

PIONEER --- CONNECT

DECEMBER 27, 2014



THANKFULNESS FOR THE PRESENT

As we celebrate Communion, we reflect on the sacrifice of Jesus, His life and His return. We take the time to reflect on the blessings of this past year and mourn the pain it had brought. We offer God our thankfulness for the present, and our regrets for unmet dreams in exchange for new ones. We can look forward in faith because of the promises of God. We affix in

our heart this reminder while in the backdrop of a messy world: This is my Father's world.

O let me ne'er forget
That though the wrong seems
oft so strong,
God is the ruler yet.

—Sabine Vatel

FOLLOW THE STAR

Students from Ruth Murdoch Elementary performed a musical, "Follow the Star" as part of the Vocal Christmas Concert at HPAC on Monday, December 15.

(Photo taken by David Waller, Principal)



FIND IT HERE

CONNECT • GROW • SERVE • GO



4

FEATURE ARTICLE

Keep Healthy by
Keeping Active

8

PIONEER @ WORSHIP

11:45 AM Worship

12

CONTACTS

6

SABBATH SCHOOL

The Everlasting Gospel

10

ANNOUNCEMENTS

14

SABBATH SCHOOL DIRECTORY

7

MEMBERSHIP TRANSFERS

11

OPERATING ARTICLE

GROW Group
Ministry Celebration



KEEP HEALTHY BY KEEPING ACTIVE

BY KATHERINE KOUDELE

Let's face it . . . this is a tough time of year. We're in the midst of the over-eating and candy holidays which starts at Halloween and extends through Thanksgiving, Christmas, New Year's Eve, Valentine's Day, and Easter. The cold and flu season is also upon us. We want to stay inside due to the cold

weather outside and this brings us in closer, prolonged contact with those who might be fighting these viruses. So, aside from becoming a hermit, what can we do to keep ourselves healthy this winter?

Public Health officials tell us to get vaccinated against the flu, see a doctor for Tamiflu® when flu symptoms start to

appear. Wash your hands thoroughly and often, avoid touching your face, and other such preventative practices. However, rarely is any mention made of the value of regular exercise in preventing disease. Based on information compiled in the January 2014 issue of the *IDEA Fitness Journal*, researchers found a 40-50% reduction in respiratory infections among regular exercisers compared with the control-group subjects. Other research determined that 75% of exercisers report good/fairly good sleep on a regular basis while nonexercisers had more difficulty falling asleep or staying asleep. Those that were vigorous exercisers rarely experienced insomnia. Good quality sleep is an important component of building the immune system to better resist infections.

THE KEY IS TO START OFF WITHIN YOUR OWN LIMITS SO YOU DON'T GET TOO SORE AND BECOME DISCOURAGED.

So, if you have not been much of an exerciser recently, where should you start?

First, get checked by your health care provider to determine how vigorously you can exercise at first. Just about everyone can do some form of exercise and increase their activity level. The key is to start off within your own limits so you don't get too sore and become discouraged. As you get stronger, you can increase the time and/or intensity to the exercise to yield even greater benefits.

Second, consider a balanced program of: 1) an aerobic activity to improve heart and lung health such as walking briskly for 30 minutes 5-7 times per week. 2) Weight training with hand weights (or cans of soup!) to improve strength and

coordination. 3) Stretching after the muscles are warmed up to improve flexibility and balance.

It's hard to start any kind of lifestyle change especially one that involves regular exercise. However, there are a number of techniques you can use to help make exercise become a habit: 1) Make a time and place for exercise that works with your schedule and then put it into your calendar. 2) Combine activities such as listening to podcasts while you exercise or talking with friends by having them walk with you. 3) Give yourself a non-food reward for accomplishing a goal such as walking every day for a week. Those who exercise regularly say that it was tough to start such a program and there are many times when they want to skip it, but by sticking with it they feel so much better afterward that it was definitely worth it.

I would like to hear from those of you who have started an exercise program and what your experiences have been. Please feel free to contact me at koudelej@andrews.edu. Happy Holidays and Happy Exercising! ■

Katherine Koudelej is a Certified Group Fitness Instructor who leads the community exercise class here at PMC.

