

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

September 2012

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Chip Program Coming to Piedmont Park

By Janice Grote

Health care reform doesn't require an act of Congress. Do-it-yourself health care reform is flourishing across the United States. Over fifty-thousand graduates of the Complete Health Improvement Program, popularly known as CHIP, are happily taking personal responsibility for their own health, and have never felt better. This successful program will be coming to Lincoln beginning October 14, 2012.

CHIP alumni say their energy levels are up, their weight is down, their cholesterol and blood pressures have dropped and their dependence on expensive prescriptions is reduced or eliminated.

Bill Connour of Elmwood, NE decided to try the CHIP program early this year. After following the CHIP program for 30 days, he states that his results were far greater than he could have imagined.

He states that with a family history of high blood pressure, high cholesterol, diabetes, and heart disease, he had been fighting high cholesterol, high blood pressure, high triglycerides, borderline diabetes, overweight etc., for 20+ years.

Here are the results Bill was rewarded with after following the CHIP program for only 30 days:

Date	1-27-2012	3-1-2012
Cholesterol	165	116
Triglycerides	246	95
Glucose	143	97
Blood Pressure	120/78	102/66

Plus a bonus weight loss of nearly 30 pounds.

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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.

Disabilities Ministry

By Teresa Thompson

"I saw that it is in the providence of God that widows and orphans, the blind, the deaf, the lame, and persons afflicted in a variety of ways, have been placed in close Christian relationship to His church; it is to prove His people and develop their true character. Angels of God are watching to see how we treat these persons who need our sympathy, love, and disinterested [impartial] benevolence. This is God's test of our character. If we have the true religion of the Bible we shall feel that a debt of love, kindness, and interest is due to Christ in behalf of His brethren; and we can do no less than to show our gratitude for His immeasurable love to us while we were sinners unworthy of His grace, by having a deep interest and unselfish love for those who are our brethren and those who are less fortunate than ourselves." III Testimonies, p. 511

The 10 Commandments for Communicating with People with Disabilities: (See these also on our church's webpage under Disabilities Ministry)

1. **Speak directly rather than through a companion or sign language interpreter who may be present.**
2. **Offer to shake hands when introduced.** People with limited hand use or an artificial limb can usually shake hands and offering the left hand is an acceptable greeting.
3. **Always identify yourself and others who may be with you when meeting someone with a visual disability.** When conversing in a group, remember to identify the person to whom you are speaking. When dining with a friend who has a visual disability, ask if you can describe what is on his or her plate.
4. **If you offer assistance, wait until the offer is accepted.** Then listen or ask for instructions.
5. **Treat adults as adults.** Address people with disabilities by their first names only when extending that same familiarity to all others. Never patronize people in wheelchairs by patting them on the head or shoulder.
6. **Do not lean against or hang on someone's wheelchair.** Bear in mind that people with disabilities treat their chairs as extensions of their bodies. And so do people with guide dogs and help dogs. Never distract a work animal from their job without the owner's permission.
7. **Listen attentively when talking with people who have difficulty speaking and wait for them to finish.** If necessary, ask short questions that require short answers, or a nod of the head. Never pretend to understand; instead repeat what you have understood and allow the person to respond.
8. **Place yourself at eye level when speaking with someone in a wheelchair or on crutches.**
9. **Tap a person who has a hearing disability on the shoulder or wave your hand to get his or her attention.** Look directly at the person and speak clearly, slowly, and expressively to establish if the person can read your lips. If so, try to face the light source and keep hands and food away from your mouth when speaking. If a person is wearing a hearing aid, don't assume that they have the ability to discriminate your speaking voice. Never shout to a person. Just speak in a normal tone of voice.
10. **Relax.** Don't be embarrassed if you happen to use common expressions such as "See you later," or "Did you hear about this?" that seems to relate to a person's disability.

See Teresa Thompson's personal blog about caregiving at

www.teresa-teresatalk.blogspot.com and also see her in person as a presenter at the 2012 KS-NE Conference Women's Retreat.

Piedmont Park Member, Special Olympics Global Ambassador, and Medal Winner

By Laura Daw

Piedmont Park was proud to have member Christian Beard appointed Special Olympics Global Ambassador for 2012. Christian also won a first place and 2 third place medals in the aquatic events. Christian has been involved with Special Olympics for more than thirty years. Way to go, Christian!



