren’t drawn to Jesus. Our purpose is to draw all of God’s children to Him.

The weather was beautiful – except for the smoky skies from the numerous wildfires in the area. Ladies enjoyed pontoon boat rides on Payette Lake. Some took out canoes and paddleboards; others attended a breakout session by Marlys Hall, Sun Valley Church prayer ministry leader, on “Joining God in Taking Care of You.” This was the second year that Hall offered the breakout sessions. Some took part in painting rocks to leave in places to encourage others.

Elizabeth Thomsen, Impact Hope executive director, shared about the work the ministry is doing in Africa, especially with young women in refugee camps. More than \$700 was given in an offering for Impact Hope and many ladies signed up to be monthly donors by sponsoring a youth.

Women’s Retreat isn’t just about getting away and eating good food, it’s about providing ministry opportunities and equipping women for ministry to other women. Not everyone who attended was an Adventist. Destiny, a second-time attendee, is friends with ladies from Pocatello Church. She commented on the food, “Last year, I felt so good after eating here.” She was inspired to add some meatless items to her menus.

The next Women’s Retreat will be on Sept. 5-7, 2025 and will feature Nitza Salazar, Idaho Conference children’s ministries coordinator, as the guest speaker. Scholarship funds are available on a limited basis by contacting Jody Burton, Idaho Conference women’s ministries coordinator.



EVE RUSK
*Idaho Conference
communication director*

More online at
NWADVENT.ST/120-1-ID-05



Janet Salazar, retreat speaker, shares about living a life of grace.



The first-place team for the bear hunt poses with their prizes and the giant bear.



Ladies listen to Joyce Biggs as she portrays Abigail from the Bible.

Education Leader Guides Schools

MONTANA CONFERENCE HAS A NEW EDUCATION LEADER WHO IS MAKING IMPACTFUL STEPS FORWARD IN CONTINUING TO GROW ADVENTIST EDUCATION ACROSS THE STATE.



Tissiana Bowerman, Montana Conference superintendent

In this Q&A, Tissiana Bowerman, Montana Conference superintendent, shares insights about her experiences in education, the values that shape her leadership and the opportunities for growth and innovation within Adventist education today.

Q: Could you share a bit about your journey in education? What experiences led you to pursue a teaching career and take on a leadership role?

BOWERMAN: My passion for Adventist education sparked when I was in first grade. I had an incredible multi-grade teacher who made me believe it was the greatest job in the world. I always thought I'd follow in her footsteps and become a beloved lower-grades teacher, but Jesus had a different plan. My career has led me more into leadership and administration—a path I never expected but one I truly embrace.

After earning my bachelor's degree in elementary education from Andrews University, I realized I wanted to expand my skills. I pursued a master's degree in educational administration from Southern Adventist University. Now, I am in the final stretch, completing my dissertation for a doctorate in entrepreneurial educational leadership from Johns Hopkins University. It has been an exciting, unexpected journey, but I wouldn't trade it.

Q: Who has been a key influence or mentor in your life, and how has that shaped your leadership style?

BOWERMAN: Jesus prepares us for every step, even when we do not see the full picture. My life has been filled with people who were part of that preparation. I've been blessed by mentors who have shaped my journey, and many pastors, educators and board members have had a hand in helping me become the leader I am today. Their guidance and example have been invaluable, and I believe that my leadership is a reflection of those who have shared so generously with me.

Q: What values or principles from your upbringing or personal life do you bring into your leadership?

BOWERMAN: I hold a deep faith that God is at the center of everything. He is my foundation, my purpose and my strength. Along with that, I am motivated by my love and appreciation for people. I believe individuals' unique experiences, knowledge, skills and perspectives are a

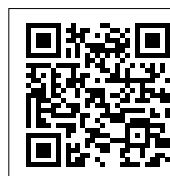
critical part of success, and I have a deep respect for what others bring to the table. Lastly, I'm a firm believer in having a growth mindset. Mistakes aren't failures, they are opportunities.

Q: In your view, what are the biggest opportunities for growth and innovation in Adventist Education today?

BOWERMAN: It is such an exciting time in education! I believe the greatest opportunity for Adventist education lies in something timeless—unity. Our educational system is rooted in service to children, who represent our present and future. Churches and schools that unite around the mission of building educational ministries have the power to transform the students they serve and the local communities they touch. That is where I see the greatest potential for having a lasting impact.

Q: What's your prayer for Montana Conference schools?

BOWERMAN: My prayer is that our conference uses this incredible ministry to ignite a lasting, insatiable desire for Jesus in every heart it touches.



NWADVENTISTS TEAM

More online at
NWADVENT.ST/120-1-MT-27

BIBLE READINGS

for

February

2025

Follow the daily reading plan and you will read the entire Bible in a year.

S	M	T	W	T	F	S
						<u>1</u>
<u>2</u> Ezek. 16-19	<u>3</u> Haggai	<u>4</u> Ezek. 20-21	<u>5</u> Ezek. 22-23	<u>6</u> Ezek. 24-27	<u>7</u> Ezek. 28-31	<u>8</u>
<u>9</u> Ezek. 32-37	<u>10</u> Ezek. 38-39	<u>11</u> Ezek. 40-41	<u>12</u> Ezek. 42-43	<u>13</u> Ezek. 44-45	<u>14</u> Ezek. 46-48	<u>15</u>
<u>16</u> Joel	<u>17</u> Dan. 1-6	<u>18</u> Dan. 7-9	<u>19</u> Dan. 10-12	<u>20</u> Ezra 1-3	<u>21</u> Ezra 4-6; Psalm 137	<u>22</u>
<u>23</u> Zech. 1-7	<u>24</u> Zech. 8-14	<u>25</u> Esther 1-5	<u>26</u> Esther 6-10	<u>27</u> Ezra 7-10	<u>28</u> Neh. 1-7	

Find the complete 2025 reading plan online now by scanning the QR Code or visiting the link to the right.

Our Bible reading plan leaves Sabbath as a time to share and reflect on your readings for the week. Find creative ways each Sabbath to share your reflections with others on what God is teaching you from your Bible reading time!

Follow us @nwadventists on Instagram and Facebook.

More online at [NWADVENT.ST/120-1-BLE-61](https://www.nwadventists.org/nw-advent-st/120-1-ble-61)



PACS Holds Community Fall Festival and Fundraiser

PORTLAND ADVENTIST COMMUNITY SERVICES HELD ITS THIRD ANNUAL FALL FESTIVAL AT ROSSI FARM'S RED BARN, A WELL-KNOWN LANDMARK IN EAST PORTLAND, ON OCT. 6, 2024.

The location was chosen intentionally, positioned less than 2 miles from PACS, to better reach the surrounding community. PACS Fall Festival is the only event of its kind on Portland's east side.

That Sunday began bright and clear. In Portland, that is a huge blessing when planning an outdoor event in October. Management, staff and more than 70 dedicated volunteers arrived to set up and help for the day. The excitement was palpable.

Following Christ's example, PACS aims to nourish the mind, body and spirit while fostering dignity among those they serve. They do this through the food pantry, dental services and low-cost items in the thrift clothing and home goods stores. At the festival, they nourished the minds, bodies and souls of everyone who attended.

There were fun activities for every age group. Curly the camel was the star attraction of the petting zoo. Bounce

houses, fall arts and crafts, the Great Bubble Show, caricature drawings and face painting all added to the fun. The axe throwing, Oregon Cave Maze and climbing wall were inviting for the more daring. Of course, everyone had to smile at the photo booth.

Food carts added more Portland flavor to the mix. PACS thrift store staff curated a high-quality, stylish fall gallery that attendees could shop. Some vendors even gave discounts, acknowledging PACS' impact on the community.

In the evening, PACS held their annual award dinner in the barn. The Directors Award was given to Donna Cavanaugh, a recently retired, long-serving PACS volunteer. PACS depends on community-loving volunteers like Cavanaugh to carry out their mission.

Since the pandemic, the number of people who need help has increased significantly. Birch Community Services has been a significant food provider. About

a third of the food PACS receives for distribution comes from Birch. With their help, PACS can help many people. They deservedly received the Barbara Nelson Excellence Award.

Robert Hoffman, PACS supporter, later expressed his thoughts on the event: "I've been around PACS since 2008, but have never felt the spirit of inclusiveness as strongly as is present today."

W. Derrick Lea, North American Division ACS executive director who also was in attendance shared, "PACS embodies the mission of ACS serving the community in Christ's name, every day!" These words offer encouragement as PACS continues its mission in the Portland community.



SHIRLEY ALLEN
Oregon Conference
children's ministry director

More online at [NWADVENT.ST/120-1-OR-40](https://www.nwadventist.org/st/120-1-or-40) ⁺



CHURCH

Central Oregon Churches Unite for Regional Camp Meeting

CENTRAL OREGON CHURCH MEMBERS GATHERED FOR CENTRAL OREGON CAMP MEETING IN AUGUST 2024 AT CASCADE CHURCH IN SOUTHEAST BEND.

A large tent provided shade and a bit of camp meeting atmosphere for the weekend and attendees enjoyed meals together and the convenience of campsites for tents and self-contained RVs onsite.

C.A. Murray, Secrets Unsealed vice president of media; Ryan Day, 3ABN Praise Him Music Network general manager; and Charles Byrd, Thunder in the Holy Land creator, delivered compelling messages on the theme "Heaven in One Gift." Music by Stephanie Dawn, Danny Thornton and Ryan

Day rounded out the event's focus on Jesus and His people in these contemporary times.

Those in attendance were enthusiastic about the inspiration they received along with the opportunities for fellowship with the speakers and other participants, due to the smaller size of the event.

Central Oregon Camp Meeting 2025 is planned for June 26-28.

Watch the 2024 presentations online at youtube.com/@cocampmeeting or visit centraloregoncampmeeting.com to learn more.



IONICA GLADDEN

Those in attendance receive tremendous inspiration.



IONICA GLADDEN
Cascade Church member

More online at NWADVENT.ST/120-1-OR-80

YOUTH

Cascade Church Offers First Community VBS

IN AUGUST 2024, CASCADE CHURCH WAS EXCITED TO HOST THEIR FIRST VACATION BIBLE SCHOOL SINCE BEING FOUNDED 13 YEARS AGO, AND IT WAS GREATLY APPRECIATED BY THE FAMILIES IN ATTENDANCE. "LOVE LIKE AN OCEAN" PROVIDED A GREAT THEME TO SHARE THE LOVE OF JESUS WITH FAMILIES FROM THE SURROUNDING COMMUNITY.

Some parents commented that their children had attended other VBS programs in the area with high-tech drama and large numbers of attendees. The children said they loved the smaller size, personal attention and simplicity of Cascade Church's VBS, adding that they could "hardly wait" for the next day. One community family was so impressed, they decided to send their children to the local church school for the 2024-2025 school year.

In December 2024, the VBS team planned a VBS reunion with a special

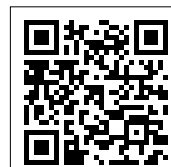
Christmas event entitled "Make a Gift." Telling the Christmas story in a special way, it included the opportunity for families to give back to their community through projects for the local pediatric hospital ward.

Through the event, Cascade Church hopes to remain in touch with these new community connections, sharing love, prayers and invitations to next summer's VBS. Please pray with Cascade Church that this outreach to the community will continue to grow.



