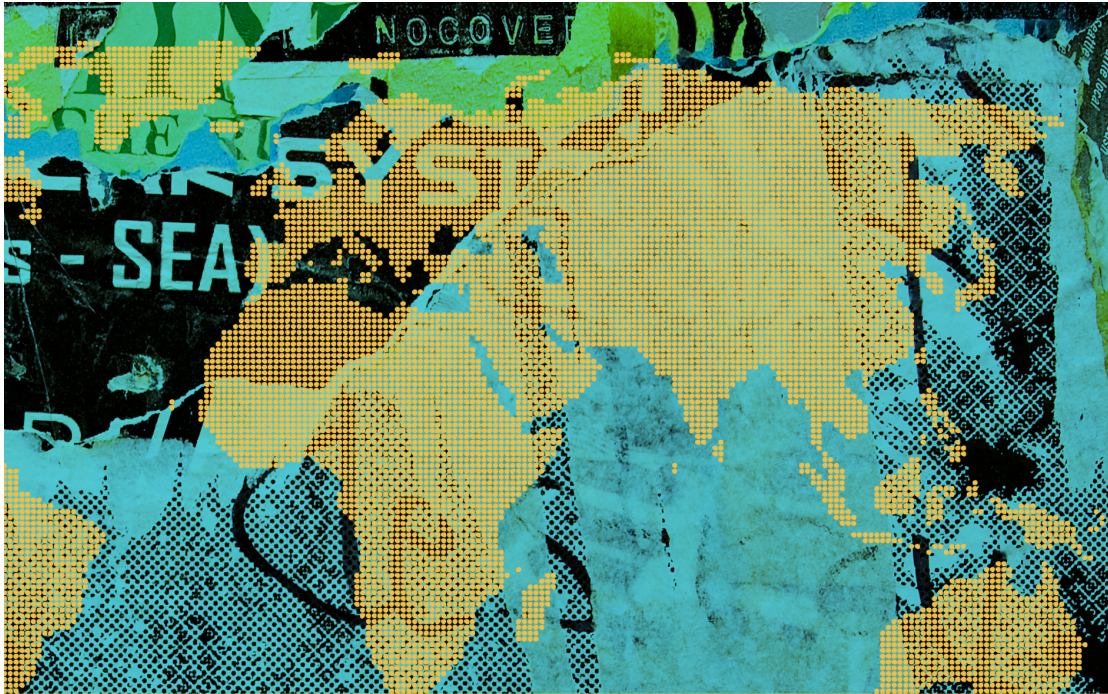


**PIONEER MEMORIAL  
CHURCH**



**THE RADICALS**

THIS *GENERATION*, THIS *WORLD*, THIS *TIME*

**PART THREE // JANUARY 22, 2011**

8:15 AM // PAGE 10

11:20 AM // PAGE 13

# WELCOME!

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*We extend a warm welcome to all our visitors today. If you are looking for a new church Family we'd be honored to have you join us. There are membership transfer request cards in the pew racks. And we invite you to dinner downstairs in our Commons immediately following the second service. Welcome!*

## FIND IT HERE

**PAGE FOUR**  
Church Reports

**PAGE TEN**  
8:15 AM // Service  
The Word  
Music Alive

**PAGE TWELVE**  
Sabbath Study  
11:20 AM // Service

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Pioneer People -  
Announcements

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Sabbath School Directory

**PAGE TWENTY-TWO**  
Contacts

## PASTOR'S BLOG

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[WWW.PMCHURCH.TV](http://WWW.PMCHURCH.TV)

### "THE HOUSE BY THE SIDE OF THE ROAD"

Three people died this week: Don Kirshner, the veteran music mogul, hailed a "legend" for his creation and management of young rock groups in the 60s and 70s, including the Monkees; Sargent Shriver, described as the most influential non-elected politician in U.S. history, serving his brother-in-law John Kennedy's administration as head of the Peace Corp and leading the War on Poverty for President Lyndon Johnson; and, an unnamed and unknown elderly man in Mongolia. The first two are being feted in the national press for their portfolios of achievement. The third is remembered only by the family he loved and the village he served throughout his unnoticed, publicly unremarkable life.

Why consider the three? Because somewhere in our pantheon of cultural icons we as earth children have been fooled into the notion that the

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*Continued on 9*

# REVIVAL & REFORMATION

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## UNITED PRAYER

**Monday to Thursday**

12:30-1:00 PM // PMC Sanctuary

*And we, who with unveiled faces all reflect the Lord's glory, are being transformed into His likeness with ever-increasing glory, which comes from the Lord, who is the Spirit.* - 2 Cor. 3:18

## DO YOU REFLECT THE LORD'S GLORY?

Paul wrote a most wonderful promise to the Corinthian church, a benefit of receiving the Holy Spirit includes transformation into Christ's likeness. Paul shared with the believers, *"If the ministry that brought death, which was engraved in letters on stone, came with glory, so that the Israelites could not look steadily at the face of Moses be-*

*cause of its glory, fading though it was, will not the ministry of the Spirit be even more glorious?"* (2 Cor 3:7)

Friends, we live in the era of the ministry of the Holy Spirit. He is available to us in constant flow right now. This ministry of the Spirit Paul says, is of surpassing glory (2 Cor 3:10) because He brings forth righteousness (2 Cor 3:9) and freedom to the believer, *"Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom."* (2 Cor 3:17) That is great news! The promise is that when we receive the Holy Spirit we will reflect the Lord's glory and be transformed into His likeness with ever-increasing glory. Isn't that a good reason to seek the Lord and ask Him for His precious Spirit to fill your life today and every day this coming week?



