



# news nuggets

Friday, January 13, 2017

## A Time to Build, a Time to Give and a Time to Rejoice

» The first day of December was historic for the Grand Junction Seventh-day Adventist Church (GJSDA). It was on that day that Colorado Mesa University (CMU) purchased the 2.3 acres where the church, Intermountain Adventist Academy (IAA) and Little Lambs Learning Center (LLLC) childcare property are currently located for the appraised value of \$4,100,000 for CMU's planned campus expansion.

On that same day, GJSDA closed on the purchase of 11 acres of beautiful, flat, accessible, irrigated property in the heart of Grand Junction about a mile and a half from its existing location. The property, which was unlisted, was greatly desired by local developers who had tried to purchase it for years, but the owners did not want to sell. When Dan Watson, realtor and church and building committee member, discussed the needs of the Grand Junction Church with the owners, they felt that our church and school would best fit their property. They agreed to sell it for \$1,100,000, a price significantly below the appraised value and were overjoyed that the GJSDA campus would be relocated to there.



The projected building cost is \$7,200,000 which covers the land, buildings, site improvements, and soft costs, including audio-visual, information technology, security, phone systems, furniture, interior decorations, etc. In addition to the proceeds from the sale of the property, a faith promise fund-raising program was initiated to raise \$1,500,000 by the end



Character is the ability to carry out a good resolution long after the excitement of the moment has passed.

-- Cavett Robert

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of the year. The remainder of the \$1,600,000 will be obtained by securing a long term loan. As of December 24, 2016 \$241,898.22 of the needed \$1,500,000 was raised.

The school building has been leased back to GJSDA by CMU until the end of the school year, the church until December 2017, and day care until March 2018.



Teams from Maranatha Volunteers International are scheduled to arrive April 30 and be on site through June 11. Work by these volunteers, led by Gary Ross, construction superintendent, will save about \$350,000 in construction costs. The savings will be used as a contingency for future unforeseen expenses.

We invite alumni of IAA/IJA and former GJSDA church members to become involved in the building project, either financially or by volunteering on a construction team – through Maranatha or privately. Any help will be greatly appreciated. IAA alumni can contact Laurie Kunze at 970-245-3784, email:[laurie.kunze@mesacounty.us](mailto:laurie.kunze@mesacounty.us).

Donations can be made by sending a check payable to GJSDA church designated “**Time to Build**” or by going to [www.sdagj.org](http://www.sdagj.org), registering at “**Adventist Giving**” and designating “**New Building Fund**”.

[Text by Ron Johnson; photo by Ron Carrick--Bernie Hartnell, Building Committee chair, points out location of the church, school and childcare facilities during a New Year's Eve campfire on the new property]

## **Ministry Convention Considers Mission Beyond the Pew For the Church in North America »**



## **Upcoming Events**

### **Martin Luther King Holiday, Office Closed**

*January 15*

### **Pastor's Meetings**

*January 29 - 31*

### **Staff Meeting**

*February 6, 8 a.m.*

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

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

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

*February 20*

### **Executive Committee**

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

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

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

### **Town Hall Meeting WY**

*March 4 -- Casper Church*

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

*March 5 -- Campion Church*

### **Kaleo Mission Trip**

*March 9 - 20*

### **Executive Committee**

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

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

*April 1 -- Colorado Spr Central*



A bi-annual summit of North-American Division's ministries brought 750 participants to Tucson, Arizona, January 8-11 to affirm the church's unity in mission and service, providing dynamic networking opportunities for purveyors of scores of programs offered by the church.

The Ministerial Convention's theme, Beyond the Pew, underscored the Adventist mission emphasis of all that the church must continue to focus on and accelerate. The convention participants were also given the opportunity to enjoy displays of materials by several dozen ministries at the Exhibitor Expo sponsored by AdventSource.

