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### Women Walk with God during Garden Getaway »

Nearly 80 women attended Garden Getaway, the women’s ministries retreat held at the Aloft Hotel in Broomfield September 19 and 20, which provided an opportunity to get away from the busyness of life, to make new friends and to reconnect with God.

“We were just delighted,” says Dee Ann Bragaw, the retreat facilitator/presenter, “with the great responses from people who attended. One woman described it as “life changing.”

Six short sessions encouraged the exploration of the seasons of life and the re-creative work God is doing to bring beauty. A solitary prayer walk provided time to walk, talk to God and reflect on what He is saying.

"God was so evident during this retreat," states Ginger Bell, women's ministry director for the Rocky Mountain Conference. "My greatest thrill," she continues, "was talking to a woman from a Messianic church who brought other women with her. This woman said, 'I just want to tell you that Jesus led me here'."

Participants were challenged to share each other’s burdens and to create a gift with a note of encouragement to be delivered to a women’s shelter during the Women’s Community Service Project held on Sunday.

The final session addressed the difficult seasons of life and gave opportunity to do some pest control in their own gardens by rooting out bitterness, anger, greed, and other weeds that take root.

Friday, September 25, 2015

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### Upcoming Events

- ARME Bible Camp**  
September 23 - 27  
Glacier View Ranch
- Campion Academy Alumni**  
September 25 - 26
- Native Camp Meeting**  
September 25 - 27  
Begins Friday evening; ends

"This was a real retreat," explains Ardis Stenbakken, former Women's Ministries director for the world church, "in which you had time for meditation, renewing and making new friendships, and walking close with God personally."

The same retreat will be held at the Grand Vista Hotel in Grand Junction October 3. Register at [rmcsda.org/women](http://rmcsda.org/women) [Carol Bolden]



**Campion Koinonia Choir Joins Steven Green in Concert »** Campion's select choir, *Koinonia*, sang with Steve Green at the Adventure Church in Greeley, September 20, joining a ministry that emphasizes Jesus and His grace through music.

"It's an experience I'll never forget," said senior Gabrielle Williams, who sang with Green at her home church. "He is such an amazing musician and inspires me as a singer. He does what he loves, and you can tell."

Senior Madi Uhrik also noted how Green uses music as a ministry. "I hadn't really seen famous people use music as a ministry before. I've seen other Christian artists market their music -- but not call it a ministry. I really enjoyed the worship experience."

Commenting on the ministry of music at Campion, Melissa Clouzet, choral director, explained how various music groups are serving the church and community. "*Koinonia* is Greek for 'fellowship,' and that is indeed what happens when groups create bonds because of the music they're creating together. Music also creates fellowship through shared worship, something *Koinonia* does as the touring group."

Campion's groups visit about 10-12 schools and church services each year. "It's a form of service," said Melissa, "You work hard to create the music, and you're serving people's spiritual needs through the message in the music."

All groups will be performing for church or Hymn Fest at Alumni Weekend, September 25-26. Koinonia and orchestra will be touring October 2-3 to Denver South Hispanic and Fort Morgan Seventh-day Adventist churches. [Jennifer Sigler]

Sunday noon  
Contact: Dorie Panganiban  
505-786-5539 x2

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



**Story Guidelines: We**





**Living with the Women's Ministries Devotional Books**

» For 16 years, everywhere Ardis Dick Stenbakken went she carried a stack of devotional book manuscript submissions for editing. On overnight flights to Europe, Africa or Asia, she sat up editing devotionals while others around her snoozed.

“When my husband drove anywhere, except on Sabbaths, I had the devotionals and edited. It was a never-ending task. Upon returning to the office, I entered my edits onto the computer. As I look back, I don’t really know how I did it and ran the General Conference Women’s Ministries Department at the same time because after I retired and continued editing, it sometimes seemed like a full-time job,” Ardis tells NewsNuggets.

So why did she do it? She says that when she retired from the General Conference she “asked to continue the editing as my ministry, and because it is a project in which I sincerely believe.”

The first devotional book was published in 1993 and was the brainchild of Rose Otis, first Women’s Ministry director of the General Conference. In 2001 *Fabric of Faith* was published as Ardis’s first book she fully edited. The books soon offered multiple blessings, Ardis, who retired with her husband in Loveland, explains.

