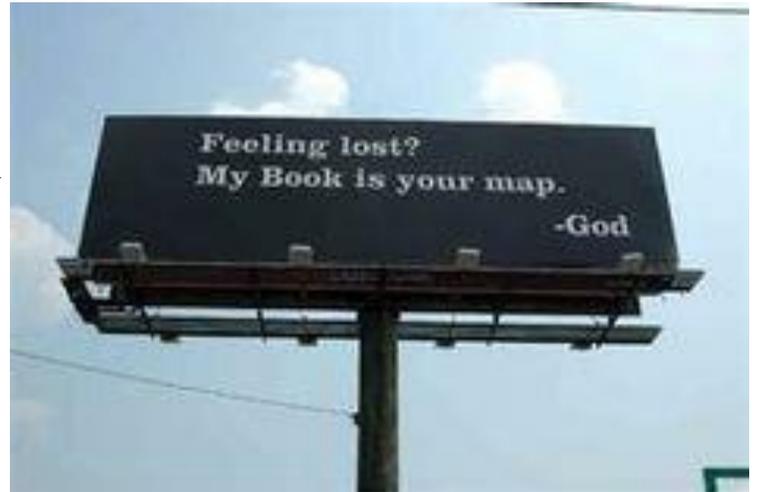


October 11, 2014

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
Pastor Michael Halfhill 402-318-1856
Pastor Andy Moseley 402-450-4390



Announcements

Isaiah 1:18 "Come now, and let us reason together, saith the LORD: though your sins be as scarlet, they shall be as white as snow; though they be red like crimson, they shall be as wool."

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 will meet at the benches behind Shopko on Hwy 2 today (October 11) and ride from there out to Woodland Acres to join in the All Church Campout. The bicycle group will be leaving promptly at 2:30pm to ride together so be by the benches by 2:15pm. Helmets required. Water bottles highly recommended. The ride will take about 2 hours. Please RSVP by Friday afternoon so Kent knows who to expect. Kent Thompson 402-310-7700

As part CVA's alumni weekend celebration, everyone is invited this Sabbath afternoon (October 11) to a concert with *Closer Walk* concert, at 4:00pm in the CVA chapel. Closer Walk is a group of four of our wonderful parents and alumni - Lance Darrough, Larry Crawford, Bruce Griffith, and Mike Luke. Two of them are CVA graduates, and all of them have or have had children in the school. Come and enjoy a good spirit-filled time with Closer Walk and their Southern Gospel music. A free will offering will be taken.

You are invited to the Piedmont Park Church Camp Out on October 10-12 at Woodland Acres. Beginning Friday evening, October 10, all tent and RV campers are invited to a weekend camping experience. Casual camping, worship services, and activities are planned for young and old. Not a camper? That's ok! You are still welcome to come out and join your church family for a fun, inspiring and relaxing weekend. A Potluck Lunch will be at 1:30pm on Sabbath afternoon. Questions? Tammi 402-416-0557 (more information & schedule on bulletin boards.)

Piedmont Park Church Campout
October 10-12
Woodland Acres



You are invited to camp out on
October 10-12 at Woodland Acres Camp.

Beginning Friday evening, October 10, all tent and RV campers are invited to a weekend camping experience. Casual camping, worship services, and activities are planned for young and old. Join your church family for a fun, inspiring and relaxing weekend.

Questions: 402-792-2450. (Please pick up the additional information and schedule posted on church bulletin boards.)

