



# NEWS NUGGETS

## **RMC Teen Prayer Conference, "Traveling Light," Lives Up to Its Name »**

Nearly 120 people, including 88 teens accompanied by nearly 30 sponsors, arrived at Glacier View Ranch January 20 for the 2017 Prayer Summit. Themed, "Traveling Light," the youth were eager to connect with God and each other on a journey to laying down the baggage that weighs us all down. Over the course of the weekend, they experienced God through activities and meetings that struck a balance between thought-provoking dialogue, time in God's nature, and fun activities.



*Two Guys and the Word* (aka Stephen Carlile and Kevin Bruce) traveled from Oklahoma to spend the weekend as guest speakers. Bringing energy, excitement, funny banter, and a God-centered perspective, *Two Guys and the Word* broke down barriers from the very beginning as they engaged the audience and dove into difficult subject matter. Over the course of five meetings, Stephen and Kevin addressed guilt, anger, jealousy, and relationships.

The youth in attendance learned that guilt says, "I owe you," and is confronted with confession. Anger says, "You owe me," and can be combatted with forgiveness. Jealousy says, "God owes me," and is overcome through the honest appreciation of another's gifts and talents.

In the midst of instructing the youth on how to lay these burdens at the feet of Jesus through practical and real-life solutions, *Two Guys and the Word* also addressed relationships, encouraging our young people to place

Friday, February 10, 2017



Fierce, tenacious kindness.  
A sense of compassion.  
A sense of thoughtfulness.  
A sense of reflection.  
A revolution in kindness.  
That's what we need.  
Love until it hurts.  
-- Aniota Roddick,  
humanitarian, rebel rouser,  
environmentalist

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significant value on being equally yoked and dating someone with the same value system.

Between meetings, the RMC Youth Department and several students from Union College (Dimas Wauren, Greg Epperson, Enoch Razafindrabe, CJ Middlebrooks, and Anthony Waworoendeng) orchestrated activities that included sledding onto the GVR lake, team building games and activities, and a photo scavenger hunt.

Saturday night was also loaded with fun, including open swim at the pool and board games in the cafeteria.

Finally, no prayer summit is complete without significant time in prayer. Each morning, individuals gathered in the upper room at Glacier View lodge to spend individual and communal time in prayer.

Saturday morning, 30 individuals gathered and discussed different types of prayer and spent more than an hour communing with God. On Sunday morning attendance at the prayer room increased and more than 35 young people prayed for an hour and a half to kick off the day.

Spirits were high at the meeting later on Sunday morning, and each individual wrote their burdens on paper to symbolically lay down at the foot of the cross.

Commenting on the weekend, one leader from the Greeley area espoused that the weekend “was a phenomenal balance of well-planned and organized activities coupled with deep, thoughtful, and applicable spiritual discussion.” At checkout, the youth could truly say that they were returning home, “traveling light.”

[Text and photos by Kiefer Dooley]



## Upcoming Events

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### **RMC Property & Trust Committee**

*February 15, 9:30 a.m.*

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### **President's Day Holiday Office Closed**

*February 20*

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### **Executive Committee**

*February 21, 9:30 a.m.*

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### **GVR Board -- Conference Office**

*February 23, 9:30 a.m.*

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### **Town Hall Meeting WY**

*March 4 -- Casper Church*

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### **Town Hall Meeting NE CO**

*March 5 -- Champion Church*

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### **Kaleo Mission Trip**

*March 9 - 20*

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### **Executive Committee**

*March 21, 8 a.m. - Noon*

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### **Town Hall Meeting SE CO**

*April 1 -- Colorado Spr Central*

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### **Town Hall Meeting Denver Metro**

*April 2 -- LifeSource Church*

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### **Town Hall Meeting NW CO**

*April 8 -- Gr Jnctn Church*

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### **Town Hall Meeting SW CO**

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**HMS Students Get Outdoors, Even in Winter »** With snowshoes sinking into snow often well above knees, 32 HMS

students in grades 4 - 8 persevered in breaking a trail to Brainard Lake. Despite predictions of snow, Thursday, January 24, turned out to be cloudy, but calm and dry--a perfect day for teachers Paul Bragaw and Davin Hammond to lead their students on a snowshoe adventure.



