

A Walk in the Park

Piedmont Park Seventh-day Adventist Church newsletter

Our Vision: To encourage a closer walk with God and greater involvement in His Ministries in the Lincoln Nebraska area through the medium of A Walk in the Park.

Our Mission: With God’s leading, we will reach out to our church family, sharing stories of hope, encouraging all, and promoting active involvement in the various ministries of Piedmont Park Seventh-day Adventist Church

March 2013

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Reformation Tour (Pastor’s Trip)

By Vanessa Schaecher

In January, Pastor Michael and Jeanette and Pastor Andy and Cheryl joined most of the KS-NE Pastors and spouses for a 10-day Reformation tour to Germany and Italy. The tour was led by former North American Division President Don Schneider and his wife, Marti, and was sponsored by the KS-NE Conference. They visited many Martin Luther sites in Germany and spent three days in Rome. Some of the sites they visited included: the temple of Pergamon and Berlin’s Pergamon Museum, Babylon’s Ishtar Gate, Wartburg Castle, the Mamertine Prison, Vatican City, the Coliseum and more. They worshiped in Wittenberg, Germany, where Martin Luther nailed his 95 theses to the Castle Church door, and they visited a concentration camp and the *Memorial to the Murdered Jews of Europe*. They found this Reformation tour to be very educational and inspirational as they were reminded how God has worked through the ages to keep His Word alive. Along the way they also enjoyed lots of good food and fellowship...oh, and don’t forget the yummy gelato!!

Piedmont Park members were blessed at a Friday Night Vespers in March when Pastor Michael and Pastor Andy shared about the Germany portion of their trip. (They will be sharing about their time in Italy at a Friday Night Vespers on May 10.) Ron Carlson, KS-NE Conference President, documented the Reformation tour with lots of photographs posted on his Facebook page.

To view these photos go to:
www.facebook.com/media/set/



A Walk in the Park is available in the members section at www.lincolnpiedmontpark22.adventistchurchconnect.org/ in both PDF and ePub formats. Please contact Amy Prindle to arrange access to this section of the website (see page 2 information).

A limited number of printed copies will be available at the Welcome Desk for those who do not have access to the online version.

Brady Benefit

By Vanessa Schaecher

Photos courtesy of Duane Fredregill and Ron Hagen



On the evening of February 16, a Benefit Concert and Dessert Auction was held here at Piedmont Park to show Piedmont members Ken and Michelle Brady the love and support of their church family and friends. Vanessa Schaecher and Renee Schaecher came up with the idea to have a benefit, and Linda Johnson did a wonderful job organizing it. Over 60 people participated in the evening by presenting music, making desserts and staffing the event! After waiting a couple weeks for late donations to come in, the total was tallied and on Sabbath morning, March 9, Pastor Andy, Linda, Renee and Vanessa were thrilled to present a check for \$4,138.49 to Ken and Michelle at announcement time during the church service. We are so thankful for the generosity of all the people who gave their time and their money to make this event such a blessing, not only to Ken and Michelle, but also to everyone who had a part in it. The overall feeling of the night was one of togetherness and love and worship. We serve a powerful and wonderful God who can heal and comfort and provide. Please keep praying for Ken and Michelle as they fight to win this battle with cancer!



Fun and Games at Piedmont Park

By Laura Daw

Photos courtesy of Stanley Daw

Saturday night, March 2, Piedmont Park's fellowship hall was filled with the sounds of laughter and game pieces tapping across boards. On one side, a Wii game was set up with young people, and some not so young people, playing track and field without the cold of the great outdoors in early March. On the other side, nearer the snacks, tables were filled with games and players trying to make a word out of seven letters, to match the dots on their dominoes.



From the two youngest members to attend, who spent the evening wandering around meeting people, chasing Grandpa, and getting hugs from one another, to the oldest playing a bit more sedate table games, everyone had a wonderful time and filled up on all the yummy snacks.

Piedmont Park was blessed with the following new members

Transfers:

Scott, Manuela and Angela Coppock
Marilyn Alder
Ornan and Jamie Anthony
Robert Hiles and Perise Sio-Hiles
Jason Williams

Pathfinder's Report

By Darla Hornby

Pathfinders has been busy since the middle of October studying for the Pathfinder Bible Experience. The books that we studied were Acts, and 1st and 2nd Thessalonians. Many hours were spent preparing for the area PBE held at the Columbus SDA Church. This year our team consisted of three members from our club and four members from The Lord's Army club. The Pathfinders competed and came back with a first place finish, allowing them to move on to the conference level.