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 1st and 3rd Sabbath in the Earliteen Room after the fellowship meal. Please join us. Hosts: Cheryl Wallin and Virginia Myers

You are invited to attend a concert at College View Church on Sunday, October 12 from 4:00-5:15pm to benefit the over 1.8 million people of every faith and ethnicity who have been violently forced from their homes by ISIS. Enjoy great music from a wide variety of local musicians (including the College View Academy choirs), experience stories from Iraqis living in Lincoln and discover how you can make a difference! Proceeds will support Adventist Frontier Missions, a humanitarian organization serving the refugees by conducting medical ministry in the region. For more information about Adventist Frontier Missions (AFM) or how to donate to AFM visit <http://afmonline.org/> or contact Doug Hardt at 402-840-8690 - Concert contact is Lisette Deemer 402-416-1402

A BENEFIT CONCERT

for the over one million refugees driven from their homes by ISIS

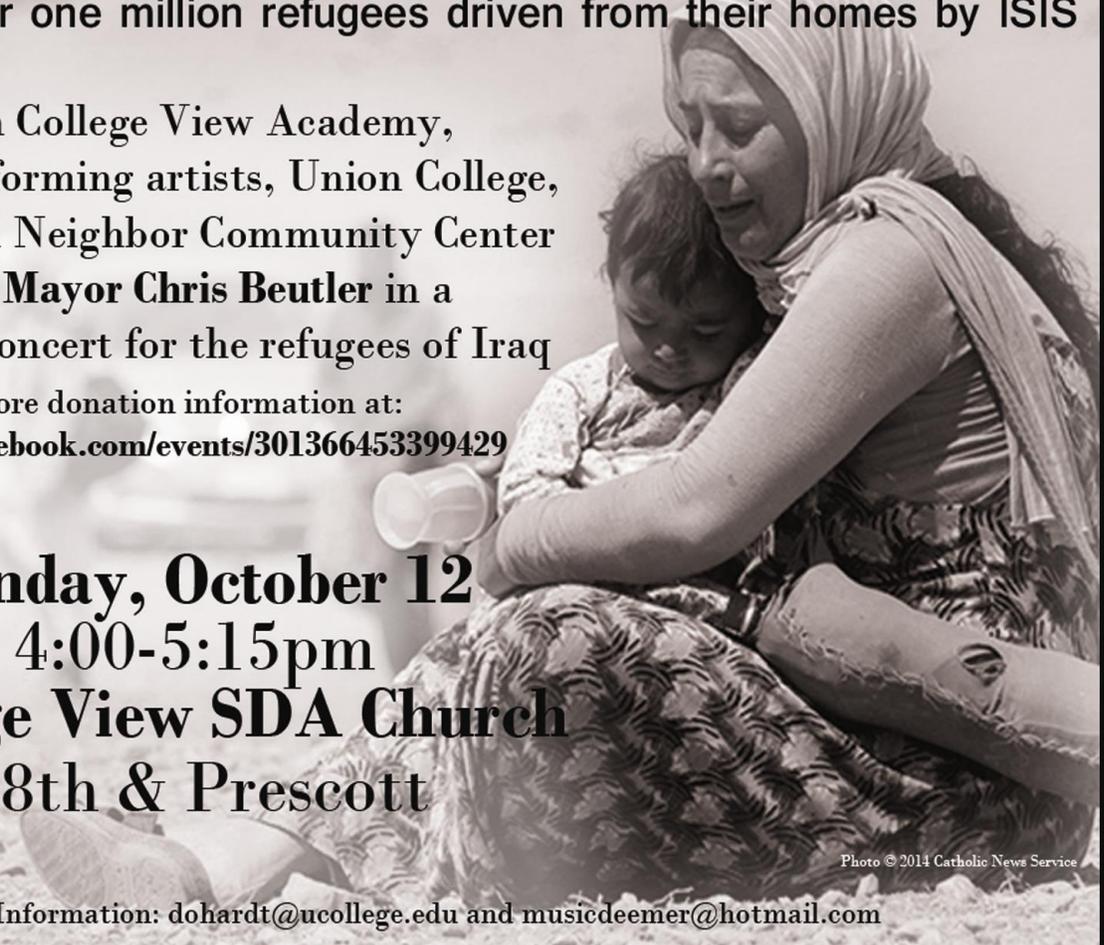
Join College View Academy,
local performing artists, Union College,
the Good Neighbor Community Center
and Mayor Chris Beutler in a
benefit concert for the refugees of Iraq