# MASTER PLAN OF EVANGELISM

## AU OUTREACH \ SUNDAY PROJECTS

**A**truistic in nature, community service is a vital part of the gospel message. Getting involved in your community makes it healthier and livelier. In 2010 Campus Ministries has had the privilege to kick-off a new inspiring outreach ministry: Sunday Projects.

Sunday Projects is a ministry that provides both community service and evangelism opportunities here in Berrien Springs and neighboring towns. This ministry focuses on the hands-on needs of our local community on two Sundays of the month. With the contact of Berrien County's Adult and Family Volunteer Coordinator, Debra Panozzo, Sunday Projects has had the opportunity to visit churches, thrift stores and families in need. "I've sure enjoyed having your glowing faces with us and with our children. We finally have people that are willing to tell the stories of

the Bible to our children," says Laurie Hartzell, pastor of First Presbyterian in Benton Harbor, after having a group of Andrews University students lead out a children's program. Laurie enjoyed having AU so much that Sunday Projects goes to the First Presbyterian twice a month to have the children's program.



Along with the outreach team of the Berrien Springs Spanish SDA church and a Pathfinder group from the Benton Harbor Spanish SDA Church, Sunday

Projects delivered food baskets for the Thanksgiving holiday. People were not only blessed by the food that was needed, but as a ministry that believes in sharing the word of God, we also provided each family with a Bible.

As Jesus says, "The Son of Man did not come to be served, but to serve, and to give his life as a ransom for many" *Matthew 20:28*.

### PRAY

That we can continue to spread the gospel of God's love here in our community

### MORE INFO

Jessie A. Lopez  
sundayprojects@andrews.edu

### MASTER PLAN OF EVANGELISM

#### GIVE TO LINE 5

Annual Budget	\$114,000
Goal to-date	\$114,000
Received to-date	\$116,216
(Received to-date 2009)	\$136,440

As of December 31, 2010

# STUDENT AID

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## STUDENT AID \ HEARTFELT THANKS

**T**hank you to so many of you who contribute money to keep our children in Christian education. We do not know this side of eternity what impact this may have on them affected. Thank you.

Here is a message to you from a grateful family:

*"We seize this opportunity to express our warmest gratitude to you for making it possible for our son to attend Ruth Murdoch Elementary School. We are grateful for your loving kindness which indicates that you are willing to sacrifice part of your income to help the needy around you. We*

*sacrifice to provide him with the best training, but without your help and your sacrifice, it will be very difficult. We also know that you are sacrificing too. We are very conscious of the fact that you could have used that money for your own needs. We are grateful for your godly characters, and pray that*

*God will repay you as He promised. We know that His promises always come true even in times of global economic crisis. His promises for us are fulfilled through you. And we know His promises will come true for you in any other way He chooses. We pray that He will*



*bless every aspect of your life. We can hardly wait for that day in heaven when God will reveal to us who you are; then we will thank you with a heavenly hug. Until then, may God keep us all faithful, and may He bless you even more than you expect. Thank you."*

### PRAY

That our members will be generous in their giving to Student Aid

### MORE INFO

Jim Ford / 471.3958  
fordjim@andrews.edu

### STUDENT AID GIVE TO LINE 10

Annual Budget	\$30,000
Goal to-date	\$30,000
Received to-date	\$36,799
(Received to-date 2009)	\$37,153

As of December 25, 2010

# MASTER PLAN OF EVANGELISM

## JAIL MINISTRY \ LETTERS FROM JAIL

One of our Jail Ministry team members recently received this letter from an inmate:

"Dear . . .

"My name is . . . You first visited me back in June. That day you restored my faith. You told me: 'God loves all of us, but he can't make us love him, just like we can't make anyone love us.' That statement really spoke to me. You also stated that, 'If we really want something and wait for it, but have faith through prayer, anything is possible.' I now fully believe that, for when I keep my faith and pray, my prayers get answered.

"I would like to thank you for taking the time to come up to the jail and lead people in prayer, also building my faith when I was dwindling or lost. You are the only one who also wrote me while I've been lodged here.

"I will always take with me your words that inspired me to have faith. For your inspiration I thank you deeply. I pray you keep preaching the word of God and keep us, (the whole jail) in your prayers as we keep you in ours.

"I sing joyfully in the presence of the Lord. God bless you always."

Thank you, Pioneer member, for constantly remembering in your prayers our jail ministry team and those we visit. And thank you for your contributions to the Master Plan of Evangelism which makes such ministries possible.



### PRAY

That God will set the captives free  
and bring down every  
stronghold in their lives

### MORE INFO

Broderick Morris \ 473.5337

### MASTER PLAN OF EVANGELISM

#### GIVE TO LINE 5

Annual Budget	\$114,000
Goal to-date	\$114,000
Received to-date	\$116,216
<i>(Received to-date 2009)</i>	\$136,440

As of December 31, 2010

# OPERATING EXPENSES

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## NURSERY \ MAKING MEMORIES

The Bible has a lot to say about remembering. "Remember the Sabbath day" is probably the most well known to us. Deuteronomy 4:9,10 is probably my favorite:

"Only be careful, and watch yourselves closely so that you do not for-



get the things your eyes have seen or let them slip from your heart as long as you live. Teach them to your children and to their children after them. Remember the day you stood before the LORD your God at Horeb, when he said to me, "Assemble the people before me to hear my words so that they may learn to revere me as long

as they live in the land and may teach them to their children."

