

Issue 3
2011

For God & **+** Country

*A Journal for
Military-related
Seventh-day Adventists*





by **Gary R. Councill**
Director, Adventist Chaplaincy Ministries
Chaplain (Colonel), U.S. Army (Retired)

Noncombatancy

The Civil War between the United States, from 1861-1865, divided a nation over the issue of slavery and divided early Adventists over serving in the military. Several members felt fighting to free slaves and reunite the Union was morally responsible, while others believed using force and taking life violated the sixth commandment.

Problems with keeping Sabbath in the military concerned church leaders more than bearing arms. When conscription required service, the Adventist Church responded by paying a \$300 commutation fee for the draftee to provide a substitute (an amount equivalent to a Union soldier's pay for two years of military

service). As funds became unavailable, a number of Adventists served in the hospital corps, cared for freedmen or drove supply wagons; others served as combatants in the line units.

After the Civil War, the matter of military service was ignored until World War I forced attention of the denomination, now growing international in scope. Caught unprepared, many Adventists faced harsh military discipline over their Sabbath and noncombatant stances. Again, as war threatened them in the 1930s, a few thoughtful Adventists began training programs like the Medical Cadet Corps to prepare Adventist members for military service. These programs



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greatly helped reduce problems and increased public perception that Adventists were responsible citizens, “conscientious cooperators.”

Since World War II many Adventists in military-related service have distinguished themselves by valorous service to save lives even under hostile fire in combat. Their actions brought credibility to their faith and church. After the Vietnam Conflict ended in 1973, conscription ended in the United States. All military service became voluntary. Apparently, the church assumed no Adventist would join the armed forces. Programs to educate members about issues around military service evaporated. The National Service Organization structure and Medical Cadet Corps quickly dissolved. As a result, today virtually all Adventists serving in the militaries of the world’s nations are combatants, except for chaplains.

Adventist Chaplaincy Ministries (ACM) recognizes the issues require revisiting and further study. A

decision-making model based on biblical, ethical, and moral principles should be developed to help guide denominational leaders and church members in choosing their personal stance around military service and the possibility of taking a human life. We also believe that individual conscience should be respected and pastoral care be provided to all church members, regardless whether they choose to be pacifists, noncombatants who serve in the military, or combatants.

ACM has produced a DVD entitled, *Reality*, that helps guide viewers in briefly looking at these concerns. A free copy can be obtained by writing the ACM office at the General Conference, 12501 Old Columbia Pike, Silver Spring, Maryland 20904 USA; emailing us at acm@gc.adventist.org, or going to ACM websites www.adventistchaplains.org or www.nad.adventistchaplains.org and making a request in the link, “Contact Us.” Think and pray about it!

WHAT IS YOUR STORY?

Many Seventh-day Adventists have faithfully served God and country through military service. This is a legacy that should be shared with family, friends, and the church at large.

Adventist Chaplaincy Ministries is seeking stories of either Adventist veterans or active-duty service members, Guard or Reserves. Please contact the editor at Deena.Bartel-Wagner@nad.adventist.org to learn how your story can be told.



Balance in a *Chaotic*

*W*hen God knelt down in the dust of the Earth and formed humans in His own image one of the unique characteristics He instilled in mankind was that of emotions and feelings. As a part of our makeup, God wanted us to feel love and joy, peace and happiness, contentment, and kindness. Sadly, when sin entered the world other emotions, such as anger, sadness, impatience, and depression became a part of the human existence.

Maintaining a balanced life in the area of mental and emotional health is just as important as keeping physically healthy. The Bible's guidance in this area can become the

framework of a good mental health workout.

