

- [Home](#)
- [About](#)
 - [About the Rocky Mountain Conference](#)
 - [A Message From the President](#)
 - [RMC Staff Directory](#)
 - [Find a Church](#)
 - [Find a School](#)
 - [Subscribe to our eNewsletter](#)
 - [What Seventh-day Adventists Believe](#)
- [Departments](#)
 - [Administration](#)
 - [Adventist Book Center](#)
 - [Camp Ministry](#)

[View this email in your browser](#)



Basketball Player Reflects on Varsity Games in Denver »



As we exited I-25, it hit me, "Oh, my goodness. We're playing at the Pepsi Center." It's been a tradition for countless years. The varsity teams of Campion Academy and Mile High come together to play basketball. But the game isn't played at the Campion or Mile High gyms. It is played on the Denver Nuggets' court -- the same court that legends play on; the same court that Michael Jordan played on; the same court that Stephen Curry would play on later that night.

The excitement showed on each player's face. It didn't matter if it was a player's first time or fourth time. Playing on the Nuggets' court is a big deal.

It was only my first time. As we headed into the huge locker room, fear began to grip me. The thoughts were racing at 100 miles an hour inside my head. *What if coach doesn't play me? What if he does play me? What if I mess up? What if I get hurt? What if I'm not good enough? . . .*

But then I looked around the room and saw that it was full of amazing, talented athletes who were my teammates. The one thing that I knew for sure was that they had my back. Something I learned from my coach is that being on a varsity team is a privilege and it's about representing yourself and your team as Christ followers. In Joshua 1:9, it says, "Have I

Friday, January 22, 2016

 RMC Facebook

 RMC Website

 Tweet

 Forward to Friend

 Share



Upcoming Events
Teachers' Meeting

January 28

GVR Board

February 16, 9:30 a.m. - 12:30 p.m.

RMC Property & Trust Committee

not commanded you? Be strong and courageous. Do not be terrified; do not be discouraged, for the LORD your God will be with you wherever you go." Not only were all my teammates there for me, but God was there to help me do my best, all for His glory.

As we headed out onto the court, I felt a strange sense of peace. I wasn't afraid anymore because I knew that all my teammates, my coach and God all wanted to see me succeed. When we stepped out onto the court, it was surreal. We played hard and worked as a team, all for God's glory.

If I've learned one thing from basketball, it's that it's much more than just getting a ball into a basket. It goes way deeper than mastering the fundamentals of dribbling or perfecting your shot. It has taught me about teamwork and that when you give God the glory, He promises to give you courage and help you to do your very best. [Gabrielle Williams; top photo by Donovan Reeder: winning teams hold flag during national anthem]

Boulder County Youth Join ONE L1FE Day Event »



On what became the first ONE L1FE event, January 16, more than 35 youth from across the county participated in a full day of getting to know each other, Bible study and group games at the Boulder Seventh-day Adventist Church.

"The Spot Bible study class was packed to the brim," explained the event organizers.

"Brandon Sargent and Cole Wagner took leadership of the game and group activities for the entire 12-hour day and helped build healthy community. Using StrengthsQuest for all the youth, we explored what God has called them to and how they can relate better with each other and their families," commented Shelby Shotwell, who coordinated the event logistics.

"We ended the day with a karaoke night and heard notes that went beyond the known musical scales. We are thankful to the young adults and parents who made the lunch and dinner for the day. We never ran short of excellent food," Shelby said.

"We heard from several participants that they loved the day and want to be back next month," she added. The Youth Advisory team, which organized the event for youth aged 13-17, is announcing plans for the next ONE L1FE on February 27. "Again, it will be 9 a.m to 9 p.m. and the more who RSVP, the better it is for us to plan," Shelby added. ONE L1FE takes place on the final Sabbath of each month. Parents can RSVP to Shelby Shotwell at boulderexec@icloud.com [Text and photo by Japhet DeOliveira]

Front-Range Adventist Schools to Increase Collaboration in Expanding 21st Century Education Program » Administrators from Campion Academy, HMS

February 17, 9:30 a.m. - 12:30 p.m.

Winterfest

February 27

Finance Committee

March 1, 8:30 a.m. - 9:30 a.m.

Executive Committee

March 1, 9:30 a.m. - 1:30 p.m.

Music Fest at Campion Academy

March 18

NE Colorado Town Hall

March 29, 6 p.m. - 7 p.m.

Western CO Town Hall Grand Junction

April 2 -- 6 p.m. - 7 p.m.

Metro Town Hall

April 4 -- 6 p.m. - 7 p.m.