"When you ask God for a blessing, He shows up," poignantly stated Dan Jackson, NAD president. A master of one-liners, Jackson challenged a full-house audience at the opening session of the gathering with the need to make ourselves, as church leaders, available to God. Recognize Him as being in charge of the church, and not you, he said.

Focusing his remarks on the ministry of Moses, he commented that "Moses lost the fire [in his youth], because he had started the fire." Jackson challenged his fellow ministry leaders, saying "the only way to sustain our work is in a spiritual relationship with God!"

At the opening general session, NAD secretary, Alex Bryant, promoted HOPE - Houses Of Prayer Everywhere - a NAD prayer initiative inviting the participants to create a transformational effect if all of our 6,000 churches throughout the division territory get involved.

DeeAnn Bragaw, newly-appointed Rocky Mountain Conference Prayer Coordinator, was among several ministry representatives at the Tucson convention. "It has been a wonderful experience for me to network with several other prayer coordinators, and women's ministry leaders. It's been a blessing and will help in the future with what we want to implement in our conference from what other people have shared," DeeAnn said.

Leading a group of several ministry leaders from the Rocky Mountain Conference, Ed Barnett commented. "It has been important for our departmental leaders to participate in seminars relating to their specialty. It's been a real blessing to also see camaraderie build in our team," he said.

Conversations outside dozens of seminar and ministry advisory rooms revealed that many of those who are still in an analog mode are being outnumbered by the digital options required for reaching the world for Christ, and nurturing contemporary generations in the pews.

Chris and Don Hill were not easy to catch as they went from one well-attended meeting to another. "We were excited to hear about a number of new developments and resources for

## Town Hall Meeting Denver Metro

*April 2 -- LifeSource Church*

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## Town Hall Meeting NW CO

*April 8 -- Gr Jcnctn Church*

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## Town Hall Meeting SW CO

*April 9 -- Pinon Hills Church*

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### Find out more...

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

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## 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@rmcsda.org](mailto:nuggets@rmcsda.org) so we can share how God is working through His people in your territory. When submitting your

Adventurers, Pathfinders and Master Guides. This includes updating a new curriculum and adding new honors,” Chris said.

“It will be easier for the staff to present the programs in a more current fashion. Apps for the phones are being created so the kids can have an easier way of accessing the resources. It’s a quantum leap into the 21st century!” she added.

As expected, many participants were engaged in searching for new ministry programs which could be implemented for the changing demographic of the church, connecting with contemporary social issues, lifestyle and health outreach. Making church welcoming and attractive to diverse audiences was deep on the agenda of the convention organizers. Breakfast and lunch conversations were buzzing with confessions of failed methodologies or "same old" programs as well as excitement at discovering new options.

Health outreach is among the popular outreach programs that can be singled out in making Adventist congregations relevant to the community and church members themselves--especially the Millennials. Adventism's health message is tailored to the everyday health issues in society, whether in the area of diet or obesity. Peter Bath, Regional VP for Mission and Ministry, Adventist Health System, Florida, spoke recognizing the felt needs of the surrounding community and congregation, emphasizing listening carefully and responding with insight as a primary approach.

The division Communication department announced an upcoming conversation between Dan Jackson and a group of Adventist youth in a social media-driven program. The first in a series of live programs will be held at Union College, Lincoln, Nebraska, on March 14 and will respond to the need to recognize and hear the voice of Adventist young people. This is their church and the leadership is serious about listening to the Millennials, according to Dan Weber, NAD communication director. The name of the program is still being determined. The event will be streamed live and will aim to include comments and questions via social media platforms.

Participants were also invited to select a so-called compassion project to volunteer for during the first part of the convention. The local community was served through three NAD Compassion Movement outreach opportunities: assisting two public schools through Tucson Serve the City, and packing more than 25,000 meals for Stop Hunger Now organization.

At the Stop Hunger Now event held at the convention host hotel, more than 150 attendees helped put pre-weighed, dry

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

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foods into bags to create the meals that Stop Hunger Now distributes to countries/peoples in need.