SHARON GLADDEN

SHARON GLADDEN
Cascade Church Vacation Bible School director



More online at NWADVENT.ST/120-1-OR-78

CHURCH

Help Needed for Gladstone Camp Meeting 2025

CAMP MEETING MATTERS. OREGON CONFERENCE EXECUTIVE COMMITTEE WAS REMINDED OF THIS IN APRIL 2024 WHEN THEY SUSPENDED CAMP MEETING.

The difficult decision was made in response to financial constraints. The committee was met with feedback from constituents including, "Why didn't you tell us? We could all contribute to make camp meeting happen!"

As 2024 concluded, conference administrators announced further restructuring and expense reductions were needed to set finances on sustainable footing.

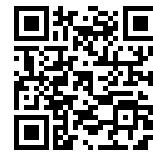
Executive committee voted to invite members to contribute to the cost of camp meeting to ensure the cherished event continues. While the goal is to include

camp meeting in the conference budget going forward, this one-year stopgap fundraiser will provide for camp meeting while Oregon Conference stabilizes.

Gladstone Camp Meeting 2023 cost nearly \$600,000. By instituting as much cost savings as possible, organizers have reduced the budget by 25%, making the projected cost of Gladstone Camp Meeting 2025 \$450,000. The goal is to raise \$450,000 by spring to make this event happen.

The new pavilion is nearly finished and awaits members and friends to renew the camp meeting tradition.

You're invited to participate in Gladstone Camp Meeting 2025 through giving, prayer and with your presence as we aim to meet at Gladstone for a time of spiritual renewal and communal joy.



JONATHAN RUSSELL
*Oregon Conference
assistant to the president*

More online at [NWADVENT.ST/120-1-OR-18](https://nwadvent.st/120-1-OR-18)

The new Gladstone Pavilion will be completed in early 2025.

KRISSY BARBER



CHURCH

Oromo Community Honors Bedhasso

BEYENE BEDHASSO HAS BEEN A SIGNIFICANT FIGURE IN BOTH SPIRITUAL AND COMMUNITY LEADERSHIP AT OROMO CHURCH IN PORTLAND, OREGON. HE IS DEEPLY COMMITTED TO DEMOCRACY, JUSTICE AND THE SPIRITUAL WELL-BEING OF THOSE AROUND HIM.

Bedhasso's journey began in 1952 when he converted to Adventism and was baptized at Ethiopia Adventist College, a pivotal moment that set the course of his life. Since joining the church, his commitment and dedication to his faith have become a source of inspiration, touching the lives of those who look up to him.

As the only person from his local community involved in Ethiopia Adventist College's spiritual leadership, Bedhasso provided steadfast guidance and support through various political regimes in Ethiopia.

In 1993, Bedhasso moved to the U.S. and continued his active role in both



Beyene Bedhasso and his wife, Aberash, pose for a photo with some of the young people who mean so much to them.



Church members, leaders and dignitaries celebrate Bedhasso.

PHOTOS BY GEMEDI GELETO

church and local affairs. As an elder at Oromo Church, he has provided spiritual guidance and counseling, becoming an integral pillar of his religious community. Bedhasso has been instrumental in securing a permanent place of worship for the congregation, leading the effort to purchase land and build a permanent building for Oromo Church.

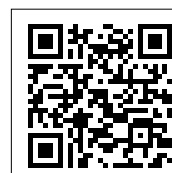
Bedhasso also worked to foster unity among the diverse immigrant communities in the U.S., bridging cultural gaps and promoting understanding. His legacy as an advocate, motivator and spiritual leader left a lasting impact on the Oromo diaspora, reminding them of their shared journey and the importance of maintaining their cultural and spiritual heritages.

Bedhasso's positive impact is not just a reflection of his personal achievements but is also a testament to the collective strength and perseverance of the Oromo Church community. His work continues to inspire future generations to carry forward the values of compassion, justice and faith, ensuring that their cultural

and spiritual traditions remain vibrant and relevant in an ever-changing world.

To honor his decades of dedicated service to the Adventist Church and his community, Oromo Church organized a special recognition program on July 28, 2024. During the event, they launched his biography, *His Story, Our History: A Journey of Empowerment*, written by Korso Gude.

The celebration brought church members, leaders and dignitaries together to reflect on Bedhasso's life, highlighting his profound impact and enduring influence in areas such as faith, education and community health. Bedhasso has inspired many and has played a pivotal role in advancing the well-being and spiritual growth of the Oromo Church community and beyond. His biography serves as a testament to his remarkable journey and the influence he has had on countless lives.



GEMEDI GELETO
Oromo Church pastor

More online at NWADVENT.ST/120-1-OR-15 

- Beyene Bedhasso (left) holds his biography written by Korso Gude (right).



NAJISAKER

Hundreds of Students Engage and Connect at Bible Camp

OVER EIGHT SUNNY DAYS, NEARLY 900 STUDENTS, PASTORS, TEACHERS AND PARENTS INTENTIONALLY FOCUSED ON THE THEME, “ENGAGE,” AND LEANED INTO ENGAGING WITH GOD, EACH OTHER AND CHURCH AT JUNIOR HIGH BIBLE CAMP AND HIGH SCHOOL BIBLE CAMP.



Through corporate worship, life groups, morning devotions and activities, lives are changed for eternity.



Three students are baptized, while another 25 make the decision for baptism.



The teens symbolically give challenges to God by adding links to a chain.

The camps strategically helped students start the 2024–2025 school year focused on Jesus and their personal relationships with Him.

In September 2024, the Oregon Conference youth ministries department led its second-ever Junior High Bible Camp.

This spiritual event creates space for all seventh- and eighth-graders—homeschool, public school and private school students—to get away from the chaos of life to focus, pray, discuss, worship, learn and listen to God’s voice.

When Junior High Bible Camp launched in 2023, 212 attended. In 2024, nearly 270 youth worshiped, shared life in small groups, laughed, played and prayed together. Approximately 40 decided to give their lives to Jesus.

Four days later, more than 600 students arrived for High School Bible Camp. Eight Adventist academies along with several church youth groups came together to connect with each other and Christ. Through corporate worship, morning devotions, activities and life groups—student-led small

groups—lives were changed for eternity. “Bible camp is always the spiritual highlight of the year,” shared Mechelle Peinado, Portland Adventist Academy principal, after the event.

Three students were baptized while another 25 decided to get baptized, 40 chose to connect with a local church and pastor for the first time, and 30 wanted to start consistent Bible studies. While many lament how youth are leaving our churches, the truth is that God is at work and moving in Oregon Conference. September 2024 proved it.

Nearly 900 Oregon youth love Jesus and choose to intentionally ENGAGE with God, their community and their churches. That’s engagement culture!

JASON CALVERT
Oregon Conference youth ministries associate director



More online at NWADVENT.ST/120-1-OR-28

PHOTOS BY JASON CALVERT

BIBLE READINGS
for
March
2025

Follow the daily reading plan and you will read the entire Bible in a year.

S	M	T	W	T	F	S
						<u>1</u>
<u>2</u> 2 Kings 1-7	<u>3</u> 2 Kings 8-11	<u>4</u> 2 Kings 12-13	<u>5</u> 2 Chron. 24-28	<u>6</u> 2 Kings 14-19	<u>7</u> Jonah	<u>8</u>
<u>9</u> Isa. 1-7	<u>10</u> Isa. 8-12	<u>11</u> Amos 1-5	<u>12</u> Amos 6-9	<u>13</u> Psalm 48	<u>14</u> Micah	<u>15</u>
<u>16</u> Isa. 28-30	<u>17</u> Isa. 13-17	<u>18</u> Isa. 18-22	<u>19</u> Isa. 23-27	<u>20</u> 2 Chron. 29-31	<u>21</u> Hosea	<u>22</u>
<u>23</u> Isa. 31-36	<u>24</u> Isa. 37-39	<u>25</u> Psalm 76, 80	<u>26</u> Isa. 40-43	<u>27</u> Isa. 44-48	<u>28</u> Psalm 46, 135	<u>29</u>
<u>30</u> Isa. 49-58	<u>31</u> Isa. 59-63					

Find the complete 2025 reading plan online now by scanning the QR Code or visiting the link to the right.

Our Bible reading plan leaves Sabbath as a time to share and reflect on your readings for the week. Find creative ways each Sabbath to share your reflections with others on what God is teaching you from your Bible reading time!

Follow us @nwadventists on Instagram and Facebook.

More online at [NWADVENT.ST/120-1-BLE-61](https://www.nwadventists.org/NWADVENT.ST/120-1-BLE-61)





CHURCH

Annual Prayer Summit Prepares for Pentecost 2025

THE ANNUAL UPPER COLUMBIA CONFERENCE PRAYER SUMMIT
WAS HELD AT CAMP MIVODEN ON OCT. 4-6, 2024.

The weekend retreat featured seminars on prayer, prayer-centered activities and times of worship surrounded by the beauty of nature. Around 100 prayer leaders attended the summit, a significant increase from 2023's attendance of 60.

Prayer Summit featured three keynote speakers. Joseph Kidder, Andrews University pastoral theology and discipleship professor, shared how prayer reveals the heart of God through the Holy Spirit and how to create a culture of prayer. Shintell Izquierdo, who has served as

Wapato Spanish Church, Granger Spanish Church and Central Valley Spanish Church district pastor, spoke about handling disappointment with prayer by looking to Jesus. David Jamieson, UCC president, spoke about keeping your eyes on Jesus.

Kidder started the weekend off with a valuable lesson. "Prayer is a privilege. It's an honor and it's one of our main weapons against the devil," he said.

The goal of Prayer Summit is to train, encourage

and inspire prayer leaders within UCC to more effectively utilize the power of prayer to bring people closer to Jesus. The activities and seminars during the event provide prayer leaders with effective tools for organizing and inspiring their local church's prayer ministry.

The theme for the 2024 Prayer Summit was "Turn Your Eyes Upon Jesus." The constant presence of Jesus was also emphasized throughout the event. In one of his seminars, Kidder noted that as believers, we are made particularly aware of, and are comforted by, God's presence during prayer.

"God's presence is the assurance that God will never forsake us," said Kidder. "God's presence gives us confidence. Practice letting God's presence into your life – your life will be changed."

Also featured at Prayer Summit was Paulet Howard, North American Division Pentecost 2025 initiative prayer coordinator. Howard spoke about the evangelistic initiative and how prayer leaders can support it.

"I encourage leaders to pray simply and sincerely and to pray with their communities in preparation for the upcoming

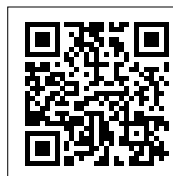
evangelistic initiative," said Howard. "Prayer is integral to the mission of Pentecost 2025, both in preparation and during evangelistic meetings."

The prayer focus for UCC in 2025 is "Grounded and Growing Vertically," which challenges members to pray for Pentecost 2025 with different topics emphasized throughout the year, to read and pray through a 14-day study of *Steps to Christ* by Ellen White, and to create or join a weekly study group reading from *Prayer* also by White. Participants will receive a commemorative medallion at the end of the year. To sign up for the Grounded and Growing Vertically 2025 challenge, go to uccsda.org/grounded2025.

For more information on Pentecost 2025, visit pentecost2025.com.

If you would like to see the presentations from the Turn Your Eyes Upon Jesus Prayer Summit, go to uccsda.org/prayersummit.

ISAAC MEYTHALER
*Upper Columbia Conference
communications coordinator*



More online at
NWADVENT.ST/120-1-UC-24



Attendees participate in dedicated prayer time.