SE Colorado Town Hall

April 6, 6 p.m. - 7 p.m.

SW Colorado Town Hall

April 7, 6 p.m. - 7 p.m.

Wyoming Town Hall -- Casper

April 9 -- 6 p.m. - 7 p.m.

MHA Alumni

April 16

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 that expresses 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

Richards School, Mile High Academy and Vista Ridge Academy are attending a residency program at High Tech High in San Diego, California, a three-day conference, January 20-22, joining more than 2,000 educators and school administrators internationally.

Sandy Hodgson, principal of Vista Ridge Academy from Erie, Colorado, said that "our goal is to increase student successes through project-based learning in the 21st century in collaboration with our sister schools. We are grateful to our local Adventist hospitals for providing us this opportunity."



Participating in the conference is Diane Harris who is coordinating the 21st Century education program in the Rocky Mountain Conference. She commented on the San Diego event: "High Tech High in California was established in 2000 with one small high school and has since evolved into multiple K-12 school campuses. We look forward to collaborating with other leaders to expand our knowledge of 21st Century education," she explained. "As we strive to empower our schools to explore excellence in the field of education, we are blessed to be able to participate in a professional development program that is attended by 2,000 plus educators from around the world," she added.

Hodgson, who has joined her colleagues from the Front Range schools, said that, "while we all have very strong programs, I'm looking for ways we can share out strengths across our schools. We will be able to create deeper learning for all students across grade levels and learning styles by collaborating together," she commented for *NewsNuggets*.

Looking to the future, she added, "Wouldn't it be great to have our students returning to the Rocky Mountain Conference to work and serve our schools, hospitals and conference?" [Rajmund Dabrowski]

Castle Rock Adventist Hospital Embraces "Culture of Natural Childbirth" » When Rajmund Dabrowski was born in the Polish town of Tomaszow Mazowiecki in the late 1940s, his mother, like many mothers before her, labored and delivered at home.

In the industrialized United States, right after World War II, mothers were turning more and more to hospitals and pain management.

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



Today, women in the United States are taking a step backward (or is it forward?) and thinking about healthier bodies, better bonding and a higher chance of successful breastfeeding through natural deliveries.

Opening in the summer of 2013, [Castle Rock Adventist Health Campus](#) embraced the culture of natural childbirth from the very beginning. Seventy percent of their mothers choose a natural childbirth experience over a regional anesthetic, a far higher number than that of the general population where 90 percent of mothers choose the medicated path.

Five different medical practices work with Castle Rock Adventist, two of which work with seven certified nurse midwives. Besides having a low 70 percent epidural rate (as compared to 90 percent in the general population), they also have a very low 5-6 percent episiotomy rate.

"We are committed to really doing what it takes to make sure those midwife patients have a good experience," states Jacque Northrup, birth concierge at Castle Rock Adventist in the Littleton Independent [article](#), "Back to the roots with natural childbirth."

Northrup meets with every family before childbirth and provides a comprehensive education for them that includes, among other things, the anatomy of a birth, breathing techniques, nutrition, exercise, relaxation techniques, and breastfeeding.

In the spring, Northrup is starting a Natural Comforts class where moms can "really hit hard the ideas of natural childbirth," she states. "They can come up to the room in Labor and Delivery and work with some of the available tools to discover which they might like."

The birthing center at Castle Rock Adventist offers a large variety of tools to help mothers find comfort as they labor -- birthing pools, birth balls, birthing stools, squatting bars and birth slings. These tools work in varying ways to take weight off the hips, encourage the birth process and provide comfort.

"Where was all this amazing support for natural childbirth in 1985 when I gave birth to my first baby?" wonders Carol Tomlin, mother of two girls delivered without anesthetic.

Her doctor at that time, "although considered progressive, was not familiar with such natural childbirth practices as 'perineal massage' which helps to stretch the perineum and avoid an episiotomy or natural tears."

And, although she was able to experience the natural childbirth she wanted, it could have been so much easier had there been personnel who understood and supported her goals.

Why not take advantage of an experience that gives mother and baby the opportunity to bond and begin a life-long dance

of relating without interference from drugs. Why not benefit from the dance of hormones that drives the well-organized, finely-tuned processes of birth.

Births where women are supported in the process, not managed for convenience, provide the best outcomes. Babies breastfeed better. Mothers feel better sooner and can get up and walk immediately.

