

June/July 2015

THE

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A publication of the Sacramento Central Seventh-day Adventist Church



Terri Yan
(right) on her
first mission
trip to The
Dominican
Republic

**The
Healthy
Plate**
cooking
class and
lecture



**Preparing for
the Harvest
seminar**
24 hours of learning

Faithful Heroes

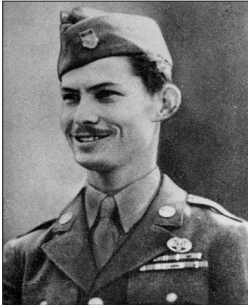
The soldier, the dog,
and their loyalty



IN THIS ISSUE:

4-7 Church News

Page 8



10 Connection Interview with Terri Yan

12 Ask the pastor

13 Youth Page

14 We asked

15 Pastor's Corner

16 Birthday Calendar

Inbox

We cannot allow any more time to go by without telling you we appreciate, and are very impressed by The Central Connection. The professional appearance, writing, and articles of interest are a wonderful addition to the worship and family experience.

Thank you for ALL you and the team do to keep the SacCentral family connected!

Dan and Cathy Salyers



Editorial

When my father opened our family-owned healthy-food store in Brazil years ago, the other small business neighbors could not understand how he would not open the store on Saturdays, the busiest day of the week for sales. Someone told him his store would not last a year. Every Saturday, on that long commercial street, the only store closed was the "Healthy Life, natural products." I remember my father always saying that those closed doors were a testimony to many people about the Sabbath. We were asked so many questions! The store never really became a big business, but it has been what my parents have done for a living for the past 18 years! I can testify that God is faithful to us when we are faithful to Him.



Our theme in this issue of the Connection is faithfulness. Our members share how they show faithfulness to God (page 14). And Lili tells about how God was faithful in performing a miracle for her and her sister (page 13). And to honor the upcoming 4th of July celebration, we have a special feature telling the story of a soldier who wouldn't surrender his convictions, even in the middle of a fierce battle. He remained faithful to God even under enemy fire, and God honored him for his faithfulness. Check page 8!

There is so much to tell, but I will just let you go on and explore what we have in this issue for you. Let's get inspired and renew our fidelity to God, because as the song says, "He's been faithful."

Aline Henda
Editor-in-Chief



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Youth Week of Prayer Focus on Intercession

By Aline Henda
Editor-in-chief

The youth leaned forward eagerly listening to incredible stories about the power of prayer. During Youth Week of Prayer, from April 13-17, Pastor Michael Butler talked about prayer – what it means to pray, what the Bible says about it, how we can pray, and different kinds of prayer, especially intercessory prayer.

About 10 to 15 youth and young adults, some of them first-time visitors, came nightly to Sac Central chapel for the 5 days of the meetings. Each night the youth could write their prayer requests on the “Prayer Wall,” a big white backdrop mounted on the wall. Jesse Gabriel, 18, had his request answered right away.

“I wrote on the prayer board for my grades to go up. They did!” he reported.

For Pastor Butler, the most important aspect is that they spent a lot of time praying during the meetings – in a group, with one another, and individually. This was a challenge for some of the youth who were nervous about praying

and didn’t know what to say in public. That was also one of the topics discussed, and Pastor Butler explained how they could talk to God as a friend.

“We wanted to help them understand that they have access to Divine Resources through prayer,” said Pastor Butler, who shared many personal testimonies. This was the best part for Daniela Morteo, 12.

“I liked to hear how God performs miracles for other people. I feel that [these experiences] help me to get closer to Him,” she said.

Pastor Butler challenged the youth to pray and gave them the book “The incredible power of prayer” by Roger Morneau, about intercessory prayer.

“Ellen White says that prayer is the breath of the soul. If we are not breathing spiritually, we are suffocating and dying. I encouraged them to breathe,” he said. “Don’t hold your breath!”

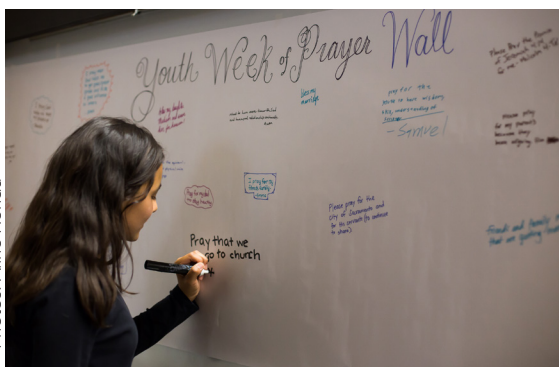


Vespers

While the week of prayer is programmed to happen only once or twice a year (another one is planned for the beginning of the school year), Vespers is another project of the Youth Department, that occurs more frequently.

During the meetings, the group, which ranges from teenagers to college age, spends some time praying, singing and discussing a proposed question, such as: “If you knew Jesus were coming back in six months, what would you do differently?” The last part of the program is open for questions and answers.

