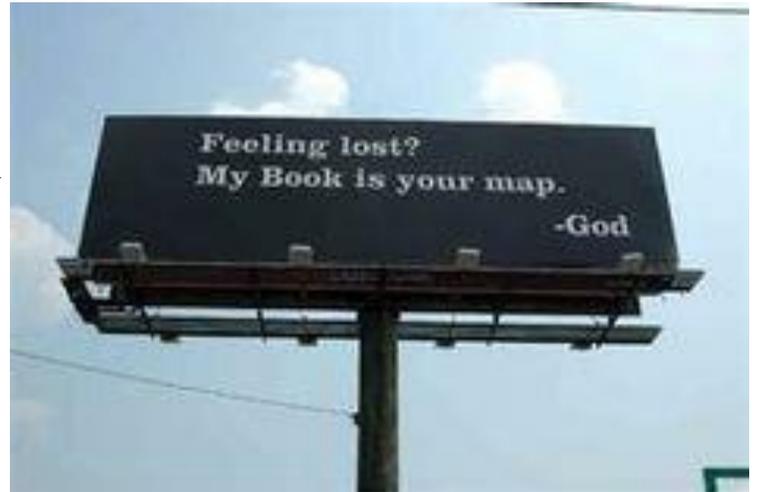


**October 18, 2014**

Piedmont Park Seventh-day Adventist Church  
4801 "A" Street  
Lincoln, NE 68510  
Office - 402-483-1344 Leave a Message  
Renee Schaecher –Administrative Assistant  
402-580-1608 (Text)  
[piedmontparksda@gmail.com](mailto:piedmontparksda@gmail.com)  
Pastor Michael Halfhill 402-318-1856  
Pastor Andy Moseley 402-450-4390



### **Announcements**

**Good News! The Building Expansion is progressing. Members and guests at Piedmont Park's Sabbath services and activities will need to enter from the Cotner Street side of the building.** Unless you are unable to manage the steps please enter our building from the back door just across from Bryan Hospital. Continue through the education wing and middle foyer, then enter the sanctuary through the door directly in front of you. For those who need this service, our stair-free entrance is on "A" Street on the north side of the building near the east end of the building where the glass wall/door is. Greeters will meet you at the back entrance, the stair-free entrance and at the south sanctuary door. You can pick up bulletins, Sabbath School lessons and flyers at all three entrance points. The Welcome Desk will be in its usual place, but the children's supplies are on a shelf inside the sanctuary. God bless you, and we are excited to see you this coming Sabbath at our old, yet "becoming new," building! It is still God's House where He will meet us for worship.

**Piedmont Pedalers: Please contact** Kent Thompson at 402-310-7700 for location information for today's ride.

**A Big Thank You to Everyone who attended the Benefit Concert for the Iraqi Refugees** last Sunday afternoon. \$9,500 was raised for the Adventist Frontier Mission's project from the concert and will be used to help those driven from their homes by ISIS. From: Lisette Deemer & Doug Hardt

**Women of the Word Bible study and prayer** is held on Thursday evenings from 7-8pm at Carol Leonhardt's home, 6530 S. 66th Street. Phone 402-310-7493.

**Women's Fellowship meets every 1<sup>st</sup> and 3<sup>rd</sup> Sabbath** in the Earliteen Room after the fellowship meal. Please join us. Hosts: Cheryl Wallin and Virginia Myers

**Please join us at Celebrate Recovery every Thursday evening at 6:30pm** in the Fellowship Hall of the Church. Childcare is provided. "Real People" with "Real Problems" working together. Peace is near.  
Questions? Pastor Andy Moseley 402-450-4390



## Celebrate Recovery

Join us Thursdays at 6:30

Where are you on this climb? There is no need to do it alone. Celebrate Recovery are "real people" with real problems, working together to climb the ladder of life. Please join us as we begin this new in/outreach program. Peace is just a few steps away.

For more information call Pastor Andy at (402)450-4390

**Piedmont Park's Facebook Page** is a great resource to keep up-to-date on what's happening at our church. Please visit it at [www.facebook.com/piedmontparksda](http://www.facebook.com/piedmontparksda) & be sure to LIKE the page!