“This was an exciting feature of the convention. We didn’t just come and then leave the city,” said one volunteer from Washington DC. “We shared ourselves with others, just as we should.”

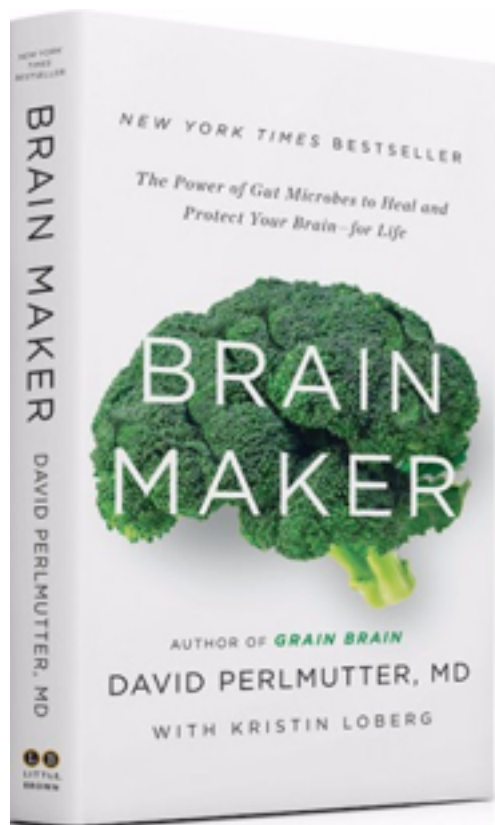
[Text and photo by Rajmund Dabrowski]

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## Book Review

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### How Intestines Effect Your Brain-related Condition »



As it turns out, Hippocrates was right when he said, "All disease begins in the gut." Today's doctors are beginning to recognize the importance of balanced gut bacteria in maintaining overall health.

Bestselling author, Dr. David Perlmutter brings us astonishing information about the connection between the state of the microbiome and health. In his latest book, *Brain Maker, The Power of Gut Microbes to Heal and*

*Protect Your Brain—for Life*, he explains the interplay between intestinal microbes (the vast population of organisms that live in your body) and the brain. “What’s taking place in your intestines today,” he says, “is determining your risk for any number of brain-related conditions.”

This new science can help with a host of health problems, including ADHD, asthma, autism and allergies, diabetes, high blood pressure, chronic yeast problems, Tourette syndrome and more. It can help virtually any degenerative or inflammatory condition, Dr. Perlmutter asserts in the Introduction to his book.

The “Gut Check” quiz prior to the first chapter explores the state of your microbiome by gathering clues from personal data that will give a sense of your risk factors. Subsequent chapters explain what makes for a healthy microbiome and what makes a healthy microbiome go bad.

A study done by a Stanford University husband and wife team focuses on interactions within the intestinal microbiome and those between gut bacteria and the human host. They’re looking at how a loss of microbial species and diversity in

Western civilizations, as a result of diet, use of antibiotics and overly sanitized conditions, might explain why we suffer from growing rates of Western diseases which are not seen to the same extent in mostly agrarian societies.

Case studies dealing with multiple sclerosis and Tourette's syndrome show promising results through the use of probiotic enemas and fecal microbial transplantation. "My training," Dr. Perlmutter shares, "has always led me to believe that managing a disease like multiple sclerosis or even considering the idea of a cure would come from some new pharmaceutical development. And now," he continues, "It's becoming patently clear that what may prove to be the most powerful therapy for this disease will be nonproprietary—no one can own it."

Using his Brain Maker Rehab Program, the author gives six essential keys for boosting your brain by boosting your gut. Then he provides a 7-day Brain Maker Meal Plan followed by recipes.