The Nursery Sabbath School has the privilege of ministering to PMC's youngest treasures and their parents for about eighteen months. Our primary focus is building memories.

Not just making memories but remembering. What a joy it is to see how little memories develop in just 18 months.

The primary responsibility for remembering, reminding and teaching belongs to parents. Every week we invest in a wonderful group of committed parents. Our goal is to equip them to be effective reminders in both word and deed of God's great love.

This past Christmas we celebrated our commitment to making memories with a craft. Parents decorated Christmas tree ornaments and wrote notes to their children, which they placed inside the ornaments. PMC nursery is making memories, mailing love letters to the next generation.

### PRAY

God's blessing on  
our youngest treasures and  
their parents

### MORE INFO

Lois Burn \ 473.6030  
loisgradith@yahoo.com

### OPERATING EXPENSES GIVE TO LINE 2

Annual Budget	\$575,000
Goal to-date	\$575,000
Received to-date	\$608,016
<i>(Received to-date 2009)</i>	\$574,627

As of December 31, 2010

# CHRISTIAN EDUCATION

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## RUTH MURDOCH \ SPRING EVENTS

Here we are at the start of 2011! The first semester of school has flown by, and we are ready to tackle everything that the last of the school year has to offer.

Some of the main events at Ruth Murdoch Elementary School in the next 5 months are:

- **Tests** – We receive our standardized test results – God has blessed our school with amazing teachers and bright students
- **Bible Camp** – our Jr. High students head up to Camp Au Sable
- **Snow Days** – okay, these aren't on the calendar, but we're happy to take them



- **Spring Week of Prayer** – a whole week dedicated to having fun with Jesus:
- **Outdoor Education** – our 5th and 6th graders enjoy His creation
- **National No-Screen Week** – a challenge to turn off the video game/computer/television
- **Kindergarten & School Visitation Days** – we love having visitors!
- **Registration Picnic** – CO2 car races, rocket launches, and hot dogs for all RMES families!
- **Graduation** – a memorable event for us all as we celebrate with our 8th grade students

That's quite a list! As we go through each event, and conquer each day, please remember us in your prayers. RMES is a fantastic school that God has blessed, and we are so privileged to have such a place for our students.

### PRAY

Pray that our student events will have Christ as their center focus

### MORE INFO

David Waller \ 471.3225  
waller@andrews.edu

### CHRISTIAN EDUCATION GIVE TO LINE 3

Challenge Goal	\$250,000
Annual Budget	\$217,572
Goal to-date	\$217,572
Received to-date	\$220,921
(Received to-date 2009)	\$217,614

As of December 31, 2010



"legends" created by the press, the media and the public's raucous clamor for the next "American Idol" are who matter most. But of course we know better ... don't we?

It was Jesus who acclaimed the anonymous and unfeted of humanity by especially recognizing "**whoever gives one of these little ones only a cup of cold water in the name of a disciple**" (Matthew 10:42). No public office, no tabloid headline—just the anonymous gift of a cool drink of water to some stranger in need. And it is that one, Jesus declared, who "shall by no means lose his [eternal] reward."

No wonder these words a century ago: "Do not shut yourselves up to yourselves, satisfied to pour out all your affection upon each other. Seize every opportunity to contribute to the happiness of those around you, sharing with them your affection. Words of kindness, looks of sympathy, expressions of appreciation, would to many a struggling, lonely one be as a cup of cold water to a thirsty soul. A word of cheer, an act of kindness, would go far to lighten the burdens that are resting heavily upon weary shoulders. *It is in unselfish ministry that true happiness is found.* And every word and deed of such service is recorded in the books of heaven as done for Christ" (7T 50, emphasis supplied).

Reminds me of the librarian poet Sam Walter Foss's composition, "The House by the Side of the Road." It's a credo you and I can live by this year, can't we?

*There are hermit souls that live withdrawn,  
in the place of their self-content;  
There are souls like stars, that dwell apart,  
In a fellowless firmament;  
There are pioneer souls that blaze the paths  
Where highways never ran—  
But let me live by the side of the road  
And be a friend to man.*

*Let me live in a house by the side of the  
road where the race of men go by—  
The men who are good and the men who are  
bad, as good and as bad as I.  
I would not sit in the scorner's seat  
Nor hurl the cynic's ban—  
Let me live in a house by the side of the road  
And be a friend to man.*

*I see from my house by the side of the road  
by the side of the highway of life,  
The men who press with the ardor of hope,  
The men who are faint with the strife,  
But I turn not away from their smiles and  
tears, both parts of an infinite plan—  
Let me live in a house by the side of the road  
And be a friend to man.*

*I know there are brook-gladdened meadows  
ahead, and mountains of wearisome  
height; that the road passes on through the  
long afternoon  
And stretches away to the night.  
And still I rejoice when the travelers rejoice  
And weep with the strangers that moan,  
Nor live in my house by the side of the road  
Like a man who dwells alone.*

*Let me live in my house by the side of the  
road, where the race of men go by—  
They are good, they are bad, they are weak,  
they are strong, wise, foolish - so am I.  
Then why should I sit in the scorner's seat,  
Or hurl the cynic's ban?  
Let me live in my house by the side of the road  
And be a friend to man.*