**Please join Phyllis Raduas in a Love and Logic Seminar, Tuesday, October 21 at 6:30pm at George Stone School, on the campus of Union College, 3800 S. 48 Street. She will share strategies, tools and techniques on how to raise responsible children.** Parents, grandparents, and teacher will find this seminar informative, enjoyable, and useful. RSVP is encouraged so they can have enough materials on hand. If you are planning to attend, please RSVP by calling 402-486-2522 or emailing [liturk@ucollege.edu](mailto:liturk@ucollege.edu)

**Come help stuff the bags for Light Up the Dark this Thursday, October 23, at 6:30pm in the Junior Room. Questions: Jeanette Halfhill**

**Urgent Prayer Needed for the Ebola Crisis in West Africa:** According to the World Health Organization, the death toll from the Ebola virus in West Africa continues to climb to more than 3,000 in six months. Elder Ted N.C. Wilson, President of the General Conference, urgently implores all Seventh-day Adventists around the globe “to pray for our brothers and sisters in West Africa and for the entire population in that region of the world as they face this virtually unprecedented tragedy. Let us pray that God will put a halt to the spread of this virulent virus.”

**Light Up the Dark at Piedmont Park** is a great time to have fun introducing kids (and parents) to Jesus as a loving God who personally came to be with us on earth. A God who paid the ultimate price by becoming sin in our place and being separated from God by the death of a sinner, then was raised from the dead, justified and accepted by the Father in our place and now is alive to help us every day! The Bible themed rooms help children get a glimpse of this fun and loving God who is totally on our side. If you would like to help push back the darkness on October 31, Contact Jeanette Halfhill at [jenhalfhill@gmail.com](mailto:jenhalfhill@gmail.com)

 **Halloween alternative**  
*Light up the Dark*  
at Piedmont Park  
Seventh-day Adventist Church

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**CANDY Bouncy Houses!**  
**Bible Stories Family Fun!**  
**Carnival Food**  
(hotdogs, cotton candy, popcorn)  
**Games & Prizes**  
**Bouncy Bouncy Bouncy CANDY**  
**Houses! & MORE**

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*October 31*  
*4-8pm*  
*48th & A*  
402-489-1344



**Kids Against Hunger writes...** Thank you to all who have helped Lincoln Kids Against Hunger complete the packaging of 500,000 meals for the Philippines. With the support of the Lutheran Church Missouri Synod and 1,882 volunteers who gave a total of 3,222 hours of time a total of 505,980 meals have now been packaged and shipped to the Philippines via the Orphan Grain Train. Thank you to all for your support both in donations and in time! We would not have been able to help so many families without each and every one of you. Piedmont Park SDA Church was a part of this effort and we are happy and proud to have helped in this way. Thank you Jesus for giving caring hearts.

### **College View Academy**

**Come support the athletes from College View Academy at these upcoming events:**

Volleyball:

Oct. 28 vs. Omaha Brownell-Talbot – 7:00 pm @ CVA Gym

**COLLEGE VIEW CHRISTMAS - Gifts, Auction, & Café.** - Sunday, December 7 from 12-6pm. Do your Christmas shopping with us this year! Please plan to come and invite your friends, and family. This is an all-school fundraiser. We will have 20+ vendors, yummy food, and a silent auction. We are asking all constituents to help the event by donating your new or nearly-new items for the auction. They can be Christmas theme or not. Just bring them to the office. For donations or to volunteer please contact Yolanda Doering at 402-483-1181 ext. 32, Amy Bock at 402-430-4793, or Ryan Lindbeck at 402-483-1181 ext. 15. We want to make this event a yearly tradition for all of our community.

**CVA Elementary Winter fruit Fundraiser is ready to take orders for our first shipment of Top Quality Citrus from Ft Pierce, Florida.** Our first shipment will consist of Red Grapefruit, navel oranges, Tangerines & a Variety Pack (a few of each). This order is needed by Sunday, November 2 for pick up on Monday, November 17. To order or if you have questions call Charlene Binder at 402-489-1702 or call the fruit hotline at 402-483-1181 ext. 40 or you may order on our web site [www.lincolnfruit.com](http://www.lincolnfruit.com) We look forward to your support as well as your help in promoting the program. Tell your friends, neighbors, coworkers, etc.

### **Conference, Union and World**

Welcome the new Union College president, Dr. Vinita Sauder and her husband, Greg. The church family is invited to a meet and greet reception on **October 25 from 4:30-6:30pm in the President's Dining Room of Union Market** (please enter south door of Ortner Center). Light refreshments will be served.