More donation information at:
www.facebook.com/events/301366453399429

Sunday, October 12
4:00-5:15pm
College View SDA Church
48th & Prescott

Information: dohardt@ucollege.edu and musicdeemer@hotmail.com

Photo © 2014 Catholic News Service



The Good Neighbor Center invites you to attend their annual fundraiser. A great night to taste food from other countries at “Samples of the World.” Sample culinary delights from around the globe prepared by refugees, immigrants, and friends of the center. 12 countries will be featured and a few local restaurants. Come with an open mind, leave with a full stomach. The cost is \$40.00 per ticket at gncclincoln.org or send payment to Samples of the World, Good Neighbor Community Center, 2617 Y Street, Lincoln, NE 68503. The event will be held on October 16 at 6:00pm at College View Church, Heartland Hall, 4801 Prescott Ave.

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 & 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

2014 Christian Women's Retreat: God's Amazing Love Song, October 24-25 in Grand Island, NE. Registration information is available at church entrances. Some stipends available through Women's Ministries. Carol Leonhardt at caleonha@gmail.com or 402-310-7493.

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

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

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

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



College View Academy

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

Volleyball:

Oct. 14 vs. Diller-Odell – 7:00 pm @ CVA Gym

Oct. 16 vs. OCA & Cedar Bluffs – 5:00 & 6:00 pm @ CVA Gym

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

Calling all College View Academy/Union College Academy Alumni – October 10, 11, and 12 is our Alumni Weekend 2014. Honor Classes: 1949, 1954, 1959, 1964, 1969, 1974, 1979, 1984, 1989, 1994, 2004, but all alumni are welcome! Welcome buffet dinner at 6:30 p.m. on Friday, in the elementary gym. Reservation required. You can pay in advance or at the door: \$10/adults, \$4/children. Sabbath, October 11: 9:00 registration, 10:45 worship service, 12:15 honor classes pictures, 12:45 potluck dinner, all in the high school gym. Lincoln alumni and friends please bring plenty of food for our visitors. Sunday, October 12: Complimentary pancake breakfast in the elementary gym. For reservations or questions, call Yolana Doering at 402-483-1181 ext. 32 or email at ydoering@cvak12.org. Don't miss it!

CVA Elementary Winter fruit Fundraiser is ready to take orders for our first shipment of Top Quality Citrus from Ft Pierce, FL. Our first shipment will consist of Red Grapefruit, navel oranges, Tangerines & a Variety Pack (a few of each). This order is needed by Sunday, Nov. 2nd for pick up on Monday, Nov. 17th . To order or if you have questions call Charlene @ 489-1702 or call the fruit hotline at [402-483-1181 ext. 40](tel:402-483-1181) or you may order on our web site 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 – 6:30 p.m. 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. 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. Stop by the Ministry Bulletin in the foyer and pick up a take home info or contact Charlene (local “Goodwill Ambassador”) @[402-489-1702](tel:402-489-1702). I have the pictures and info on several children presently needing help.

Around the world, 124 walkers and runners completed a 5K or 10K during the EYE RUN on Sunday, October 5 to Benefit Christian Record for the Blind.

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

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.

Community

Center for People in Need is looking for volunteers for our **Client Giveaway** and needs your help for this event. The Event is **Saturday, October 11 and Monday October 13**. Please note: **There is Not a Husker Game on the Saturday**. This is a bye week for the Huskers. The Center is cleaning out their warehouse and we have lots of items to give away for low-income clients. By providing supplies that the Center has an abundance of allows, low-income families and individuals can devote their money to rent, utilities, and other essential financial obligations. As usual volunteers will help with check-in, distribution, restocking tables, and traffic flow.