Lifestyle Health and Wellness Expo

By Laura Daw

Piedmont Park was blessed this past week with a seminar by Chef Mark Anthony and Melody Prettyman. Thursday night started with a healthy dinner prepared by Melody followed by her suggestions for healthy living and how to move toward a diet rich in the foods with which God has provided us. Friday evening, Melody and Chef Mark discussed life skills and organization. Chef Mark described how he recently organized his brother's kitchen to make eating healthy easy and both Melody and Chef Mark answered questions on the best cookware and ingredients to use.

On Sabbath, Piedmont Park enjoyed a sermon from Chef Mark about how we each can make a difference in someone's life and watched Chef Mark paint a picture of Jesus, followed by an afternoon seminar with Melody about simple, natural remedies.

Sunday concluded the seminar with an Italian dinner cooked by Chef Mark and an explanation of how to cook easy, healthy, and tasty meals.

Melody Prettyman travels around the country teaching people to cook healthier meals. Chef Mark Anthony also travels around the country offering cooking seminars and cooks regularly on 3ABN. They both offer tips and recipes on their websites.

<http://www.melodyprettyman.com/>

<http://www.chefmarkanthony.com/>

Marsala Sauce (alcohol free)

By Chef Mark Anthony (reprinted with permission)

2 Cups Mushrooms (sliced)

¼ Cup Shallots

1 tsp Garlic crushed

2 Tbsp Olive Oil

½ tsp Vegan Beef Base

1 Cup Grape Juice

¼ tsp Sea Salt

Pinch Sage

Pinch Thyme

Cornstarch & Water Slurry

Saute the mushrooms, shallots and garlic with the olive oil. Add the remaining ingredients and bring to a boil. Simmer for about 15 minutes. Thicken with cornstarch slurry.

Friday Night Vespers is a time for the Piedmont Park Church Family to get together and welcome the Sabbath through special music, testimony, congregational singing and inspirational thoughts. Each Friday Night Vespers starts at 7pm and lasts approximately one hour. For more information contact Vanessa & Crystal at ppvespers@gmail.com Schedule is as follows:

September 28

The Peter & Tammy Adams Family from right here at Piedmont will share their musical talents.

October 26

We will learn more about Piedmont's Karen SDA Congregation by listening to them sing a couple songs, watching a DVD about their journey and hearing about Piedmont's Karen Ministry.

November 30

This Friday Night Vespers will be Christmas-themed with lots of Christmas Carol singing and some special musical numbers too!

Women's Ministries

Submitted by Carol Leonhardt and Teresa Thompson

Women's Ministries wants all the women to know about the 2012 Christian Women's Retreat in Grand Island, Nebraska, October 26-28. It is a wonderful time of spiritual refreshing for women. Some women like to share with weekend with friends and sisters even though not all are SDA members. Annie Perez will be the main speaker that weekend.

Teresa Thompson, a member of our local Piedmont Park church, will be giving a presentation about caregivers at the retreat. Whether you are a caregiver, or know one, you won't want to miss all the information she has about this important and vital ministry of giving care to others.

With the many baby boomers already entering the senior population, we are just beginning to see the effect it will have on our communities. Family caregivers are and will be in great demand. Teresa has done much research on the impact it will have on us all, but also the demands it has on the individual.

Brochures for Women's Retreat are available at the church (both entrances) and online at <http://www.ks-ne.org>. Women who have concerns about transportation, finding a room-mate, or about registration fees can contact Women's Ministries Committee Member, Virginia Myers at 402-464-2417. So get your reservations in soon.

Women's Ministries is developing programming aimed at prevention of abuse to ensure that all members of the congregation are living in safe and healthy environments. Dr. Martin Weber will be speaking to our congregation on the first Sabbath of December on this topic. We are anticipating additional programming by Friendship Home counselor Deb Flowers.

Ferlie Gaskin and some other women volunteers from Piedmont are traveling to Wichita, Kansas, to assist with Women in Shoes, a creative community based family ministry scheduled for September 13-23.

DO YOU KNOW YOUR HYMNS?