MISSION AND OUTREACH

South Hill Podcast Echoes Past the Pulpit

STEPHEN CARLILE AND JOHN RONEY, SOUTH HILL CHURCH PASTORS, STARTED A PODCAST IN SEPTEMBER 2024 TO “EXPLORE HOW GOD’S GRACE AND LOVE ECHO THROUGH OUR LIVES.”

The *South Hill Echoes* podcast features interviews with members of the church community as well as discussions diving deeper into the Bible in a conversational setting between co-hosts Carlile and Roney. New episodes are released each week and are typically around 25 minutes long.

The podcast is a new avenue to connect with members of the community throughout the week. Outside the time spent together during worship services and church events, the podcast lets members get to know their pastors better, as well as fellow church members, at whatever time they can fit into their schedule.

The podcast has been well received by South Hill Church members according to Carlile. “It’s a great conversation starter,” he said.

While the podcast focuses on South Hill Church and its members, it also reaches outside the church.

“We’re trying to be inclusive,” said Carlile. “We’re interviewing our church family, but we are thinking of an outward audience as well and trying to give context into the Adventist Church.”

The first two episodes of the podcast expounded on recent sermons, which covered the first three chapters of Ephesians, delving into topics such as the assurance of salvation, how to forgive after being hurt and the importance of prioritizing inward transformation rather than a focus on outward behavior.

John Roney (left) and Stephen Carlile (right), South Hill Church pastors, record podcasts to expand their reach beyond their local church.

A podcast allows for in-depth discussions on topics that are more difficult to apply. “Taking a sermon and going deeper into the spiritual aspect of people’s lives is the overall goal of the podcast while connecting with our audience,” said Carlile.

The format of the podcast also comes with added accessibility for community members who are unable to attend in-person services but still wish to remain connected with their church family.

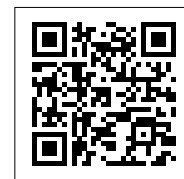
Podcasting is nothing new for Carlile, who previously recorded his own podcast, *The Pastor Stephen Podcast*, for more than two years. When Carlile joined South Hill Church, he said, “There was immediate interest and support for having a podcast. The church leaders asked what all I needed

to get a podcast up and going, and we got to work right away.”

If you’d like to hear more for yourself, *South Hill Echoes* can be found online at substack.com/@southhillchurch.

ISAAC MEYTHALER

Upper Columbia Conference communications coordinator



More online at NWADVENT.ST/120-1-UC-12



Controversial Gospel Unveiled at Women's and Young Women's Retreat

HEATHER THOMPSON DAY, INTERDENOMINATIONAL SPEAKER, KEPT LISTENERS RIVETED WITH "CONTROVERSIAL GOSPEL" MESSAGES DURING THE FALL UPPER COLUMBIA CONFERENCE WOMEN'S AND YOUNG WOMEN'S RETREAT HELD AT CAMP MIVODEN IN OCTOBER 2024.

Through the four messages given, Thompson Day passionately described the covenant of God with His children, "Love God; Love Man." This love in turn will find His children reaching out and touching the lives of others – especially the quartet of the vulnerable including the poor, widows, orphans and immigrants.

"God is not demanding our righteousness, but rather providing our righteousness," said Thompson Day, ECPA bestseller and past contributor for Religion News Service, *Christianity Today*, *Newsweek* and the Barna Group. She is now the founder of It Is Day Ministries, a nonprofit organization that serves churches, leaders and content creators in maximizing their communication messaging.

The 150 multi-generational attendees came from more than 50 churches. Young women ages 13–18 attended breakouts led by Christina Kinney, inspirational speaker and ABC Christian Bookstore manager in College Place, Washington.

Thompson Day also presented a breakout for the young women titled, "I Did It on Purpose." Years ago, separate breakouts and speakers were planned for the young women, but several came to retreat leaders and requested, "We love your main speakers – could we hear them too and have our own breakouts?"

Twenty family groups – moms, daughters, grandmothers, mothers-in-law and sisters – came together during this retreat creating an added layer of family memories.

Saturday night relaxation included a spa supper and two classes: an art party with Dean Sherman and a flower arranging workshop under the tutelage of Angela Ford, Blooms and Berries owner in Leavenworth, Washington. The hot tub and pool were popular among the attendees, along with ping pong, a campfire by the lake, games and popcorn by the fireplace.

The retreat concluded with Michele Davis, who recently returned from a five-year assignment with her husband with ADRA India. She

told the story of Hope, a young African girl in a large Indian city whose life changed forever through her encounter with Davis. As attendees all listened to Davis weave the powerful story, they realized, "Our lives have been changed as well."

The one-day spring Women's and Young Women's Retreat with Jean Boonstra, Voice of Prophecy associate speaker, will be held at UCC headquarters on May 3, 2025. All are welcome to attend.

PATTY MARSH
*Upper Columbia Conference
children's ministries, community
services and women's ministries
director*



More online at [NWADVENT.ST/120-1-UC-17](https://www.nwadvent.org/st/120-1-uc-17)

Attendees take part in a painting class led by Dean Sherman.



MISSION AND OUTREACH

Idaho SonShine Impacts Northern Idaho

MORE THAN 500 UNDERSERVED MEMBERS OF THE NORTHERN IDAHO COMMUNITY WERE IMPACTED BY IDAHO SONSHINE DURING THE NORTH IDAHO STATE FAIR IN COEUR D'ALENE IN SEPTEMBER 2024.

Approximately 300 volunteers from 12 different Adventist churches and other denominations joined together for what is planned to be an annual event providing free medical and dental care, in addition to other services, to those in need.

"I have worked on many similar events, but the guests and volunteers have been second to none," said Nila Salsberry, who served as a volunteer during the event. "Volunteering was such a blessing, and I am looking forward to next year."

For this first annual event, three main services were provided – dental, vision and medical. In addition, chiropractic, physical therapy, massage therapy, speech therapy and mental health services were also provided.

A local cosmetology school was on hand to provide haircuts. This service was very popular and was busy during the entire event. A professional photo booth was available and free lunches were provided at noon on both days. As an added bonus, community organizations were available to share their ministries or services.

"It was really wonderful seeing all the Adventists from different cities coming together and non-Adventists working hand-in-hand to make this event spectacular," said Reuben Rodriguez, another volunteer.

ABC Channel 4 came out for the event to record footage of the services and interview volunteers and those being served. The footage was premiered on the evening news and Idaho SonShine has received very positive responses from the coverage.

Several years ago, a vision was conceived by a group of healthcare providers, out of which the Idaho SonShine non-profit organization arose, to provide a wide menu of healthcare services at one location on an annual basis to those residents of northern Idaho who might not otherwise receive services. There is no means test, and anyone who needs services receives services – until the event reaches capacity.

"Our goal is to be the hands of Jesus, to meet people's needs in a real and tangible way, through action," said Steve Salsberry, Idaho SonShine CEO and founder. "Volunteers were happy and blessed to

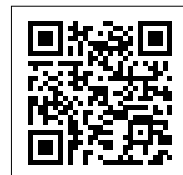
work in the busy but relaxed and organized environment, and many guests were in attendance on both days and promised to return next year."

Idaho SonShine springs out of Arizona SonShine, which has been in operation with similar services in Arizona multiple times a year for the last 10 years, and several key members were able to travel to Idaho to support the first Idaho event.

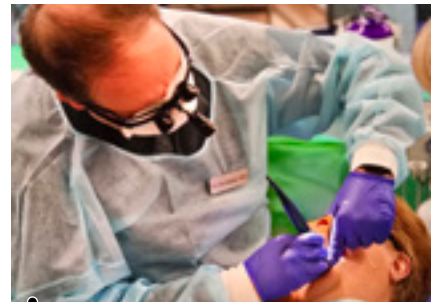
"We are already planning our next Idaho SonShine at the same venue on Sept. 19 and 21, 2025," said Salsberry. "Please prayerfully consider joining us."

If you are interested in volunteering or donating to this ministry, go to idsonshine.org. The ABC report can be viewed at news.uccsda.org/idsonshine24.

DENISE BEATTY
Idaho SonShine chief operations officer



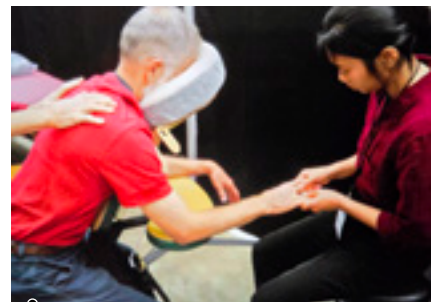
More online at NWADVENT.ST/120-1-UC-36



For many attendees, this is the first dental care they have received in years.



North Idaho State Fair attendees appreciate free haircuts provided by Idaho SonShine.



Massage therapists give relaxing massages to those in need.

A Legacy of Service Bears Fruit

WHAT HAPPENS WHEN A CHURCH HITS ITS KNEES IN PRAYER, GETS IN THE WORD AND SERVES ITS COMMUNITY CONSISTENTLY OVER TIME? ENERGY, ENTHUSIASM AND GROWTH!

Pendleton Church is a congregation that is reaping the returns on decades of creative service and bridge-building in its community. For years, the leadership has had an outward focus in their ministry. They have built bridges in their community, established themselves as a trusted community partner and built a reputation as people who are there to help when it's needed.

Community-focused ministries are plentiful in Pendleton. Pendleton Pathfinder Club members have established themselves as the go-to volunteer resource for sorting and packing monthly grocery boxes for the local food pantry.

There are also the ladies of the Blessing Box ministry, who watch the paper for obituaries and see that every family in

town receives a handmade gift box when they lose a loved one.

When the Umatilla River flooded several years ago, Adventist Community Services led the local response in managing donations and helping families with recovery.

"When I arrived in Pendleton, I was excited," said Stephen Farr, Pendleton Church pastor. "All of the pieces were in place. Many good things were already happening and the foundation for the possibility of even greater things was already placed."

When Farr arrived, he brought a strong commitment to corporate prayer, as well as a desire to get the congregation into the Word together. Seeds sown some time ago began to bear fruit. The energy at church gatherings became palpable to visitors. It soon became clear

that the congregation had a heart for their community.

Recently, the church held a reaping series of meetings featuring Farr. Because of the long-term investment in community relationships and a fervent prayer covering, the church experienced an unheard-of response. More than 60% of the attendees were from the community!

"My prayer leader told me after prayer meeting recently that she had been praying that God would bless us with one baptism every month," said Farr. "I went and looked at all the baptisms that had happened in my first three years and we in fact had an average of one baptism a month for 36 consecutive months."

"It hasn't happened without challenges. But as we keep our eyes on Jesus, He

is keeping His promise from John. 'I am the vine; you are the branches. He who abides in Me, and I in him, bears much fruit; for without Me you can do nothing'" (John 15:5).

"It is causing us to be the hands and feet of the one we love and He is doing great things for the people we are serving. To God be the glory!" said Farr.

The unfolding story in Pendleton is a fantastic example of the power of the Serve One More initiative voted by Upper Columbia Conference constituents. As the people pray, dig into God's Word and serve with generosity, Pendleton will be just one of many revival stories in UCC.