For the majority of students, this was their first experience on snowshoes. Divided into mixed-age groups so that they could help each other don snowshoes and offer encouragement along the way, the students all hiked between three and five miles through deep snow to Brainard Lake in the Indian Peaks Wilderness.

Paul Bragaw, known to his students as “Mr. B.,” was recently able to obtain the snowshoes because of a generous donation. He has also started what he calls a “snowshoe ministry” which allows any HMS family to check out the snowshoes free for a weekend to encourage outdoor family fun.

For students, especially in Bragaw’s and Hammond’s classes, enjoying class outdoors is nothing new, but a regular part of their education. Both teachers use “mobile outdoor classrooms” where students set up camp chairs in various locations around campus. They often have Bible class, reading time, and science outdoors, as well as taking a daily walk around the outskirts of campus.



“Very seldom have I had kids complain about having class outdoors,” Bragaw said. “I’ve seen a lot of change in attitude,

Find out more...

[Click here](#) for info on any of these events.



## Story Guidelines: We want to share your news!

» News Nuggets is your publication. We strive to provide news and information expressing our church life. Every church, every family, every individual has a story to tell. We are inviting pastors and secretaries of churches and institutions within the Rocky Mountain Conference to share with us relevant information – about developments, issues, notable events, as well as experiences of church members.

Please email your story to [nuggets@mcscda.org](mailto:nuggets@mcscda.org) so we can share how God is working through His people in your territory. When submitting your story, please include the following: the Ws (who, what, where, when, why...also how), a personal quote, a photo and the name of the photographer.

Please consider time constraints and always send in

behavior and motivation as well as huge spiritual gains in students lives. The kids talk about seeing Jesus in the outdoors and that's really what inspires me."

Bragaw has a Master's of Science degree in Outdoor Education from Southern Adventist University. His passion for outdoor education began in 5<sup>th</sup> grade. "I'll never forget my 5th grade teacher, Mr. Z., when he took us climbing up Mt. Rainer. It was bigger than life for me and an experience that always stayed with me."

In October, Bragaw organized the annual outdoor school trip for students. This year they went backpacking on a three-day, two-night trip. In February, the whole school will be going skiing, and a few other snowshoe trips are being planned.

[Jill Harlow; photos by Paul Bragaw]

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**MHA Welcomes New Staff »** New positions are being filled at Mile High Academy this month to assist in recruitment and marketing.

Derek Baker takes up the job of recruiter beginning February 8. He graduated from Union College last spring and has been working at a bank in Lincoln. A people person, he looks forward to talking to people from all sorts of backgrounds in his new job. "It's a dream job," says Derek, "to be working with some of the teachers who taught me in high school" and working beside students with whom he attended college or traveled through foreign countries.

Principal Vunileva, Leandro Bizama, and Jennie Eno all taught him at Ozark Academy. Kyle and Becca Berg took travel literature and photography classes with him as they journeyed through Central America.

Born in Seattle, he's not a Broncos fan, "but I'm willing to learn," he says with a laugh.

Jacquelyn Khoe joined MHA's Advancement & Development team this week to market MHA to its alumni and to the community.



Born and raised in California, she attended art school in San Francisco before she began teaching at Campos Blancos

fresh new stories instead of outdated ones. **Submission deadlines are Wednesdays by noon.**

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Seventh-day Adventist School in Honduras in 2012.

With the call to mission still strong after her teaching experience in Honduras, she joined the advancement team at Battle Creek Academy..

"Taking the Mile High Academy position is an answer to prayer," Jacquelyn says. "God called me and I need to step out in faith and follow His will."

As she will work to establish relationships with the MHA alumni, Jacquelyn also looks forward to exploring her new state doing the hiking she loves in the beauty of Colorado.

[RMCNews with Agape Hammond; photo provided by Jacquelyn Khoe shows her surrounded by Honduras students]

## **Canon City Church Publishes *Inclined* Newsletter »**

*Inclined, An Upward Look*, a bi-monthly newsletter of the Canon City Seventh-day Adventist Church, made its debut with a January-February edition this month. According to Steve Schwarz, pastor of the Canon City church, the name of the publication was inspired by words from Psalm 119:36-37, "Incline my heart to your testimonies ..."