Volunteers hours are:

Saturday, October 11:

Volunteers shifts are:

- 8:15 am to 10:30am
- 10:15 am to 12:30 pm
- 12:15 pm to 2:30 pm
- 2:15 pm to 4:30 pm

Volunteers to help with Restock and clean up 3:00 pm to 5:00 pm

Monday, October 13:

Volunteers shifts are:

- 9:00 am to 11:15 am
- 11:00 am to 1:15 pm
- 1:00 pm to 3:15 pm
- 3:00 pm to 5:30 pm
- 5:15 pm to 7:15 pm

Children under 16 must be accompanied by a parent when volunteering. Please leave personal items such a backpacks, and purses in your car.

Please consider signing up to volunteer for this event by using this link: <http://volunteers.centerforpeopleinneed.org/> Thanks for your consideration to help serve those in need! Deb Daily, Director of Operation, Center for People in Need 3901 North 27th Street, Lincoln, NE 68521, Phone: [402-476-4357](tel:402-476-4357)

Recipe of the Week

Cumin-Scented Quinoa and Wild Rice (recipe from Bon Appetit Nov. '11)

1/2 cup wild rice
1 cup quinoa, rinsed well (I used red quinoa)
1-2 bay leaves
1/4 teaspoon kosher salt, plus more to taste
4 tablespoons extra-virgin olive oil, divided
1 onion, chopped
3 garlic cloves, minced
2 teaspoons cumin seeds
3 tablespoons fresh lemon juice
1/4 cup chopped fresh cilantro
1/4 cup chopped fresh parsley
2 tablespoons chopped fresh chives
Freshly ground black pepper to taste
1 avocado, peeled, pitted
1 lemon, cut into wedges

Bring rice and 1 1/4 cup of water to a boil in a small saucepan; cover and reduce heat to low. Keep cooking until water is absorbed and rice is tender, about 45 minutes.

In a medium saucepan, bring quinoa, bay leaves, 1/4 teaspoon of salt and 2 cups of water to a boil. Cover, reduce heat to low and simmer until tender (it'll still have some bite to it), about 15 minutes. Drain and let sit for 15 minutes, then discard bay leaf and transfer to a large bowl. Add cooked rice to the bowl as well.

In a large skillet, heat two tablespoons of olive oil over medium heat. Add chopped onion and saute, stirring occasionally, until translucent and soft, about eight minutes; add garlic and cumin seeds and continue cooking for another couple of minutes. Add sautéed onion mixture to quinoa and rice. Stir in remaining two tablespoons of olive oil, lemon juice and herbs. Season to taste with salt and pepper. Top with avocado and lemon wedges to serve.

Parent and Child

Does My Child Need to See a Therapist?

Posted by Moshe Norman, MSW, LCSW

Your seven-year-old son, Justin, is *so* embarrassing. He approaches adults and asks personal questions that seem inappropriate. He seems to have no sense of shame, and little interest in conforming to social norms. You cringe at the thought of taking him to family affairs and public events, where you never know what kind of catastrophe might transpire. And when you broach the topic, he easily dismisses it and hardly makes eye contact. You have already heard dubious murmurs regarding your parenting capabilities on several occasions, causing you to feel completely misunderstood. All this despite the parenting lectures you invested in!

Julio, who has just turned six, has been turning your life upside down for as long as you can remember. His explosive outbursts are both unpredictable and utterly irrational. You were convinced that his rigid inflexibility was just an extension of his “terrible twos,” but he has since doubled in age and his explosions have only increased in duration and frequency.

Everyone seems to adore Laura, a lovely, compliant eleven-year-old. But you are worried that she seems to have little drive and never takes initiative. She gives up easily and just doesn’t seem to have many interests. When she does get excited and begins a project, she rarely completes it.

And Sean, who is seven, is so active and aggressive that you are scared to leave him in the playground without constant supervision. And even that doesn’t seem to stop neighbors from complaining about him. Although Sean’s teachers and the principal are polite at PTA, the looks on their faces imply what the future will look like as Sean journeys through his school years.

Justin, Julio, Laura and Sean’s parents are worried about their children. Are these normal behaviors? Will they “outgrow” them, or should the parents take action?

