CONNECT

JANUARY 9, 2016



PIONEER ONE • PAGE 8 | PIONEER TWO • PAGE 11

OUR STRENGTH AND REFUGE

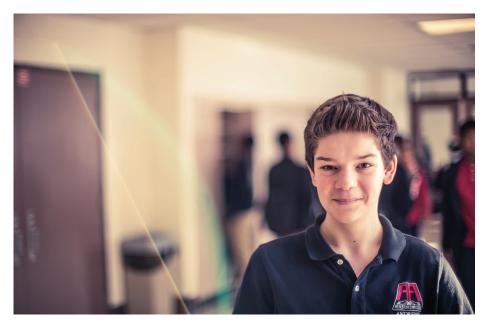
In Psalm 62:5-7 it says, "My soul, wait silently for God alone, For my expectation is from Him. He only is my rock and my salvation; He is my defense; I shall not be moved. In God is my salvation and my glory; The rock of my strength, And my refuge, is in God."

As we come to worship, we are invited to eagerly wait and expect from God, those blessings that can come only from Him. For in Him we look to be our rock and salvation. He is our security, our enduring strength, and refuge. He is a shield to all who trust in Him.

May the Lord bless each and every one as we worship. *-Don Dronen*

BETWEEN CLASSES

Jack Proctor, freshman at Andrews Academy, poses for a picture on his way to class. (Photo credit: Ben Martin)



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THE FOURTH WATCH BLOG



CURATING OURSELVES TO DEATH?

BY DWIGHT K. NELSON

ave we all become curators? You know who they are-directors at museums who skillfully arrange the contents of the gallery to be as attractive and appealing as possible to visitors. Curators decide what eye-catching exhibit gets prominent display, and which collections with less pizzazz need to be pushed to the back. Do we do the same?

Consider Walt Mueller's critique of this generation's identity-formation: ". . . for digital natives living out their lives in the online world, the identity options from which to choose are virtually limitless. [People] are able to perform through a growing multitude of social media sites by choosing the words they post (true and false), and by posing and photo-shopping themselves into images that don't come close to who they really are. As media critic Quentin Schultze has observed, 'The digital world suffocates virtue by allowing us unbridled freedom to be all things to all people... to give ourselves over to the highest bidder or to the most persuasive master'" (*YouthWorker Journal* Jan/Feb 2015 pp 16-17).

And as a consequence we have a generation of youth *and* adults who are curating ourselves to death. Mueller goes on: "... we constantly are revising and tweaking the exhibit known as *me*. In effect, we do whatever it takes, including sacrificing our true identities and selves, to capture the gaze of the crowd.... We carefully choose our clothing, words, photos, the food we eat, the places we go, how we spend our time-virtually everything in an attempt to style ourselves in the best way possible" (17).

Turns out "virtual reality" is more virtual than perhaps we first thought. A friend gave me Michael Horton's newest book, or-di-nar-y: Sustainable faith in a radical, restless world. Horton guotes psychiatrist Keith Ablow, who on the basis of recent studies warns of "the toxic psychological impact of media and technology on children, adolescents and young adults, particularly as it regards turning them into faux [false] celebrities-the equivalent of lead actors in their own fictionalized life stories. . . . On Facebook, young [and not so young] people can fool themselves into thinking they have hundreds or thousands of "friends." They can delete unflattering comments. They can block anyone who disagrees with them or pokes holes in their inflated self-esteem. . . . Using Twitter, young [and not so young] people can pretend they are worth "following," as though they have real-life fans, when all that is really happening is the mutual fanning of false love and false fame'" (60).

Are we curating ourselves to death? Consider Jesus' New Year invitation: "Come to Me, all you who are weary and burdened, and I will give you rest" (Matthew 11:28). Tired of playing this silly game? Weary of propping yourself up into someone else's wannabe that isn't even the *you* God uniquely has chosen you to be? Who says social culture or online community (which is a very lonely community anyway) has the right to dictate your self-worth, let alone your self-image?