Conference PBE was held in Wichita, KS. The whole Pathfinder club travelled to Kansas for Honor Fest. There the girls learned to knit and the boys learned about knots. The pathfinders also competed in the pinewood derby with Faith Hornby's and Nicole Myer's cars finishing in the top 6. At the conference PBE the team again scored a first place finish, allowing them to move on to the Union level.

At the Union level the Pathfinders struggled a bit, only coming in with a third place finish. There were only nine teams participating and reaching this level was a great accomplishment.

Pathfinders are going to be doing some baking during club and a couple other honors before the year ends. We will be having a couple other events coming up and will keep the church posted. We will have two campouts to finish the year. The first one we have to decide on the place and the second one will be the Conference Camporee, held at Camp Arrowhead in Lexington, NE.

Pathfinders are also looking for more children to be involved in club. We are a smaller club which allows us to take many unique trips versus being involved in a large club. This coming fall we are hoping to go backpacking with another club. If you are interested in joining, you can contact Darla Hornby at 402-432-0514.

The youth would like to thank each and every one of you for your continued support.

Mau Bible Experience

By Pastor Andy Moseley

Piedmont Park Church is proud of their Pathfinders who participated in the MAU Bible Experience at College View Church on February 16, 2013. The combined Piedmont Park and Lord's Army team achieved a 3rd place. Well done to them! And Gwendolyn Hawkins, Alyssa Johnson and Alexis Johnson, Piedmont members who were on the CVC Trailblazers team, achieved a 1st place. Congratulations to them! The NAD Bible Experience final is due to be held in Lincoln later this Spring. It's great to have our young people learning the Word of God so thoroughly at such a tender age.



Friday Night Vespers Schedule

Friday Night Vespers is a special time for us to gather together and welcome the Sabbath hours as a church family. Each of these Friday Night Vespers programs starts at 7pm and lasts about one hour. They are full of inspiration, music & worship to help us start the Sabbath off on a joyful note. If you have questions about the Friday Night Vespers program, please contact Vanessa & Crystal at ppvespers@gmail.com or 420-486-0629. More information about each individual program can be found on the Calendar page of the Piedmont Park website.

April 12 - Music with Nicole Hardt and inspirational thoughts from Doug Hardt

May 10 - Pastor Michael & Pastor Andy share about their recent "Reformation Tour" - Part Two, Italy

June 14 - TBA

“Don’t Ask Me to Go There!”

By Pastor Michael Halfhill

I have to smile whenever I hear someone say, “I could never do that.” I reply, “Be careful saying ‘never.’ God does love a challenge.” I have seen time and time again that when people say “I could never go there,” God asks them to go there. It happens today and it happened years ago too.

Martin Luther, the great reformer, the man who helped start the Protestant Reformation also told God, “I don’t want to go there.” Luther’s superior, Johann Staupitz asked him to move to Wittenberg, Germany. Wittenberg was a small town at the time with only 1500 - 2000 people living there. It was certainly not the place you would expect a movement to begin that would change not only the religious world, but all of western society.

Luther preferred to stay at Erfurt. Erfurt was a bustling town. There he could study both Hebrew and Greek. It was the place to be and the place where Luther wanted to stay. I can understand Luther’s hesitancy to move and take up new responsibilities in Wittenberg. It was a huge task too. He would have to preach, pastor the town church, teach at the university and oversee 11 monasteries. Luther felt like leaving Erfurt would be like going into exile. God was certainly asking a lot in this new role.

I wonder how I would have responded if I had been in Luther’s shoes. I believe I would have been just like the great reformer - and not in a good way. I think I would have told Staupitz and God, “You got the wrong guy! Let me stay here.”

How many times do we balk at God’s calling? Luther could have and may have given a list of reasons why he should not move to Wittenberg. But he finally agreed to move. He choose to be faithful even though he was sure it was a mistake. Jesus used that “mistake” of placing Luther at that small, nothing happening town to turn the religious world upside down. Martin Luther nailed his 95 theses to the door of the castle church in Wittenberg. The paper documented 95 aspects of the church that Luther thought were wrong. The Protestant Reformation was born in a tiny town at the hand of a reluctant-to-follow priest.

Is it possible that God is still trying to use modern day Martin Luthers to help change the world? Perhaps Jesus is calling you to something that you are certain is a bad idea. Maybe Jesus wants to use you and me to make a difference for Him in our neighbor’s life. Perhaps Jesus is calling you to get involved in a ministry.

In the coming weeks Piedmont Park will begin the Nominating process of selecting new ministry leaders. When church members commit themselves to Christ’s work and are willing to work with each other to make a difference in the community - great things happen. I would like to encourage all of us to begin praying and asking God how we can best serve Him in the coming years. God can use all of us in His work.