Vespers takes place every 2nd and 4th Friday of the month, in the chapel. For this year the overall theme is “The Blueprint.”



Daniela Morteo writing on the prayer wall

Photos: Aline Henda



Church Family NEWS

All Heavens Declare!

Spring Concert features Sac Central's local talents

By Je Ann Davis



Sacramento Church Choir singing one of the songs they presented at the concert

On Saturday, May 2nd, 2015, Sacramento Central hosted the annual Spring Concert entitled, "All Heavens Declare!" featuring musical talent from the Sacramento Central and Southgate churches.

Walter Aldrich, Central's Music Director, organized the concert, as well as conducted the Central Choir through several beautiful songs. We were also blessed with heavenly music from Echoes of Mercy, New Hope, and Central's Men's Chorus, along with several solos, a duet, and a trio. Between songs, inspirational words were read from the "The Great Controversy," sharing truths about the turning points in the controversy between Christ and Satan.

The concert was a blessing to all those who attended and gave inspiration and hope that the Great Controversy is almost at an end. Christ Jesus will return very soon to gather His children together and

take us home to live with Him for all eternity. The curse of sin will be no more. Praise the LORD!

"And there shall be no more curse, but the throne of God and of the Lamb shall be in it, and His servants shall serve Him. They shall see His face, and His name shall be on their foreheads. There shall be no night there: They need no lamp nor light of the sun, for the LORD God gives them light. And they shall reign forever and ever" (Revelation 22: 3-5).

Amen.



Sacramento Men's Chorus

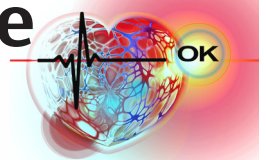
Baptisms



Photo: Je Ann Davis

Francisco and Christine Trillo
04/18/2015

The Healthy Plate



By Marilee Walker
Staff Photographer

A cooking class and lecture for better health was presented by the Health Ministry on Monday, April 27th. The topic for this month was "Longevity - Live a longer, healthier and happier life." Karen Medeiros presented some facts from Dr. Barnard's book "Breaking Food Addictions," regarding why cheese is not a healthy choice.

In the cheese-making process, fats and proteins are concentrated by squeezing out all the liquid, so you end up with at least 15



Photo: Marilee Walker

Continue on page 7

Preparing for the Harvest

By Hope Beale
Staff writer



Christian Berdahl

by several spirit-filled messages sponsored by Last Generation for Christ. The theme for this event was "Preparing for the Harvest."

On April 17-18, 2015, Sac Central was tremendously blessed

The speakers were Pastors Dennis Priebe, Mike Lambert, Allen Davis, Larry Kirkpatrick, and Christian Berdahl.

The weekend began on Friday evening with Pastor Lambert sharing a powerful message, "The Hope of Righteousness by Faith." He posed three questions in his message: What is the hope of the Christian? Do you have a problem standing for God? and What is God doing for humanity? The hope of the Christian is to take possession of Christ's righteous life. The

righteous life of Christ enables the Christian to stand for Christ while waiting for His soon return. This is accomplished by acceptance of God's most precious gift to us - His Son.

Dr. Davis taught the Sabbath School lesson 'Women in the Ministry of Jesus' (Lesson 5: Sabbath School quarterly). His message was, 'Character Perfection: Is it Biblical?' He shared that the Bible provides clear evidence concerning the character of Christ. He spoke passionately about his own journey in discovering the righteousness

Continue on page 6



Photos: Je Ann Davies and Marilee Walker

Ministry Fair showcases church ministries

By Aline Henda
Editor-in-chief



On the day of the fair, the

ministries' leaders and volunteers were busy setting up their tables. Banners, boards, and pictures were placed to attract passers-by. Folders, magazines, and desserts were offered to the visitors. The fourth annual Ministry Fair had 26 ministries represented on May 9th.

This annual event, which was

also combined with a church potluck, is organized by the Social Committee. It began in conjunction with the Discipleship Committee and Pastor Steve Allred, a former youth pastor here at Sac Central, with the purpose to profile our church ministry activities and draw in new participants.

"The church does the annual Ministry Fair for several reasons," said Melissa Martin, church secretary and leader of the Social Committee. "One, it revitalizes the ministry leaders, two, it brings in new people to each ministry and three, it showcases Central's ministries to our new members."

Jeaneva Jackson, who works

and volunteers at Your Neighbor Thrift Store, is one example of how the fair can reach its goal. Her table had twice as many interested people signing up to volunteer when compared to last year's event.

"I think the Ministry Fair is great because you get to see what other ministries are doing," she said.

Continue on page 6



Photos: Nash Carlisle





Allen Davis



Larry Kirkpatrick



Dennis Priebe

of Christ, and he challenged us to not leave this weekend and then do nothing. He implored us to look at Christ's life and ask ourselves the question: 'Do I have an active plan to demonstrate Christ's Righteousness to the world?'