"... WE CONSTANTLY ARE REVISING AND TWEAKING THE EXHIBIT KNOWN AS ME. IN EFFECT, WE DO WHATEVER IT TAKES, INCLUDING SACRIFICING OUR TRUE IDENTITIES AND SELVES, TO CAPTURE THE GAZE OF THE CROWD...."

Want to know what the "nearest and dearest" Friend you'll ever have thinks of vou? "The relations between God and each soul are as distinct and full as though there were not another soul upon the earth to share His watchcare, not another soul for whom He gave His beloved Son" (Steps to Christ 100). As far as He's concerned, it's as if it were only you and God in this universe. Talking about infinite worth! Just you and God-that's how much He loves you. So why not drop the curating this New Year and pick up the communicating, this "talking to God as to a friend" (96)? Begin your day alone with Him, and l promise you you'll never have to curate your museum again. You're too attractive just the way He made you.

Happy New Year indeed!

You can follow Pastor Dwight's blog at <u>www.pmchurch.tv/blog.</u>

BY REBECCA COLEMAN

round this time of the year, the majority of America has made resolutions and pledges to get more fit for the new year. According to online statistics, America's top resolution is to lose weight. Quitting smoking and eating healthy are also high on the resolution list.

It seems as if we recognize our unhealthy state but lack the motivation to carry the changes out through the remainder of the year. Small changes are more easily stuck to than big ones. Here are six ways to incorporate healthy living into your daily lifestyle this year.

SWAP OUT THAT ORDER

Cut back on fast foods! If you eat out 3 or 4 times a week right now, cut that back to 1 or 2 times. Eating food cooked at home allows you to control portion size, ingredients, calorie count, AND save money!

O FIT IN FIVE

There are many things that keep us from spending lots of time exercising. We are all busy whether it be jobs or school; and let's face it, the weather outside isn't really all that great. However, just 5 minutes of exercise a day can make a difference! A few sit ups and some jumping jacks; just make sure to get your heart rate up while you're doing it!

O MUNCH ON THE VEGGIES

One easy way to add more nutrients to your day is to increase your vegetable intake. Spinach, for example, is great and it's rich in iron, Vitamin K, Vitamin A, and plenty more! Spinach has a very mild flavor and can be added cooked (or uncooked) to almost anything.

O SAVE ROOM FOR DESSERT

Instead of dessert being an afterthought, and piling it into your already full stomach, plan for it! On those days that you're craving something sweet, make room for it on your plate, count it as part of your meal. This will help you keep those unwanted calories and pounds at bay.

O DON'T SKIMP ON SLEEP

This one is simple. Sleep more! When is your bedtime? How many hours of sleep are you getting every night? Sleep allows your body to recover from the day and to charge up for the next. Pay attention to what your body needs and treat it right.

O EAT EVERY MEAL

Don't skip meals. Contrary to popular opinion, this is not healthy and won't help with losing weight, if that is your goal. When you skip meals, you trick your body into thinking that food is in short supply. Your body will slow down your metabolism in order to save energy for those times where you aren't feeding it. If you're having a hectic day and really don't have the time for a full meal, a piece of fruit or a granola bar is better than nothing

Try out these simple and easy tips during this year. When you see a difference, move on to bigger changes! ■

Rebecca Coleman is the Pioneer Connect editor.