Dentist's Hymn..... Crown Him with Many Crowns
Weatherman's Hymn..... There Shall Be Showers of Blessings
Contractor's Hymn..... The Church Has One Foundation
The Tailor's Hymn..... Holy, Holy, Holy
The Golfer's Hymn..... There's a Green Hill Far Away
The Politician's Hymn..... Standing on the Promises!
Optometrist's Hymn..... Open My Eyes That I Might See
The IRS Agent's Hymn..... I Surrender All
The Gossip's Hymn..... Pass It On The Electrician's Hymn..... Send the Light
The Shopper's Hymn..... Sweet Bye and Bye
The Realtor's Hymn..... I've Got a Mansion, Just Over the Hilltop
The Massage Therapists Hymn..... He Touched Me
The Doctor's Hymn..... The Great Physician

AND for those who speed on the highway - a few hymns:

55 mph God Will Take Care of You
75 mph Nearer My God to Thee
85 mph This World Is Not My Home
95 mph Lord, I'm Coming Home
100 mph Precious Memories

Give me a sense of humor, Lord, give me the grace to see a joke,
To get some humor out of life, and pass it on to other folks.

Social Committee – Events Planned

Submitted by Lou Ann Fredregill

Piedmont Park Church Campout

September 21-23

Woodland Acres

Piedmont Park Church will campout on September 21-23 at Woodland Acres Camp. Beginning Friday evening, September 21, all tent or 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.

Friday evening, September 21:

5:00-8:00pm – Camper and tent setup (Please pay camping fees)

Supper on your own

8:30 – Fireside worship

Sabbath, September 22:

Breakfast on your own

11:00am – Casual worship service with Pastor Andy

1:30pm – Potluck dinner. Everyone is invited! (Please bring two dishes, enough to feed your family plus 3 servings: entrée, vegetables (hot or cold), fruit, side dish (potatoes, pasta, etc.), dessert

4:00pm – Create a Scene (Bible game)

Supper on your own

7:00pm – Fireside worship with Pastor Michael and Adventure Club induction

8:00pm – Evening play, indoor and outdoor games (Snacks provided)

Sunday morning, September 23:

9:00am – Joint breakfast potluck. Menu: Pancakes and fixins' (syrup, peanut butter, applesauce, etc), hash browns, scrambled eggs, fruit juice, fruit. Please bring three of the menu items, enough to feed your family plus 3 additional servings.

Woodland Acres is located off of Highway #34. Directions: Take Highway #2 through downtown Lincoln, continuing to the north. Highway #2 becomes I180, and then turns into Hiway #34 heading toward Seward. Drive until you get to the road going to Garland, NE. You'll see a gravel road (at or very near the Garland Road) going to the left. Turn left on this gravel road (heading away from Garland). Drive to Woodland Acres, on your left (after the house and school bus sign on your right). You will see a red and white "Woodland Acres" sign at the entrance.

There are minimal camping fees for both tent campers and vehicle campers and for electric use. Social Committee members will be collecting fees as campers arrive. Questions: 402-988-8239

Piedmont Park Swim Night

November 3, 7:00pm

Larson Lifestyle Center, Union College

All Piedmont Park members are invited to a swim night at the Larson Lifestyle Center pool. Bring your swim suits, towels, and pool toys.

Lou Ann Fredregill

402-486-2500

New Members

Piedmont Park has been blessed with the following new members:

Transfers in

Britaini Daw

Shane and Veronica Fleharty

Ryan and Emily Watson

Kaw Kaw

James and Brenda McGill

Analou Paro

Harry and Kathy Renk

David Soto

Thomas and Lena Toews

Baptisms

Courtney Bertwell

Aubrey Hagen

Gwendolyn Hawkins

Reflections

By Pastor Andy Mosely

One more month will mark our family's first anniversary in full-time ministry here at Piedmont Park Seventh-day Adventist Church, Lincoln. We praise the Lord for His goodness, grace, and generosity in helping us get through the ups and downs of moving locations, new beginnings, ministry, and life in general. We know that our lives are lived going forward, but often understood looking back. We continue to press on to reach the end of the race and the journey to which God has called us. We know that you are doing the same!