BUILD THE HABIT OF POSITIVE THINKING

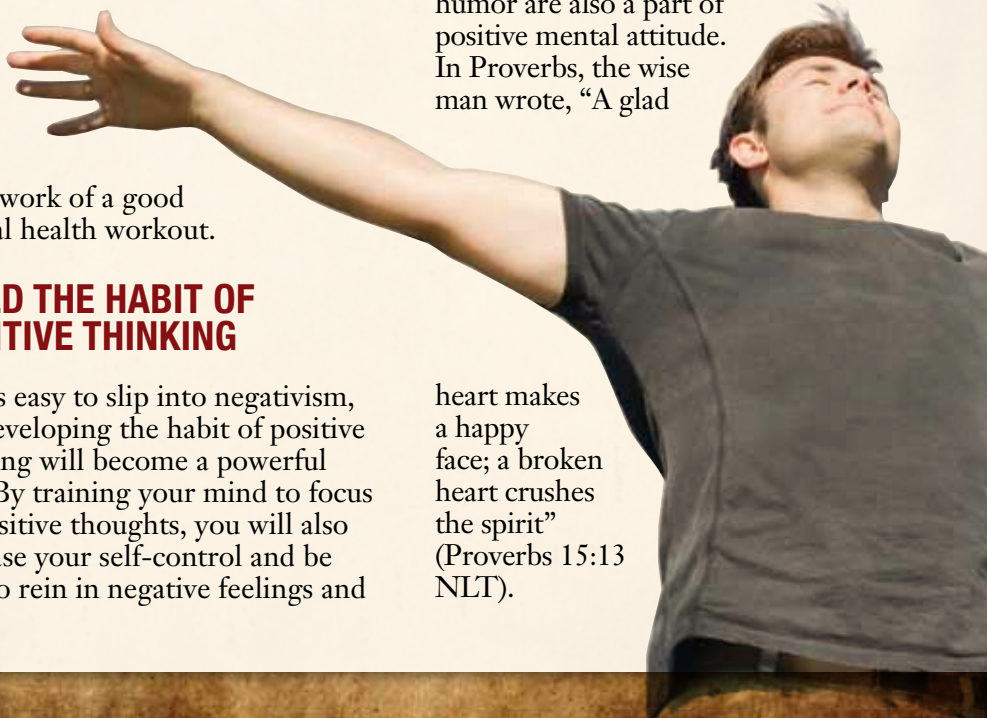
It is easy to slip into negativism, but developing the habit of positive thinking will become a powerful tool. By training your mind to focus on positive thoughts, you will also increase your self-control and be able to rein in negative feelings and

emotions. A natural result of this will be more peace of mind about the daily struggles you face.

“From now on, brothers and sisters, if anything is excellent and if anything is admirable, focus your thoughts on these things: all that is true, all that is holy, all that is just, all that is pure, all that is lovely, and all that is worthy of praise” (Philippians 4:8 CEB).

When we allow ourselves to be driven by negative emotions we become more vulnerable to an increase of instability in our lives. The Bible characterizes this “Like a city whose walls are broken through is a person who lacks self-control” (Proverbs 25:28 TNIV). Laughter and humor are also a part of positive mental attitude. In Proverbs, the wise man wrote, “A glad

heart makes a happy face; a broken heart crushes the spirit” (Proverbs 15:13 NLT).



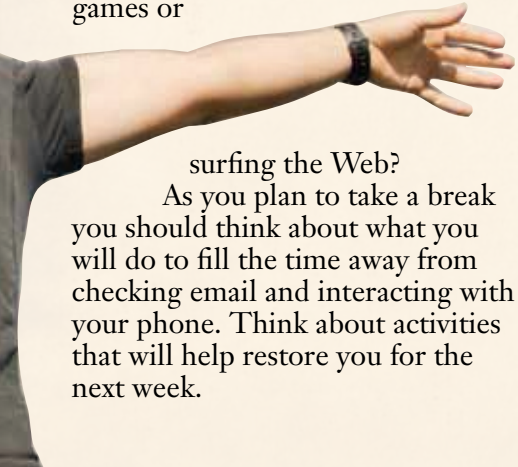
World

A SABBATH'S REST

God knew that humans could not maintain a breakneck pace seven days of the week without allowing time for rest. He set an example for us by spending six days creating the Earth and then resting on the Sabbath.

In today's world it is easy to fall into the trap of being connected 24/7. Email, cell phones, social media, and the Internet can fill up all of our time. This can begin to affect our relationships with others, as well as how we feel about ourselves. Taking a 24-hour break from any type of media can be rejuvenating.

Some signs that you might be on media overload include: not feeling or being in the moment of what is happening around you. Do you choose to interact with your gadgets, rather than people? Are your children's grades suffering because of too much time with video games or



surfing the Web?