“They bless the writers, women from all over the world, many who have never been in print before. And the books bless those who read them; many women who have wandered from their walk with God have been called back through the experiences our writers share. And unlike most books, none of the writers or editors receives any of the royalties because all the royalties go to scholarships for women, college and university women all over the world who might not be able to continue their education without this help.” [\[more\]](#)

**Diane Thurber Appointed as New President of CRSB**

» The Board of Directors of Christian Record Services for the Blind announced the organization’s change of guard with the appointment of Diane Thurber as its new president. Thurber will follow Larry Pitcher, who served as president for nearly 21 years and is retiring on October 1.





Thurber will be transitioning from her roles as women's ministries director and associate communication director with the Lake Union Conference of Seventh-day Adventists, where she has served since 2004. Among her prior church service she was also a communication director of the Indiana and Northern New England conferences, as well as associate director of family ministries in the Michigan Conference.


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hurber is known in the Rocky Mountain Conference. She served the church as leader of the Shepherdess and Ministerial Spouses Association organizations. She will be joining husband, Gary Thurber, recently-elected president of the Mid-America Union, as they make their new home in Lincoln, Nebraska.

Over the years the organization, based in Lincoln, has offered free programs and services to all who are blind or visually impaired. Funding for services is provided by the generous donations from individuals and businesses.

Pitcher, the outgoing CRSB president guided the organization out of substantial debt and together with 64 employees coordinated numerous services, including popular Camps for the Blind, as well as innovative new programs and services, such as the inSight4Vets initiative for blinded veterans and modernization of the Christian Record audio lending library. [\[more\]](#)

## TAKE FIVE FOR YOUR HEALTH



**The Cure for Heart Disease »** Check out this new study on how to prevent the leading cause of death in America – heart disease.

The study looked at the antioxidant content of 3000 different foods. One of the first things they did in the study was to split them up into animal foods and plant foods. They discovered that the average animal foods had **64 times** fewer antioxidants (meat, fish, dairy, eggs) than plant foods. That fact alone is good enough reason to begin a transition toward a plant-based diet.

Oxidation of cholesterol is the major player in causing not only the plaque that plugs our arteries but also the inflammation that is responsible for many other diseases as well. So antioxidants are the best solution to this all-too-prevalent problem.

For more on this study, watch this five-minute youtube video: <https://youtu.be/w4HsxChRgVA>

For more on antioxidants and health, watch this youtube video: <https://youtu.be/S4ummy46Mro>

## REFLECTIONS

### On Existence as Seen Through Jeremiah's Life »

I came across a rather strange story in the *Smithsonian Magazine* of a family who fled into the taiga of Siberia to escape persecution in the 1930s. After being shot at by a Communist patrol, the father had scooped up his family and bolted into the forest.

Members of a fundamentalist Russian Orthodox sect, the family had survived on potato patties mixed with ground rye and hemp seeds. It was not until the summer of 1978 that a party of geologists sent into the district to prospect for iron ore, discovered the family dwelling made of bark, poles, planks and a window “the size of a backpack pocket”.

The family’s isolation was astounding as was the harshness of their lives. I wondered if they read in their ancient family Bible the story of the prophet Jeremiah and maybe even identified with him in his loneliness.

Jeremiah was abandoned and rejected by his family and his people. So, although he wasn’t alone, he was lonely. I wondered if this was also true of the refugee family in Siberia. Were they, like Jeremiah, able to remain faithful to God in their isolation as Jeremiah did?

God called Jeremiah to be a prophet rather than a priest as his



Find out more...

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family had been for generations. Through Jeremiah’s life, we discover that God “gives us a unique array of spiritual gifts that make us who we are” and “ordains us to perform certain tasks”.

Like Jesus, Jeremiah was put on trial by the religious authorities of the day for the wrongdoing of the people. The authorities knew that both Jesus and Jeremiah were innocent, but were not able to see their own guilt.

Just as God created our world out of chaos, He created a new nation [Israel] under moral and spiritual darkness. The correlation here is that He creates new hearts in us in spite of the darkness of our world.

Five kings that ruled during the time of Jeremiah responded differently to God’s word. Their responses corresponded loosely to the types of soil in the parable of the sower into which the seeds were sown. And as in Jeremiah’s life, God sustains us in the worst of times.

Jeremiah and Hananiah represent the struggle to understand why good people suffer and why bad people prosper. But things are not always as they seem and there is a judgment coming in which both the righteous and the wicked will receive their reward.

God’s people went through the difficulty of going into a strange land and being expected to morally and spiritually improve themselves in the midst of hostility. In their faithfulness in a pagan land, God gives us a glimpse of what His Son would endure for us.