The intricacies of the microbiome "are practically unfathomable," says Dr. Perlmutter. "The microbiome is dynamic. It's ever-changing in response to our environment—the air we breathe, the people we touch, the drugs we take, the dirt and germs we encounter, the things we consume, and even the thoughts we have. Just as food gives our bodies information, so does our gut bacteria speak to our DNA, our biology, and, ultimately, our longevity."

The brave new world of the human microbiome is revealing hard evidence linking certain health conditions to the gut's microbial residents, evidence we can use to improve the quality of our health and our longevity.

[Carol Bolden]

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## **RMC's Teen Prayer Summit**

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**Bible Conference »** Teen Prayer Summit, RMC's annual Bible conference, is fast approaching! Held at Glacier View Ranch January 20-22, Teen Prayer Summit provides an opportunity for RMC youth to connect with each other while developing their spiritual life through Bible study and prayer. This year's theme is "Traveling Light." The weekend's events will emphasize the development of a spiritual identity and community through prayer. Event speakers, Two Guys and



the Word, will provide entertaining, conversation-driven messages that highlight the power of prayer and stimulate spiritual discussion on issues relevant to teens. Ultimately, we hope to inspire youth to lay down their burdens through prayer and to "travel light."

WHEN? January 20 - 22

WHERE? Glacier View Ranch

AGES? 13 - 19

COST? \$50.00 per person

Theme: "Traveling Light"

Guest Speakers: Two Guys and the Word

[www.twoguysandtheword.com](http://www.twoguysandtheword.com)

Sponsors are required to accompany the youth to the summit with one male sponsor per ten male participants and one female sponsor per every ten female participants.

We would be thrilled if all of the teens from your church (and even your geographical area!) were able to attend. All teens are welcome!

To register your youth (and sponsors) please visit:

<http://rmcyouth.org/prayersummit>

Register **by January 11** and pay only \$50.00 per person! Registrations received between January 11 and January 18 will be charged a \$10 late fee. *Registrations received after January 18 will not be accepted.*

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## ANNOUNCEMENTS

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### RMC Youth Mission

#### Trip to Waianae »

Calling all teens! Join the Rocky Mountain Conference Youth Department for a mission trip to Waianae on the island of Oahu. Projects include evangelistic meetings, VBS, homeless/health ministry and building projects at Camp Waianae. For more information and to register, visit [www.rmcyouth.org/mission-trip-2017](http://www.rmcyouth.org/mission-trip-2017) or call 303-282-3660. Registration deadline extended until December 31. Adults can join as a trip chaperone. Spots are limited, so contact Shannon Werner at [shannonw@rmcsda.org](mailto:shannonw@rmcsda.org) for more information and to register.

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### **Copper Mountain Lift Tickets at**

**Discounted Rate »** Order your tickets from RMC's Youth Department:

Adult (ages 13+) \$65 each  
\$2 off per ticket--purchases of 5-24

\$5 off per ticket--purchases of 25

Child (ages 6-12) \$58 each flat rate

Flat mailing fee of \$3 per order or pick up at the RMC

Conference office free!

Certified Copper Mountain Lift Tickets for the 2016-17 ski season are day passes.

**Ticket supply is limited, so order today!**

To purchase tickets, visit [www.rmcyouth.org/snowfun](http://www.rmcyouth.org/snowfun) or call 303-282-3664.

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### **Nedley Depression and Anxiety Recovery Program »**

The Durango Church will present an introduction to a depression and anxiety treatment program at 6 p.m. Thursday, January 5 and 6 p.m. Monday, January 9 at the Durango Public Library, 1900 East Third Avenue. The program offers non-drug solutions designed to combat depression through improving energy levels, sleep quality, mood, relationships and emotional intelligence. The eight-week program will begin January 23 at the church, 1775 Florida Road. For more information, call Marley at 970-749-1860.