As you plan to take a break you should think about what you will do to fill the time away from checking email and interacting with your phone. Think about activities that will help restore you for the next week.

TOP GUNS OF FAITH

If happiness and contentment seem elusive, you aren't alone. The Bible records stories of men of faith who faced depression, sadness, and even hopelessness at times.

- Moses struggled with leading the Children of Israel through the wilderness. There were times when he desired to abdicate his leadership. (Numbers 11:15). In spite of this, Moses is listed among the heroes of faith in Hebrews 11.
- Jonah ran from God when he was asked to warn Nineveh. After experiencing the inside of a big fish and going to Nineveh, Jonah became depressed when his message was successfully received (Jonah 4:3).
- David had seen depression and sadness up close as he worked with King Saul. When he became king, he too felt the burden of emotional upheaval. His writings throughout the Psalms record his highs and lows. In spite of it all, David is called a "Man after God's own heart (Acts 13:22).
- If anyone had a reason to be depressed it would be Job. He lost everything he owned—children, animals, and then was covered from head-to-toe with boils. On top of it all his wife told him to give up, curse God and die. Who wouldn't lose it? Instead we learn that Job was considered, "[...] blameless and upright," God-fearing and that he turned away from evil (Job 1:1).
- Jeremiah was committed to God. He served our Creator as a prophet, and yet felt burdened by sorrow that he considered himself beyond healing (Jeremiah 8:18). He even questioned why he was born (Jeremiah 20:18).



WORKING AT GOOD MENTAL HEALTH

Taking care of yourself mentally is much like keeping your body healthy. It must be done on a daily basis. Try to find something to laugh about each day. The Bible says, “A joyful heart is good medicine, but a crushed spirit dries up the bones” (Proverbs 17:22 ESV).

Laughter has been proven to be to be strong medicine. Studies have shown that it relieves stress, pain and conflict. It can decrease stress hormones and increase immunity against disease. When you laugh, the function of your blood vessels improves with increased blood flow. This can protect against heart attacks and other cardiovascular disease. Laughter really does help your heart.

Adequate rest plays an important role in positive mental health. Serotonin is a neurotransmitter that is produced in the brain. It plays a

role in mood, aggression, and anxiety levels. If your serotonin levels become too low, depression can also set in. Regular sleep cycles allow your body to adjust serotonin levels, which helps keep you upbeat.

Staying away from junk food and eating a healthy, well-balanced diet affects not only energy but also your mood. If you struggle with the “blues” a review of your food consumption might be advisable. A balanced diet includes protein and complex carbohydrates such as whole grains, fruits, and vegetables.

Don’t forget a daily exercise routine as an antidote to stress and anxiety. It will lift your mood and help you regain a positive perspective on

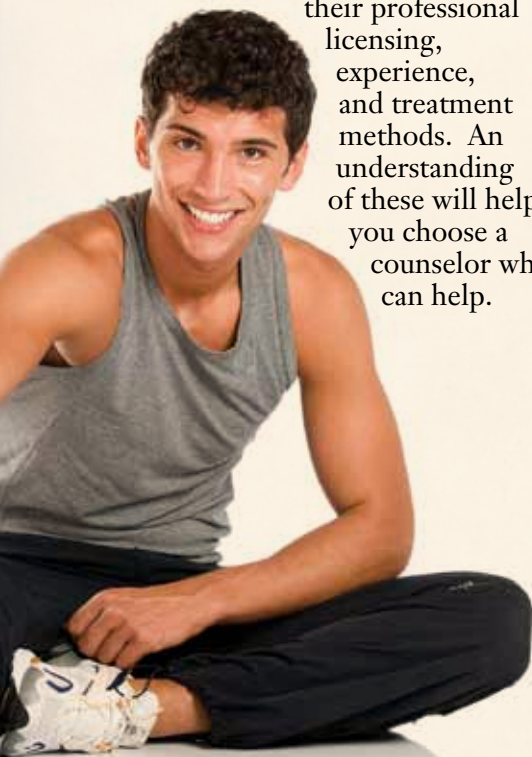


life. Something as simple as taking the stairs or going for a short walk can make a difference. During and after exercise, the body produces endorphins, or feel good hormones. Mental health benefits are maximized with a daily 30-minute exercise routine.