On Sabbath morning Pastor Priebe presented the thought-provoking message, "Why Does 1888 Matter?" Through Ellen White's writings and the Bible, he provided evidence about the importance of the 1888 righteousness by faith message delivered to the General Conference delegates that year. This was a powerful message providing hope and grace to all who would believe. Unfortunately, the majority of those in attendance rejected this message. However, God was merciful then, and is merciful now because the truth of Christ our Righteousness is still available to us today.

On Sabbath afternoon, Pastor Priebe delivered another important message, "Why

does the Nature of Christ Matter?" Pastor Priebe shared that without a true understanding of Christ's nature, many may be led to believe that Christ cannot keep us from sinning. He further shared that if we fail to understand the truth about sin and Christ's redemptive power as revealed in God's Word, what is really at stake is God's credibility.

On Sabbath evening, Pastor Kirkpatrick presented '1957, Original Sin, and Questions on Doctrine' and Ellen White's Christology Demystified. Through the Bible and the inspired writings of Ellen

White, we learned more about how to interpret Ellen White's writing on the subject of the nature of Christ, and our view as a denomination regarding the nature of Christ up until 1950. Pastor Kirkpatrick offered insights about how to clearly understand Ellen White's position, her message, and her writings on the nature of Christ.

Pastor Christian Berdahl gave the final message for the evening. He shared how he became a Christian and subsequently thought of leaving the church. Praise the Lord, through his searching for a more meaningful relationship with Christ, he discovered the righteousness of Christ, and his life was transformed. Pastor Berdahl's message, 'No Plan 'B!'" illustrated the love of God and that Christ's plan of salvation cannot be improved upon. Our

acceptance of this plan is our acceptance of Christ's Righteousness.

The weekend concluded with the speakers answering questions related to the topics presented over the weekend. This was an inspiring weekend in which each presenter gave us powerful messages to help us as we prepare for our Lord's return.



FAIR Continued from page 6

Ministry fair gives opportunities for members to get involved



"That's how I became a greeter last year!"

Other ministries were also



successful in recruiting volunteers, like the Transportation ministry with 10 willing drivers, the Adventurer

Club who got new kids registering for the club, and the Youth Ministry, that had sign-ups to the Sacramento Youth for Christ (SYC), mirroring the GYC conference.

"They are very excited and committed to outreach," said our youth Pastor, Michael Butler.

Sacramento Central has 32 different ministries. The next Ministry Fair will be in 2016, but those interested in becoming involved in any ministry may obtain more information on the church's website, www.saccentral.org.

grams of artery-clogging saturated fat per 2 oz. serving, and 50-60 mg of cholesterol. Migraines and arthritis symptoms can be triggered by eating cheese. Cheese is high in sodium and addicting because it contains casein, a protein that is broken up during digestion, and then forms an opiate called casomorphin, which causes sedation. There are no redeeming health benefits in cheese or dairy products. They don't build strong bones or slow osteoporosis. Studies have shown that eating fresh fruits and vegetables, along with grains, contribute the most to your overall health.

Jennifer Buttery gave a demonstration on how to make Pimiento Cheese Sauce, Velveeta

like Cheese, and guilt free Cracker Barrel Cheddar. Using her Vitamix Blender, Jennifer quickly blended up the cheese recipes, making it look

quite easy, even for a beginner. The pimiento cheese sauce was mixed with macaroni and would be a delicious mac n' cheese entree. The Velveeta like cheese sauce, made with potatoes and tahini paste was delicious with multi-grain crackers. Jennifer showed how she made a beautiful cheese ball with the guilt free cheddar, a recipe that you would never guess it was not "real" cheese. You can ask Karen Medeiros for a copy of them or find in our Facebook page.

Adventists and Longevity

A video showing an interview with Dr. Don Hall on Longevity, discussed some of the current studies on Adventists and described why Adventists have a

longer life span of 4-8 years, and up to 10 years. 90,000 Adventists are currently being studied to determine why they live longer and what variables are contributing to this. They discovered that Adventists tend to weigh less and eat nuts daily, which was a strong predictor of longevity. Nuts have a protective factor for the heart, are high in minerals, low in fat, lower in saturated fats and have high Omega 3's, which are protective factors. Nuts decrease the risk of diabetes. A handful of nuts a day equals 3 years longer life.

Exercise

The question was asked - Does exercise trump a good diet? Exercise is important for many things such as decreased weight, decreased blood pressure and decreased high cholesterol. The Alameda study that looked at nurses' health agreed with the SDA study that exercise topped the list for longevity. It was encouraging to know that the first 30 minutes of exercise impacts longevity the most. By moderately exercising 30 minutes a day, there was a significant improvement in health. The American Cancer Association has recommended an hour a day to decrease the risk of cancer, and an hour of exercise is the ideal. We learned that the 30 minutes doesn't have to be completed at the same time, and the studies indicated that breaking exercise up into 10-15 minute sessions, did not change the effect on longevity.