# PIONEER @ WORSHIP

8:15 AM

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<b>Prelude</b>	<i>On Wings of Angels / Barry Milner</i>
<b>Pioneer Family Life</b>	Keren Toms
<b>Voluntary</b>	<i>Exultate / Joshua Bauder</i>
<b>Introit</b>	<i>Turn Your Eyes Upon Jesus / Helen Lemmel</i>
<b>Call to Worship</b>	
<b>Doxology</b>	<i>Praise God, From Whom All Blessings Flow / 695</i>
<b>Invocation</b>	Dwight K. Nelson
<b>Hymn of Praise</b>	<i>Lift High the Cross / 362</i>
<b>Congregational Prayer</b>	Keren Toms
Call to Prayer	<i>Make Me A Blessing</i>
Response	
<b>Worship in Music</b>	<i>Carry the Light / Keith Christopher</i>
<b>Offering</b>	Michigan Advance Partners
Dedication Prayer	John Henri Rorabeck
Offertory	<i>On a Hymnsong of Philip Bliss (When Peace Like a River) / David Holsinger</i>
<b>Children's Story</b>	
<b>The Word</b>	Psalm 108:1-6 NKJV Jee Yeon Lee / Samantha Porter
<b>Hymn of Preparation</b>	<i>Christ for the World We Sing / 370</i>
<b>Sermon</b>	Dwight K. Nelson "The Radicals: This Generation, This World, This Time"—Part 3"
<b>Hymn of Commitment</b>	<i>There's a Wideness in God's Mercy / 114</i>
<b>Benediction</b>	
<b>Postlude</b>	<i>Lift High the Cross / Charles Callahan</i>

PRESIDING PASTOR: Keren Toms    ORGANIST: Kenneth Logan  
MUSIC ENSEMBLES: Great Lakes Adventist Academy Bell Choir  
Chamber Singers, Encore! Strings, and Wind Symphony  
Byron Graves and Marguerite Samuel, directors

## CALL TO WORSHIP

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Arise, shine, for your light has come;

**And the glory of the Lord has risen upon us.**

I am the root and the offspring of David, the bright morning star.

**Whoever follows Jesus will not walk in darkness, but will have the light of life.**

Let us praise the name of the Lord.

## THE WORD

## PSALM 108:1-6 NKJV

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O God, my heart is steadfast; I will sing and give praise, even with my glory.

**Awake, lute and harp! I will awaken the dawn.**

I will praise You, O LORD, among the peoples, and I will sing praises to You among the nations.

**For Your mercy is great above the heavens, and Your truth reaches to the clouds.**

Be exalted, O God, above the heavens, and Your glory above all the earth;

**that Your beloved may be delivered, save with Your right hand, and hear me.**

## MUSIC ALIVE

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### SAVED ALONE

The cable message crackled “Saved Alone” across the Atlantic. In half an hour the *Ville du Havre* had sunk after impacting another ship. With it also sank to the depths Maggie, Tannetta, Annie and Bessie Spafford, the daughters of Horatio and Anna Spafford. Anna had been rescued and had landed in Wales, but not before surging waters ripped her baby from her arms and swept the child to her

death. As Horatio joined Anna across the ocean, they visited evangelist Dwight L. Moody, who comforted them in their sorrow while noting their trust and confidence in God. Two years later, Horatio Spafford affirmed his faith in the words “It Is Well With My Soul” (No. 530). Today, the GLAA Encore! Strings plays David Holsinger’s arrangement of the hymntune by Philip Bliss.

# SABBATH STUDY

SANCTUARY 10:00 AM

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<b>Song Service</b>	Hugo Cáceres
<b>Opening Hymn</b>	<i>O How I Love Jesus / 248</i>
<b>Scripture</b>	Psalm 107: 8, 15, 21, 31
<b>Prayer</b>	Dwain Ford
<b>Welcome</b>	Charles Dowell
<b>Special Feature</b>	<i>Division Overview / Mission Spotlight</i>
<b>Offertory</b>	<i>Be Thou My Vision / Connie Drexler</i>
<b>Bible Study</b>	"Relationships" / Classes
<b>Theme Song</b>	<i>Make Me a Blessing</i>
<b>Benediction</b>	Hugo Cáceres

ORGANIST: Kenneth Logan

OFFERTORY: Katharine Drexler, *soprano*; Arielle Cady, *violin*; Ilana Cady, *piano*

[see page 16/17 for Sabbath School directory & map]

## MISSION REPORT

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### HONDURAS \ INTERNATIONAL ORPHANAGE

Recently a PMC Youth Missions team went to Honduras where they assisted at a REACH International orphanage and conducted a day camp for about 170 children each day! This afternoon at 5:30 in the youth chapel the team will present a report of their experiences. Come see the pictures, hear the stories, be inspired by how God is using

missionaries and local believers to touch lives for eternity.