I am learning a lot here. I find it somewhat ironic that God has called me to serve, work, and guide youth and young people. As I reflect back upon this phase of my life, I realize that those years were particularly difficult for me for a number of reasons. I was never one to follow the wise man's advice in Ecclesiastes 12:1; "Remember your Creator in the days of your youth, before the days of trouble come and the years approach when you will say, "I find no pleasure in them"" (NIV). I had to go through a bit of darkness, before I saw the Light.

Some of you know that at the age of 21 years, I left the UK with a friend to travel in the US. We quit our jobs, bought our tickets, and arrived at Newark airport. We rode into New York City and found ourselves at the Port Authority travel terminal. We caught a Greyhound bus that was heading south, all the way down the East Coast, and we eventually made it to our intended destination, Hollywood, Florida. What a journey that was!

After spending two rather lazy months in Florida, we got back on the road again, this time heading north and then west. We drove from Florida to Denver, Colorado. I vaguely recollect passing through Kansas on route! Then we boarded another Greyhound bus, this time from Denver to San Bernardino, California, passed through Las Vegas on route! One of my relatives met us in California, and kindly allowed us to stay with their family in Calimesa for almost four months. So we made it all the way from East Coast to West Coast!

After a few days rest in California, my relative mentioned to me that they would not be at home on Saturday as they attended church that day. What! I had never heard of that before! She told me they were Seventh-day Adventists. This was becoming weird! I had never come across this denomination before! Both myself and my friend were quite wary for a while. However, their charm and hospitality won us over. And when we were invited to attend an evangelistic series at Yucaipa Seventh-day Adventist church in April 1987, we both felt politely obligated to say yes.

I found that the content of these meetings seriously messed with my head and my thinking! I had never heard the prophecies of Daniel and Revelation so clearly explained before. In fact, I had never studied the Bible, or ever really listened to God's messages. I began to trust in Jesus, and search for truth. I then attended a second series of meetings in southern California, conducted by evangelist Kenneth Cox. I was fully persuaded that a life with God was much better than my own feeble attempts at making sense of everything. My mind was made up. I made my decision, and I chose to be baptized. I have never regretted that choice!

Little did I know back then all the blessings that would come my way in Jesus! And 25 years later, here I am back in the US, not in southern California, but in Nebraska, serving the God and the church that I love, as a gospel minister. What an amazing adventure! So thank you to all for allowing me to learn, grow, and develop in this place. Please allow me to conclude with the words of Psalm 126:3, which concisely sums up our family's testimony and experience; "The Lord has done great things for us, and we are filled with joy" (NIV).

Chip Program

Continued from Page 1

He states that he ate more than he has eaten for a long time, a huge breakfast (which he did not eat before), eating more foods (fruits, vegetables, grains) in their natural state, a high fiber diet, and replacing coffee, soda and tea with water and herbal tea. He also walks for exercise. His last remark was: I FEEL GREAT!

The CHIP program will be in the Piedmont Park fellowship hall on the following dates: Oct 14,15,17,18,21,22,24,25,28, 29,30, Nov 1,4,5,7,and 8.

Free Information Sessions will take place on Oct 7 at 4pm and 7pm and on Oct. 10 at 6:30pm. There will be a Heart Screen (lab draw) on Oct 12 and Nov 9 at 6:30 to 8:30 a.m., so that people can see their results from the program.

Graduation will be on November 19. All of these dates will take place in the PPSDA church in Fellowship Hall.

Vitamin Supplements can be Dangerous

By Amber Attarzadeh

There are 13 vitamins that are essential for bodily functions. They are Vitamins A, D, E, K, B1 (thiamin), B3 (Niacin), Folate, B12, C, Pantothenic Acid, Riboflavin, Biotin, and B6. They are separated into two different forms; water soluble vitamins and fat soluble vitamins. Water soluble vitamins are vitamins that need water to be absorbed by the body and fat soluble vitamins are vitamins that need fats to be absorbed by the body. While vitamins are incredibly important, too many can cause serious problems. All vitamins can be extracted through a healthy diet (vegetarians will need to take a B12 supplement) and have less risk of overdose than those who get their vitamins through supplements. Supplements can be very beneficial for people who cannot get enough vitamins through their diet, pregnant women, the elderly, and even children who are growing. Supplements are dangerous if not kept in check and those who want to start taking them should have their doctors compile a list and dosage amounts.