Spirituality

Both the Alameda and SDA study have shown that those actively involved in their churches also show a decreased mortality rate. It is felt that there is something about being a church member and having a strong social support system that positively impacts health.

The study also indicated that the people with whom we spend time impacts us. If we spend time with those who are eating poorly, smoking, and not exercising, our health may not be as good.

Red Meat

There is a direct correlation with an increase in red meat intake and a decrease in longevity. Red meat is exactly the opposite of the vegetarian diet, as it has high amounts of saturated fat which is directly related to heart disease and increased diabetes.

Overeating

The government is recommending that people should use smaller plates and increase their fruits and vegetables. Calorie restriction will decrease diabetes, stroke risk, depression and blood pressure. Every BMI over 25 will decrease life span, and being at 30 BMI or over increases the risk of dying by 50%.

What about happiness?

The studies indicated that those people who are pessimistic or get angry quickly have an increased mortality. The Alameda study suggested that the 2nd best predictor of longevity was happiness. Proverbs 17:22 tells us that "A merry heart does good, like medicine, but a broken spirit dries the bones." We are so fortunate to have God's Word to tell us what we should eat and how to be happy. God gave us the recipe for good health. Will you follow it?



Desmond T. Doss, a Faithful Patriot



By Michael Grace

Desmond T. Doss was a faithful servant of God and his country, the most unlikely Medal of Honor recipient one could imagine and the first Conscientious Objector to do so.

Desmond was a simple man with strong convictions established from his youth. Desmond was born the second of three children in Lynchburg, Virginia on February 7, 1919 to Tom and Bertha Doss. His mother took the children with her when she attended the local Seventh-day Adventist Church. Desmond was fascinated with a picture that held a place of prominence in his home. It was a picture of the Ten Commandments with each commandment illustrated. He was particularly taken with the 6th commandment, Thou Shalt Not Kill, and the picture of Cain holding a club and standing over the lifeless body of Abel. He would look upon that sight and wonder how anyone could do such a thing. This picture made a lasting impression on him. He decided he could never take a life.

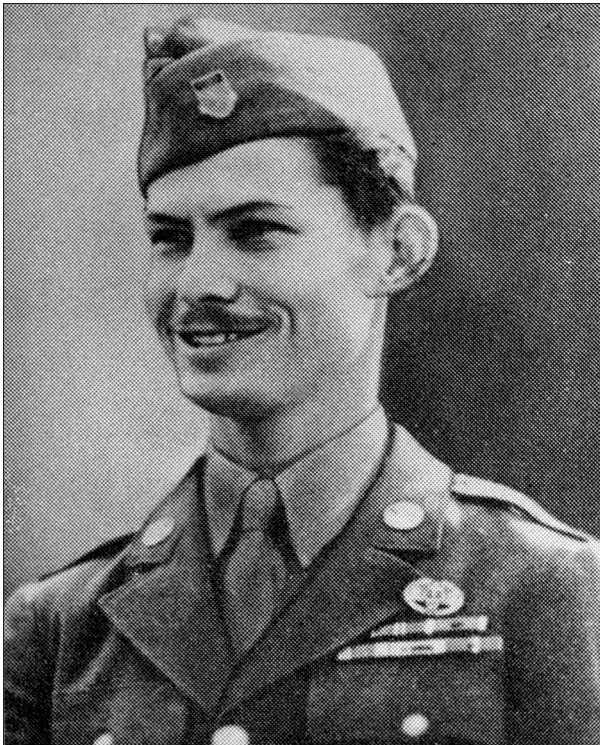
The Great Depression was hard on his family and his father, Tom, who took to drinking to help him cope. One day Tom and Desmond's uncle became drunk and started fighting. Tom got a gun and threatened to kill the uncle. Bertha stepped in between the two and stopped Tom from killing him. She took the gun away and gave it to Desmond to hide it before the police showed up. Desmond had a great distaste for guns from that time forward and vowed he would never touch a gun again.

Desmond was working at the Newport News Naval Shipyard during the start of the war with Japan. Even though he qualified for a deferment, Desmond answered the call to serve his country to fight for religious liberty and freedom. He signed up for the

draft as a Conscientious Objector. He wanted to be a medic. The Army said they would send him to Conscientious Objectors camp along with others that did "not believe" in serving their country. Desmond believed in serving his country, he just did not want to kill another human. He wanted to save lives. The Army relented and sent him to Fort Jackson for his basic training where he joined the 77th Division. However, the Army took him out of the medical attachment and placed him in the Rifle Company in hopes that peer pressure would change his mind. Desmond was considered a pest, weak and strange, always carrying a Bible and worst, reading it. His officers wanted to throw him out of the service. They all made fun of him, calling him a Holy Joe. Living his faith and standing his ground, especially to keep the Sabbath, was especially hard on Desmond but he never wavered. The officers made sure there were plenty of undesirable jobs for Desmond to do on Sunday. Lesser men would have relented or retaliated but Desmond held fast to his convictions and kept his peace with God. It was during this time that he married his wife Dorothy.