Commenting on the the first issue, Pastor Schwarz said, the *Inclined* is "a wonderful benefit to our church life. It will have a positive effect."

The first, pilot edition, came out in 100 copies and was distributed on Sabbath, February 4. According to Linda Hashman, editor of the newsletter, the initial "comments have been positive."

The idea to publish a newsletter is not new to Linda, as she was editor of a similar venture at her previous church, Chapel Haven in Northglenn. We wanted to help with communication in the church," she said. The stated mission for *Inclined* is "to promote unity and enhance communication between our members; to offer a forum for positive, creative expressions of faith; and to reach out with encouragement, inclusion and love to all of our readers."

The first 6-page issue includes articles encouraging involvement in church life, support unity and inclusion, as well

as sharing engagement with the ministries of the church. Personal ministries, youth and evangelism are featured, as well.

Comparing Christian life to climbing a mountain, Pastor Steve Schwarz wrote in “A Note From Our Pastor,” that climbing upwards means “putting one foot in front of the other,” but a Christian climb “is really about those you share the experience with on your way to the summit.”

The newsletter is available in a limited print format, as well as being available on the Web at

[www.canoncity22.adventistchurchconnect.org](http://www.canoncity22.adventistchurchconnect.org) . To request a copy via email, write to [inclinednl@gmail.com](mailto:inclinednl@gmail.com).

[RMCNews]

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### **Christian Arts-Centered Preschool and Kindergarten Now Available in Erie »**

Vista Ridge Academy, located on Highway 7 just behind the new King Soopers, has offered quality arts-centered elementary and middle-school education to families in Erie and the surrounding areas for more than ten years. This fall, Vista Ridge Academy is proud to offer a full early education program, made up of both preschool and kindergarten and serving children from ages 3 to 5. Our program runs from mid-August to late May, Monday through Friday. Children attend full days (8:15 a.m.-3:30 p.m.) Monday through Thursday and a half day on Friday (8:15 a.m.-12:15 p.m.).



In addition to social and academic development—which includes phonics, reading (with a therapy dog), math, and handwriting, children learn about the Bible, attend weekly chapels, and take classes in music, physical education, technology, and art.

Vista Ridge Academy aims for each child to become comfortable in the school setting, feel that learning is fun, and find joy in who they were created by God to be, setting up a firm foundation for the rest of his or her education.

Program director Sandy Hepp has twenty-five years of experience in early childhood education and has taught at

Vista Ridge Academy since 2014.

Attend our open house and ribbon-cutting ceremony celebrating the new program at noon on Friday, February 17, or contact us at 303-828-4944 to schedule a tour.

[Becky De Oliveira; photo by Marit Guild: reading buddies]

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## CORRECTIONS

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"God is at Work in the Sheridan Church," should have been attributed to Bible worker, Ben Davis, not Chuck Gadway.

"DeeAnn Bragaw Takes Over RMC Prayer Ministry" should have referenced a woman who came from another conference and led them through songs--not psalms.

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## ANNOUNCEMENTS

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**Linda Aalborg Memorial Service** » Because Linda gave her heart to ministry at the Littleton Church, Bruce and his daughters invite gifts to be given in her memory to children's ministry and to community outreach. Please bring picture prints, if you can, to the memorial service at 4 p.m., February 11 and tape them to the glass in her honor.

**Valentine's Day Afternoon Tea** » It's tea time! Ladies' Night Out and PQRST invite ladies of all ages to an English afternoon tea at the Boulder Adventist Church Community Room on Valentine's Day, **February 14**. With the theme "A Valentine's Day London Ritz Afternoon Tea," you can dress up in a fashionable hat, gloves, and heels--casual attire is also fine--and bring a savory or sweet vegetarian finger food to share. Also bring a canned food item, a new article of clothing or a stuffed animal to donate to EFAA or The Bridge House. RSVP to Jackie at 303-919-2837 or [jackiehayes@boulder.church](mailto:jackiehayes@boulder.church).