FAMILY WORSHIP

 $\texttt{CONNECT} \cdot \texttt{GROW} \cdot \texttt{SERVE} \cdot \texttt{GO}$

Opening Voluntary	What a Friend We Have in Jesus • Robert Hobby
Introit	Jesus, What a Friend for Sinners • Anonymous Melody
Call to Worship	Don Dronen
With the Lord there is u Let us worship Hir In the Lord there is eter Let us worship Hir	nal friendship.
Doxology	Praise God, From Whom All Blessings Flow • 2
Invocation	Dwight K. Nelson
Hymn of Praise	How Sweet the Name of Jesus Sounds! • 238
Congregational Prayer	The Orellana Family Thou Didst Leave Thy Throne • st. 1 of 140
Worship in Music	Jesus, Lover of My Soul • Gilbert Martin
GROW Groups Video	Keith Wakefield
Welcome New Media Min	istries Director Richard Parke
Children's Story	Jesus, What a Friend for Sinners • Dale Wood
Scripture	Romans 5:6-11 GNB • The Orellana Family
It is a difficult thing for even be that someone But God has shown us how Christ died for us! By his blood we are no will we be saved by his We were God's enemies, bu Now that we are God's frier But that is not all; we	iss, Christ died for the wicked at the time that God chose. r someone to die for a righteous person. It may might dare to die for a good person. much he loves us—it was while we were still sinners that ow put right with God; how much more, then, m from God's anger! ut he made us his friends through the death of his Son. hds, how much more will we be saved by Christ's life! rejoice because of what God has done through who has now made us God's friends.

Hymn of Preparation

Jesus Is All the World to Me • st. 1,3,4 of 185

Sermon

"Charmed into Righteousness: The Truest Friend" Dwight K. Nelson

Connect Cards, Tithes & Offerings

Hymn of Commitment

Benediction

Closing Voluntary

Michigan Advance Partners

Jesus, What a Friend for Sinners • 187

Jesus, My Joy • Theophil Forchhammer

PRESIDING PASTOR: Don Dronen; ORGANIST: Kenneth Logan WORSHIP IN MUSIC: Julie Reid, mezzo-soprano WORSHIP LEADERS: Michael, Ruth, Uviel, and Yeser Orellana

MUSIC ALIVE JESUS, WHAT A FRIEND

he musical quality of his voice stirred and yet quieted an audience. His words, clearly enunciated, could be heard without strain by an immense crowd (often 10,000), even when hushed to a quiet whisper." In these words a commentary describes the author of the words of the stirring hymn, "Jesus, What a Friend for Sinners" (hymn 187). In fact, author J. Wilbur Chapman

was born at Richmond, Indiana, but in time he undertook evangelism far and wide. The melody of this hymn in today's services, HOLY MANNA, is widely known with several sets of words. An inspiring alternate set of words, "God Who Stretched the Spangled Heavens," is hymn 536 in the Seventh-day Adventist Hymnal. This is the set of words of choice for Dale Wood's organ arrangement, today's offertory.

WE STUDY CONNECT · GROW · SERVE · GO

Song Service	Vladimir Slavujevic
Opening Hymn	Gleams of the Golden Morning • 205
Welcome & Prayer	Philip Giddings III
Scripture	l Timothy 4:11 <i>NLT</i> • Karen Gotshall <i>Ruth Murdoch Junior High</i>
Special Feature	It Wasn't My Idea • A Student Perspective
Offering	
Bible Study	"Crisis in Eden" • 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.
©1924, Ren	"Make Me a Blessing," Ira Bishop Wilson ewed 1952 Word Music, LLC; Used by Permission. CCLI License #392652
Benediction	Vladimir Slavujevic