Desmond first showed his worth on the island of Guam. He crawled around checking on his men at night. The Japanese were shooting at him while he was working to save his injured men. He was warned not to do this as he might be shot by his own men, but he kept on anyway. Soon others learned of his willingness to help his men, even though unarmed, and they started showing him some respect.

Once Guam was secured the 77th Division left for Okinawa to replace the 96th Division which had suffered heavy casualties. The Japanese were dug-in in an escarpment known as Hacksaw Ridge, which had a commanding view of the island. Hacksaw Ridge was taken nine times in seven days and each time the Japanese forced the Army to retreat. Over 15,000 U. S. servicemen gave their lives to take that island. It was



during this operation that Desmond proved his worth and justified his faith in God.

Desmond was the medic for Company B. He prayed for the safety of his men during one operation and they all were kept safe. When he could not pray in advance of operations his company experienced greater fatalities. Desmond and two other men volunteered to hang cargo nets on the wall of Hacksaw Ridge. 155 men participated in the attack, only 55 retreated under their own power. The remaining 100 soldiers were helped back to safety by Desmond. The bowline knot he learned in basic training came in handy as he fashioned the rope as a harness to help lower the wounded men to safety. Desmond spent over 12 hours attending to his men and saving them as machinegun fire and snipers endeavored to kill him and his men. One Japanese soldier claimed to have had Desmond in his sights six times and each time he went to shoot, his gun would jam. Through all of this he worked alone. He refused to leave any man up on top of that hill. Despite the danger, Desmond kept praying that God would help him get one more man. He got them all, lowering 75 men down the hill by himself. Desmond thanked God for allowing him to save his men.

The next invasion of Hacksaw Ridge was scheduled to take place on Sabbath. Desmond requested time

for his devotion, time to read his Bible. Even though it meant delaying the entire operation, Desmond's request was granted by the same commander who had belittled him for not wanting to shoot a gun. Hacksaw Ridge was finally secured. Desmond was the last medic standing in Company B and A.

During this operation he saved the life of the officer who had tried to remove him from the Army.

On May 21, 1945 Desmond was almost killed by a grenade as he walked into a company of Japanese soldiers while trying to tend to his men. Even as he was being carried away on a litter, under fire by the enemy, he rolled off the litter to tend to another wounded man. Desmond was hit by a sniper and his arm was shattered. He splinted his own arm with broken rifle butts. His physical pain was eclipsed only by the pain he felt when he realized he had lost his pocket Bible, his main source of strength. The men of Company B retraced Desmond's steps, looking for his Bible until they found it. Desmond was happy to know that his men would risk their lives to find it for him.

Desmond returned home to the states totally disabled. The men who knew him nominated him for the Medal of Honor, which was presented to him by President Truman. Desmond continued to live simply and follow his faith. Desmond's wife Dorothy died from cancer. He later married Frances and lived with her until he died on March 23, 2006.

Desmond T. Doss was not changed by his accolades. He did not allow the world to change him—he changed the world. He was at peace with his life, his faith, and memories. He was faithful to his beliefs and honored God as he fulfilled his obligations to his country.



President Harry S. Truman awarding Desmond Doss with the Congressional Medal of Honor

CONNECTION INTERVIEW

MY FIRST MISSION TRIP

By Nash Carlisle
Staff Photographer

Picture it: a cool, brisk morning and you're up before dawn, making your final packing arrangements and praying with your family before embarking on a journey - a mission you have never gone on before. Hmmm, this sounds like someone's first mission trip. Yes! Terri Yan, member of Sacramento Central SDA and a governmental program analyst with the State of California, left for such a journey on Feb 12th of this year, to the city of Santo Domingo, in The Dominican Republic.

Maranatha Volunteers International, which organized the trip, set out to build a church in one of the towns in an 11-day period, as well as to render other services such as: distribute food, paint two nearby churches, host health fairs, and conduct Vacation Bible School at three different locations. Terri's trip was completely funded by kind-hearted, God fearing souls.

The Central Connection: How did this mission trip change you?

Terri: I'm thankful for God meeting the people's needs overseas. The Christian people we met, and with whom we interacted and worshipped together are very happy. However, there are many people who are poor and live in houses that are like shacks. They build with whatever materials they can find. It seems there is a high unemployment rate, and a great need for food - things we take so much for granted. I don't complain about anything anymore.

How was your mission trip supported?

By donations from friends and family and church members. I wrote a letter to get support for the mission trip with the details about it, including the mission trip fee, air fare. etc. I emphasized that those who donate would receive a tax deductible receipt. I prayed for God to send donors. For those who do-

nated \$100 or more, I gave them a jar of fresh honey as a thank you in a tangible way. They could choose between the honey or a gift certificate to my brother-in-law's Chinese Restaurant (T2Yan) located in Galt. The trip was entirely supported by donations.