**Naturally Gourmet Vegan Cooking Class** » Learn new and creative ways to make tasty, healthy recipes that naturally boost your immune system. Held at 5 p.m. Sunday, **February 26**, at the Franktown Church, it will be taught by Karen Houghton, R.N., author, and TV host and health educator featured on the DIRECTTV series, Naturally Gourmet. The cost is \$10 and pre-registration is appreciated. Call 303-688-8687. The church is located at 905 N Hwy 83, Franktown, CO 80116.

**Nedley Depression and Anxiety Recovery Program** » The Durango Church is holding a depression and anxiety treatment program which offers non-drug solutions designed to

combat depression through improving energy levels, sleep quality, mood, relationships and emotional intelligence. The **eight-week program begins** January 23 and **continues through March 20** at the church, 1775 Florida Road. For more information, call Marley at 970-749-1860.

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**Rocky Mountain Singles »** All singles are invited to attend a RM Singles Ministry social on Sabbath February 18 at the Chapel Haven Church. Vespers will begin at 5 p.m. with Pastor Ed Barnett, followed by a light meal of pizza and salad. A time for mixing will precede a business meeting to fill open offices on the Singles Ministry board. For questions, call Mary Lou Bowers at 720-416-8462 or Alice Ray at 303-332-2595.

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**Diabetes Undone »** The new Castle Rock church plant is holding an **eight-week Diabetes Undone program** from 7-8:30 p.m. **continuing through March 7** to help stomp out this medical epidemic. Held at the Douglas County Library in Castle Pines, it is open to all -- those with diabetes or pre-diabetes, those who want to prevent it or have friends who want to prevent it, or those who want to learn how to organize their own event. The cost is \$15 with optional workbook and cookbook available for \$45. For more information, call Rick Mautz at 530-521-7429 or send an email to [rickm@rmcsda.org](mailto:rickm@rmcsda.org). Visit our website at <http://castlerockadventist.church>.

# DID YOU KNOW?

**1 in 3** Americans has **diabetes** or **prediabetes**.

That doesn't have to be **your story.**

Your **lifestyle habits** can stop **type 2 diabetes** in its tracks.



## diabetes **UNDONE**

INTERACTIVE WORKSHOP

**Join us opening day, January 17 at 7:00 pm**

for a dynamic, 8 session video course featuring Dr. Wes Youngberg, author of *Goodbye Diabetes*

### Package Includes:

- Inspiring wellness talks
- Expert advice
- Group support
- Cooking demos and samples

ONLY  
**\$15**

Workbook, & cookbook Available for \$45

8 Sessions: from Jan. 17 through Mar. 7, 2017, 7:00 to 8:30pm

Douglas County Library in Castle Pines  
360 Village Square Lane  
Castle Pines, CO 80108

[CASTLEROCKADVENTIST.CHURCH/WELLNESS](http://CASTLEROCKADVENTIST.CHURCH/WELLNESS)

**FOR MORE INFORMATION:**

530-521-7429 • [rickm@rmcsda.org](mailto:rickm@rmcsda.org)

NORTH AMERICAN DIVISION    MID-AMERICA UNION

# CHILDREN'S LEADERSHIP CONFERENCE @MID-AMERICA UNION OFFICE

**March 3-5, 2017**  
NAD Creative Arts Certification



**Who Should Attend**  
Pastors, Elders, Parents, Children's Ministries Leaders, Sabbath School Teachers, Vacation Bible School Leaders, Adventurer Leaders, Pathfinder Leaders, Children's Story Time Leaders, Youth Leaders, anyone who loves working with children.