## **Voluntary**

*Exultate*

## **Introit**

*Turn Your Eyes Upon Jesus*

## **Songs of Praise**

## **Prayer**

Keren Toms



## **This Generation**

Keren Toms with Sara Olakowski

## **Invitation to Give**

*On a Hymnsong of Philip Bliss  
(When Peace Like a River)*

## **Worship in Music**

*Carry the Light*



## **Sermon**

*"The Radicals: This Generation,  
This World, This Time"—Part 3*  
Dwight K. Nelson

## **Postlude**

*Joy Revisited*

WORSHIP DIRECTOR: Michael Paradise; PLATFORM MANAGER: Richard Parke  
ORGANIST: Kenneth Logan; VOCALS: Elynn Rodriguez, Johanna Estrada, Angelica Miller  
VIOLINS: Jonathan Thompson; BASS GUITAR: Brenston King; DJEMBE: Matt Master  
PIANO: Marcelo Martins; GUITAR: Justin Alabata; CELLO: Steven Debulgado  
MUSIC ENSEMBLES: Great Lakes Adventist Academy Bell Choir  
Chamber Singers, Encore! Strings, and Wind Symphony  
Byron Graves and Marguerite Samuel, directors

# PIONEER PEOPLE

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SUNSET TODAY: 5:45

SUNSET NEXT FRIDAY: 5:53

*For more announcements or to submit a request for a new announcement, please visit our website: [www.pmchurch.org](http://www.pmchurch.org).*

## PIONEER FAMILY LIFE

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### MEMORIAL SERVICE

There will be a memorial vespers service at Eau Claire Seventh-day Adventist church today at 5 PM for Walter Booth who died on December 26.

### COUPLES AGAPE CELEBRATION

Married couples of all ages are invited to join us for a special supper and inspirational evening on Friday, February 11, 6 PM in the Commons. Call Sue Rappette at 471-6565 to register and pay by Thursday, February 3. *Sponsored by the Family Life Committee*

### N2N IS OPEN

Neighbor To Neighbor is open. Thrift Store hours are Tuesdays and Thursdays from 10 AM to 6 PM. For additional information, call 471-7411.

### NOMINATING COMMITTEE

2nd Reading:

F/O deaconess - Crystal Bruette  
Correction: Associate Director H/H - Shirley Skala'

### THANK YOU

*Thank you for the plant, all the calls, visits and cards during my recent hospital stay.*

*- Walter Hamlin*

*Thank you PMC Family for your overwhelming thoughtful support during and after Ron's surgery. The beautiful flowers, and your kind messages, e-mails, phone calls, cards and many prayers meant so much! What a blessing! Praising God for His healing grace!*  
*- Ron and Betty Whitehead*

*Thank you so very much, PMC family, for your thoughtfulness expressed by the lovely plant sent to my room during my recent hospital stay. Its beauty continues to bless me here at home. I am most grateful, as well, for the visits and prayer.*

*- Richard T. Orrison*

*THANK YOU to the team of volunteers for the Homebound Ministry. To the friends who so willingly made tasty nut loaves, and the donated items that made up our Christmas cheer bags. Together we were able to serve communion and took a total of 65 Christmas bags to them. You are appreciated. God bless you all.*  
*- Marian Holder.*

### PATHFINDER & ADVENTURER REGISTRATION MEETING

Would you like to join Pathfinders or Adventurers? Register at our first meeting on Sunday, January 23 at 9:30 a.m. at the Pathfinder building and enjoy learning about Jesus.

### **GOT FAITH? BELIEF AND TODAY'S WORLD:**

Can you give a reason for your faith to someone who isn't a Christian? Everyone – religious or not – has a belief system. All belief systems use assumptions and require "faith." All belief systems have consequences. How is Christianity essentially different from other major belief systems in our world today? Why does it matter? Come hear Dr. Nicholas Miller, Associate Professor of Church History at Andrews University, explore these issues this afternoon, January 22, at 4:30 PM at the Niles Westside Adventist Church (1105 Grant St, Niles).

### **PIZZA 101**

Do you want to learn how to make pizza? Then, join us for our 2nd annual pizza class and all-you-can-eat pizza and salad supper on Sunday, January 30 at 4 PM in the PMC Commons. Cost: \$7 per adult, \$2 per student, and children under 5 eat for free. We will have a short presentation on the history of pizza, followed by a demonstration. You will sample various types of gourmet, traditional, healthy, and dessert pizzas. For people with wheat allergies, we will be serving gluten-free pizza. There is FREE BABYSITTING in the Nursery for children under 5 years old, during the pizza demonstration. Your children can rejoin you for the meal. Please reserve your spot by calling (269) 313-2550, or e-mail [health@pmchurch.org](mailto:health@pmchurch.org).

### **SINFONIETTA CONCERT**

Date: February 5, 8:00 PM. The Andrews University Sinfonietta performs their winter concert under the direction of Claudio Gonzalez. They are performing *Coronation March* from *'Le Prophet'* by Giacomo Meyerbeer, Francis Poulenc's *Concerto for Two Pianos in D Minor* featuring Dr. Carlos Flores and Elvin Rodriguez, and *Symphony No. 3, 'Rhenish'* by Robert Schumann. Tickets are available from the HPAC box office at 471-3560.

### **MI ADVENTIST RETIREES**

Did you know that there is a local organization for Adventist Retirees? Adventist Retirees of Michiana is an organization for ALL Adventists either retired or over 55. We meet monthly for a potluck meal, friendly chatter, mutual support, and an informative or entertaining program. We also support a specific worthy cause each year. If you are retired, or 55+, we invite you to join us. We will meet next on January 30 at Andrews Academy, at 1 PM. The Academy is hosting this meal and it is for members only. For more information on how you can become a member, call Bruce and Shirley Moyer at 473.5124 or Eleanor Howell at 471.2393.