WE STUDY

CONNECT • GROW • SERVE • GO

Song Service

Vladimir Slavujevic

Opening Hymn

Father Lead Me Day by Day • 482

Welcome & Prayer

Lois Nicholas

Scripture

Ecclesiastes 3:1-13

Special Feature

Offertory

Wokhulupilira (Those Who Believe) • *Girls of Mercy*

Bible Study

"The Everlasting Gospel" • Classes

Theme Song

Make Me a Blessing

Make me a blessing; make me a blessing.
Out of my life may Jesus shine.
Make me a blessing; O Savior, I pray.
Make me a blessing; to someone today.

"Make Me a Blessing," Ira Bishop Wilson

©1924, Renewed 1952 Word Music, LLC; Used by Permission. CCLI License #392652

Benediction

Vladimir Slavujevic

ORGANIST: Kenneth Logan

OFFERTORY: Girls of Mercy

See page 14/15 for Sabbath School directory & map

| TRANSFERS IN |

CARR, Miriam
 CHOLE, Candida
 DI BIASE, Stephan & Tammy
 DUBLIN, Keisha
 GOMEZ, Edy
 GRAU, Brenda
 HENRY SATURNE, Sarah
 IZUMI, Alexis
 KAUNDA, Herman T. & Lydia C.
 LOPES, Arcelie & Donald W.
 RONENKO, Anastasia
 RUIZ, Joseph, Miriam, & Samuel J.
 VILLAFANE, Roy

| TRANSFERS OUT |

BOWLBY, Laura
 FORD, Heather
 GOETZ, Melanie & Micheal
 HURST, Carolyn
 KIM, Ashlie & Natalie
 LEACOCK, Angelina & Julia
 LIU, Michael Kuohsang
 MACLEAN, Andrew
 MORRISON, Daniel
 NGONDA, Enala, Linda, Lubasi Sr,
 & Lubasi Jr
 NUNES, Beverly, Larissa, & Leonardo
 REGAL, Darah & Jeffery
 SCHRAMM, Brad
 SHELLEY, Amy, Connie, Katie, & Tibor
 SMITH, Connie & Roger
 SSEMANDA, Susan

| FROM |

Rolla, MO
 Westside • Niles, MI
 Living Stones • La Crescenta, CA
 Capital City • Albany, NY
 Spanish • Astoria, NY
 Spanish • Berrien Springs, MI
 Memorial • Stoneham, MA
 Spanish • Chico, CA
 Chibavi • Mzuzu, Malawi
 Kamiah, ID
 Zaokski, Russia
 Lakeview Hispanic • Chicago, IL
 Spanish • Berrien Springs, MI

| TO |

Cave Junction, OR
 Apison, TN
 Campion • Loveland, CO
 UEAB • Kenya, E Africa
 Andrews Korean • Berrien Springs, MI
 Mount Zion • Hamden, CT
 Chinese • San Francisco, CA
 Bellview, ON Canada
 Iron Mountain, MI
 Forest Lake • Apopka, FL
 Spanish • Berrien Springs, MI
 Village • Berrien Springs, MI
 Santa Rosa, CA
 Clovis, CA
 Greenville, TN
 All Nations • Berrien Springs, MI

WE WORSHIP

CONNECT • GROW • SERVE • GO

THE CALL

The Meditation

What Child Is This? • Traditional English Melody

The Introit

O Come to My Heart, Lord Jesus • Timothy Matthews

The Invocation

José Bourget

THE CELEBRATION

In Praising

How Great Thou Art • st. 1, 3-4 of 86

In Prayer

Sabine Vatel
O Come to My Heart, Lord Jesus • 140

In Giving

Michigan Advance Partners • John Youngberg
The Present • Robert Reid

In Proclaiming

"Behind The Veil" • José Bourget

THE CLEANSING

After he washed the disciples' feet, he put on his robes and returned to his place at the table. He said to them, "Do you know what I've done for you? You call me 'Teacher' and 'Lord,' and you speak correctly, because I am. If I, your Lord and teacher, have washed your feet, you too must wash each other's feet. I have given you an example: Just as I have done, you also must do. I assure you, servants aren't greater than their master, nor are those who are sent greater than the one who sent them. Since you know these things, you will be happy if you do them. -John 13:12-17 CEB