Just be careful that you don’t say to God, “Don’t ask me to do that!” you may find yourself on the way to Wittenberg.

2013 Midwest Gospel Music Concert Schedule

Piedmont Park Church, 4801 A Street, Lincoln NE

*All concerts are free with doors opening one hour before the concert. A love offering will be taken at each concert for the support of the performing artists. If coming from any distance, please call prior to the program to confirm program date and time. For information call 402-792-2450.

Greater Vision – Sunday, March 17, 6:30pm – The most awarded trio in the history of Gospel music.

Since organizing in 1990, Greater Vision has been inspiring audiences with their rich vocal blend and their effective ability to communicate the message of the Gospel. Over the years, Greater Vision has established a firm place at the pinnacle of Christian music, and has become **the most awarded trio in the history of Gospel music.**

Fourfold Quartet – Saturday, April 27, 7:00pm

From Scotts Hill, TN comes the musical ministry of Four Fold. This sincere, committed, yet spirited quartet has a love for the Lord and for the music they sing.

The Browns – Saturday, June 1, 7:30pm

It’s truly a family affair when The Browns hit the stage with their Gospel music. The Browns deliver the powerful message of the Gospel through word and song that engages audiences of all ages.

The Kings Heralds Quartet – Saturday, June 22, 7:30pm

Thirty men have been a part of the King’s Heralds since its founding in 1927. They’ve recorded over 100 albums in thirty different languages in a variety of musical styles, making them a favorite with audiences of all ages.

Childhood Lessons in Stewardship

By Laura Daw

My recent birthday brought my Grandpa to mind. Grandpa was the first Seventh-day Adventist in our family and there was nothing he liked better than a good discussion about the Bible and doctrine.

On the birthday of each grandchild, Grandpa always gave that child a dollar, a dime, and a penny. The dollar was for the child to buy something fun. The dime was to return a tithe on the dollar, and the penny was to return a tithe on the dime.

Returning tithe on the money with which God blesses us is only one part of stewardship. The Merriam Webster dictionary defines stewardship as “the careful and responsible management of something entrusted to one’s care”.

Stewardship is choosing service over self-interest. It can include money and other possessions, but also includes such things as our time and our care for the environment. I had an aunt who often reminded us that taking care of the beautiful earth that God gave us is a part of stewardship. Recycling was very important to her and, I must admit, disposing of anything at her house was a little confusing. She had pails in which to put vegetable peelings to dump in the woods, another for dog scraps, another for burning, paper, etc.

Time is possibly the hardest gift to surrender. Few people have too much time. I know I am always trying to figure out where to get enough time to get things done. It seems like every time I set aside a day to get a specific list done, something happens that uses up the time. Even so, the blessing I receive from giving the Sabbath back to God, and from giving Him additional time during the week, is worth far more than finishing that never-ending list of chores.

Now I watch my granddaughter as she places her money in the Sabbath School offering basket and I hope that I can teach her the lessons in stewardship my Grandpa taught me.

Homebound Ministry

By Teresa Thompson

Homebound Ministry continues to send greeting cards, bulletins, newsletters, and DVDs of the church service to members who find it difficult to attend regularly or simply are homebound or in a nursing facility for various reasons. These brothers and sisters need this contact with the church family, in addition to our phone calls and visits.

If you would like to assist the Homebound Ministry team by visiting or calling someone on our list, or if you know of someone who isn’t getting this service but would like to, please contact Mary Belew at 402-784-3352. We welcome donations to help cover postage and the cost of greeting cards and envelopes. Just mark your offering for Homebound Ministry.

Women’s Ministries

By Carol Leonhardt

Have you ever been a bystander to an argument or a bad relationship, and wanted to know what to do or say to help the situation? Have you or someone you have known ever been afraid, intimidated, controlled, or manipulated by someone in an intimate relationship? Do you or someone you know ever feel their spouse or boyfriend is being possessive or jealous? Are you looking for a ministry opportunity where you can help someone for God? If so then Women’s Ministries is offering a seminar for you.

Deb Flowers, a counselor with Friendship Home, will share her skills for making a difference in the lives of those affected by abusive relationships. She will present a two-hour seminar at Piedmont Park on Sunday, April 14, from 3-5pm in the Fellowship Hall. Come to this seminar and gain valuable information that will help prepare you to be an active bystander that can make a difference for someone’s safety. Come and learn a framework for understanding and responding to domestic violence. This event is sponsored by the Women’s Ministries Committee and is open to couples, men, women, and teens.