Exposure to sunlight everyday is important for temperament and Vitamin D absorption. Just 10-15 minutes of daily sunlight helps your brain produce chemicals that elevate mood and can help you feel better.

Even if all of these recommendations are followed, it is still possible that depression and sadness can linger. If that is the case, it could be time to seek professional help. There is no shame in obtaining outside support. If you do decide to use a counselor or therapist, ask about

their professional licensing, experience, and treatment methods. An understanding of these will help you choose a counselor who can help.



A HANDFUL OF WISDOM

Deuteronomy 31:8

“The Lord Himself goes before you and will be with you; He will never leave you nor forsake you. Do not be afraid; do not be discouraged.”

Psalms 23:4

“Even though I walk through the darkest valley, I will fear no evil, for You are with me; Your rod and Your staff, they comfort me.”

Isaiah 41:10

“So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.”

Nahum 1:7

“The Lord is good, a refuge in times of trouble. He cares for those who trust in Him.”

1 Corinthians 10:13

“No temptation has overtaken you except what is common to mankind. And God is faithful; He will not let you be tempted, He will also provide a way out so that you can endure it.”

Romans 12:2

“Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—His good, pleasing and perfect will.”



Turmoil of the Heart & Mind

Planet Earth has been a war zone from the moment when Lucifer thought he knew better than God. From the beginning, Satan wanted to control the minds of others and use them to do his bidding. Although there is a battle for the mind, Christians are not without hope. This is even true when factors such as battle fatigue, combat stress, or post-traumatic stress disorder (PTSD) are a result of deployment into hostile territories.

In 2 Corinthians 1:8, the apostle Paul describes an experience he encountered that sounds very much like a description of PTSD. He wrote, “For we do not want you to be ignorant, brothers, of the affliction we experienced in Asia. For we were so utterly burdened beyond our strength that we despaired of life itself” (ESV).

Notice how Paul describes that he was in another country (Asia) and that he experienced affliction there. The Greek word that is used here for affliction means “extreme pressure.” Paul was burdened down and in such despair that he felt he had received a death sentence. Instead of depending on himself, Paul turned to the “God who raises the dead.” He knew his

true hope could only come from God.

Those are easy words to say when you aren’t feeling the weight of the memories that bring back the stress of combat. David was a man who saw combat and faced the possibility of death. He wrote, “I am laid low in the dust; preserve my life according to Your word” (Psalm 119:25). Another time He cried out, “I am troubled, I am bowed down greatly; I go mourning all the day long [. . .] I groan because of the turmoil of my heart” (Psalm 38:6, 8 NKJV).



As with other afflictions, the true hope for emotional healing can only come from God. Taking the first step of letting go of the feelings, the fear, and the images is difficult and even scary. Acknowledging that you are giving this over to God is the first step in healing. Your experiences will always be with you, but God can help you put them into perspective in your life.

All humans are sinners. When we are trying to rid our lives of an unwanted attack by Satan, we must ask ourselves if there is something for which we need to repent and ask God's forgiveness. If you need to get your spiritual life back on track, make time daily to get into the Word and spend time conversing with God. When we aren't listening to God through Bible study and prayer, we are allowing ourselves to live in a vacuum

without His presence in our lives.

Choose to incorporate activities in your life that are relaxing. Music, the videos and television shows you watch, what you read, all impact your thoughts. Consciously make the decision to find things that will lower stress levels, rather than increase them.

Are you taking care of yourself physically by getting enough sleep, exercise, and eating healthfully? These can affect mood and stress levels also.

Don't keep things bottled up. Talk things out with a friend, relative, or chaplain. Let them know about your anxiety and when you are struggling. This acts as a pressure release and helps to lower anxiety.

Finally, if you need professional help, seek out a counselor who has training in PTSD and other similar emotional trauma disorders.



Obesity is on the increase around the world. According to the World Health Organization, 1.5 billion adults, ages 20 and older, are overweight. Of these over 200 million men and nearly 300 million women are obese.

The figure is equally troubling for children. In 2010, it is estimated that nearly 43 million children under the age of five were obese and today the number is growing.