THE COMMUNION

In Reading

Millie Youngberg

While they were eating, Jesus took bread, blessed it, broke it, and gave it to the disciples and said, "Take and eat. This is my body." He took a cup, gave thanks, and gave it to them, saying, "Drink from this, all of you. This is my blood of the covenant, which is poured out for many so that their sins may be forgiven. I tell you, I won't drink wine again until that day when I drink it in a new way with you in my Father's kingdom." Then, after singing songs of praise, they went to the Mount of Olives. -Mark 14:17, 22-25 CEB

In Praying

John Youngberg

In Partaking

THE COMMUNION

In Singing

Thou Didst Leave Thy Throne • 140

In Blessing

José Bourget

In Giving

PMC Assistance Fund

In Leaving

O Lamb of God, Unspotted • Johann Sebastian Bach

PRESIDING PASTOR: Sabine Vatel; ORGANIST: Kenneth Logan

IN GIVING: Elizabeth Wilson, soprano; READER: Jessica Yoong

MUSIC ALIVE

STORY HYMNS

Some hymns tell lengthy stories in successive stanzas. Such a hymn is no. 198, "And Can It Be?", a mighty narrative (story) hymn by Charles Wesley. In particular, its second and third stanzas, and to a lesser extent its fourth stanza, depict a diverse story spread, in vivid language. Some hymns seem to attempt to summarize, in narrative fashion, large segments of the entire history of salvation.

In today's worship service, hymn no. 140 is an outstanding story-telling hymn. Beginning in its first word with Jesus' incarnation, and moving through to Jesus' second coming, it relates, in five compact stanzas, a wide spread of salvation history. At this Christmas season, why not reflect on cradle to Calvary and beyond, in the words of Emily Elliott in this hymn? ■

PIONEER PEOPLE

SUNSET TODAY • 5:20
SUNSET NEXT FRIDAY • 5:25

SUBMIT announcements by emailing bulletin@pmchurch.tv or by going to www.pmchurch.org and click on "submit a bulletin announcement." Requests must be received Monday by 5 PM for consideration.

PIONEER PULPIT

| 01 • 03 |

SABINE VATEL
 "S.O.S."

| 01 • 10 |

DWIGHT K. NELSON

PMC Family Vespers

TODAY • 5:00 PM
 YOUTH CHAPEL

Come sing Christmas carols and other hymns as we praise God. We invite musicians who play instruments to come at 4:30 PM to prepare for vespers.

Evergreen Pathfinders Winter Registration

JANUARY 7 & 14 • 6:30 PM
 PATHFINDER BUILDING

If you missed the fall registration, but are interested in being a member of PMC's Evergreen Pathfinders, winter registration will take place at our first two meetings in January. Meetings are Wednesday nights, from 6:30 to 8:30 PM. If you have questions or need more information, please email evergreenpathfinders@gmail.com.

PMC Office Closed

Our office will be closed for the New Year Holiday on December 31, January 1, and 2. We will be happy to serve you on Monday, January 5.

Year-end Contributions

Today is the last Sabbath to return your tithe and offerings for 2014. If you plan to bring in a donation, our office is closed December 31. Donations need to be postmarked no later than that day to be included in your 2014 tax deductible receipt. You can also make your contribution through Adventist Giving. Go to www.pmchurch.org and click on the Adventist Giving tab. Contributions made until 11:59 PM on December 31 will be included in your 2014 tax-deductible receipt.

HIS Creation

JANUARY 10 • 6:00 PM

HOWARD PERFORMING ARTS CENTER

Rich Aguilera will be presenting this family-friendly event with the giant screen, audience participation and special effects as he explores the issue of Creation vs. evolution. For tickets, call the box office at 888.467.6442.