Women’s Ministries is planning to host a monthly Sunday brunch for women on the fourth Sunday of every month beginning April 28. Location to be announced.

Whiter than Snow

By Melissa Young, Co-chair, Families with Special Needs Children Ministry

I am sitting watching the snowflakes fall as I write. It dawned on me that snow is symbolic of our God, the wonderful Creator, in so many ways. It is white, which reminds me of purity, cleansing and being new. We were all created pure, clean, and new. Each flake made of incredible design, none like the other, each one with extreme beauty, when looked upon by itself. He made each one of us, beautiful, and most of all, special. He took his time and handcrafted our parts.

These verses come to mind: Job 10:8 “Thine hands made me and fashioned me together”.

Psalms 139:14

“I will praise thee; for I am fearfully and wonderfully made: marvelous are thy works: and that my soul knoweth right well.”

But what happens as the snowflakes fall? The delicate crystals weaken as they pass through toxins in the sky, filling them with impurities, making them dingy. We are the snowflakes in a sinful world; each and every one of us with impurities and disabilities. We are all “SPECIAL NEEDS CHILDREN” of the Lord. As with any parent who has a special needs child, our Heavenly Father gives us the tools we need to succeed on earth until he comes to take us home.

Like snow we are gathered together with one another. Strength comes in friends and fellowship. Isn't it true that when snow is all together, it is brighter and whiter in appearance? With each dingy piece's best colors shining through? It glistens and it beckons for people to come and enjoy its special gifts.

Amazing how God has given us each other, for love and support. I want to encourage you to reach out and enjoy God's creation; not only through sledding or snowball fights, but through fellowship and support of one another.

And hold firm to another of God's promises that “I shall be cleansed, and whiter than snow” Psalm 51:7

Join us after potluck every second Sabbath of the month.

Women of Spirit

By Teresa Thompson

Last night I was glad I attended the Women of Spirit (formerly Women in Touch) dinner at the College View Church fellowship hall. For you women who haven't discovered this wonderful monthly outreach, I encourage you to attend if possible on the months it's available. It's like a mini-women's retreat, an opportunity to connect with other Adventist women in Lincoln, and many who attend from the community at large.

First, a delicious meal is served at 6:30 (donations and volunteers are welcome), followed by a guest speaker, presenting on various topics. This month of March we heard Dilys Brooks, who is a campus chaplain at Loma Linda University. She spoke about sisterhood through the story of Ruth and Naomi, encouraging us to look for opportunities to find or to be a Ruth or a Naomi for someone else. We need to be there for each other, a community of sisters, living a faith-centered life.

The April program, always the first Monday of the month, will be with Holly Beck, called “What Not to Wear and Other Fun Tips”. Then in May “To Linger is to Die” will be presented by Dr. Lilya Wagner. There typically are no meetings during the summer or for the month of January, following the busy holidays. They encourage reservations by calling Linda at 402-488-0556, so they know approximately how many will be attending. Child-care is provided.

Many folks want to serve God, but only as advisers.

When you get to your wit's end, you'll find God lives there.

God doesn't call the qualified, He qualifies the called.

We don't change the message, the message changes us.

The best mathematical equation I have ever seen: 1 cross + 3 nails = 4 given.

CHIP Report

By Janice Grote

CHIP was a great success with 14 completing the class in November. There was an excellent CHIP team that worked together to make things happen every night.

We are now meeting every month to keep in touch and keep everyone on target. We have had 2 guest speakers come to Piedmont Park and share some of their knowledge, on the third Sunday of the month. Dr. Duane Carlson, came and talked about Osteoporosis, and our own Dr. Brian Wehling came and shared about Food Allergies/Sensitivities and Inflammation.

We followed both of these programs with a plant base heart healthy meal.

We will be having another meeting on the 3rd Sunday of this month at 3:00 in the fellowship hall. We hope you can come and join us. These meetings are for anyone and everyone.

Health Ministry Report

By Janice Grote

Hello Everyone!

CHIP was a great success with 14 persons completing the class in November. There was an excellent CHIP team that worked together to make things happen every night.

We are now meeting once a month to keep in touch and keep everyone on target. We have had two guest speakers come to Piedmont Park and share some of their knowledge, on the third Sunday of the month.

Dr. Duane Carlson, came and talked about Osteoporosis in January and a member of Piedmont Park, Dr. Brian Wehling came and shared about Food Allergies/Sensitivities and Inflammation.

We followed both of these programs with a plant-based heart-healthy meal. We are having a great time learning together.