RICHIE BROWER
*Upper Columbia Conference
Serve One More associate
director*



More online at NWADVENT.ST/120-1-UC-29

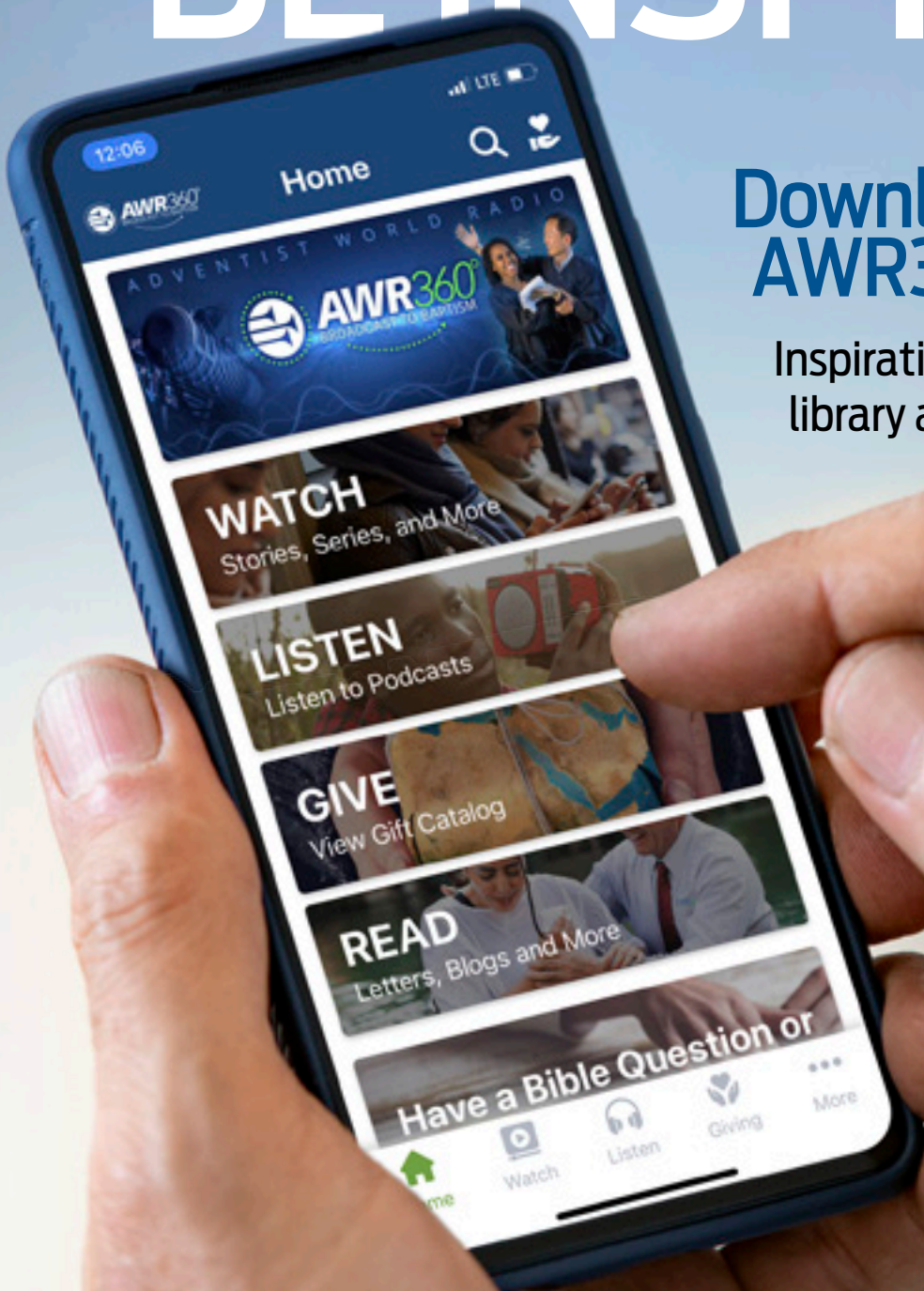
• Pendleton Pathfinder Club is active in service projects in their community.



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Ministry Teaches Spiritual Growth Through Healthy Living

EMOTIONAL FREEDOM RETREAT 2024 MARKED ITS THIRD ANNUAL GATHERING, SPEARHEADED BY ELIDA JEREZ, WASHINGTON CONFERENCE HEALTH MINISTRIES DIRECTOR.

The retreat provides a life-changing eight-day experience for 12 individuals, centered on the principles of NEWSTART, a holistic health program that emphasizes the eight laws of health – nutrition, exercise, water, sunlight, temperance, air, rest and trust in divine power.

Participants receive not only education on these principles but also practical tools and support to foster lasting lifestyle changes. A key focus of the retreat is the integration of healthy habits into

daily routines, coupled with the importance of spiritual well-being.

One of the most impactful aspects of the retreat is the personalized care each participant receives from their dedicated health coach. These coaches serve as companions throughout the journey, offering encouragement, prayer and motivation.

By fostering a supportive environment, they help participants feel empowered to implement the lifestyle changes introduced during the retreat. Many attendees noted improvements in their mental and emotional well-being alongside the physical benefits gained throughout the program.

While many people know the basic steps toward better health – drinking more water, exercising regularly, eating nutritious foods – they often struggle to put these habits into practice.

Emotional Freedom Retreat creates a nurturing and accountable environment where participants learn about the benefits of healthy living and can start building habits with the encouragement of a community. The retreat's structured schedule includes time for food preparation, exercise, worship and more, allowing participants to experience a balanced and holistic routine.

The retreat's impact resonates beyond the eight days, with many participants from previous years returning as health coaches and support staff, eager to share

the benefits they've experienced. This cycle of support creates a ripple effect, fostering a sense of community and continuity among attendees and staff.

Additionally, the retreat is designed as a follow-up experience for those involved in local church health ministries. By immersing participants in an intensive, focused environment, the program increases the likelihood of lasting change, helping individuals internalize the lessons and apply them to their everyday lives.

The philosophy of the retreat is simple yet powerful: small, consistent changes can lead to significant improvements over time. By focusing on one healthy habit at a time, participants are more likely to sustain these changes long-term.

Beyond physical and mental health, the retreat also serves as an evangelistic tool. One participant, raised in the Catholic faith, shared that she was inspired to join the Adventist Church after encountering its health principles during the retreat.

Emotional Freedom Retreat not only equips individuals with the knowledge and tools to live healthier lives but also provides a supportive community that encourages spiritual growth and long-term transformation.

LACEY STECKER

*Washington Conference
communication intern*



More online at [NWADVENT.ST/120-1-WA-64](https://www.adventist.org/nwadvent.st/120-1-wa-64)



Emotional Freedom Retreat brings people from all walks of life together to learn about healthy and spiritual living.



• While learning how to be physically healthy, participants receive spiritual coaching and blessings

CJC Reflects on the Pathway of Justice

AUGUST 2024 MARKED 10 YEARS SINCE THE UNREST IN FERGUSON, MISSOURI, FOLLOWING THE SHOOTING OF MICHAEL BROWN. THIS TRAGEDY SPARKED NOT ONLY PROTESTS BUT ALSO DEEP REFLECTION ON RACIAL INJUSTICE IN AMERICA AND WITHIN THE CHURCH.

As we commemorate a decade since this event, we are called to evaluate whether our responses as a community and church have been truly transformative or merely performative—filled with “talking” or marked by “walking” the path of justice.

Conscience and Justice Council, supported by the North American Division Public Affairs and Religious Liberty department, emerged from the unrest in Ferguson. CJC remains committed to emphasizing justice and fairness in public affairs, while also advocating for liberty of conscience.

CJC was established to mobilize faith communities against systemic racism and inequality, urging them to go beyond the pulpit and engage in justice and advocacy. Part of this mission includes organizing a national intergenerational and interfaith convention to sustain justice ministry.

Some areas have seen real progress. CJC has advocated for police reforms, promoted voter registration and fostered discussions on implicit bias within

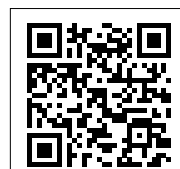
churches and communities. Some localities have implemented changes in policing policies, increased officer accountability and renewed their focus on community policing. Faith leaders are increasingly integrating justice work into their ministries, aligning with the biblical call to “do justly, to love mercy and to walk humbly with your God” (Micah 6:8).

On Sept. 18–22, 2024, the 10th annual CJC Convention took place in St. Louis. Participants met Michael Brown’s family and other civic, faith and community leaders who have advocated for justice over the past decade. The event featured powerful presentations from speakers across the country and engaged participants in plenary and breakout sessions. Field visits included a tour of the St. Louis Kaplan Feldman Holocaust Museum and a “Best Practices” visit to a local ministry called Community Wellness.

Four Washington Conference representatives attended this convention, including Derek Lane, Washington

Conference outreach ministries director and CJC committee PARL representative, and pastors EuGene Lewis, Ulric Hetsberger and Dwayne Wilson. The presentations inspired them, and discussions have begun around hosting a future CJC event in Washington.

Participants left the event inspired and challenged to support, advocate and relationally engage with their neighbors. The next CJC Convention will be held Sept. 25–28, 2025 at Oakwood University in Huntsville, Alabama, promising another meaningful opportunity for believers to foster compassion and justice. To learn more about CJC, visit cjcouncil.org.



DEREK LANE
Washington Conference
outreach ministries
director

More online at NWADVENT.ST/120-1-WA-04 +



Derek Lane hosts a panel discussion on Christian nationalism and privilege.



Participants gain valuable insights from various presenters on fostering community engagement.

PHOTOS BY EDWARD WOODS III

Women's Retreat Blesses Attendees

WOMEN FROM ACROSS WASHINGTON CONFERENCE GATHERED FOR THE ANNUAL WOMEN'S RETREAT, AN UNFORGETTABLE WEEKEND HELD AT SUNSET LAKE CAMP.



ENOC GARCIA
 Khloe Stewart and friends lead out in worship.

On Sept. 20–22, 2024, the retreat, themed “If My Girlfriends Would Pray,” focused on the transformative power of prayer in fostering personal, spiritual and relational growth. With 140 women in attendance, the weekend was filled with meaningful connections, spiritual breakthroughs and a renewed sense of purpose.

Randy Maxwell, Washington Conference vice president for administration and prayer ministry leader, delivered powerful messages that encouraged women to deepen their personal prayer lives and inspired many to either start or join prayer ministries in their local churches and communities. Maxwell’s teachings resonated with the participants, reminding them of the power of prayer not only in personal growth but also as a tool for impacting the lives of those around them.

The presence of God was felt throughout the weekend. One of the many highlights was the beautiful and spiritually enriching music provided by Khloe Stewart, Washington Conference executive administrative assistant and outreach ministries administrative assistant, and her talented team of singers. Their music set the tone for each session, creating an atmosphere of worship and reflection. Their Sabbath afternoon concert was particularly special, as women courageously shared their testimonies, recounting personal stories of God’s power in their lives. These testimonies created a deep sense of unity and encouragement among the attendees.

Another powerful moment occurred during the Sabbath afternoon prayer walk around the lake. In one instance, God

orchestrated healing between two attendees who had been experiencing a strained relationship. Through prayer and reflection, they found peace and reconciliation, illustrating how God uses prayer to mend broken hearts and relationships.

Perhaps one of the most remarkable events of the weekend was when an attendee who had gone hiking off campus was reported missing during the Sabbath evening gathering. The situation prompted a response from the forest rangers, but Maxwell quickly rallied the women together in prayer for the individual’s safety. In a timely answer to prayer, the missing hiker returned safely during the meeting, leading to an outpouring of praise and thanksgiving to God.

Looking ahead, Washington Conference will host the NPUC Women’s

Ministry Leadership Summit from April 25–27, 2025 with the theme “Make Heaven Crowded.” This summit will offer continued opportunities for women to be equipped for ministry. All women are invited to prayerfully consider attending, as this summit is designed to encourage partnerships with Jesus as He leads women in ministry and outreach efforts.