Jeremiah describes a new covenant in which the internal circumcision of the heart is its center. Contracts denote mutuality of desire and obligation between parties. When one defaults, the other is no longer held liable. Although God always performs His obligations as our Savior, we do not always perform ours. And God performs His obligations with an even greater intensity by saving us in the midst of our sin.

The author identifies six enduring principles from the book of Jeremiah that can guide us today: good stewardship, honoring the sheep not of this fold, the righteousness of God, loving our enemies, avoiding idolatry, God’s enduring love.

My reflection is based on *Jeremiah, The Prophet of Crisis* by Timothy Joseph Golden, the companion book to the fourth quarter 2015 adult Bible study guide (the book is available from the Adventist Book Centers and online). Until now, I avoided digging too deeply into Jeremiah assuming it to be incomprehensible. But after reading Golden’s book, I’m anxious to apply myself to the task. [Carol Bolden]

## RMC BAPTISMS


**Brighton Hispanic:** Norma Elia Vargas Garcia, Ana Maria Garcia, Juan Antonio Carillo Perez, Jose Munoz Simental, Luis Ernesto Mendoza Martinez, Iris Fuentes, Moises Fuentes


## EMPLOYMENT OPPORTUNITIES


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** is currently accepting applications for a full-time (38 hours per week, M-Th) Administrative Assistant to support the conference's three officers: President, Vice President for Administration and Vice President for Finance. To learn more about this position and how to apply, go to <http://www.rmcsda.org/hr-administrative-assistant-opening>


Friday, September 18, 2015

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### Upcoming Events

**Men's Advance**  
*September 11 - 13*  
*Contact: Wayne Oldham, 970-209-7911*  
*woldham170@gmail.com*  
*Speaker: Tom Lemon*

**Women's Retreat: Garden Getaway**  
*September 18, 19*  
*Contact: Ginger Bell, 720-980-9006*  
Denver Metro/Northeast Colorado

**ARME Bible Camp**  
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**Finance Committee**  
*September 29, 8:30 am - 10 am*

**Executive Committee**  
*September 29, 9:30 am - 3 pm*

**Women's Retreat: "Garden**

The **Voice of Prophecy** in Loveland, Colorado, is looking for a full-time departmental assistant, as well as a DISCOVER Bible School trainer. View the full job descriptions and apply at [vop.com/jobs](http://vop.com/jobs).

**NOW AVAILABLE ON THE WEB!**



**RMC EVENTS**

**"Garden Getaway" Women's Retreat Set for October 3 »** Women's Ministry Department is looking forward to presenting their "Garden Getaway" retreat on the Western Slope. Registration for a one-day retreat on Sabbath, October 3, at the Grand Vista Hotel Convention Room (2790 Crossroads Blvd., Grand Junction) is currently open.

The program includes a special event on Sunday, October 4. According to DeeAnn Bragaw, "participants will go to a women's shelter where we'll bless them with a free spa day! You will love the Scripture, music, laughter, and fun at this retreat for women of all ages, reminding us that God is with us and for us in every season of life!" Sign up at [www.rmcsda.org/women](http://www.rmcsda.org/women). If you plan to stay at the hotel, make your own reservation separate from the retreat registration. For questions, contact Ginger Bell at 720-980-9006.



**RMC Young Adult Day »** Under the theme, *Own It*, the Boulder Adventist Church will be hosting Rocky Mountain Conference's Young Adult Day on October 24. **Paddy McCoy**,

chaplain at Walla Walla University, is scheduled as the presenter for the day at what is anticipated as great fellowship and worship!

**Coronary Health Improvement Project Training is Coming to Campion »**

The next facilitator training for CHIP in the Denver-Loveland area will take place October 17, 18 at the Campion Seventh-day Adventist Church. For more information, contact Kathy at 970-308-2716 or [chip@skybeam.com](mailto:chip@skybeam.com).



Training to run a CHIP program is required through an approved CHIP facilitator workshop. For more information about the CHIP program or how to run one in your church or community, contact Rick Mautz at [rickm@rmcsda.org](mailto:rickm@rmcsda.org) or call 530-521-7429. Watch CHIP video at: <https://vimeo.com/78279692> or at [www.chiphealth.com](http://www.chiphealth.com).

**ANNOUNCEMENTS**

**Campion Academy Alumni Weekend »** Campion Academy Alumni and friends are invited to Campion, September 25-27. The weekend's special guest speaker is Dick Duerksen. Other

**Getaway**

October 2 - 3  
Colorado Western Slope  
(Grand Junction)

**RMC Staff Meeting**

October 6, 8 a.m. - 10:30 a.m.