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**Fishers of Men 101 »** If you've ever had someone ask you what your story is or what you believe and you didn't know how to respond, you won't want to miss the first Fishers of Men class (FM101) at the Franktown Church January 13 and 14. On Friday night, you will learn a simple, easy way to share your testimony. Sabbath morning, you will learn how to give a Bible study in the simplest way possible. The weekend will help you feel comfortable stepping out and sharing your faith with the people only you can reach. Join us again on February 25 for FM 102 to learn approaches for inviting people to church or evangelistic meetings and how to interact with visitors to make them feel welcome. Classes taught by Bible worker, Dani Arthur. The Franktown Church is located at 905 N Highway 83, Franktown, CO 80116.

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**Diabetes Undone »** The new Castle Rock church plant has not yet opened its doors, but they're already reaching out to the community. An eight-week Diabetes Undone program will begin 7-8:30 p.m. January 17 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 need 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

**Workbook, & cookbook Available for \$45**

**ONLY \$15**

Douglas County Library in Castle Pines  
360 Village Square Lane  
Castle Pines, CO 80108  
[CASTLEROCKADVENTIST.CHURCH/WELLNESS](http://CASTLEROCKADVENTIST.CHURCH/WELLNESS)

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

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

**Young Adult IMPACT Rally »** Do you feel like you're drifting through life with no purpose, unsure of your Christian beliefs? Do you feel you don't know enough to share your faith? Attend our two-day young adult rally to discover how to make an impact for Jesus. Join us at Campion Seventh-day Adventist Church January 20-21 for Bible study, prayer, fellowship, dynamic speakers and seminars. Register at [www.impactrmc.org](http://www.impactrmc.org)

**Is Boulder Adventist Church for Sale? »**



### **What can we do if we put our heads together?**

You might get that impression when you receive an invitation to our first open house -- Sabbath, January 21, 9 a.m. - 12 p.m. -- since most open houses are for the purpose of selling property. But there is no need to panic. We are not selling. We are not moving. We are simply re-launching our church in our local community. After a three-year journey in which we've made our church a place where we can comfortably invite neighbors and serve as the local community hub, we are ready to share new ideas as well as the blessing of the Gospel with the wider community. If Boulder Adventist Church closed down tomorrow, would our neighbors notice? Would they miss us? We certainly hope so. The open house will include our usual worship service and kid's Bible study classes. Following the service, we will offer an open neighborhood forum, featuring a 20-minute message by Pastor Japhet De Oliveira on the value of neighbors, along with a discussion period to share ideas on how the church and community might partner together to make our neighborhood a better place. A ministry fair will allow church members and neighbors to get involved with current projects. Refreshments will be served.

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### **Heart Healthy, Diabetic-Friendly Cooking Class »**

Find out how to change your tastebuds and break your sugar addiction--a dietician's testimony by Tenisha Tavares, RDN. Learn from a food preparation demonstration and enjoy a simple meal afterwards. Plant-based cookbooks available for browsing. Bring a friend, neighbor, co-worker from 3-5 p.m. Sunday, January 22 in the Golden Church gymnasium at 3101 S Golden Road in Golden. To help with food quantity planning, **please RSVP prior to January 18** to DeEtta at 303-526-9112 or [jdburr66@msn.com](mailto:jdburr66@msn.com); or to Tenisha at 970-485-9876 or [tenlovely@yahoo.com](mailto:tenlovely@yahoo.com)

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**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. 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  
CHRONISM STEALING  
ALCOHOLISM DRUG ADDICTION  
ADDICTION 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



**Prison Ministries Training »** The Alliance of Prison Ministry Organizations & Affiliates (APMOA) announces its biennial prison ministry training convocation on August 2-5, 2017 in Herndon, Virginia, (note change) just outside of Washington, D.C. Plan to attend and make it a family vacation. To get a training convocation brochure when it becomes available, email [laurieanne2011@hotmail.com](mailto:laurieanne2011@hotmail.com)

## EMPLOYMENT OPPORTUNITIES



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>.



**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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**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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