Please continue to pray for women’s ministry in Washington Conference, that God would work through this ministry to further His kingdom and bring glory to His name.



ENOC GARCIA
 Washington
 Conference
 communication
 director

More online at NWADVENT.ST/120-1-WA-99

YOUTH

5 Young Adults Baptized at Annual Retreat

YOUNG ADULTS FROM ACROSS WASHINGTON CONFERENCE GATHERED AT SUNSET LAKE CAMP ON OCT. 18–20, 2024 FOR THE ANNUAL YOUNG ADULT RETREAT. IT DIDN'T TAKE LONG TO SEE THAT GOD WAS DOING SOMETHING REMARKABLE.

On Friday evening, more than 60 young adults gathered in Timber Lodge for a time of worship, testimonies and praise. As the sounds of singing filled the space, the Spirit of God began to move. Many attendees accepted the invitation to share testimonies of God working in their lives. Person after person stood up and praised God for victories over sin, freedom from anxiety and depression, and God's guidance through the everyday struggles of life.

After introducing a baptismal candidate for the following day, an appeal was made for others to take the same step. One by one, people began to come forward. There were many tears and praise as Christ's presence filled the gathering. In the end, five people decided to be baptized the next day. The meeting ended, but no one wanted to leave. Many stayed to fellowship and sing until well past midnight.

The entire weekend was intentionally designed to give young adults time and space to relax, connect and enjoy the beauty of God's creation. "When I asked young adults what they wanted from the retreat, they all said, 'Please don't overschedule the weekend. We just want to rest,'" said Kyle Barrow, Auburn City Church young adult pastor and one of the event organizers.

Church groups from across the region provided meals for the event, including homemade curry, burgers and pasta. The support shown by these cooks helped build a strong sense of community that grew throughout the weekend.

The highlight of the weekend was the Sabbath afternoon baptisms. Under a clear blue sky, the five candidates were lowered into the chilly waters of Sunset Lake. Family and friends who came for the event cheered each new life in Christ.

"This is why we come here on retreat each year," said David Yeagley, Washington Conference young adult director. "Sunset Lake is a place where God works in powerful, transformative ways."

As the weekend ended, a group of participants gathered to ride the giant swing. One after another was harnessed up and connected to the swing. "Can I trust you?" each asked, and the group shouted back, "You can trust us!"

Then, the participant was hoisted aloft by the group. After the laughter and screams of delight, everyone gathered for one last photo. Someone stood at the front with a phone in hand. "Everyone look this way and say, 'Family!'" Smiles, laughter and hugs followed because that's what they had become.

Join us next year on Sept. 26–28, 2025 for the next Young Adult Retreat at Sunset Lake.



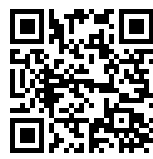
Five people respond to Friday's baptism appeal.



More than 60 young adults gather in Timber Lodge for a time of worship, testimonies and praise.



Smiles, laughter and hugs create a family environment.



DAVID YEAGLEY
Washington
Conference
youth
director

More online at NWADVENT.ST/120-1-WA-01

• God moves in the hearts of many as they give their lives to Jesus.



CHURCH

Seeds Vision Conference Inspires Church Planting

VOLUNTEER PARK CHURCH IN SEATTLE, WASHINGTON, CAME ALIVE WITH A VIBRANT SENSE OF MISSION AS BELIEVERS OF ALL AGES GATHERED FOR SEEDS VISION, A CHURCH PLANTING CONFERENCE.



Organized by Washington Conference church planting department in collaboration with North American Division Evangelism Institute, the Nov. 8-9, 2024 event brought together a diverse group of people united by a shared calling to be “sent out” into their communities as disciple-makers, planting churches across western Washington.

Church planting has become a vital priority for Washington Conference in recognition of the need to boldly fulfill a vision for growth as the conference aims to reach NAD’s goal of having one church per every 25,000 people.

This means within western Washington territory alone, there is a need to plant at least 79 churches to keep up with population growth. The task is great, yet as a community, there is a deep belief in the power of the Holy Spirit to make this possible.

Throughout the weekend, participants were blessed by Spirit-filled worship, personal testimonies and a strong emphasis on prayer.

The testimonies were powerful, offering glimpses into the transformation and revitalization that happens when individuals and churches come together to establish new faith communities. This sharing time served as a source of encouragement, inspiring attendees to see church planting not only as a local initiative but also as a larger God-led movement – one that is exciting, vibrant and centered on Jesus.

Discussion sessions provided space for meaningful conversations, where attendees connected over shared goals and stories. These conversations, combined with presentations on practical topics such as “Disciple-Making and Church Planting in the Workplace” and “Reclaiming the Vision for Mission,” equipped participants with tools and confidence to serve their spiritual spheres of influence more effectively.

One of the weekend’s highlights was a time of blessing and sending out. Several individuals who have committed to raising and leading new church plants in 2025 received a special prayer.



PHOTOS BY ENOC GARCIA

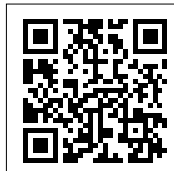
Billy Hungate, Clean Bar co-founder, shares about his experience developing a center of influence in Portland, Oregon.

Those committed to leading church plants gather for a prayer of blessing.

These leaders, prepared to answer God’s call, represent the beginning of a new chapter in Washington Conference’s church planting mission. Surrounded by peers and mentors, they stood together as evidence of God’s active work and the ongoing expansion of His kingdom.

As Seeds Vision came to an end, there was a deep sense of excitement to fulfill the Great Commission. Many left energized, with a renewed commitment to creating communities that reflect a practical, Spirit-led gospel.

Undoubtedly, God is raising a new generation of church planters who are answering the call to lead His church. Leaders pray that the planted seeds will continue to grow, bearing fruit for God’s kingdom and igniting a passion for disciple-making that will reach every corner of western Washington and beyond.



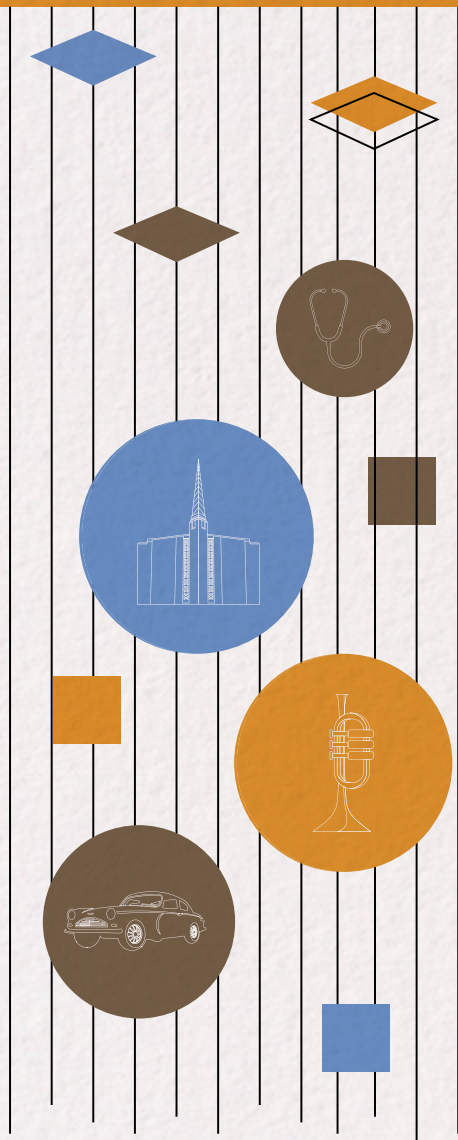
ENOC GARCIA
Washington Conference
communication director

More online at [NWADVENT.ST/120-1-WA-72](https://www.nwadvent.org/st/120-1-wa-72)

JOIN US FOR

HOMECOMING WEEKEND

April 25–27, 2025



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Vanguards (pre-1965), 1965, 1970, 1975, 1980, 1985, 1990, 1995, 2000, 2005, 2010, 2015

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- ▶ Submit a class member profile to share with your class at homecoming, wallawalla.edu/alumnotes.
- ▶ Nominate a fellow alum for an award at wallawalla.edu/nominate-alumni.
- ▶ Find more information and register for homecoming at wallawalla.edu/homecoming or contact Alumni and Advancement Services at (800) 377-2586.

Partnership Makes Master's in Pastoral Care More Accessible

IN RECOGNIZING CHAPLAINCY AS ONE OF THE FASTEST-GROWING FORMS OF MINISTRY, WALLA WALLA UNIVERSITY SCHOOL OF THEOLOGY HAS PARTNERED WITH ADVENTHEALTH UNIVERSITY TO SUPPORT STUDENTS AS THEY SEEK TO CONDUCT MINISTRY IN A HEALTHCARE SETTING.

Now in effect, this new collaboration offers dual-credit classes that count towards both WWU's theology and religious studies undergraduate degree and AHU's Master in Spiritual Care degree. This creates a wonderful opportunity for students to significantly reduce the amount of time and money needed to complete a master's degree.

AHU's regular program consists of six trimesters and a total of 72 credits. The dual-credit classes can lessen that time by a full trimester, providing up to 12 quarter

hours of graduate credit. In order for these classes to count towards their master's degree, students must earn a B or higher.

Chaplaincy is "a key means to reach people with the gospel in an increasingly secular world," said Carl Cosaert, WWU School of Theology dean, who is excited for this partnership to strengthen the School of Theology's chaplaincy concentration and the classes it is able to offer.

STACY WISENER

WWU university relations student writer



More online at [NWADVENT.ST/120-1-WWU-46](https://www.nwadvent.org/st/120-1-wwu-46) 



EDUCATION

Student Life Sets Caleb's Faith as Focus for Year

ACADEMIC PROGRAMS AND STUDENT LIFE AT WALLA WALLA UNIVERSITY ARE CENTERED FIRMLY ON THE MISSION OF BUILDING FAITH AMONG COLLEGIATE STUDENTS. AT THE START OF THE 2024–2025 SCHOOL YEAR, STUDENT LEADERS FOR WORSHIP PROGRAMS, SERVICE ORGANIZATIONS AND RESIDENCE HALLS GATHERED FOR TRAINING AND TEAM BUILDING.

The retreat was centered around the theme “Give Me the Mountains,” based on Joshua 14, where Caleb requests his allotment of the promised land to be the hill country.

The powerful calling to take on difficulties with firm faith in God's power has clearly spoken to students. Several all-campus gatherings focused on the theme and student leaders decided to make it the theme of their Student Week of Worship as well. Each day, students shared about the difficult moments in life that helped build their faith.

As Darren Wilkins, WWU vice president for student life, explained, “If you have the Almighty God on your side, why would you want the easy things?”

Students are tackling literal mountains as well. This winter, WWU partnered with Bluewood, a nearby alpine ski area, to offer students a once-in-a-lifetime ski deal, with eight full-day tickets costing only \$320. For first-time skiers, WWU offers a ski class for

credit where students can learn with instructors.

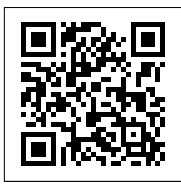
ASWWU Outdoors is also a great resource for students wanting to discover new ways to conquer the mountains or just get outside. Trips cover everything from rock climbing and white water rafting to cabining in the snow and surfing.

“We specifically work to make trips accessible and easy for students who haven't done these activities before,” explained Wilkins. “We want to introduce students to the power and fun of God's creation through a breadth of activities.”