GROW GROUP MINISTRY CELEBRATION

BY YOLANDE ROBERTSON

There was much to celebrate as Grow Group leaders met for an end-of-the-semester appreciation event on December 7. Over hot Pathfinder Apple Crisp and Ice Cream, PMC Grow Group leaders enjoyed the fellowship, the shared stories, and a slide show of the many PMC Fall Grow Groups in action. These included Bible Study groups, music groups, family life groups, cooking groups, craft groups, and whatever groups. They were well represented in study fellowship and in service. Carolyn Strzyzkowski's leadership of the Grow Groups was much appreciated by all in attendance. Her wisdom and ever-present helpfulness, both in promoting the Grow Group Ministry and in supporting the individual leaders, has always been timely and effective.

THERE WAS MUCH TO CELEBRATE AS GROW GROUP LEADERS MET FOR AN END- OF-THE-SEMESTER APPRECIATION EVENT

The evidence of God's blessing on her leadership is abundant. While this one chapter is finished, the tale is so good it is unthinkable not to be looking forward to the next chapter.

Pastor Sabine Vatel's natural enthusiasm and energy will keep this vital PMC ministry vibrant and fruitful. Over the next few weeks, invitations and instructions will be front and center as the next Grow Group Semester

gets ready to launch. Therefore we hope you would like to lead or join a GROW Group so you too will be blessed as we have been. ■