Most of you reading these short vignettes can probably identify a child you know as closely meeting one of these descriptions. Do these children need to see a therapist? How would therapy benefit these children?

Let us first identify the purpose of psychotherapy.

To Love and To Work

When I began my career as a Clinical Social Worker, a typical comment I would hear from friends was that they believed most people could benefit from psychotherapy. But what percentage of people who say this actually step up to the plate and attend weekly sessions? In a groundbreaking 2004 survey, a Harris poll showed that 27% of people in

the U.S. received psychotherapy during that era. That survey also concluded that only one in three people who needed psychological treatment was receiving it. So, you may ask, where is the other 54%?

Sigmund Freud, the father of modern psychology, defined mental health as the ability “to love and to work.” In simple terms, a person’s mental health is limited when it gets in the way of his regular ability to function and to have relationships with others. The purpose of psychotherapy is to help the consumer attain those two objectives. This can be accomplished through many forms of therapy, with each therapist offering his own style and each consumer responding in his own way.

That said, in determining whether to take your child for an assessment, the parents should initially look at three factors: 1) The parent(s), 2) The child, and 3) The parent-child.

- **The parent:** Are you the type to become easily alarmed or overly reactive? Be mindful that you are not reacting simply because your child is not perfect. Sometimes, children evoke feelings in a parent that might be a result of the parent’s own unresolved issues. In that case, it is really the parent who needs therapy.
- **The child:** The next step is to evaluate whether the child’s issue is significant enough to require psychotherapeutic services. It is strictly this category that would deem the child fit for psychotherapy. Here is a partial list of issues that might be assisted by working with a mental health professional:
 - learning or attention problems (such as ADHD)
 - behavioral problems (such as excessive anger, acting out, bedwetting or eating disorders)
 - a significant drop in grades, particularly if your child normally maintains high grades
 - episodes of sadness, tearfulness, or depression
 - social withdrawal or isolation
 - being the victim of bullying or bullying other children
 - decreased interest in previously enjoyed activities
 - overly aggressive behavior
 - sudden changes in appetite
 - insomnia or increased sleepiness
 - mood swings (e.g., happy one minute, upset the next)
 - development of, or an increase in, physical complaints (such as headache, stomachache, or not feeling well) despite a normal physical exam by your doctor
 - management of a serious, acute, or chronic illness
 - problems in transitions (following separation, divorce, or relocation)
 - bereavement issues
 - therapy following physical, or emotional abuse or other traumatic events

The parent-child: Whether the child's issue stems from a poor attachment or not, it can often be helped through an enhanced parent-child relationship. This approach offers the parents tools to regularly help their child develop his lagging skills in his natural environment. This can be done in individual or family counseling.

Finding a Therapist

If you suspect that your child can benefit from ongoing therapy, it is a good idea to determine who might be the best fit for her or him. For example, do you or your child have a preference for a male or female therapist? Younger, older or middle age? Would you prefer that a potential therapist has experience working with a similar family situation (such as a blended family or foster family), or a diagnosis? Remember, choosing a therapist is always a risk, since the results can be relative and subjective. There are numerous modalities that therapists use to work with children and each one can be successful in its own right. Sometimes it can take a few appointments, or meeting with multiple therapists, before you can determine whether that specific counselor will be a good fit for you, your child, and/or your family.

Remember, these are just a few guidelines toward finding a good match. Ideally, a referral from a friend or family member can often provide you with the most vital information when seeking a quality therapist. Your child's pediatrician or primary care doctor might be an additional source of information, or referrals to other local professionals. Another resource which can be useful in finding a counselor or therapist is the 211 Helpline, which you can contact at 1-800-273-6222 or by logging on to www.211.org in the US. In Canada, you can reach the 211 Helpline by calling 1-800-836-3238 or by visiting www.211.ca

Moshe Norman, MSW LCSW is a child and family therapist in Lakewood, NJ. He can be reached at mnormanlcsw@gmail.com or at moshenorman.com