For more experienced adventurers, student life also offers Sacred Mountains trips, tackling a new famous international peak each summer. In summer 2025, Wilkins will lead a group to Mount Ararat. “These are bigger, bucket list experiences. The effort needed to drag yourself up a mountain connects to a certain spiritual journey. It can be a difficult task that takes dedication and the support of friends,” said Wilkins.

These faith-building moments, in community and in nature, abound at WWU. Located in the Pacific Northwest, WWU is blessed with a certain proximity to beauty and wilderness that makes adventure easy.

“Students who choose to come here tend to have a certain adventure ethic,” said Wilkins. “Whether it's literal mountains or the adventure of finding new friends, taking on leadership skills or tackling hard academics, we really have a campus of students who are up for stuff. They are willing to tell God, ‘Give me the mountains, I have faith in You.’”



KELSI DOS SANTOS
WWU marketing and university relations director

More online at [NWADVENT.ST/120-1-WWU-52](https://www.nwadvent.st/120-1-wwu-52) 



ALEX BRYAN

Spiritual leadership by students is enforcing campus as a place to step out in faith.



CARSON COX

ASWWU Outdoors and other programs give students the chance to do hard things together in a Christian community.



Volunteers Conduct RHD Screening in Micronesia

A TEAM OF 11 ADVENTIST HEALTH VOLUNTEERS SPENT SIX DAYS IN THE FEDERATED STATES OF MICRONESIA CONDUCTING CHILDHOOD SCREENING FOR RHEUMATIC HEART DISEASE. THE TEAM SCREENED 765 CHILDREN, WITH A 12.7% POSITIVE RATE FOR RHD.

RHD is caused by rheumatic fever, an autoimmune inflammatory reaction to Group A streptococcal infection – strep throat – which can lead to inflammation and scarring of the heart valves. More than 90% of cases identified during the trip will be treated with prophylactic antibiotics to keep in check further strep infection.

“We also found some very advanced RHD in children who will need surgery on their heart valves immediately,” said John Schroer, Adventist Health global mission system lead. “We often don’t think about rheumatic fever and RHD because in the U.S. we just treat strep when it comes up, but other locations in the world don’t always have this opportunity.”

The Adventist Health team partnered with Payne Perman, a local physician who started the screening program more than 10 years ago. His goal is to screen every child in the FSM every year. After screenings take

place, Perman partners with local public health officials to begin treatment and ongoing care.

“I’ve never seen more tears shed on a mission trip than this one,” said Schroer. “Our team experienced so much joy and purpose from being able to change the direction of these kid’s lives. One of our providers said this trip brought them back to the reason they wanted to be in healthcare in the first place.”

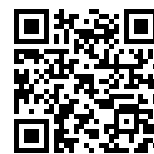
The FSM is a federation of four states – Yap, Chuuk, Pohnpei and Kosrae – comprised of 607 islands. After screening 25% of the children on three islands in Chuuk, the Adventist Health team found 97 cases of RHD. There are 29 more islands in Chuuk alone yet to hold screenings. More than 52% of the population on each of the 607 islands is under the age of 18 and in need of screening. The majority of screenings, roughly 98%, will identify

infection in time for effective treatment without surgery.

“We didn’t see enough people,” Schroer said. “We need echo-techs, cardiologists and nurses for our next trip. Taking a team of eight to 10 providers each month would change the direction of countless lives in the FSM.”

Schroer said the physical hardship of traveling to screening locations and conducting the screenings is intense in terms of logistics, but trip participants consistently report the physical hardships don’t compare to the joy of the work.

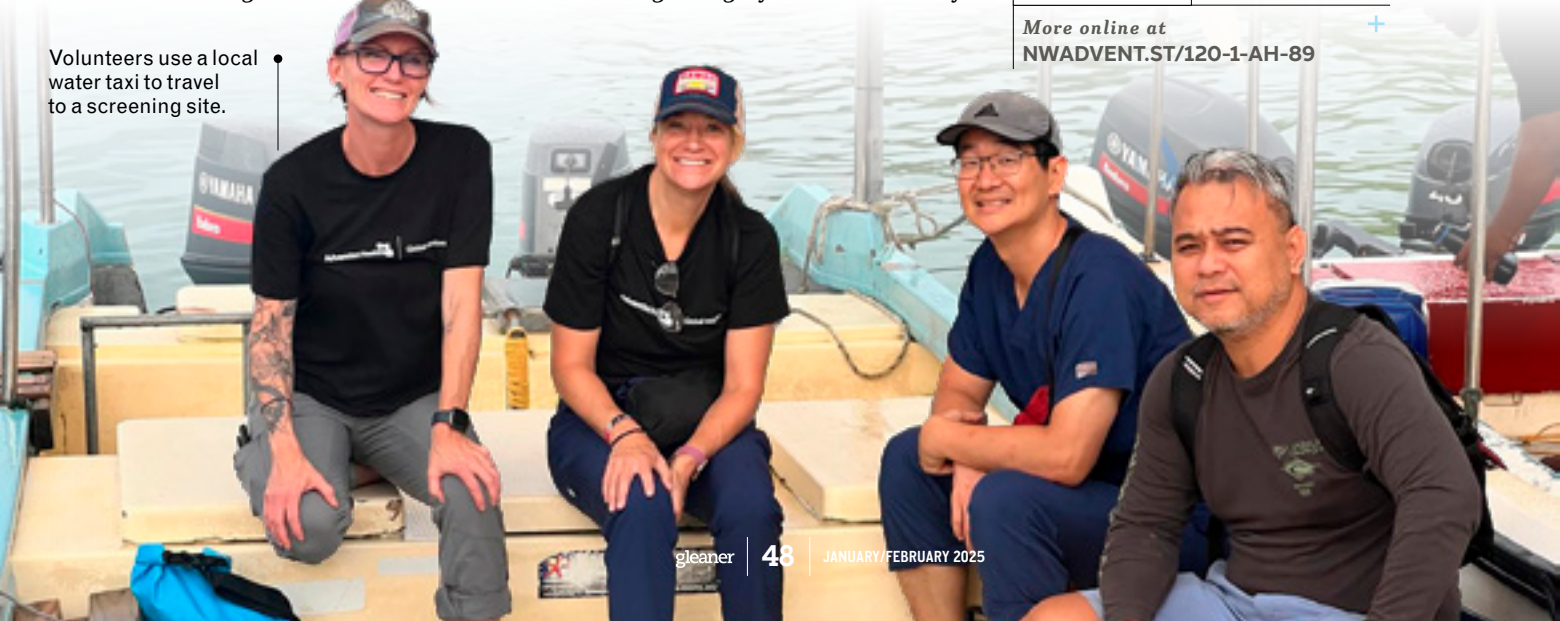
Contact Schroer at schroejh@ah.org to learn how you can get involved and support the mission efforts.



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

More online at NWADVENT.ST/120-1-AH-89

Volunteers use a local water taxi to travel to a screening site.



HEALTH

8 Easy Exercises You Can Do Anywhere

YOU ARE DEDICATED TO YOUR WORK, AND YOU TAKE PRIDE IN GETTING THE JOB DONE RIGHT. WE GET IT! HOWEVER, YOUR MUSCLES, EYES AND BRAIN ALL NEED A BREAK.

Even if you're hitting the gym before or after work, it's still very important to get up and move around during your workday.

Here are a few exercises you can do at work to help break up your day:

Take a walk – It's that simple! Get up and wander around a bit. It doesn't have to be a sweat-inducing power walk. Stroll around the building, walk around the block or go say "hi" to a friend down the hall. Just get up and move.

Use the stairs – Headed to your desk in the morning or leaving at night? Need to drop something off on another floor? Use the stairs!

Desk pushups – These are just like regular pushups but slightly less intense because of the angle. Put your hands shoulder-width apart on the edge of your desk, put your feet out away from your desk, lean on your hands and then complete your pushup. Try 15 reps to start.

Knee lift – Imagine you're holding a soccer ball in your hands and want to bump it with your knee. It's the same idea here – lift one knee at a time in front of you and bring your arms down, hands in fists, on either side of your knee. Try 20 reps to start.

Wall sit – This is very important: Use a real wall, not a temporary cubicle wall. Squat down and sit against the wall using your legs and abdominal muscles to keep yourself up. Add extra intensity by holding your arms out in front of you. Try staying up for 30 seconds to start, then increase by 15 seconds each week.

Side punches – Punch across your body from one side to the other while slightly twisting on the opposite foot and at the waist to make sure you fully extend your arm. Try 20 reps to start.

Lunges – Side lunges or front lunges can be done in your cubicle or office. Put your hands on your hips, step out to the side or to the front with one foot, then step back again. Alternate legs. Try 10 reps with each leg to start.

Bicep curl – Hold your hands in fists at the side of your body. Keeping your upper arm near your body, slowly raise your fist to your shoulder, bending at your elbow while twisting your arm so the inside of your fist faces your body. For extra intensity, hold small dumbbells. Try 15 reps to start.

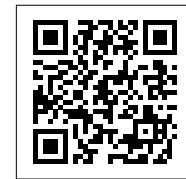
These are just a few of the many exercises you can do at work. Remember

to get up and move around during your workday – the more often the better. Ideally, stand and move around every 30 minutes. If you can't do that, just get moving as much as possible.

Recruit your coworkers to the cause; take a break and exercise together for some fun and fit team building!

KIM STROBEL

Adventist Health program manager for religion, faith and mission



More online at [NWADVENT.ST/120-1-WWU-43](https://nwadvent.st/120-1-wwu-43) +



family MILESTONES

Kegley 65th



Albert and Marjorie (Wortman) Kegley celebrated 65 years of marriage on May 12, 2024 with a cruise to Alaska with their family. They were married on April 4, 1959 in Chehalis, Washington. They have 3 children, 2 grandchildren and 2 great-grandchildren.

Smith 70th



John and Kathy (Doleman) Smith celebrated 70 years of marriage on July 13, 2024 with a brunch in Spokane, Washington. They were married on June 3, 1954 in Cottage Grove, Oregon. They have 2 children, 7 grandchildren and 6 great-grandchildren.

Introducing the new

Alive in Jesus

Children's Sabbath School Curriculum!

A vibrant illustration of a young child with dark hair, wearing a striped shirt and blue overalls, looking up with a joyful expression. The background is a lush green landscape with a large monarch butterfly, a zebra, and a rhinoceros.

Babies & Beginners Launches 2025!
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family AT REST

BRONSON – Vivian Ione (Ratcliff), 97; born June 6, 1927, Hayden, Colorado; died Sept. 24, 2024, Libby, Montana. Surviving: daughter, Barbara (Bronson) Dole; brother, George Ratcliff.

HAYS – Anita Lee (Church), 79; born Nov. 5, 1944, Milwaukee, Wisconsin; died Dec. 15, 2023, Boring, Oregon. Surviving: spouse, Don; sons, Rob and Brian; brothers, Monte, Curtis, Mike and Pat Church; 3 grandchildren.

JANZEN – Betty Jean (Gohl), previously Betty Revolinski, 97; born July 24, 1927, Startup, Washington; died Sept. 25, 2024, Gresham, Oregon. Surviving: daughter, Patricia Revolinski; brother, Robert Gohl; 2 grandchildren and 1 great-grandchild.

MARRIOTT – Clyde, 102; born July 10, 1922, Hanford, California; died July 26, 2024, Myrtle Creek, Oregon. Surviving: sons, Ronald and John; daughter, Linda Lauren; 8 grandchildren, 14 great-grandchildren and 1 great-great-grandchild.