How was your typical day at the mission?

On workdays, we woke up at 5 a.m., got ready, ate breakfast, and got to the worksites at 8 a.m. to work until 4 p.m. Construction is physically challenging! I have so much appreciation for construction workers now. After two days at the



Terri Yan working at the construction site in The Dominican Republic

construction site carrying bricks, laying them, and sifting sand, the heat and humidity wore me out. I then volunteered to help paint two churches for the remaining days of the trip. Painting was just as hard work, but a little better for me since I didn't have to be constantly in the heat.

What was your favorite part of the trip?

I enjoyed the outreach ministry the most! I had the opportunity to help distribute food, hygiene products and GLOW tracts to people. I loved it because I was able to interact with the locals face-to-face and see what their living conditions were like. Unfortunately, I do not speak Spanish, so I couldn't talk or ask them anything.

With all this work, was there any time left to visit the country?

Yes! We had three fun excursions: we explored the Tres Ojoles (Three-Eye Holes) on a Sabbath afternoon, spent an hour snorkeling, and spent 5 hours on the Island of Catalina to swim and relax on an off day of work. We visited Christopher Columbus' House (presumably it

was), the Christopher Columbus Museum, and the first church of the Americas on the day before we left.

Was there a situation when you really had to trust God?

I was so nervous at the beginning of the trip, as I was going to a developing country for the first time, and alone. I gave my concerns to the Lord, and He took care of all of the details. On my connecting flight from JFK to the final destination, a citizen of the Dominican Republic was seated next to me and he walked me through the customs process. When I arrived at the mission site, the other volunteers helped me feel right at home.

What made an impression on you on this trip?

How God withheld the rain as we constructed the wall around the church site and painted the two churches. A 50% chance of rain was forecasted every day during the trip, which is a very high chance of rain in the Dominican Republic. As soon as grey clouds are visible in the sky, rain is guaranteed. But only when those two projects were done, by the afternoon of February

20th, the rain came and poured down until the day before we left the country.

What do you have to say to our readers?

I highly recommend that anybody who is physically able go on a mission trip. We have had 70 year-old people with us on this trip. There are a lot of inconveniences. You have to forget about comfort. You may have to endure smelly streets, tropical heat, smelly toilets that you have to flush with a bucket of water, crazy traffic, getting wet riding buses on rainy days, but you'll have a chance to meet other people from all over the globe, who are there to spread God's love and help people in need. You have probably heard and seen photos of many wonderful mission trip experiences from friends and people you know who have gone, but in my view experiencing this yourself first hand is priceless. You will appreciate your blessings and be even more thankful after a mission trip to a developing country.

Feel the itch to do a mission trip like me? Let's pray for it, "For with God nothing shall be impossible."

This is what Terri and the volunteers of the mission trip accomplished during their stay:



Construction:

1,300 blocks were laid for the perimeter wall at Luz de Villa Carmen Church



Painting: Painted two churches, The Rose of Sharon church and Invi-CEA.



VBS: With an average attendance of 75 kids for each of the 10 sessions, reaching mostly non-Adventist children.



Health-fair: Presented good health and hygiene methods to both children and adults. They also tested eyes and handed out over 160 pairs of reading glasses.



Food Distribution: Distributed 1675 lbs of food supplies (rice and beans), along with 48 bottles of cooking oil, as well as hand soap.

Photos: Terri Yan





Ask the Pastor

Pastor Mike Thompson

My fiancé and I were physically intimate before marriage. We repented, asked God's forgiveness, and did not commit this sin any more. Is it therefore permissible for us both to take communion?

The answer to your question is "yes!" While God is just, and will never condone sin, He is also merciful and delights to forgive us when we repent. See Isaiah 55:7. The very purpose of communion is to reflect upon God's mercy in permitting Jesus to die for our sins. The last thing God wants us to do is deny ourselves communion when we have repented and been washed clean in the blood of Jesus. He desires that we should rejoice in His love. Communion affords us an opportunity to do this. On the



other hand, it is presumptuous for anyone to partake of the emblems of Christ's sacrifice if they are deliberately choosing to live in sin, with no intention to repent. In 2 Corinthians 11:27-29, we are told to examine our heart before taking communion, to ensure we are spiritually prepared.

I have fallen in love with a man who's not an Adventist. Also, he is married and has a son. I can't find a boyfriend and I'm very needy. What should I do?

I'm not sure if you are actually involved with this man or if it's something you would like to pursue. Assuming you are involved, I will state the following: The greater issue is not which church this man attends, but that he is already married. In spite of feeling needy, which would God have you do - to remain needy or to satisfy your need with another woman's husband?