Annually, at least 2.8 million adults die as a result of being overweight or obese. Moreover, diabetes, heart disease, and certain cancers can be attributed to being overweight or obese.

Combating childhood and teen obesity is imperative for a healthy nation.

“For the first time in the history of the United States, a generation of children is growing up less healthy than their parents,” said Katia Reinert, North American Division Health Ministries Director. “If a child is obese

by the ages of 10-13 he/she has an 80% chance of being an obese adult.”

Not only does obesity affect the health of our citizens, it could put our national security at risk. Currently 27% of young adults ages 17-24 in the United States are too big to serve in the military. If this trend continues it will become more and more difficult to find healthy volunteers, who meet the weight and health requirements, to enlist.

These statistics are grim for a condition that is preventable through healthy diet and exercise. The Seventh-day Adventist Church has long proclaimed the benefits of caring for oneself through these means. Recently, the Department of Health Ministries for the North American Division (NAD) began a new initiative to encourage healthier choices.

“The *Adventists In Step for Life* program has evolved out of a former program called *In Step for Life*,” said Reinert. “Elder Ted Wilson was invited to



attend a meeting at the White House that addressed the Let's Move! Faith and Communities initiative.”

As a part of the initiative, Seventh-day Adventists are being encouraged to participate in four areas.

Individuals can become involved by:

- Joining the *In Step for Life* and other exercise programs.
- Participating in the Presidential Active Lifestyle Awards

Presidential Active Lifestyle Award.”

To participate, individuals or organizations can register and report their physical activity at www.adventistsinstepforlife.org. Click on the link that is titled Reporting. You will register and report your activity here. There is also a downloadable physical activity log.

To learn more about the Presidential Active Lifestyle or NAD Active Lifestyle Awards click on the link Awards. Then choose the Individual Active Lifestyle Awards link.

Currently 27% of 17-24-year-olds in the United States are too big to serve in the military.

Schools and churches will be encouraged to participate by:

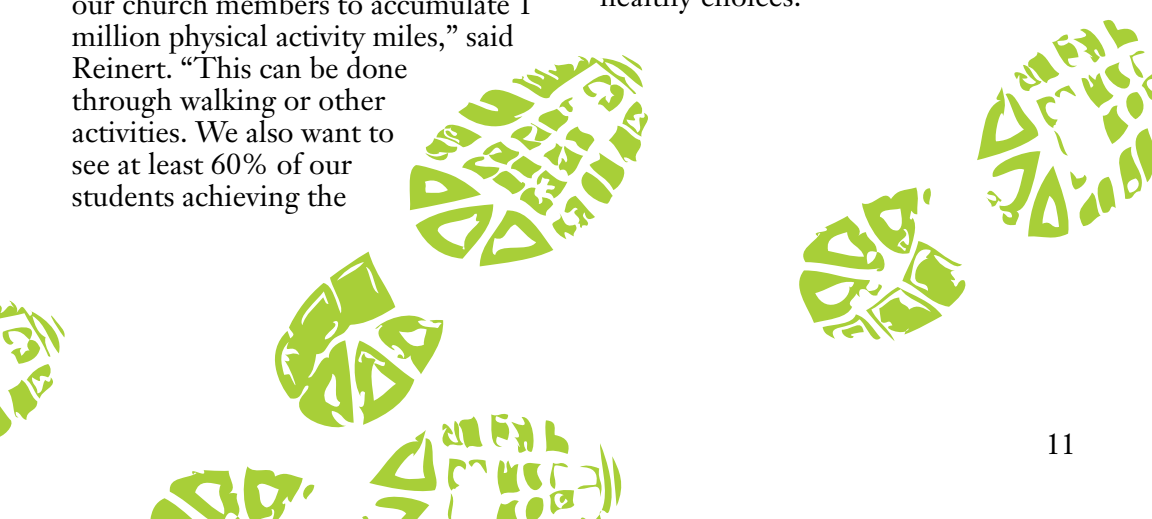
- Helping students earn the Presidential Active Lifestyle Awards.
- Establishing vegetable gardens in the community, with the goal of one garden in each local conference.
- Establishing summer feeding programs through Vacation Bible School, summer camps, and community service outreach initiatives.