MCGINNIS – Larry Ralston, 87; born May 18, 1937, Martinez, California; died Sept. 1, 2024, Mount Vernon, Washington. Surviving: spouse, Dora Reuble; sons, Richard and Doug McGinnis; daughter, Cindy McGinnis; stepsons, Kevin and Bryant Worth; sister, Betty (McGinnis) Wood; 4 grandchildren, 3 step-grandchildren and 4 great-grandchildren.

MILLER – Joyce Marilyn (Sivertson), 89; born Feb. 28, 1935, Berg, North Dakota; died Oct. 15, 2024, Vancouver, Washington. Surviving: sisters, Sibyl Herr, Alice Boyko and Marlys Jensen.

PAYNE – Lynda Elizabeth (Curl), previously Lynda Durbin, 80; born Oct. 2, 1944, The Dalles, Oregon; died Oct. 18, 2024, Sandpoint, Idaho. Surviving: spouse, Dean Payne; son, Steve Durbin; daughter, Janet Durbin Shinner; 3 grandchildren and 3 step-grandchildren.

PIFER – George, 82; born Oct. 11, 1941, Miami, Florida; died July 15, 2024, Fall River Mills, California. Surviving: spouse, Elizabeth; daughters, Anita Marie McGrew and Raylene Feather;

4 grandchildren and 3 great-grandchildren. *(This is a reprint with corrected information from November/December 2024)*

SMITH – Clifford Louis, 94; born June 10, 1930, Yakima, Washington; died Aug. 2, 2024, Olympia, Washington. Surviving: spouse, Roberta (Devereaux); sons, Dwayne and Gregory; daughter, Debbie (Smith) Meyer; 5 grandchildren and 5 great-grandchildren.

SMITH – Kenneth “Ken” Merle, 73; born Sept. 3, 1950, Rangoon, Burma; died Aug. 11, 2024, Tacoma, Washington. Surviving: spouse, Heather (Rowell); sons, Joshua and Jonathan; brothers, Eden and Bill; sister, Vikki (Smith) Clemons.

1945–2023

DAVID CONRAD JARNES

David Conrad Jarnes, born Oct. 8, 1945, grew up as a pastor's kid in New York and North Dakota. He attended Sheyenne River Academy and Union College, graduating with a bachelor's degree in religion in 1967. He married Jeanne Beck in August 1971, and later became the father of two children.

David pastored for 10 years in North Dakota, Washington and Wisconsin before moving to Andrews University to complete his Master of Divinity. He accepted a call as associate editor of *Ministry*, the General Conference magazine.

In 1991, he joined Pacific Press as *Signs of the Times* associate editor and later became a book editor. His theological expertise and editing skills earned him respect among coworkers, editors and Adventist scholars.

In 2009, David was diagnosed with Parkinson's disease. He retired in 2012 after 25 years at Pacific Press. The Jarnes moved to Spokane in 2016.

David passed away peacefully on Dec. 5, 2023 surrounded by family.

David is survived by his wife, Jeanne; son, Todd Jarnes; daughter, Kristen, and her husband, Ed Browning; siblings, Rolf and Judy Jarnes, Gary and Vicki Jarnes, Laurie and Victor Brown, and Carolyn Jean Jarnes; in-laws, Nancy (Beck) and Gary Irland; and Peter and Gayle Beck; two grandchildren, Malcolm and Fiona Browning; 16 nieces and nephews; and many relatives and friends.



1943–2024

DIANNA (BURTON) MOHR

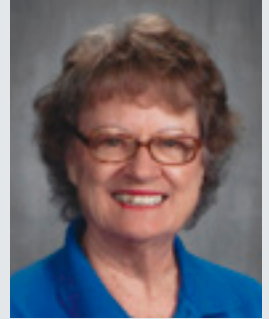
Dianna Mohr, previously Dianna Bartholomew, passed away on Oct. 27, 2024 at the age of 81. Having survived kidney cancer that spread to her lungs, she succumbed to associated pneumonitis. She was a lifelong educator, teacher and administrator.

For more than 40 years, Dianna, most recently at Desert View Christian School, inspired students across the Pacific Northwest, California, Arizona, Missouri and Maryland, following the passion God put in her heart to educate students and tell them about Jesus.

Dianna became the first woman principal in Oregon Conference at Rivergate Elementary School. In Arizona, as Camp Yavapines education and conference center program director, she stepped outside the classroom and created total learning environments. Upon returning to Oregon, she started two new schools: Sutherlin Adventist School and Cottage Grove Christian School.

Dianna's philosophy focused on the mastery of academic concepts, processes and applications of what is learned, rather than simply finding the correct answer—in that way, no student fails. She described her classrooms as very structured but exciting and fun, where learning is a great adventure.

Dianna joins the love of her life, Calvin Mohr, in sleep. She is dearly missed by her children, Kathy Bartholomew, Cheri Chiles and Mike Mohr; sister, Linda Mracek; brother, Mike Burton; their families; countless students; fellow educators and school families.



SPADY – Wallalee Emerald (Winkler), 96; born March 8, 1928, Helena, Montana; died Sept. 27, 2024, Walla Walla, Washington. Surviving: sons, David, Robert and Richard; daughter, Sharon (Spady) Humbert; sister, Myrna Winkle; 11 grandchildren and 7 great-grandchildren.

WALLEWEIN – Norman Cecil, 87; born March 25, 1937, Irvine, Alberta, Canada; died Sept. 18, 2024, Hidden Valley Lake, California. Surviving: spouse, Joyce (Ellison); son, Kevin; daughter, LaVaun

(Wallewein) Cottrell; 3 grandchildren and 4 step-grandchildren.

WINN – Patricia Jo (Scyphers), 83; born Jan. 28, 1941, Big Timber, Montana; died Aug. 20, 2024, College Place, Washington. Surviving: spouse, Ted; son, Mark; daughter, Eileen (Winn) Gascon; brother, Joe Scyphers; sisters, Charlene (Scyphers) Scharf and Ruth (Scyphers) Bebee; 8 grandchildren, 6 great-grandchildren and 1 great-great-grandchild.

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OREGON CONFERENCE

Save the Date: Coos Bay Church 115th Anniversary Celebration

You are invited to Coos Bay Church's 115th year reunion and celebration of moving into our church 50 years ago on May 9-10, 2025. If you have addresses and/or phone numbers of former students/teachers of Gold Coast Junior Academy or members and friends of Coos Bay Church, please call Coreen Cline at 541-294-3056. Email copies of past and present pictures of yourself and family members or church event photos to delcoreen@gmail.com.

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JUST FOR KIDS

Talking to Your Friend

Think about a good friend of yours. Maybe they live next door or are in your class at school.

Good friends like to spend time with each other. They care about what you think and how you feel. They like to hear from you, and they can hardly wait to talk to you.



The young boy Samuel and God were good friends. One night, Samuel's Friend called out his name, "Samuel! Samuel!"

God called to Samuel three times — and three times Samuel ran to Eli's room to see what the old priest needed. Then Eli realized that God was talking to Samuel. He told Samuel to listen to what God had to say.

When God called his name the fourth time, Samuel was ready. He said, "Speak. I am your servant, and I am listening" (1 Sam. 3:10). Samuel listened carefully to what God said for all his life. He shared God's words with others.

God wants to talk with you too. He speaks to you through the Bible and the Holy Spirit. He says you are His friend (John 15:15). He loves to hear from you.

Jesus loved to talk to all kinds of people — children and adults, those like Him and those unlike Him. When His disciples tried to keep children away, Jesus said, "Let the little children come to me. Don't stop them" (Matt. 19:14).

God wants to hear from you — even if you think He doesn't. When you don't feel like talking to Him, that's when you really need to do it! Praying is talking to your best Friend. So talk to Him when you are happy, when you are sad, when you feel busy and when you feel bored. Tell Him how you feel and listen for His voice.

You can read 1 Samuel 3 for family worship.



PAULA WART
Just for Kids columnist

More online at NWADVENT.ST/120-1-KIDS-45 

Pray Always

The Bible says you can “pray and ask God for everything you need, always giving thanks for what you have” (Phil. 4:6). Here are some ways you can practice prayer and praise with your family.

1

Prayer Nest

To make a prayer nest, cut out egg shapes from colored paper. Write a prayer on one side of each paper egg. Then place it in a basket or jar to “hatch” an answer. Add prayer eggs to the basket each day as part of evening worship. Pray over your eggs, thanking God in advance for how He will answer them. When God answers, write His response on the back of the egg.

2

House of Prayer

Make signs that say “House of Prayer” or “Pray Here.” Put them in your windows. People who walk or drive by will know that you are happy to pray with them and for them.

3

Prayer Closet

You can turn a closet or the corner of a room into a prayer closet. Make posters with your favorite verses about prayer. Use poster tape to hang them on the walls. Add a prayer journal and pen, a whiteboard and dry-erase markers, or your Prayer Nest. Some pillows and blankets can make your prayer closet cozy.

4

Prayer Walks

At least once a day, walk some of the streets where you live. As you pass by each house, pray aloud for each person living there. Take turns so everyone in your family gets to pray!



PAULA WART
Just for Kids columnist

More online at NWADVENT.ST/120-1-KIDS-44

Building Faith in Kids in Times of Struggle

Life can be hard, can't it? During times of struggle, how do we help our kids

build faith and be resilient? We are currently dealing with serious health issues in our extended family – mental health issues as well – and life is a lot different in 2025 for a middle schooler and high schooler.

In an unpredictable world, what can we do, as adults, to help our kids build their faith in times of struggle? We must equip our children to find hope, strength and peace through reliance on God.

WHERE DOES FAITH COME FROM?

Christian resilience truly comes from a trust in God and His plan for our lives. It isn't just about self-reliance and personal characteristic traits. In fact, James 1:2-4 tells us, "Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that

you may be mature and complete, not lacking anything."

When we have God in our lives, we can face struggles and find hope and peace. Philip. 4:13 tells us, "I can do all this through Him who gives me strength."

PARENTS ARE ROLE MODELS

My husband, Tyler, is reading a really good book right now, and it talks about how important parents are in their kids' lives. How they talk to their kids, interact with their kids and react to their kids, the greatest influence on kids' lives are parents. We must show our kids in our actions how to respond to struggles.

How does your faith shape your response to hard things? What are our kids learning from us? That's not always easy, is it? Here are three ways we can model this for our kids: openly pray as a family during hard times, express gratitude even in difficulties and talk about how faith helps us personally.



AUTHOR LaVonne Long



More online at [NWADVENT.ST/120-1-POV-38](https://www.nwadventist.org/st/120-1-POV-38)



A strong foundation of faith in God helps our kids face challenges and build resilience.

PRACTICAL WAYS KIDS CAN RELY ON GOD DURING TRIALS

Pray—Prayer needs to be our first response, not our last resort. Encourage kids to talk to God about all their struggles and fears. Phil. 4:6–7 tells us, “Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.”

Memorize scripture—Teach your kids Bible verses for comfort and strength. There are so many to choose from. Google it; make flashcards; say them together; put them on the mirrors in the bathroom and the refrigerator; hang them on their bedroom door. Here are three to look up: Psalm 46:1, Isaiah 41:10 and 2 Cor. 12:9. You can add so many more.

Prayer journal—Keep a family prayer journal. Write down all the evidence of God’s work in your lives, especially during trials. This is something everyone can look back on and feel hopeful.

Remember, let’s focus on God’s promises and not just the challenges of life. Struggles are temporary—and it’s important for our kids to understand this. A strong foundation of faith in God helps our kids face challenges and build resilience.