The answer should be self-evident. You need to break the relationship immediately, regardless of how much it may hurt. Better that than continue a moment longer in something God forbids. God has a far higher purpose for your life that He longs to fulfill. Further, He can fulfill your need for companionship and affection as you keep your heart surrendered to His love. Meanwhile, trust God to bring along the right person in His time, if such is His will. We have some very kind, understanding, and wise ladies in our church family. If you would like to talk with one of them anonymously on the phone, please call the church office.

Would you like to have Pastor Mike answer your questions? Send it to connection@saccentral.org. Subject line: Ask the pastor

The Power of Prayer

By Lili Larson

Photos: Aline Henda

Once, during a sermon, I heard that God has three ways of answering our prayers: "Yes," "No," and "Wait." No matter what you have been praying for, believe that nothing is too difficult for the God of "the impossible."

I remember a situation in which all I could do was pray. My younger sister Cris and I lived and worked in São Paulo, Brazil. We were going to spend a holiday at our parents' house in the countryside. Because of everything we needed to complete before traveling, we ended up leaving much later than we had planned. Night had fallen, and because I was so concerned about leaving, I forgot to stop by the gas station to fill up the tank. Two-thirds of the way into the trip the gas light came on, showing that we did not have much fuel left, and that we needed to find a gas station soon.

The problem - we had already passed all of the gas stations and there weren't any more available on the road. I was getting desperate because it was dark and we were only two girls on this highway. I did not even want to think of the terrible things that could happen to us, including the risk of an accident if the engine just stopped for the lack of gas. The needle had already

passed the "empty" point. My sister started to get very worried when she saw the panel and she said that we needed gas urgently or we would definitely run out of fuel at any second. I knew the situation was serious and the worst part was that both of our cell phones did not have signals on the highway, so we were unable to call for help.

By now, I was silently praying and told Cris that she should pray as well because I did not know what else to do. She started praying aloud. Suddenly, to our surprise, the gas needle started to move as if we were filling up the tank, even though we were not. We were driving, so the logical thing would be for the gas needle to continue moving down, indicating the engine was empty, but miraculously the gas needle was moving in the other direction, showing that we suddenly had more gas in the tank. When I saw that I said: "Cris, look at this gas needle! It is moving backwards and we seem to have more gas now." We made it to our parents' house and when we arrived there it was the first thing we told them. Our dad and mom knelt with us and we all thanked God for taking care of us and for providing the extra gas that

Continue on page 13



we needed.

This is our wonderful Lord! A God that loves us so much and cares about all of our problems; no matter how small or big they might be. It is an honor for me that such an Almighty and amazing God has the time and interest to listen to my petitions, thanksgiving, and worries.

My favorite verse in the Bible is: "Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours." (Mark 11:24). This verse makes it clear that it is not only about requesting, but it is also about believing that God can do it for you.

Would you like to begin today spending some time talking with God? Our family and friends miss us when we have not talked to them for a while; God misses us as well. He has been waiting for you to want a friendship with Him. He is always there for you, 24 hours a day, seven days a week.



Lili Larson is a member at Sac Central. She is engaged in the Bible Study group for Portuguese speakers and is involved in the Greeter's Ministry.



We asked

How do you show your faithfulness to God?



"By keeping the Sabbath holy and sharing that truth with others. By practicing and sharing the health message. By praying daily for the heart and mind of Christ."

Bill Stroud



"Surrendering daily to Him. Staying in touch with Him daily and trying to hear what He has to say. Giving Him my time and asking Him to be with me and reading His word."

Daniela Stroud



"In being faithful to God I try to be His hands to those around me, sometimes just being able to offer a loving smile."

Leticia Karn



"By doing the simple things, such as praying every morning, night, and before eating - even when eating with a client or co-worker, reading every day from God's word, giving a homeless person money - and not judging them on how they may spend it. But most important of all is daily submitting my will to God."

Larry DeFehr



Pastor's Corner

Pastor Chris Buttery

A symbol of loyalty



Eisaburo Ueno, a professor at Tokyo University, was the proud owner of a white Akita dog, named Hachiko. Every morning they walked to the Shibuya station where the professor caught the train. In the evenings, when he returned from work, Hachiko would be at the station waiting for him and they would walk home together. For years Hachiko followed this tradition with his master.

But one sad day, in 1925, something terrible happened. The day started out as usual, with Hachiko accompanying Mr. Euno to the train station. While at work, the professor had a sudden heart attack and died. That evening Hachiko waited for his master at the train station, but he never arrived.

The next day, when the evening train pulled in, Hachiko was at the station. Again, he waited eagerly for his owner, who never showed up. For the next 10 years Hachiko faithfully met the evening trains until he died, at the Shibuya station. His faithfulness didn't go unnoticed, and today, if

a person visits the Shibuya station, they will see a statue of Hachiko – a permanent reminder of steadfast loyalty.

Can it be said of you that you are faithful to God? Can He count on you to be obedient even when it might be difficult? Can He depend on you to serve Him and His creation even when you don't want to? Can He trust that you will be available when He needs you the most? If you're like me, then I'm sure you want to be.