# 2011 EASTER PASSION PLAY

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## CALLING ALL VOLUNTEERS \ NOT JUST ACTORS

*If you don't think your talents can be utilized, THINK AGAIN. It takes hundreds of volunteers for Passion Play to run every year and without your help, it's nearly impossible. Remember, no role is insignificant, no task too small when telling the GREATEST STORY every told!*

### POSITIONS AVAILABLE:

CAST (speaking/nonspeaking/Spanish), costuming, stage crew, set builders, marketplace, worship leader, hospitality center, kids' corner and much, much more!



GO TO // [www.passionplay.andrews.edu](http://www.passionplay.andrews.edu)  
or EMAIL// [passionplay@andrews.edu](mailto:passionplay@andrews.edu)

## HEALTH AND WELLNESS MINISTRY EVENTS

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### PMC RUNNING CLUB

Need a new year's resolution? Come join us for Sunday morning runs starting on Sunday January 16 at 8 AM. We will run around the Andrews University campus and surrounding areas. There are different pace groups, so don't worry about being left behind! If you need a training plan, contact us and we will provide one for you.

### 2011 EXERCISE CLASSES

Jump start your new year's resolution with exercise classes in the PMC Nursery from 6:05 - 6:55 PM.  
MONDAY // Advanced/Intermediate  
WEDNESDAY // Beginner

### PERSONAL RECIPES

Would you like to eat healthier? PMC's health website offers nutritional advice and recipes. If you would like to contribute to our recipe section, please e-mail us a recipe, with your name and where the recipe came from. If you have a story or special memory of a recipe, please send us that as well. We would love to include personal stories of why these recipes are special.

### FOR MORE INFORMATION ON ANY OF THE ANNOUNCEMENTS ABOVE

VISIT: [www.pmchurch.org/health](http://www.pmchurch.org/health) or

E-MAIL: [health@pmchurch.org](mailto:health@pmchurch.org)



# HEALTH AND WELLNESS MINISTRY

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## THE IMPORTANCE OF A VEGETARIAN DIET

*Dr. Winston Craig and PMC's Health and Wellness Committee*

A vegetarian diet may not be very popular. However, there are many reasons to try a vegetarian diet: improved health, decreased chances of contracting food-borne illnesses, and a greener environment.

Many scientific studies show that people who eat plant-based diets enjoy better health, suffer less heart disease and cancer, and live longer. Vegetarians enjoy lower levels of blood cholesterol and blood pressure, and lower rates of obesity and diabetes.

Food-borne illnesses linked to meat, poultry, dairy, and egg products cause over 1000 deaths yearly. Consumer Reports recently revealed that 1% of ground beef samples purchased at grocery stores had fecal contamination; 4% of the beef samples were on the brink of spoilage; more than half of all chickens leaving food processing plants are contaminated with *Campylobacter* bacteria; and 2.3 million eggs are contaminated with *Salmonella* yearly.

A vegetarian diet helps preserve the earth's resources. Every year 7 trillion gallons of water irrigates hay and alfalfa for animal feed. This volume of water exceeds the combined irrigation needs of all vegetables, berries, and fruit orchards. Methane and nitrous oxide are 20 and 300 times as po-

tent as carbon dioxide, a well-known greenhouse gas generated from automobiles and power plants. Cattle, and their decomposing manure, are major sources of the greenhouse gasses methane and nitrous oxide.

Most staples in a vegetarian diet are inexpensive, such as rice, beans, other grains, legumes, fruits and vegetables. Even though your \$1 cheeseburger is cheaper than a pound of apples, fiber found in fruits, vegetables, legumes, and grains, are more satiating than simple sugars and fried foods. So, even though we think we're saving money by eating fast-food, we tend to eat more after a fast-food meal because we don't "feel" full. In the meantime, a cheeseburger contains more sodium, sugar, fat, and overall calories than

a healthier option such as rice, beans, and a cup of veggies.

So, for a healthier body, a greener planet, lower weekly grocery bills, and other positive effects from a vegetarian diet, try consuming less animal products every week. Consult your physician if you have special dietary or needs or illnesses.

"Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore, honor God with your body." -1 Corinthians 6: 19-20



# SPIRITUAL PARENTING

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## THE “SMALL VOICE”

Welcome to Spiritual Parenting for 2011! Parenting is a joy and a challenge. The purpose of Insights for Spiritual Parenting is to remind you of the joys and help with the challenges of our greatest privilege - encouraging our children to grow spiritually.

Many years ago, on a beautiful sunny morning in Puerto Rico, my fingers flew over the keys as I hurried to finish a writing deadline. It loomed over me like a dark worry cloud, blocking out everything else. Suddenly, in the midst of my concentration, a small voice whispered, “Go check on Nancy.”

“I don’t have time to go outside now. I’ve got to finish this before noon!” I said and I continued typing.

Five or 10 minutes later the voice again intruded on my concentration. “Go check on Nancy.”

“I don’t have time! I’ve got to finish this! I’m sure she’s OK.” And I continued typing.

Nancy loved to play outside. With her older brother at school, she often played alone all morning. Our large yard held endless possibilities for an inquisitive 5-year-old who loved bugs and animals and plants. It was the perfect place for a nature lover like Nancy.

Again the voice—more insistent now: “Go check on Nancy!”

This time the voice got my attention. Three times! I’d better go check on her!

As I stepped out the front door and looked around I spotted Nancy, sound asleep, lying on a retaining wall no more than eight inches wide. The drop on the other side of the wall was at least 12 feet. If she had moved during her sleep, she could easily have fallen and been seriously hurt. Quietly I glided toward her, gently touched her, and softly called her name. Her eyes opened to my smile, and we carefully moved off the wall.