<b>Friday, March 3, 2017</b>		5:15pm - 6:00pm	Supper - Fellowship Hall
7:00pm - 9:00 pm	General Session: Sherril Uhrig - Devotional	6:15pm - 7:30pm	Class #6: Joann Herrington Praise and Worship
<b>Sabbath, March 4, 2017</b>		7:45pm - 9:30pm	Class #7: Staff Vacation Bible Experience Showcase 2017
9:00am - 10:15am	Class #1: Brent Kimura Puppeteers Puppetry	<b>Sunday, March 5, 2017</b>	
10:30am - 11:45am	Class #2: Joann Herrington Praise and Worship	8:00am - 9:15am	Class #8: Brett Hadley Drama
11:45am - 12:45pm	Lunch - Fellowship Hall	9:30am - 1:45pm	Class #9: Brett Hadley Drama
1:00pm - 2:15pm	Class #3: Brent Kimura Puppeteers Puppetry	10:45am - 11:00am	Certification Awards: Conference CM Directors Good Bye
2:30pm - 3:45pm	Class #4: Teresa Peckham/Candi Sartin Ballooning	11:15am	
4:00pm - 5:15pm	Class #5: Teresa Peckham/Candi Sartin Ballooning		

**\$70 Per Person / Early Bird Rate \$55**  
Before February 23, 2017  
English and Spanish Tracks  
Includes Sabbath Lunch and Dinner  
**\$20 PER CHILD** - Childcare  
Lodging On Your Own

**Register at [plusline.org](http://plusline.org) or 800.732.7587**  
Mid-America Union 8307 Pine Lake Road Lincoln, NE 68516

**Children's Leadership Conference »** The Mid-America Union invites you to the Children's Ministries Leadership Conference beginning at 7 p.m. March 3 and continuing to 11:15 a.m. March 5. in Lincoln, Nebraska. To register, visit [www.plusline.org](http://www.plusline.org) or call 800-732-7587. Register before February 23 to get the early-bird rate.

Mid-America Union Conference is located at 8307 Pine Lake Road, Lincoln, NE 68516.

**Celebrating Life in Recovery »** Twin Peaks Church is holding a **14-week program presented by Cheri Peters** to help with recovery from domestic abuse, perfectionism, alcoholism, drug addiction, anger, dependency, and so much more. Join this **FREE** program at 7 p.m. Thursdays beginning February 2 and **continuing through May 11**. Preregister at [clirlouisville@gmail.com](mailto:clirlouisville@gmail.com). For questions, call 720-890-3767. The Twin Peaks Church is located at 9696 Paschal Drive, Louisville, CO.

# CELEBRATING LIFE in recovery

COME  
JOIN US!  
14-WEEK  
PROGRAM  
FREE

ANGER  
DIVORCE  
DEPENDENCY  
SECURITY BULIMIA  
DOMESTIC VIOLENCE  
HYPERSENSITIVITY  
MUTILATION HOARDING  
OBSESSIONISM STEALING  
SMOKING ALCOHOL ADDICTION

THURSDAYS, 7PM

STARTING FEBRUARY 2  
Twin Peaks Seventh-day Adventist Church  
9696 Paschal Dr, Louisville CO  
Preregister at [clirlouisville@gmail.com](mailto:clirlouisville@gmail.com) or  
for questions call 720-890-3767

by  
Cheri  
Peters



**Mile High Academy Summer Camps »** MHA's Kids University Camp is a great way to keep your children engaged and active all summer long. From a half-day sports camp to full-day weekly camps, we have choices for everyone. Each camp includes special activities, art, outdoor play and dynamic learning. Our special pricing is available until **March 10**. You can find out more by going to [milehighacademy.org/summercamp](http://milehighacademy.org/summercamp) or by calling 303-744-1069. We can't wait to have fun this summer!

**Women's Ministries Leadership Certification »** Women are invited to attend a Level One Leadership Certification Seminar beginning at 6:30 p.m. **Friday, April 7**, and continuing from 9 a.m. to 7 p.m. Sabbath, April 8 at the Rocky Mountain Conference Office Meeting Room, 2520 S. Downing Street. Carla Baker, Women's Ministries Director for the North American Division will conduct this seminar along with her team. Two meals will be provided on Sabbath. Any woman desiring to enhance leadership in ministry should attend. It will include a series of sessions on subjects such as

“Principles of Effective Leadership”, “Visioning and Goal Setting” and more. Each woman completing the seminar will receive a certificate. There is no charge to attend. You are responsible for your own lodging.