God's last-day people are described as patient, constant, and steadfast, enduring right through to the very end. Because of their faithfulness to Him, He shines the spotlight on them. John describes them stating, "Here is the patience of the saints: here are those who keep the commandments of God and the faith of Jesus." (Revelation 14:12) Let's remain faithful to God and to the privileges and responsibilities He's entrusted to us. What do you say?



In 2015, the Faculty of Agriculture of the University of Tokyo constructed a bronze statue, depicting Ueno returning to meet Hachikō

Photos: RocketNews24



June 2015

BIRTHDAY CALENDAR

- | | | | |
|---|--|---|--|
| 1 Steven Frields
Larry Schubert | Regine Taubert | Nicoli Bosque | Elaine Steiner |
| 2 Darrell Baudoin
David Close
Richard Earl
Rosanna Hill
David White | 9 Enriquito Asuncion
Rafael Raymundo | Luis Gomez
Adi Vika Ramalassou
Al Wenglasz
Daryl Yorac | 25 Dorothy Carpenter
Lynn Corpus
Rick Devai
Nikolas Martin |
| 3 Dianne Cossentine | 10 Rebecca Unzueta
Phu-Linda Vogt | 19 Steven Binus
Michael Hayes
Brenda Miranda | 26 Charlene Baker
James Ballard
Max Du Boise |
| 4 Rea-Nae Callender
Jim Clifford | 12 Michael Butler
Ephraim (Alex) Capraru
Robyn Huggins | 20 Jesse Henda
Guillermo (William) Tejeda
Goshka Tita | 27 Ilisoni Batiratu
Marilyn Brown
Elizabeth Davis |
| 5 Ronald Allen
Socorro Renteria | 14 Dorothea Bonk
Karie McKinnon
Debra Witt | 21 Randall Zellitti
22 Robert Nagy
Ariana Wagstaff | 28 Michael Aldrich
James Lee
John Miranda
Francisco Trillo |
| 6 Aline Henda
Geza Nagy | 16 Jacqueline Anderson
Eric Kwezi
Debbie Oja-Ausmus | 23 Stacey Jaaskela
Angelica Meraz | 29 Beverly Ludwig
Adolph Maier
Michael White
Yeni Zenteno Lopez |
| 7 Alicia Garcia
Janet Holmes
Eva Morehouse
Maria Unzueta | 17 Romel Altamirano
Judy Dahlinghaus
Alvie Kling
Harrison Platero | 24 Jeremiah Breeden
Jeaneva Jackson
Gladys Provideo | |
| 8 Antonio Tangonan, Jr | 18 Michael Bordis | | |

July 2015

- | | | | |
|---|--|--|--|
| 1 Jesse Blake
Nichole Blake
Steven Frank
Olga Inozemteva
Trisha Vigil
Bryan Wagstaff | David Taylor
Mark Zellitti | 15 Alfred Paddock
Dimitrius Price | Tim Horton |
| 2 Monica Guerra
Nicolai Moscaluc | 7 Jesse Borovnica
Mildred Brown
Manjeet Bryson
Edward Ensminger | 16 Evelyn McGovern
Jason Rainbolt
Lumbala Walumbala | 26 Anca Dobrescu
Shelby Junious
Juliet Milano
Francine Morgan
Ken Reeser
Geraldine Stites
Matthew Taylor |
| 3 Kanndis Geter
JR Tangonan | 8 Susan Barron
Johnny Diggins
Ia Hang | 17 Hulda Holmes
Lilica Stefan | 27 Janice Marie Alaba
Luis Oswaldo A. Sanchez |
| 4 Dwight Ausmus
Lalana Brooks
Nathan Earnest
Sheri Olson | 10 Holly Pham | 18 Lawrence DeFehr
19 Robert Pierce
Sharon Teachout | 29 Zenaida Montes
Rosana Rodriguez |
| 5 Kathy Cavitt
Anna Crotteau
Doris Morgan
Bonnie Swizlee-Miller | 11 Alvina Ratcliff
Craig Rollinson
Valeri Simons | 20 Angelica Cisneros
21 Danielle Hoxie
Arieta Sorvakaca
Mike Thompson | 30 Nikki Angle
Kristi Davenport
Rebecca Gomes
Adam Kisner
Sophia Raymundo
Thomas Wiebold |
| 6 Francisco Cano
Robert Chism
Harry McEvers | 12 Hector Salazar
Samuel Tablas
Esther Vasquez | 22 Carol Beard
Alex Dennis
Wanda Hollowell | 31 Flora (Leticia) Karn
Duane Peterson |
| | 13 Leticio Fernandez
Anna Lalich | 24 Theron Barbour
Nena Teope
Tabatha Villa | |
| | 14 Seth Boatwright
John Evans
Amie Hamilton | 25 Vanesa Esparza | |