Birth carries a much bigger impact than a mere one-time medical event. It sets the tone for the post-partum experience and for a lifetime of relating. [Carol Bolden]

LETTER TO THE EDITOR

I have been an elder in this, God's last-day church, for about 30 years. This morning I had probably one of the most upsetting experiences of my years as a member of this church. I have no one but myself to beat up over this, the main reason for my being so upset.

My wife and I have been married for 38 years next month. We've known each other since high school. In fact, she was my first love, but we got separated because of my own stupidity and carousing. When we did get married, we went to Sunday church every week. It was one thing we had discussed before marrying. I was tired of my life and wanted to change it. Every now and then, my wife would say to me, "Let's try the Adventist church," and so we would attend the Seventh-day Adventist church. It was always good, but I wondered about the Sabbath.

Finally, one day, I said to myself, "What makes this Seventh-day Adventist church think they're right and the rest of the world is wrong?" So, I set out to prove the Seventh-day Adventist church wrong, but I knew I had to do it with the aid of the Bible. After studying for some time, I came to the conclusion that the Adventist church could not be wrong, but the world was all wrong. And I was baptized into this God's church and it was the best thing that ever happened in my life. I truly love this church and I have to tell everyone I meet about it.

Before we were married, my wife had three children of her own and had also been a foster parent to three part-Japanese boys for many years. Parents will recognize what a tremendous undertaking this is. One of these boys still lives here in Colorado Springs and, even though his real mother is still alive and he is in touch with her from time to time, he still considers my wife his mother. He comes over very frequently and, when he does, we sit and talk. I always lead the discussion into talk about my Savior as soon as I can and about how close we are to His Second Coming.

Today, he was over and our talk led to my favorite subject and I felt he was more receptive to my witness than in the past, so I said to him, "If you would like to go to church with us, let me know." His returning comment to me was, "I would like to have gone before, but you never asked me." I was stunned. "You mean all I had to do was ask?"

Do you know how foolish I feel right now? Yes, I have been beating myself up and I cannot get over how many other times I might have allowed this to happen in my witness. I feel so foolish. I was reading the story about our pastors meeting this past week and how they were so blessed by Mark Finley's Church Growth seminar at Glacier View Ranch. When I read a question asked by Mark ("Are we intentional

about church growth and [do we] consistently equip our members to use their spiritual gifts?"), I had to ask myself if I am intentional about ending this life and getting on to heaven?

To think that all I had to do was ask the question! I do not know what will happen from here out, but the boy (mentioned above) is going to go to church with us.

Please join me in praying for all of God's church to get intentional about church growth. We are all God's spokespersons. We need to be about our Father's business. It doesn't hurt to ask the question. The worst they can say is, "No."

I have been so bothered by this turn of events that I felt impressed to write this letter. Maybe it will get us all thinking.

-- Dean States

Woodland Park, Colorado

NOW AVAILABLE ON THE WEB!



RMC EVENTS

2016 RMC Teen Prayer Summit » Experience God's plan for you to be Flawless through prayer, Bible study, music and friendships, January 22-24 at Glacier View Ranch. Cost: \$55/person. Save \$10 if you register BEFORE January 11. Includes food and lodging. Visit RMCyouth.org to register. For questions, call 303-282-3664 or youth@rmcsda.org.



Get Copper Mountain Lift tickets through the RMC Youth Department at an amazing rate!!!
NO BLACKOUT DATES!!!

Prices

- Adult \$62/ticket
- Child \$55/ticket (6-12 years)

Discounts

- 5+ tickets get \$2 off per ticket (\$60/ticket).
- 20+ Get \$4 off (\$58/ticket)

*Discounts are for Adult tickets ONLY

Order online: rmcyouth.org/tickets

Call: 303-282-3664

Email: youth@rmcsda.org

Payment Options: Check, cash, or Credit Card

Information we need from you

- Number of Adult/child tickets
- Pick up or mail (*Extra \$3.00 to mail tickets)

ANNOUNCEMENTS

Steve Darmody and Jennifer LaMountain » These two

recording artists will present free concerts around the Rocky Mountain Conference throughout the weekend. See below for details:

Steve Darmody AND Jennifer LaMountain

7 p.m. Friday, January 22 -- Champion Church

Steve Darmody ONLY

4 p.m. Sabbath, January 23 -- Arvada Indonesian

Ministry

Jennifer LaMountain ONLY

11 a.m. Sabbath, January 23 -- *Littleton Church

5 p.m. Sabbath, January 23 -- **LifeSource

Fellowship

Champion Church: 300 42nd Street SW, Loveland

Arvada Indonesian: 7090 W 64th Avenue, Arvada CO 80003

Littleton Church: 7400 S Windermere Street, Littleton 80120

LifeSource Fellowship: 6200 W Hampden Avenue, Denver

80227 For more information, call *303-798-5648 or **303-988-8371.

Offering will benefit World Vision.