FOR MORE INFORMATION:
Sabine Vatel • 471.6153
vatel@pmchurch.org

| PASTORS |

Chaplain / Pioneer • José Bourget
bourget@pmchurch.org
471.6254

Discipleship / GROW Groups
Sabine Vatel
vatel@pmchurch.org
471.6153

Harbor of Hope • Taurus Montgomery
montgomery@pmchurch.org
269.923.9274

Lead Chaplain • June Price
madrigal@andrews.edu
471.6282

Lead Pastor • Dwight K. Nelson
nelson@pmchurch.org
471.3134

Pastoral Care • Don Dronen
dronen@pmchurch.org
471.3133

Stewardship • Sharon Terrell
terrell@pmchurch.org
471.6151

This Generation Evangelism
Rodlie Ortiz
ortiz@pmchurch.org
471.6154

Youth Ministries • 471.6176

Media Ministries • Nick Wolfer
wolfer@pmchurch.org
471.3246

Music • Kenneth Logan
logan@pmchurch.org
471.3231

| STAFF |

Admin. Assistant • Genaida Benson
benson@pmchurch.org
471.6565

Admin. Assistant • Lailane Legoh
legoh@pmchurch.org
471.3543

Asst. Media Dir. • Jonathan LaPointe
lapointe@pmchurch.org
471.3678

Assistant Treasurer • JoAnn Siagian
siagian@pmchurch.org
471.7656

Bible Work Coordinator
Tabitha Umali
tabitha.umali@pmchurch.org
269.340.2031

Clerk • Jackie Bikichky
bikichky@pmchurch.org
471.3972

Communications • Rebecca Coleman
rebecca.coleman@pmchurch.org

Executive Assistant • Sherrie Davis
davis@pmchurch.org
471.3134

Graphic Designer • Rachelle Offenback
bulletin@pmchurch.org
471.3647

Maintenance • Larry White
white@pmchurch.org
471.364

| MINISTRIES | | SABBATH SCHOOL |

Adventurers • Daniel González
adventurers@pmchurch.org
423.432.0780

Adult • Judy Aitken
adultss@pmchurch.org
240.7997

Deacons • Milan Vajdic
deacons@pmchurch.org
471.0328

Birth - Grade 1 • Claudia Davisson
bg1@pmchurch.org
269.208.7081

Deaconesses • Vida Giddings
deconesses@pmchurch.org
473.2175

Grade 2 - Earliteen • Robert Barnhurst
g2teen@pmchurch.org
473.1613

Elders • Russell & Cynthia Burrill
elders@pmchurch.org
473.3738

| OUR SCHOOLS |

Andrews Academy • Robert Overstreet
overstrr@andrews.edu
471.3148

GROW Groups
growgroups@pmchurch.org

Andrews University
enroll@andrews.edu
471.7771 or 800.253.2874

Health • Evelyn Kissinger
health@pmchurch.org
930.0505

Ruth Murdoch / K-8 • David Waller
waller@andrews.edu
471.3225

Pathfinders • Matthew Johnson
evergreenpathfinders@gmail.com
240.755.2661

Public Address • Joel Kitchen
audio@pmchurch.org



PIONEER MEMORIAL CHURCH

8655 UNIVERSITY BOULEVARD, BERRIEN SPRINGS, MI 49103

OFFICE HOURS

Monday – Thursday (8 to 5) • Friday (8 to 12)

PHONE – 269.471.3133

FAX – 269.471.6152

LIVE STREAMING

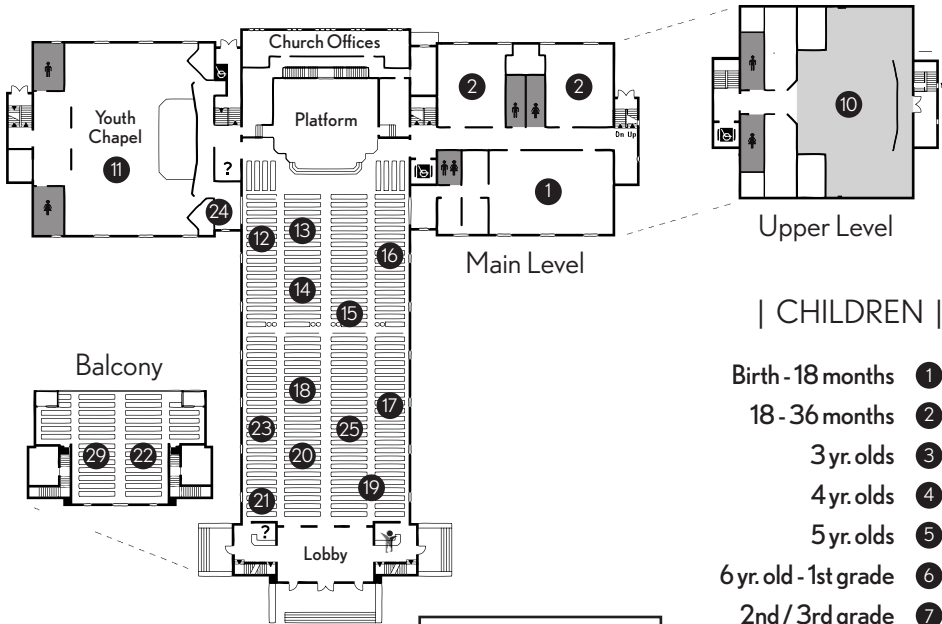
www.pmchurch.tv
Sabbath 11:45 AM

ONLINE

www.pmchurch.org
www.pmchurch.tv

RADIO

WAUS – 90.7 FM
Sabbath 11:30 AM



| CHILDREN |

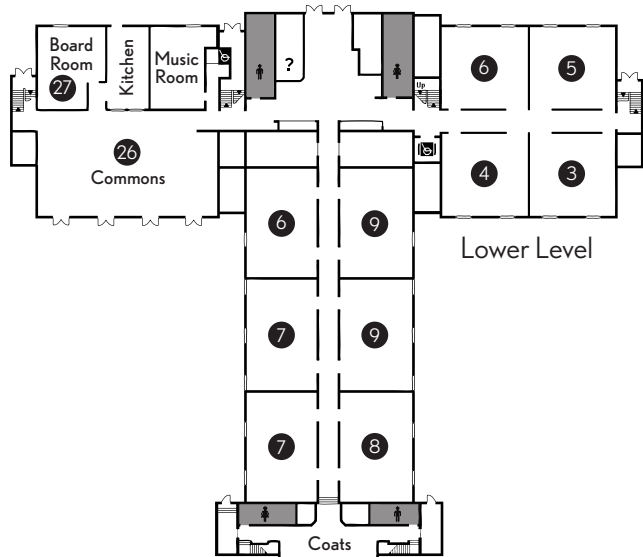
- Birth - 18 months 1
- 18 - 36 months 2
- 3 yr. olds 3
- 4 yr. olds 4
- 5 yr. olds 5
- 6 yr. old - 1st grade 6
- 2nd / 3rd grade 7
- 4th grade 8
- 5th / 6th grade 9
- Earliteen 10
- Youth 11