ORGANIST: Kenneth Logan

See page 18/19 for Sabbath School directory & map

WE PRAISE

CONNECT · GROW · SERVE · GO

As We Begin

What a Friend We Have in Jesus • Robert Hobby

Praise He Is Exalted • Shout to the Lord • Amazed

> **Prayer** Don Dronen

Welcome New Media Ministries Director Richard Parke

"By the Word of Their Testimony" Korollos N. Abdelmalak *with Rodlie Ortiz*

> GROW Groups Video Keith Wakefield

Children's Story

Jesus, What a Friend for Sinners • Dale Wood

Worship in Music Jesus, Lover of My Soul • Gilbert Martin

Sermon "Charmed into Righteousness: The Truest Friend" Dwight K. Nelson

Connect Card, Tithes & Offerings

Hymn Jesus, What a Friend for Sinners • 187

As We Depart Jesus, My Joy • Theophil Forchhammer

WORSHIP COORDINATOR: José Bourget; ORGANIST: Kenneth Logan GUITAR: Heather Moore; BASS: Chris Wilson; VIOLIN: Rachel Brantley, Richard Clark VIOLA: Colin Fenwick; CELLO: Andrew Gagiu; FRENCH HORN: Matthew Rajarathinam VOCALS: Alex Wilson, Sinegugu Katenga, Joseph Hearn; WORSHIP IN MUSIC: Julie Reid, mezzo-soprano **SUBMIT** announcements by emailing <u>bulletin@pmchurch.org</u> or by going to <u>www.pmchurch.org/announcements/submit</u>. Requests must be received **Monday by 5:00 PM** for consideration.

NEXT WEEK'S OFFERING PMC Operating Expense SUNSET TODAY • 5:30 SUNSET NEXT FRIDAY • 5:38

PIONEER PULPIT

| 01 • 16 |

DWIGHT K. NELSON

"Charmed into Righteousness: The Purest Life"

| 01•23 |

JOHN GONZALEZ

AUSA Religious Vice President

FINANCIAL FEATURE

MICHIGAN ADVANCE PARTNERS

LINE 11 IN YOUR TITHE ENVELOPE

Today our offering goes to support MAP, Michigan Advance Partners. It is Pioneer Memorial's opportunity to look beyond itself and help the greater church family here in the State of Michigan. It is by working together, supporting Christian education, evangelistic initiatives and youth outreach at Camp Au Sable, that we are able to share the good news in our local state communities. Why not make a decision today to become a Michigan Advance Partner by committing to systematic support of this important offering?!

Sanctuary Flowers

Today's flowers are in loving memory of David Merkel, who was a long-time member of PMC before moving to Nebraska with his wife, Sue, several years ago.

Islam & Christianity

TODAY • 2:30 PM VILLAGE SDA CHURCH

Join Tim Roosenberg for a study on Daniel 11 and the roles of Islam and Christianity in the last days.

Family Vespers

TODAY • 5:00 PM PMC YOUTH CHAPEL

Join us as we watch a profound video on prayer, "The War Room."

Memorial Service

TOMORROW • 11:00 AM PMC YOUTH CHAPEL

A memorial service celebrating the life of David Merkel will be held tomorrow. Visitation with the family will begin at 10 AM in the Youth Chapel.

Walking in Johnson Gym

There is free walking in the Johnson gym 5 days week, Monday through Friday, from 7:30 to 9:00 AM for all age groups.

Mommy (and Daddy) & Me Resumes January 12

TUESDAYS • 10:00 AM PMC NURSERY

This is a fun group for kids (0-5 years old) and their parent or caretaker to enjoy friendships and activities together. Each week will include playtime, songs, and crafts. Parents can enjoy time with their children and the chance to be with friends and make new friends. Come join us!

Knitting Hearts Together

JANUARY 12 • 7:00 TO 8:30 PM MACCARTY HOME

The PMC shawl ministry will continue to meet through May (second and fourth Tuesday evenings). Cancellations occur if Berrien Springs schools are closed for weather. For more information, contact Alice Williams (alicew@andrews.edu or 471.3373) or Lyn MacCarty (471.9060 or 208.3377). Anyone is welcome.

Health & Wellness Fest

JANUARY 12 & 13

AU Health & Wellness is proud to present the first 'Health & Wellness Fest' to celebrate the power of wellness to change and save lives! Join the many fun, engaging and educational opportunities to start the new year off well! For a schedule of events or to register, check <u>http://bit.ly/1lsqutj</u>. Have questions? Email <u>wellness@andrews.edu</u>.