Akron Church » A plant-based cooking and wellness seminar will be given by Eric Aakko, MS MCHES, professional, plant-based chef/educator the weekend of January 29 and 30. Join us from 6:30 - 8 p.m. Friday, January 29 and 11 a.m. - 12:30 p.m. Sabbath, January 30 at the Akron Church, 217 Fir Avenue (corner of 2nd Street and Fir Avenue), Akron, CO. Classes are free and all are welcome.

Literacy Pie Night at Daystar Christian School » For Grades 4-8, a Literacy Pie (Parent Involvement in Education) Night will be held at 6:30 p.m. on January 26, with literacy games, tips and puzzles. Please invited family and friends to join us for an evening filled with fun, learning and, of course, pie! For more information: daystarchristianpueblo.com or 719-561-9120.

Greeley Church » Award-winning Steve Darmody will be in concert at 9 a.m., Sabbath, January 23, at the Greeley Church, 1002 21st Avenue, Greeley. This is a free gospel concert. For more information, contact Kelli Calderon at 970-690-1611 or graphicwisdom@gmail.com.



ReBoot with Anti-Aging Program

5-Day Cleanse at Eden Valley Institute of Wellness

January 24 – 29, 2016

Did you know that you can drastically slow down and even REVERSE affects of aging? Yes, it's true! To ReBoot your metabolism rate, and learn the principles of an anti-aging diet and exercise, join a 5-day program at Eden Valley where you will receive:

- A Personal trainer in the gym
- Daily treatments to help you look good and feel great
 - Vigorous walks in beautiful Colorado
- Delicious organic juices & smoothies to detox & reverse aging
 - Interactive presentations and much, much more!

Reserve your spot today! Call Beverly @ 970-776-3349

Rocky Mountain Adventist Healthcare Foundation

Open House » Come on over to a come-and-go open house for the new location at 11 a.m. to 2 p.m. February 4. Meet the team and enjoy light refreshments while having your foundation questions answered. You'll find us at 2525 S Downing Street, Mason Hall, Second Floor behind Porter Adventist Hospital.

Communion Table Giveaway » Denver South Church has a communion table they no longer need and will give it to the first church to call. Contact Gaby Delgado at 303-744-1271.

Laura E. Mason Christian Academy » Clean out your closets and donate your new or gently-used shoes for a great cause! This fundraiser will help individuals in a country from the developing world. Support the amazing Cheyenne church school and get rid of those extra shoes lying around. Contact the school at 307-638-2457 or Sylvia at 307-640-2358 for details and pick-up.

NAD Children's Ministries Certification» Coming to Denver South Church, March 25-26. Those interested in this certification should watch for further details or contact Patricia Rivera, 303-910-3548.

EMPLOYMENT OPPORTUNITIES



Mile High Academy is looking for a full-time accountant. For more information, contact Jocelyn Aalborg at 303-744-1069 or jaalborg@milehighacademy.org.

ACS Community LIFT is accepting applications for a part-time (32 hrs/wk, M-Th) Medical Assistant at its Denver location. Applicants must have at least two years experience working in a medical



clinic, hospital, doctor's office or other health care setting. For a complete job description and application, visit <http://www.rmcsda.org/hr-medical-assistant>.



The **Rocky Mountain Conference** is currently accepting applications for a part-time (20 hours per week, M-Th) Assistant to help out in its Treasury Department. To learn more about this position and how to apply, please visit: <http://www.rmcsda.org/hr-treasury-assistant>.

The **Rocky Mountain Conference** has an immediate opening for a full-time Field Representative/Stewardship Coordinator in its Planned Giving and Trust Services Department. This position serves the Conference by visiting and fulfilling requests for assistance in estate planning, including information gathering and execution of documents. For more information about this position and how to apply, please visit <http://www.rmcsda.org/hr-field-representativestewardship-coordinator>.

FROM THE EDITOR

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.**

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

Share the News Nuggets with your congregation » Add a note to your church bulletin or newsletter with the following URL: 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.

Rocky Mountain Conference Mission Statement

Tagline:

Knowing Christ and Making Him Fully Known

This email was sent to *IEMAIL*
[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)
I LIST:ADDRESSLINEI

[Log in](#) | [Register](#)

provided by the Seventh-day Adventist Church and netAdventist © copyright 1999-2019 / All Rights Reserved / [Terms of Use](#) / [Privacy Policy](#)