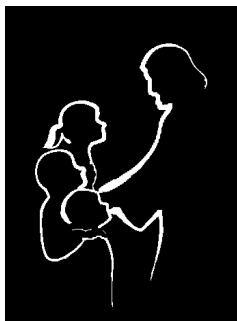
“Thank you, Lord! Thank you for guardian angels, and thank you

for Your persistence!”

Have you ever wished you could be with your child 24/7 to protect her? The Holy Spirit and your child’s guardian angel can be. They’re eager to let you know what they know and to prompt you to God-dependent parenting through that “small voice.”

Maybe in the midst of a relaxing evening, you feel a sudden impression (“small voice”) that you should call your young teen who is at a party. When you call you hear concern in her voice. Immediately you are on your way to pick her up.

Your seven-year-old explodes into the house after school asking



a question about sex. It sounds like he knows much more than you thought he did. How should you respond? And then suddenly sentences flash through your mind (“small voice”). Those sentences turn out to be exactly the words your son needs to hear. You watch relief flood his face as you hug.

You feel impressed (“small voice”) to select a particular story for evening bedtime. Your child is much too quiet while you read the story. At the end you say, “Is there something you’d like to tell Daddy?” Dead silence and then a sniffling voice pours out a concern that needs Daddy’s help.

Do you want to hear the “small voice” prompting you more frequently? Seek a closer connection with God. It’s your vital link to that “small voice”. Do what you have to

do to rearrange your day so you have some time alone with God. Meditate on a verse from His Word. Pray for yourself as a parent and for each of your children. Continue throughout the day with quick sentence prayers. God has promised to hear and respond.

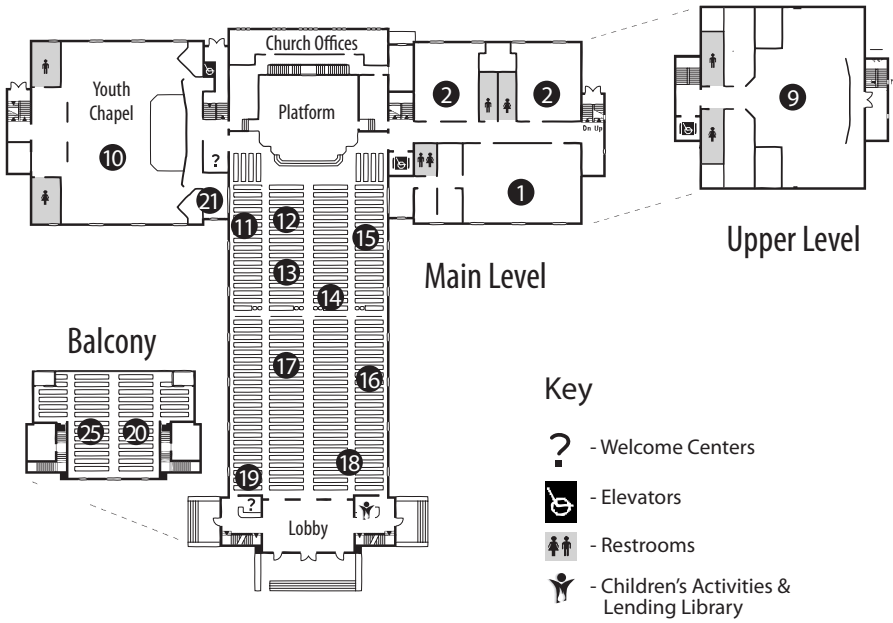
God wants to be your guide for spiritual parenting. *“If you need wisdom, ask our generous God, and he will give it to you. He will not rebuke you for asking. But when you ask him, be sure that your faith is in God alone.”*

*James 1:5,6 NLT*

Donna J. Habenicht, Ed.D.  
Professor Emerita Educational and  
Counseling Psychology  
Provided by the Children’s Ministry  
Resource Center

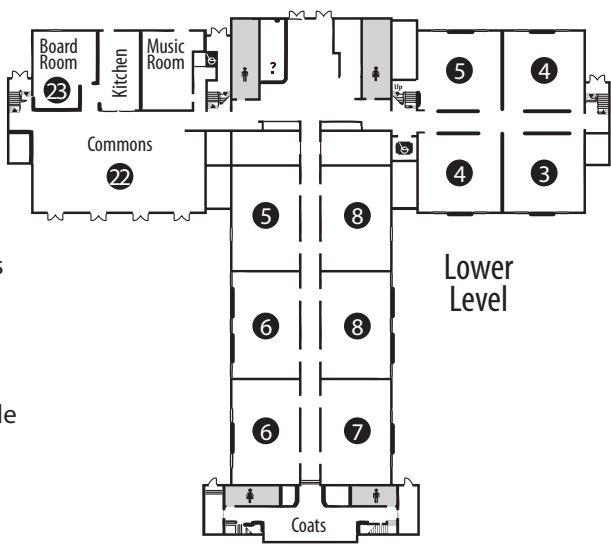


# SABBATH SCHOOL DIRECTORY



[children]

- ① Birth - 18 months
- ② 18-36 months
- ③ 3 yr olds
- ④ 4 - 5 yr olds
- ⑤ 6 yr old - 1st grade
- ⑥ 2nd/3rd grade
- ⑦ 4th grade
- ⑧ 5th/6th grade
- ⑨ Earliteen: 7th/8th grade
- ⑩ Youth: 9th-12th grade