Registration is essential. Contact Ginger Bell at 720-980-9006 or [rexngingerbell@msn.com](mailto:rexngingerbell@msn.com) by March 31.

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**Women's Ministry Retreats 2017 »** RMC Women's Ministries is excited to announce the Area Women's Retreats for 2017:

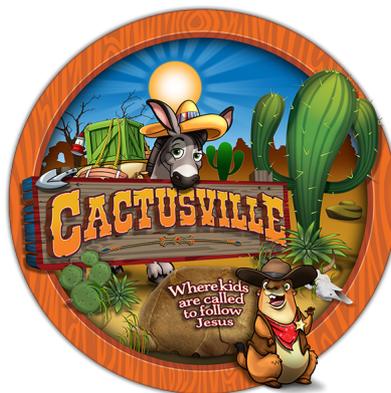
**Wyoming:** *Seaside Escape—a study of Sarah and Hagar*  
Mills Spring Ranch on Casper Mountain  
Fall (date announced soon)  
Contact: Rhonda McDonald: 307-259-8147

**Colorado Western Slope:** *Falling in Love Again*  
Speaker: Darla Sherman  
Mountain Top Retreat (15 miles from Montrose)  
October 6-8  
Contact: Linda Johnson: 970-245-2294

**Colorado Metro, NE/SE:** *The Best Is Yet To Come*  
Speaker: Jaclynn Huse with daughter Shelby-16  
Location in Metro area (announced soon)  
September 17  
Concert: Jaclynn/Shelby, Saturday Eve, Sept 16  
Contact: Ginger Bell: 720-980-9006

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**VBX Training 2017 »** You're invited to the RMC's VBX training from 2-3 p.m., April 1 at Denver South Hispanic Church. Learn the details of the new theme, *Cactusville: Where Kids are Called to Follow Jesus*. Please RSVP to Patty Rivera by March 15 at [rivera710@msn.com](mailto:rivera710@msn.com). The church is located at 2005 S Lincoln Street, Denver 80210.



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## EMPLOYMENT OPPORTUNITIES

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The Voice of Prophecy is looking for a digital content specialist/webmaster to work at the ministry headquarters in Loveland. For more information,

visit <http://vop.com/jobs>.

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**H. M. S. Richards Adventist School** is looking for a full-time teacher for Grades 3-4 who can also lead out in the music program for Grades 1-8 for the 2017-18 school year. Send resume to Diane Harris at [dianeh@rmcsda.org](mailto:dianeh@rmcsda.org) by January 23.

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### **NOW AVAILABLE ON THE WEB!**

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***NewsNuggets* Archive Now Online »** The *NewsNuggets* archive is now online, and can be found at <https://www-rmcsda-org.netadvent.org/newsnuggets-archive>.

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### **FROM THE EDITOR**

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**We want to share your news --** Change is a part of the communication age. With online media experiencing constant evolution, the *NewsNuggets* is also experiencing an increased access from our readers and contributors. We will continue to encourage news sharing from our churches, institutions, and individual church members.

In order to make our eNewsletter accommodate an increased volume of announcements, our editorial work proposes to present information in a more efficient approach, ensuring that all timely promotions and announcements be included in a weekly, Friday release of *NewsNuggets*. **Submission deadline for stories, news, and announcements is at noon on every Wednesday. Please send all your submissions to [nuggets@rmcsda.org](mailto:nuggets@rmcsda.org).**

Thank you for your contribution, but also comments, as *NewsNuggets* continues to serve the church in an efficient and effective way.

We are inviting all correspondents and contributors to follow a general Adventist News Network *Style Guide*, including glossary. For guidelines, see: <http://news.adventist.org/styleguide/>

--Editor

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**Share the News Nuggets with your congregation »** Add a

note to your church bulletin or newsletter with the following

URL: [www.bit.ly/RMCnews](http://www.bit.ly/RMCnews)

Members can follow the link to sign up for weekly news and to keep up-to-date on what's happening around the Rocky Mountain Conference.

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## **Rocky Mountain Conference Mission Statement**

### **Tagline:**

*Knowing Christ and Making Him Fully Known*

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