“Our minimum goal is to motivate our church members to accumulate 1 million physical activity miles,” said Reinert. “This can be done through walking or other activities. We also want to see at least 60% of our students achieving the

You may choose to become a team leader and encourage a group of people to participate together. All the resources you will need to carry out the program are located on the website.

“We see the initiative as an opportunity for everyone within the church to continue embracing the idea of better dietary choices, regular exercise, and extending these ideas out into the communities,” said Reinert.

It's time to get out and move! Join Adventists In Step for Life today and help end an epidemic that can be prevented without pills and vaccines. All it takes is the decision to make healthy choices.



BOGGIVE AWAY YOUR POWER?



by Bob Davidson, M.Div., M.Ed., LMFT, CSAT

A few years ago a colleague of mine, Wendy Galambos, and I were conducting a workshop on anger management for the Oregon Conference annual camp meeting. Wendy and I role-played anger scenarios that fit a teaching concept. In one skit, Wendy said something that literally pushed my buttons. I snapped at her for the comment. Absolute silence filled the room.

Turning to the audience I spurted out, “I wonder where that came from?”

“I was wondering the same thing,” Wendy said surprised.

Everyone laughed. We finished illustrating the main point of our

topic and promised that my outburst would be discussed at the end of the session. I recalled memories where my snappiness and anger came from. One word hooked me from the past.

Sometimes anger hijacks the brain. It can happen so quickly we don’t even realize it. Our spouse or family members notice it, even if we don’t.

Anger is acceptable. There are three primary emotions: fear, frustration, and hurt, of which anger is a secondary emotion. By acknowledging these, we usually do not lose control when our buttons are pushed.

When I’m driving, if my wife is navigating and I feel she’s not

doing a good job, I explode. She bursts out crying and doesn't want to be with me. I don't want to be with her either. My eruption is based on a past fear. While hitchhiking with a friend back to our base in Vietnam, we lost our way, and were traveling on the wrong road going north out of Saigon. We were in civilian clothes, spoke no Vietnamese and were with a national who spoke no English.



- Examine it.
- Heal from it. "In your anger do not sin," (Ephesians 4:26). This is where counseling is helpful.

5 Those related to a hot-tempered man are counseled to not rescue him. He is responsible for his anger. Proverbs 19:19-20 says: "A hot-tempered man must pay the penalty; rescue them, and you will have to do it again. Listen to advice and accept discipline, and at the end you will be counted among the wise" (NIV).

WORK THAT YOU HAVE TO DO

- 1 Understand the principle that no one can make you angry, unless you give up your power. When you say, "They make me angry," you have given your power away. No one can make you feel anything, period.
- 2 Recognize that you get out of control. In other words you can't stop the anger and rage. God can control and heal it. When you let Him, that's called conversion.

To the spouse or significant other who pushes buttons: By telling someone you can't make them angry, you've become a religious bully, a therapist bully, or just a plain bully. You could respond with a "one-down" position. Say, "I'm sorry that what I said offended you, and caused you to feel that way. That wasn't my intention." Or say, "I didn't intend to hurt you. I'm sorry. I was wrong. That wasn't appropriate to say."

3 You must think and evaluate.

Check in with your brain. Understand that this powerful anger most likely isn't safe or correct in this situation.

4 Determine which of the three primary emotions needs focusing on.

- Recognize the key emotion.
- Talk about it.
- Share it.
- Think it through.

6 Proverbs 15:1 says, "[...] but a harsh word stirs up anger." Your negative, disrespectful, and unloving behavior might trigger anger in someone else. You have to take ownership of your contribution to the anger, and work on changing yourself.

7 James counsels the following: "Everyone should be quick to listen, slow to speak and slow to become angry, because human anger does not produce the righteousness that God desires" (James 1:20-21 NIV).

BY BEHOLDING, CHANGE WILL COME IN 2012

For more than 50 years the National Service Organization, a functional chapter of Adventist Chaplaincy Ministries (ACM), has provided active duty military church members complimentary subscriptions to the *Adventist Review*, *Adult Sabbath School Bible Study Guide*, *For God and Country*, and two journals of their choice. Funding for these gifts comes, in part, from a shared offering taken every year in the churches of North America.

Recent trends have prompted a need to reassess subscriptions. Many magazines are returned due to address changes. Military personnel leave



the military and do not inform ACM or the publisher. The costs of the journals and postage continue to rise.