LAVONNE LONG
Northwest Adventists family columnist



The Danger of Being Overly Zealous

“You’ll find out when you reach the top, you’re at the bottom.”
— Bob Dylan, American singer-songwriter



K

ing Solomon had it all, but he was frustrated at the futility of life. The more wealth and prosperity he

achieved, the more meaningless it all became to him. He had reached the mountain top of success but was in an emotional valley.

The book of Ecclesiastes was his way of wrestling with the tension of being at the pinnacle of worldly success while feeling like he was stuck in a pit. Everything Solomon touched turned to gold but, to the king, all of it was meaningless like chasing after the wind.

Solomon wrote in Eccl. 7:15–18: “I have seen everything in my days of vanity: There is a just man who perishes in his righteousness, and there is a wicked man who prolongs life in his wickedness. Do not be overly righteous, nor be overly wise: Why should you destroy yourself? Do not be overly wicked, nor be foolish: Why should you die before your time? It is good that you grasp this, and also not remove your hand from the other; for he who fears God will escape them all.”

This is a text that can be initially confusing but offers some profound truth.

The first thing that is made clear is that the prosperity gospel is a lie!

Solomon observed that bad things happen to good people. Good people suffer; good people die. It doesn’t matter how often they pray or go to church, how much tithe they pay or how healthy their diet is.

When I was young, my grandma died of lung cancer. She

never smoked for a day in her life. She was a vegetarian, went to church every week and was a good person.

One time she was asked, “Why would God allow this to happen to you?” She replied, “Why not me?”

She understood that not everything happens for a reason. Cancer didn’t come for her because she lacked faith; it came because it is a hideous disease and sometimes bad things happen to good people.

Conversely, sometimes “bad” people appear to prosper. They have money and health, and they don’t seem to be held accountable for their actions. Solomon may have been referring to such people when he said, “They prolong life in their wickedness.”

Ecclesiastes challenges the so-called conventional wisdom that one is blessed because of their righteousness or cursed because of their wickedness. This is not always the case. Sometimes the wicked appear to prosper.

The second point this passage brings out is the danger of being “overly righteous.” How is it possible to be overly righteous? This is referring to a legalistic exactness that actually turns potentially good things into a curse.

The Adventist Church believes in healthy living. We believe a plant-based diet is best for your health. There is a lot of compelling evidence that backs this up. (See the groundbreaking research from the China Study or

AUTHOR

Kevin McGill



*The only way to break through
the confusion surrounding good
and evil is to “fear God.”*

the documentary, Forks Over Knives, as case in point.) However, while healthy living is good, imposing it on others in an “overly righteous” way is not!

Not all Adventists are vegetarian or vegan. It’s not a requirement of the church; it’s encouraged, but some people do more than encourage.

A couple of years ago, I heard a story that illustrates this. A newcomer was invited to a potluck and brought a dish. In the lunch line, she noticed her dish was missing and asked a church member in the kitchen about it. The member led her to a trash can and informed her that she had thrown it away. It was macaroni and cheese. The overly righteous saint didn’t like that the dish had cheese in it.

In his book, *Ecclesiastes, All Is Vanity*, Jacques B. Doukhan explains

the danger of being overly zealous. He says, “The fanatic for God and for the truth can be dangerous and can turn their original wisdom into foolishness, so the perfectionist can create hell on earth. So eager to do exactly the very right thing, they will not only become an unbearable pain for their neighbors but in the process destroy themselves. The same principle applies to the ‘overly wicked;’ they will also die because of their excess. To add bad to the already bad will make it worse.”

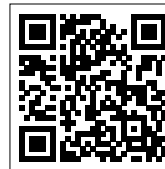
Ecclesiastes’ ethical advice, then, is consistent with that ambiguity. “It is good that you grasp this and also not remove your hand from the other” (Eccl. 7:18).

He is referring to both good and bad. Is Ecclesiastes encouraging ethical decisions based on compromise—a middle ground between good and evil? Is

he suggesting a mixture of the two? Certainly not! Ecclesiastes asserts that good and evil are already intertwined, making it challenging to discern the best path forward.

Ecclesiastes highlights the tension between the opposites of good and bad. The only way to break through the confusion surrounding good and evil is to “fear God.” As it says, “For he who fears God will escape them all” (Eccl. 7:18). Focusing on legalistic perfection can lead to self-destruction and harm those we aim to help.

KEVIN MCGILL
Green Lake Church senior pastor



More online at NWADVENT.ST/120-1-POV-89 



Rockhounding

Rockhounding is like treasure hunting, you never know what you will find. That's the true joy and challenge of rockhounding.

Sometimes you search for a long time before you find treasure, and other times you barely get out of the car and there laying on the ground is exactly what you were looking for.

There are rockhounding books, forums, websites, Facebook pages, groups, clubs and more that will help you in your search for a new rock or mineral. The more you read, study, examine, ask questions and go searching the more you will find.

The expedition—the peace of spending hours out in nature walking and searching—is only matched by the sheer joy of actually finding that amazing thing you were looking for.

However, reading all the right books and joining all the right clubs is not enough. Rockhounding is mainly about exactly what the name implies: rockhounding. Looking and spending time in the field is where you will truly become a seasoned rockhound with treasures to prove your efforts were worthwhile.

As much as I enjoy rockhounding for geological treasures, as a Christian I find myself daily needing to seek out another kind of rock.

The Bible points to Jesus Christ being the rock we are to build our lives on. In both the Old and New Testaments, God makes it clear that our lives are unstable

without the firm foundation of His transforming and grounding power. David understood this concept and wrote numerous times in the book of Psalms employing the imagery of God as our rock.

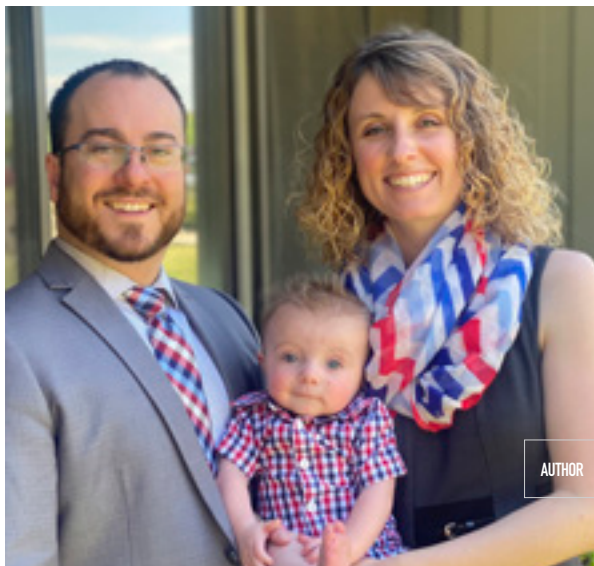
Psalm 18:2: "The Lord is my rock and my fortress and my deliverer, my God, my rock, in whom I take refuge, my shield, and the horn of my salvation, my stronghold."

Even when life is a mess, when the world is falling apart around us, God remains our rock, fortress and deliverer. Even when we lose sight of what's truly important, when we become weighed down with the challenges of this life, God works to remind us that He is ever present.

As I wake my 3-year-old son up each morning, I am asked a very sincere and serious question, "Mommy, when will Jesus come back?" Or, "Mommy, can we pray for Jesus to come back soon? Cause I want to be with Him."

My young son wants to rockhound for Jesus. He wants to sing songs, read stories and pray because he wants a relationship with Jesus Christ. He desperately wants to see Jesus face-to-face and play with Him, but he also enjoys the searching. Even at this young age, his heart longs to be surrendered to Jesus. It is a near-daily reminder to me that we are to be like little children, desiring and searching for Jesus with all our hearts.

The scriptures make it clear that our searching is never done in vain. You may come home



AUTHOR

Natashia McVay



PERSPECTIVE

Jesus promises us that if we seek Him and spend time with Him on a regular basis, we are guaranteed to find Him.

empty-handed when searching for physical rocks here on earth, but you will never come away empty when searching for Jesus.

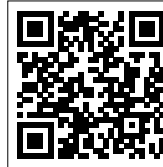
Jesus' words to us in Matthew speak of this promise. Matt. 7:7 says, "Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you." Jesus promises us that if we seek Him and spend time with Him on a regular basis, we are guaranteed to find Him. He doesn't hide, rather He is ready and waiting to be found.

So, my question to you, as we begin 2025 is this: What do you want to find this year?

Will you search for something meaningful and life changing? Or are you satisfied with exactly where you are? Do you have goals for growth in your walk with Jesus this year? Are you ready to do some eternal rockhounding?

Jesus desires that we search for Him, that we spend time in the scriptures and learn about Him, that we talk with Him

and let Him ground us on solid rock. If you firmly establish your life on Jesus this year, you are guaranteed to find a very precious rock of eternal value.



NATASHIA MCVAY
Moscow and
Pullman Church
associate pastor

More online at 
NWADVENT.ST/120-1-POV-30



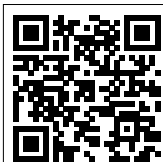
Divine Frequencies

SOMETIMES, WHEN YOU REREAD A FAMILIAR BIBLE STORY, A NEW INSIGHT STANDS OUT.



BENDALUSONG

AUTHOR Heidi Baumgartner



More online at [NWADVENT.ST/120-1-TT-22](https://www.nwadventists.com/st/120-1-TT-22)

Elijah tops my list of Bible prayer heroes. As one of history’s greatest spiritual reformers, he earned the title “troubler of Israel” from King Ahab – what a compliment!

After three years of drought, God instructed Elijah to confront Ahab in a showdown to reveal the true God. With all of Israel and the prophets of Baal assembled at Mount Carmel, Elijah boldly asked, “How long will you falter between two opinions?”

The prophets cried out to Baal all morning. By noon, Elijah mocked them. By evening, they were bloodied from self-mutilation, yet there was no voice, no answer and no fire.

As the evening sacrifice neared, Elijah demonstrated how to rebuild the altar using 12 stones. He dug a trench, arranged the wood, prepared a bull and called for water.

Then he prayed, “Hear me, O Lord, hear me, that these people may know that You are the Lord God, and that You have turned their hearts back to You again” (1 Kings 18:37).

Then—the fire fell from heaven. The people declared the Lord as God.

What stood out to me recently was Elijah’s next move: He retreated to pray alone. He persisted in prayer seven times, each time sending his servant to look toward the sea. Finally, the servant spotted a small cloud, and Elijah told Ahab to hurry home before the rain could stop him.

God then gave Elijah superhuman strength to run a near marathon to arrive at the entrance of Jezreel ahead of Ahab—a feat after an emotionally charged day of ministry!

When Jezebel furiously threatened to kill him, Elijah fled in fear a day’s journey into the wilderness. Ironically, he prayed that he might die.

All things considered, it’s no wonder his perspective was skewed, just as ours can be after our own ministry marathons.

God gave Elijah 40 days to physically recalibrate and then called him onto the mountain for a spiritual recalibration. There, Elijah witnessed wind, an earthquake and fire,

and he finally heard God in a still small voice, instructing him to nurture the next generation.

God speaks to us anywhere and in whatever tones and frequencies we need to hear. Sometimes it’s a fiery response; other times, it’s a whisper.

Elijah’s story reminds us that God is always there – listening, caring, responding, guiding, comforting and reassuring. May we lean into His voice, promptings, promises and calling as we minister for Him.

HEIDI BAUMGARTNER
North Pacific Union communication director and Gleaner editor

TABLE TALK PROMPT

Elijah encountered God in both powerful displays and quiet whispers. In what ways do you recognize the “divine frequencies” in your life, and how is God calling you to respond?

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

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