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weekend events will include class meetings and honor classes, Reeder Classic Golf, Common Ground Café, and the motorcycle rally. The honor classes are those on the years ‘0 and ‘5, from 1945 to 2015.

Duerksen is familiar to many in the Campion community as he was principal of Campion Academy from 1978 to 1983. Most recently, Duerksen and his wife Brenda both worked for Maranatha Volunteers International where he hosted more than 200 TV shows, and Brenda coordinated the organization’s clinical mission outreach.

Alumni are invited to the Common Ground Café in the Student Center Friday evening at 7:30 p.m. to reconnect with friends over hot drinks and biscotti. The motorcycle rally up into the beautiful Rocky Mountains will begin at 8 a.m. Sunday, September 27 in front of the Administration building. Since the flood in 2013, roads have been newly paved, which gives more options for scenic routes, with several stops along the way for socialization and games. The entrance fee of \$45 will be donated to the Student Aid fund. For more information, email Kevin Binder at *Kathy.binder @campion.net* or see [schedule](#).

**Loveland - Voice of Prophecy »** The ministry is inviting all attendees to an exclusive Open House event during the Campion Academy’s Alumni Weekend from 2 - 5 p.m. Sabbath afternoon, September 26. Tours will begin every 20-30 minutes, with the final one starting at 4:40 p.m. Shuttles will depart from Campion Academy throughout the afternoon, or if you’d prefer to drive yourself, the address is 255 E. 6th St., Loveland, CO 80537. Parking is available in the open lot across the street. Enter near Lincoln Ave. and 7th St. For more information, go to [pr@vop.com](#).

**Carbon Valley Church »** An evangelistic series entitled, **"The United States in Bible Prophecy"** is scheduled for 7 p.m. September 18 - 26 with Pastor David Salazar and James Burr at Thunder Valley K-8 School at 600 5th Street, Frederick, CO 80530.

**Fall Education Expo » Adventist University of Health Sciences of Denver** will hold its Fall Education Expo from 5 - 7 p.m. Wednesday, October 28 at their Denver campus, 950 E. Harvard Avenue, Suite B80. Key programs will be featured, including Nursing (BSN), Radiography and Sonography.

This is a great opportunity for future students to speak with faculty and staff from the university. Representatives will also be visiting from the Orlando campus to answer questions regarding financial aid and admissions. See [poster](#).

**Fort Lupton Church »** *Christ-centered Living in a Broken World* is the theme of the Fort Lupton series beginning September 28 and continuing through October 10. The pastoral team made up of Ed Barnett, Lonnie Hetterle, Martin Pope, Don Schraeder, Chuck DeShazer and Ted Williams will present such subjects as "Who Am I?", "Who Am I to Jesus?", "Dinner at Papa's", and "The BIG Move".


Pre-register by calling 720-466-5634 or go to [ftlupton22.adventistchurchconnect.org](#). Admission is free.


**Franktown Church » David Asscherick** will present an evangelistic series beginning at 7 pm. Wednesday, November 4 and continuing through Wednesday, November 14.


**MAUC Office »** Children's Leadership Conference will take

**institutions within the Rocky Mountain Conference to share with us relevant information -- about developments, issues, notable events, as well as experiences of church members.**


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place at the Mid-America Union Office in Nebraska, October 9-11. For registration and other information, go to [plusline.org](http://plusline.org) or call 800-732-7587.

**True Life Community Church/Littleton »** Christmas comes early this year for the TLC Church in Littleton with a special women's ministry program lead by **Dr. Angie Cordova**. Save the date of October 3. For more information, call Tammy Romero, 720-621-2243.

**Vista Fellowship »** Prophecy seminars planned at Vista Fellowship of Seventh-day Adventists: Prophecy seminars in both English and Spanish are being planned at the Vista Fellowship Church at 701 Kimbark Street, Longmont. *A Ray of Hope* and *Descubriendo el Apocalipsis* will begin at 7 p.m. September 11. **Tim Jones** will present the English series on Monday, Tuesday, Friday and Saturday evenings **through October 16**. In Spanish, meetings will feature **Carlos Muñoz** on Monday through Saturday evenings, ending on October 3. For more information, call 303-548-8601.

## 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](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

**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.

**Rocky Mountain Conference Mission Statement**  
**Tagline:**  
*Knowing Christ and Making Him Fully Known*



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