Help Break a Guinness World Record

JANUARY 13 • 3:15 TO 3:45 PM JOHNSON GYM

Come out and join us as we attempt to break the Guinness World record of more than 510 people doing sit-ups for one minute together.

Wanted: GROW Group Leaders for 2016

Have an idea for a GROW Group you'd like to lead between February 1 and April 24, 2016? Sign up your 8-, 10-, or 12week group at <u>www.pmchurch.org/grow.</u> It's not too early to begin inviting and praying for people who will want to join you. Questions? Send them to <u>growgroups@</u> <u>pmchurch.org.</u>

Important Changes to UPC/Label Guidelines for Investment

Please take note of this important change regarding the type of UPC codes eligible for investment. Cedar Lakes Foods remains unaffected by this change. Please continue to submit those UPC codes as before. This information is from the Michigan Conference Headquarters. Since Atlantic Natural Foods has bought the Loma Linda brand, the only eligible UPC codes from labels are for the Loma Linda, Worthington, and Caroline's canned food items. UPC codes from any **frozen** foods and **any** Morningstar products are no longer eligible for investment. Therefore. effective immediately, please do not submit labels or UPC codes from any frozen foods or Morningstar products. The only UPC codes now accepted are for *canned* products with the UPC codes of 28989 or 45561. Even though frozen foods may begin with this number, they are no longer being accepted. Money received from ANF for labels is sent to the Michigan Conference, not to the churches from which the labels are sent. The Conference office distributes the funds they receive from ANF at their discretion within the Michigan Conference.

Sexual Purity: A Modern Day Dilema JANUARY 15-18

VILLAGE SDA CHURCH

Find relief from fear and shame. Discover hope. Explore God's solutions in a broken world. Join Mike Carducci, Danielle Harrison, and the rest of the team for a weekend of human stories and God's promises. More at <u>www.villagesda.org/comingout.</u>

Educational Toys for Cambodia

Closets overflowing after Christmas? ASAP Ministries operates three Feed & Read Schools in Cambodia that help poor children have food and an SDA education. They would be greatly blessed if they had quality toys like Lego® sets, play-mobiles, wooden puzzles, etc. Bring your donation to the ASAP office (105 Cass St., Berrien Springs) **by January 18**.

PMC Youth Missions

This was the sixteenth year that PMC Youth Missions has partnered with the Hogar de Ninos (home for children) in Honduras. Hundreds of lives were impacted by the day camp for children, led by the Nursing Department students with Professors Schmidt and Weithers, and by the Clinical Lab Science students with Professor Daniel Gonzalez. This unique missions partnership between PMC and Andrews University was featured in a live 1-hour television broadcast in Honduras. God provided innumerable blessings and constant protection through many challenges and obstacles. Your prayers and contributions are much appreciated. There will be a special mission report in January; look for further announcements. To God be the glory for all He has done.

PMC Exercise Class

TUE & THUR • 6:00 TO 7:00 PM PMC COMMONS

The PMC Exercise Class has resumed! Please join us to improve your strength, flexibility, and balance.

Thank You

We are overjoyed at the responses to our "Adopt A Family for Christmas" project. Twenty-four responses from individual families and groups such as: RMES 7th- and 8th-graders, AU Social Work Department, a Grow Group, Upper Room Sabbath School class, Melendez International, and many generous donors, we were able to bring joy to 37 student and community families. A special thanks to Chris Bundash for her timely help. God bless you all and a very Happy New Year! *-Katherine Smith, Coordinator*

Thank you for your cards, prayers, plant and visits during my recent hospitalization. *-Bob Butts*

Aliens, UFO's, and the Bible

JANUARY 30 • 7:00 PM HOWARD PERFORMING ARTS CENTER

Rich Aguilera presents this family-friendly event where he will present with a 30foot screen, special FX and audience participation. 3D glasses provided. Tickets available from the HPAC box office.