To help ease delays in delivery, ACM has been sending bulk mailings of some journals to Adventist chaplains and/or Distinctive Faith

NOTE: All current subscriptions will end on 31 December 2011. If you desire to receive any of the church journals listed, you must inform ACM as soon as possible to either reinstate and continue a subscription or start a new subscription for 2012. The subscriptions will be paid by ACM for only one year. If you desire the subscriptions to continue or wish to change which journals you receive, you must send ACM a written request for those subscriptions of church journals you wish to receive in 2012 and each succeeding year thereafter—no request, no journals.

ACM is offering to send the *Adventist Review* and *Adult Sabbath School Bible Study Guide* to any eligible church member plus up to two free subscriptions of their choice from the list below:

- Guide*
- Insight*
- Message*
- Our Little Friend*
- Primary Treasure*
- Signs of the Times*
- Vibrant Life*



Group Leaders (DFGLs) overseas. These individuals have been asked to make the magazines available to attendees of the Adventist Military Chapel Worship Groups (AMCWGs). This method has helped get the magazines into the hands of readers.

Individuals will need to request desired subscriptions annually. The only exception to this is for subscriptions to *For God and Country*. Subscription requests can be done via e-mail to dina.muldoon@nad.adventist.org, or acm@gc.adventist.org, or by using the form on page 20. Subscriptions are not perpetual. Because you have requested a journal once, please do not assume that it will continue being sent to you for as long as you are in the military. Your requested subscriptions are valid for only one year and need to be renewed by your written request.

To be eligible for ACM paid subscriptions you must be a Seventh-day Adventist Church member in an Adventist church in the North American Division and in one of the following military related categories:

- All active-duty military stationed anywhere (overseas or stateside)
- DoD civilian employee of the military services stationed overseas

- DoDEA teacher or principal stationed overseas
- Military exchanges (AAFES, NEX, etc.) worker overseas
- Government contractor overseas
- Spouse living overseas with their non-Adventist military husband or wife

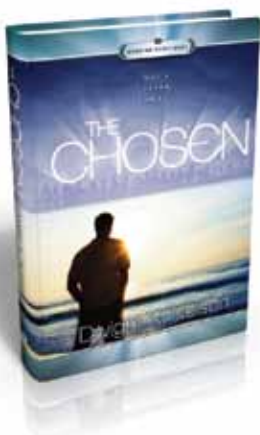
ACM will continue to send bulk mailings of the *Adult Bible Study Guide*, *Insight*, *Guide*, *Primary Treasure*, *Our Little Friend*, and the *Adventist Review* to the AMCWGs meeting overseas. If you are regularly attending one of these groups, you can obtain your Sabbath School journals from them. DFGLs, remember to order the journals needed for your group as far in advance as possible. The publishing houses require four to six weeks' notice before changes in address or numbers take effect.

Your understanding and cooperation will greatly assist ACM to provide effective support for you while you are representing your church and serving your country. As always, ACM is open to your comments and suggestions on ways we can provide timely support of religious materials for your use.

ADULT

The Chosen

Dwight K. Nelson



When you think of being chosen, does your mind go back to recess days on that schoolyard playground long ago, when Teacher asked the two biggest boys in the class to choose

up teams? Remember how the rest of you lined up, dutifully waiting for your name to be called? And remember how you stood there, nervously holding your breath, shifting your weight from one sneaker to the other, hoping against hope that this time you'd be chosen?

Good news. You *have* been chosen! Maybe not for the starting lineup on your school's basketball team or for the next promotion at work. But your calling is much more extraordinary!

For "you are a chosen people, . . . a people belonging to God, that you may declare the praises of him who called you out of darkness into his wonderful light" (1 Peter 2:9, NIV).

Who is this God who has chosen you? *Why* have you been chosen? And how are the chosen to live?

Join Dwight K. Nelson in an experience with God that will revolutionize your life as you stand where the chosen of old once stood—on the brink of the Promised Land.

Hardcover. 978-0-8280-2541-6.