## PIONEER CLASSES

[adult sanctuary]

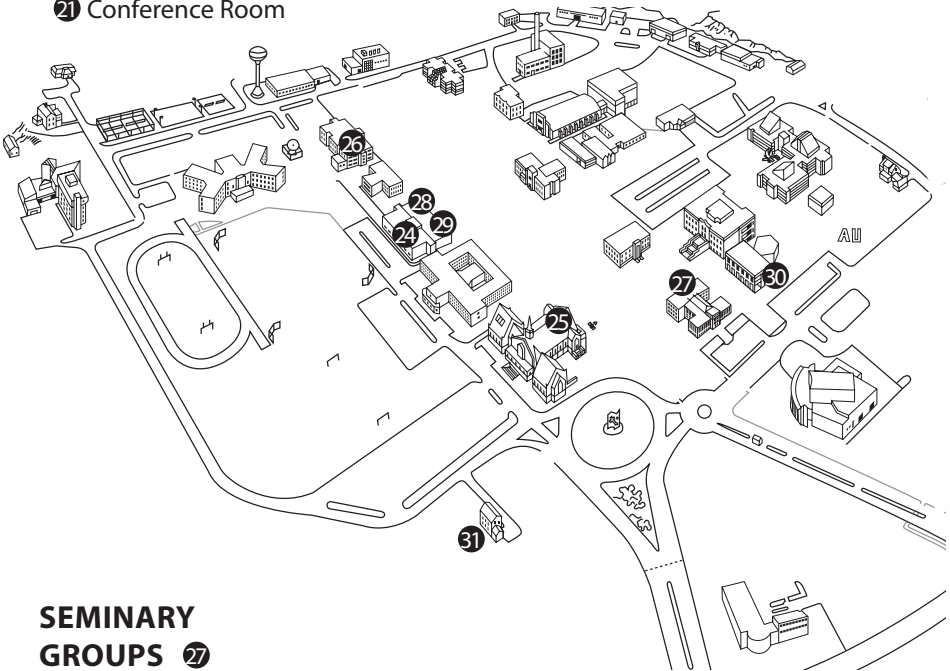
- 11 Group 1
- 12 Group 2 (Portuguese/Brazilian)
- 13 Group 3
- 14 Group 4 (Yugoslavian)
- 15 Group 5
- 16 Group 6
- 17 Group 7
- 18 Group 8
- 19 Group 9
- 20 Group 10 (Balcony)
- 21 Conference Room

[miscellaneous adult]

- 22 Something In Common
- 23 Seventh-day Adventist Beliefs

## COLLEGIATE

- 24 Encounter (Campus Ministries Office)  
Refresh (Upstairs / Cafeteria)  
H&M (Hispanic - Religion Amphitheater)
- 25 People on the Move (PMC)
- 26 Elements (Marsh Hall)



## SEMINARY GROUPS 27

- |                               |                   |
|-------------------------------|-------------------|
| N108 (Collegiate)             | N235              |
| N110                          | N310 (Russian)    |
| N120 (New Life Church Choir)  | N335 (Spanish)    |
| N135 (Living Word Fellowship) | S215 (French)     |
| N150                          | S340 (Upper Room) |
| N211 (Small group)            |                   |

## ADULT @ AU

- 28 Main Lounge
- 29 Faculty Lounge
- 30 Perspectives
- 31 Back to Basics

# CONTACTS

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## PMCHURCH MEDIA

### ONLINE

[www.pmchurch.org](http://www.pmchurch.org)  
[www.pmchurch.tv](http://www.pmchurch.tv)

### RADIO

WAUS - 90.7 FM  
*Sabbath 11:30 a.m.*

### CMRadio

[www.andrews.edu/cm/cmradio](http://www.andrews.edu/cm/cmradio)  
*Live Stream - 11:30 a.m. service*

### LIVE VIDEO STREAMING

11:30 AM — [www.pmchurch.tv](http://www.pmchurch.tv)

### TELEVISION

WHME TV 46  
*Sunday noon & midnight*

SAFE TV, HOPE CHANNEL & 3ABN  
*See websites for local listings*  
[www.safetv.org](http://www.safetv.org)  
[www.hopetv.org](http://www.hopetv.org)  
[www.3abntv.org](http://www.3abntv.org)



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## HOUSE OF PRAYER

WEDNESDAY @ 7 PM, SANCTUARY

Student Week of Prayer is always a inspiring week here at Pioneer—when young adults take the pulpit morning (11:30) and evening (7:30) to share the Good News of Christ. Next week—“The Hunger of Happiness” (Evan Knott), “We Have the Promise, Faith Is the Gift” (Jermaine Henry), “Destroyed” (Alyson Jamel), “Buried Hatchets” (Jonathan Sharley), “Praying Upside Down” (Daniel Tutupoly), “Tap Out” (Riana Mitchell), “Fool’s Gold” (Jeremy Grant), “Lost in Your Worries” (Jamie Ricketts), “The Prophecy of the Wolves” (Kevin Wilson), “The House that Fire Built” (Ashok Willmott), and Christian Reynoso. Let’s be praying that God will pour out his Spirit upon both preachers and listeners next week. There will be an abbreviated House of Prayer service (7-7:30 PM) on Wednesday in the sanctuary. Come for praise and prayer.

## COMING SOON

**1.29 \ CHRISTIAN REYNOSO**

Andrews University  
Week of Spiritual Emphasis

**2.5 \ DELBERT BAKER**