More Announcements

For more PMC and community announcements, visit our website at <u>www.</u> pmchurch.org/announcements.



GROW 2016!

BY SABINE VATEL

n the words of GROW Group leader Gabby, GROW Groups are for "making new friends"!

We think 10-year-old Gabby got it right! Friendship is where discipleship begins. Last semester, Gabby co-led with her parents in a cooking class for kids.

Many people led out in GROW Groups and shared their passion. Dr. Lim's GROW group on faith was carried out online for people who would have otherwise missed out on a spiritual community. Another dear member, Jane, coached her new friends in vegan meal preparation every week! GROW Groups are a beautiful way to share God's love, friendship and your passion with others! Have a passion you'd like to share and help build friendships for Christ? Spring Semester starts February 1 to April 24. Sign up your 8-, 10-, 12-week GROW group today at <u>pmchurch.org/grow</u>.

For questions, please contact Pastor Sabine and team via <u>growgroups@pm-</u> <u>church.org.</u> ■

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

16 PIONEER MEMORIAL CHURCH

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| SABBATH SCHOOL |

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

| OUR SCHOOLS |

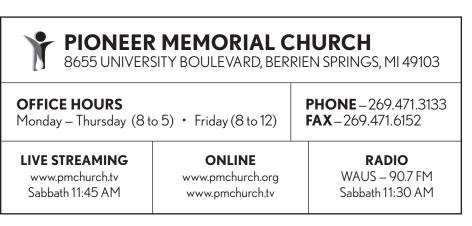
Andrews Academy Jeannie Leiterman • 471.3140 leiterma@andrews.edu

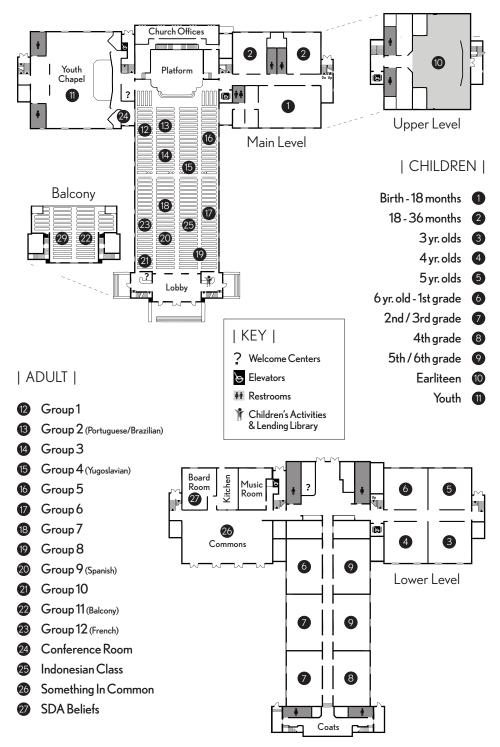
Andrews University 471.7771 or 800.253.2874

enroll@andrews.edu

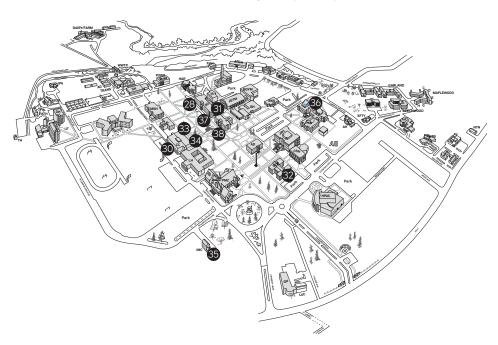
Ruth Murdoch / K-8

Evelyn Savory • 471.3225 esavory@andrews.edu





Andrews University Campus Map



| COLLEGIATE |

- 28 H&M (Hispanic Religion Amphitheater)
- **People on the Move** (PMC)
- **30** University Sabbath School (Dining Services)
- 3 Compass Sabbath School (Buller-Religion Dept.)

| SEMINARY |

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

| ADULT @ AU |

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



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