**Help prepare a child to spread the Gospel – sponsors are needed to finance the education of Children in India.** These are children come from Adventist families who make less than \$1.00 a day and who cannot afford a Christian education for their children. It costs only \$420 (\$35.month) to provide their tuition, lodging, food, books, clothing and medical for one year. Contact Charlene Binder (local “Goodwill Ambassador”) at 402-489-1702. I have the pictures and info on several children presently needing help.

**Celebrate Jim McClelland, longtime professor of art at Union College,** and his painting, “Joy of Creation” in the Krueger Center for Science and Mathematics at a special reception in the Lang Lobby on Monday, October 20, from 3:30-5:00pm. McClelland’s gift of a painting depicting the creation of the world hangs in the lobby outside the Lang Amphitheater. The Krueger Center is located on the north side of campus at 49th and Bancroft.

**Join Olympic gold medal winning bobsledder and Nebraska native Curtis Tomasevicz** as he discusses overcoming fear—in athletics, as a leader and in life at the annual Union College Leadership Symposium at 7:30pm, Tuesday, October 21, at College View Church. A former Husker football player and ten-year veteran of the U.S. bobsledding team, Tomasevicz will draw on his own experience of facing the fear of hurtling down a cliff at 90 mph in a tin can to teach important lessons for leaders. To learn more, visit [www.ucollege.edu/tomasevicz](http://www.ucollege.edu/tomasevicz)

### **“Yell Less By Saying No More”**

The temptation is there, folks. Oh, is it ever there! School has been in session for a short bit, and there are so many new opportunities to say “yes.” And many parents, me included, are tempted to say “yes” to everything.

- “Yes” to being class parent.
- “Yes” to helping with the fundraiser.
- “Yes” to this and that play date or activity.
- “Yes” to making creative lunches.
- “Yes” to baking cute snacks for school functions.
- “Yes” to organizing the neighborhood party.

But I can’t. I mean, technically I could. But if I want to keep on yelling less and loving more, I just can’t.

## **Is Being Over-Busy a Yelling Trigger for You, Too?**

**Recognize it.** Being over-busy wasn't an easy yelling trigger for me to spot, even though it's actually one of my strongest! When I started taking notes about when and why I yelled, I eventually saw how saying "yes" too much left me feeling overwhelmed, overtired and overstretched. Doing too much was not only making my life way harder, but it was also truly, truly leading to significantly more yelling.

**Own it.** It was especially hard for me to admit to this trigger because I enjoyed doing the things I said "yes" to, and I didn't want to have to say "no." When I finally acknowledged having an overfull plate was a trigger, I felt a little sad, a little disappointed even. I liked trying to do it all! I liked pushing myself to see what I could achieve. I liked being a class parent, helping with fundraisers, and making cupcakes with ducks on top. But I didn't like yelling at my kids. And the feelings of sadness and disappointment I experienced every time I yelled trumped the feelings of sadness and disappointment I had from admitting my trigger.

**Work at it.** Every day. I now say "no" to many things, but I still have to work hard at it. To manage this trigger, I have to stop and remind myself daily that, "an overwhelmed me is a yelling me." Every day I tell myself, "I can only do what I can do, and that is okay!" That saying "no" to one more thing doesn't make me a bad mother, friend, or wife. It doesn't make me a failure. It can also help to keep in mind that choosing to say "no" can actually help you succeed in being a better parent, friend, spouse or partner.

**Find the upside.** Every day, I remind myself that saying "no" more brings out the best "me" in me. What does it do for you? I find that I am more relaxed, less overwhelmed and therefore better able to enjoy my kids. I am happier and more open to experiencing moments as they are happening. I am able to love more and yell less, and that makes managing this trigger worth all of the daily hard work!

**The Orange Rhino is the author of "Yell Less, Love More: How The Orange Rhino Mom Stopped Yelling at Her Kids—and How You Can Too!" and creator of The Orange Rhino Challenge and the popular blog [www.TheOrangeRhino.com](http://www.TheOrangeRhino.com).**

Read more: <http://www.empoweringparents.com/blog/yelling-and-swearing/yell-less-by-saying-no-more/#ixzz3GRJ1qXrh>