Over dosages of vitamins can range from nausea, constipation, and fatigue to heart problems, bones problems, and even death. Fat soluble vitamins cause more problems with overdoses than water soluble vitamins mainly because the fat soluble vitamins are stored in your body whereas the water soluble vitamins are not. A great website for checking the dosages you should be taking of each vitamin is <http://ods.od.nih.gov/>. Consult your doctor before starting a vitamin regime.

2012 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.

October 28, Sunday – The Allen Family, 6:30 pm

Always a favorite, The Allen Family will inspire you with wonderful family harmonies and great family fun.

Emergency Bible Numbers

Submitted by Pastor Michael Halfhill

This is really great. The Bible has the answers to everything.

When in sorrow, call John 14.

When men fail you, call Psalm 27.

If you want to be fruitful, call John 15.

When you have sinned, call Psalm 51.

When you worry, call Matthew 6:19-34.

When you are in danger, call Psalm 91.

When God seems far away, call Psalm 139.

When your faith needs stirring, call Hebrews 11.

When you are lonely and fearful, call Psalm 23.

When you grow bitter and critical, call 1 Cor. 13.

For Paul's secret to happiness, call Col.3:12-17.

For idea of Christianity, call 1 Cor. 5:15-19.

When you feel down and out, call Romans 8:31.

When you want peace and rest, call Matt.11:25-30.

When the world seems bigger than God, call Psalm 90.

When you leave home for labor or travel, call Psalm 121.

Your prayers growth narrow and selfish, call Psalm 67.

For a great invention/opportunity, call Isaiah 55.

When you want courage for a task, call Joshua 1.

How to get along with fellow men, call Romans 12.

When you think of investments/returns, call Mark 10.

If you are depressed, call Psalm 27.

If your pocketbook is empty, call Psalm 37.

If you're losing confidence in people, call 1 Cor. 13.

If people seem unkind, call John 15.

If discouraged about your work, call Psalm 126.

Scars of Life

Submitted by Pastor Michael Halfhill

Some years ago, on a hot summer day in South Florida , a little boy decided to go for a swim in the old swimming hole behind his house. In a hurry to dive into the cool water, he ran out the back door, leaving behind shoes, socks, and shirt as he went.

He flew into the water, not realizing that as he swam toward the middle of the lake, an alligator was swimming toward the shore.

His father, working in the yard, saw the two as they got closer and closer together. In utter fear, he ran toward the water, yelling to his son as loudly as he could.

Hearing his voice, the little boy became alarmed and made a U-turn to swim to his father. It was too late. Just as he reached his father, the alligator reached him.

From the dock, the father grabbed his little boy by the arms just as the alligator snatched his legs. That began an incredible tug-of-war between the two. The alligator was much stronger than the father, but the father was much too passionate to let go.

A farmer happened to drive by, heard his screams, raced from his truck, took aim and shot the alligator.

Remarkably, after weeks and weeks in the hospital, the little boy survived. His legs were extremely scarred by the vicious attack of the animal.

And, on his arms, were deep scratches where his father's fingernails dug into his flesh in his effort to hang on to the son he loved.

The newspaper reporter who interviewed the boy after the trauma, asked if he would show him his scars. The boy lifted his pant legs. And then, with obvious pride, he said to the reporter, 'But look at my arms. I have great scars on my arms, too. I have them because my Dad wouldn't let go.'

You and I can identify with that little boy. We have scars, too. No, not from an alligator, but the scars of a painful past. Some of those scars are unsightly and have caused us deep regret. But, some wounds, my friend, are because God has refused to let go. In the midst of your struggle, God's been there holding on to you.

The Scripture teaches that God loves you. You are a child of God. God wants to protect you and provide for you in every way. But sometimes we foolishly wade into dangerous situations, not knowing what lies ahead. The swimming hole of life is filled with peril - and we forget that the enemy is waiting to attack. That's when the tug-of-war begins - and if you have the scars of God's love on your arms, be very, very grateful; God did not and will not ever let you go.

Please pass this on to those you love. God has blessed you, so that you can be a blessing to others. You just never know where a person is in his/her life and what they are going through. Never judge another person's scars, because you don't know what they are going through or how they got those scars.

Also, it is so important that we forward this message to someone else. Right now, someone needs to know that God loves them, and you love them--enough to not let them go.

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