We will be having another meeting on the 3rd Sunday of this month at 3:00 in the fellowship hall. Pat James, who many of you are acquainted with, will be presenting a program. Her topic will be: Reaching Your Weight Goal and Maintaining It, Healthfully. We hope you can come and join us. These meetings are for anyone and everyone.

On April 21, 2013, same place, same time, Janice Grote will be showing how to grow your own sprouts, whether you like alfalfa sprouts, sunflower sprouts, wheat grass etc. Then Ljuba Kelly (the Green Queen), will show and share some of her salad/green recipes with us. It will be a Chlorophyll day!
Please mark these dates on your calendar and plan to join us.

Safety Tips

Submitted by Chris Hausted

If you hear a noise outside your home or someone trying to get in your house, just press the panic button for your car. The alarm will be set off, and the horn will continue to sound until either you turn it off or the car battery dies.

This tip came from a neighborhood watch coordinator. Next time you come home for the night and you start to put your keys away, think of this: It's a security alarm system that you probably already have and requires no installation. Test it. It will go off from most everywhere inside your house and will keep honking until your battery runs down or until you reset it with the button on the key fob chain. It works if you park in your driveway or garage.

If your car alarm goes off when someone is trying to break into your house, odds are the burglar/rapist won't stick around. After a few seconds, all the neighbors will be looking out their windows to see who is out there and sure enough the criminal won't want that. And remember to carry your keys while walking to your car in a parking lot. The alarm can work the same way there. This is something that should really be shared with everyone. Maybe it could save a life or a sexual abuse crime.

Gluten

Excerpts from a newsletter by Brian Wehling, D.C., Abundant Life Family Chiropractic:

What is gluten?

Gluten is a protein that is found in wheat, rye, and barley. Other grains, like oat and spelt, as well as processed foods can contain gluten as well without being labeled as such. The properties of gluten are what hold the bread and cake together. However, these same properties are what interfere with the breakdown and absorption of other nutrients. The undigested gluten can trigger your immune system and affect the intestines, which in turn can cause abdominal pain, diarrhea, constipation, and other systems that are gastrointestinal-related.

The rapid increase in gluten sensitivity is no surprise considering the modern Western diet consists of mostly grains. In the past years, gluten was mixed with other grains, beans, and nuts. The use of gluten in products today has increased and pure wheat flour is now milled into refined white flour. Most people, in general, benefit from limiting or avoiding grains whether you have gluten intolerance or not. Grains break down into sugar, which raises insulin. The rise of health problems related to insulin resistance is well known and has influenced other health problems such as obesity, high cholesterol, high blood pressure, and cancer.

Remember, carbohydrates are good for nothing but burning. If you are not burning them off with active daily activity and/or exercise then the body is storing them for future energy requirements. When eating gluten-free you need to be careful that you are replacing the gluten-containing foods with healthy choices, like vegetables and other whole foods. If you instead go for gluten-free processed foods, like gluten-free cookies, pasta and breads that are now commercially available, there is a good chance that you will actually gain weight and develop malnutrition.

It is important to know where start by consulting with a nutritional expert. Getting a comprehensive blood analysis will not only define your state of health but will allow an expert to advise you on specific amounts of vitamins and minerals you need to be healthier.

Lemon Orzo Salad with Asparagus and Tomatoes

Submitted by Taumi Baker (Laura Daw's daughter)

12 oz. ORZO

1 bunch fresh asparagus, cut into 1-inch pieces

1 pint grape or cherry tomatoes, halved

1 lemon, zested and juiced

4 Tbs. extra virgin olive oil

1 clove garlic, minced

2 Tbs. fresh parsley, minced

Kosher salt

Fresh ground pepper

Grated Parmigiano Reggiano* (optional, if you want to keep this salad vegan, leave out)

Bring 2 large pots of water to boil. Add a big pinch of salt in each.

To one pot, add asparagus and blanch, about 2 to 3 minutes, depending on the thickness of your asparagus. Place blanched asparagus in a bowl of ice water to stop the cooking and keep them green.

To the second pot, add the orzo. Cook per package instructions. When tender, drain and place in a large bowl. Add blanched asparagus and tomato halves.

Mix olive oil, lemon zest, lemon juice, garlic, salt and pepper in a small bowl. Stir into orzo and vegetables. Stir in parsley and grated Parmigiano Reggiano.

This can be served warm, room temperature or cold.

"Pastor Darren "The renewal of our natures is a work of great importance. It is not to be done in a day. We have not only a new house to build up, but an old one to pull down."

George Whitefield- "God has given us two ears, but one tongue, to show that we should be swift to hear, but slow to speak. God has set a double fence before the tongue, the teeth and the lips, to teach us to be wary that we offend not with our tongue."