| ADULT |

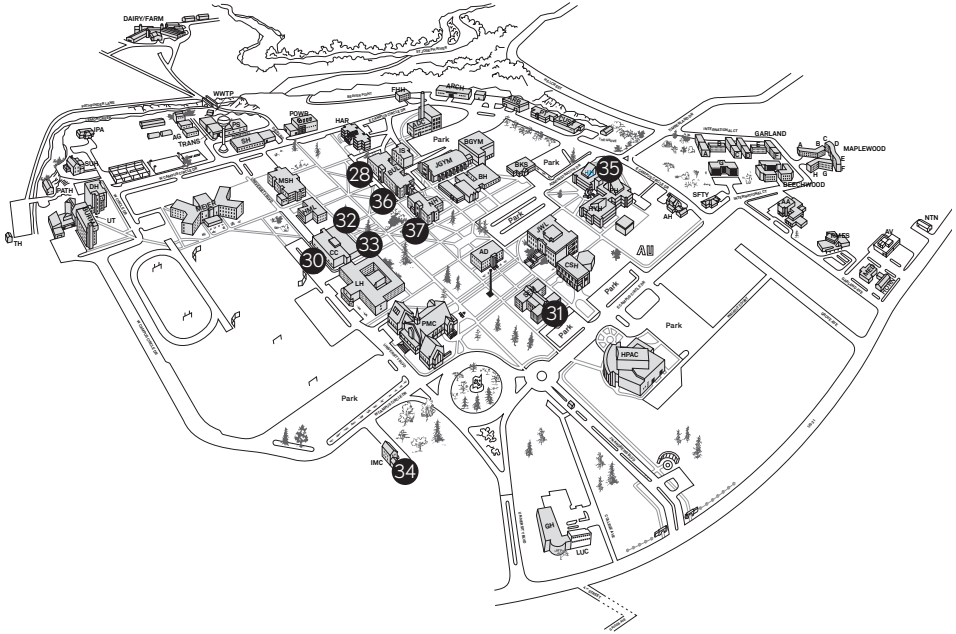
- 12 Group 1
- 13 Group 2 (Portuguese/Brazilian)
- 14 Group 3
- 15 Group 4 (Yugoslavian)
- 16 Group 5
- 17 Group 6
- 18 Group 7
- 19 Group 8
- 20 Group 9 (Spanish)
- 21 Group 10
- 22 Group 11 (Balcony)
- 23 Group 12 (French)
- 24 Conference Room
- 25 Indonesian Class
- 26 Something In Common
- 27 SDA Beliefs

| KEY |

- ? Welcome Centers
- Elevators
- Restrooms
- Children's Activities & Lending Library



Andrews University Campus Map



| COLLEGIATE |

- 28 H&M (Hispanic - Religion Amphitheater)
- 29 People on the Move (PMC)
- 30 University Sabbath School (Dining Services)

| SEMINARY |

- 31 N108 (Collegiate)
- N110
- N120 (New Life Church Choir)
- N150
- N211 (Small Group)
- N235
- N310 (Russian)
- N335 (Spanish)
- S340 (Upper Room)

| ADULT @ AU |

- 32 Main Lounge
- 33 Faculty Lounge
- 34 Back to Basics
- 35 Living Word Fellowship
- 36 Current Events (Buller - 135)
- 37 Bible Journey (Nethery - 143)

TRANSFORMING
THIS **GENERATION**



CONNECT · GROW · SERVE · GO