ADULT EVENING

Lift Him Up

Ellen G. White



Are you seeking a more intimate relationship with Jesus? Are you struggling to connect with Him in a world that continually seeks to tear Him away from you—in a culture in which, tragically, endless

distractions try to make Him more obsolete and distant in your life?

Then *Lift Him Up* is for you.

This soul-stirring yearlong devotional will scrub away those distractions and help you cling more tightly to Jesus by introducing you to the many beautiful facets of His divinity, humanity, and mission—as Savior, Creator, Bread of Life, Advocate, Coming King, and so much more.

As you ponder each of these amazing facets in depth day by day, you'll be brought into a powerful worship experience. You'll also see that when you lift Him up each day, He will lift you up in return, bringing you into a more fulfilling, meaningful relationship with Him.

This collection of selected works by master Bible commentator Ellen G. White will recalibrate and revive your spirit, helping you to reconnect intimately with Jesus in new ways and bringing you peace, hope, and joy that will last for an eternity.

Hardcover. 978-0-8280-2579-9.

WOMEN

Renew

Ardis Stenbakken, editor

Throughout history and across cultures, women have borne the responsibility of nurturing their homes and communities. This vital work can leave us feeling drained, empty, with nothing left to give. But God has promised renewal—of your strength, your spirit, and your life.

A new day represents a new beginning, and with a new beginning comes freshness and vigor. Spend a few moments each day communing with God and the nearly 300 women from around the world who have experienced His renewal. Through Him and this vast group of sisters, may you be restored and revived as you find the strength to begin again until that day you are made perfect in holiness.

Nearly 300 women from around the world tell how they have experienced God's renewal in their lives.

Hardcover.
978-0-8280-2571-3.



YOUNG ADULT

Keeping It Real in the Real World

Becky De Oliveira

Like the Velveteen Rabbit, many Christians worry about being *real*. They want to be “in touch,” “clued in,” and “relevant” in the eyes of the world. But is that actually necessary?

In *Keeping It Real in the Real World*, Becky De Oliveira wittily challenges this tendency with an undiluted frankness and a quirky sense of humor. Her fresh perspective on the many facets of life will inspire you to approach the Christian life fearlessly and embrace your individuality throughout your journey in the real world.

The author's undiluted frankness and quirky sense of humor appeal to

young people who want to be authentic Christians but are also attracted to the “real world out there.”

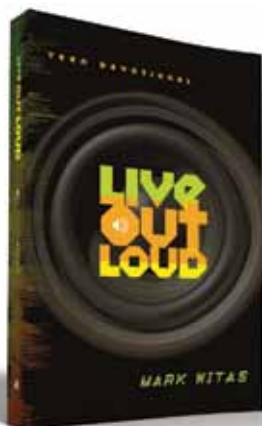
978-0-8280-2502-7.



TEEN

Live Out Loud

Mark Witas



Have you ever been afraid to share your faith with someone? Don't worry. Lots of people have. But once you learn how to live your life *in* Christ, living your life *for* Christ will come a lot easier. And a lot of the time you won't even have to say a word.

Join Mark

Witas as he skateboards down Sprague Hill, barely escapes the whirling terror of the formidable rapid Satan's Eyeball, paints the neighborhood pets with his friends, and dangles 20 feet from the top of a 70-foot cliff with nowhere to go. His adventurous spirit, engaging sense of humor, and relevant life applications will have you sitting on the edge of your seat day after day.

Discover the four steps to overcoming temptation. Gain assurance of your salvation, as well as a better understanding of God's will. Find out the key to dealing with both the sweet and the bitter times of life. Realize the value that God places on you and others. Witness what it *really* means to love. And as you grow in the grace and knowledge of Christ, start practicing what you learn.

Why not take a shot at living out loud this year? Trust me—you won't regret it.

978-0-8280-2450-1.

JUNIOR

P2P: Live. Love. Jesus.

Stella Bradley, editor

Enjoy hundreds of incredible stories written by teenagers who have something amazing and personal each day to say to you—yes, you!—about faith, God, church, school, and everything else that really counts.

P2P has hundreds of incredible stories from teenagers (and a few of their teachers) who have something amazing and personal each day to say to you—yes, you!—about faith, God, church, school, and everything else that really counts.

Some are real-life stories about overcoming sadness and finding true happiness wherever you are; some are imaginative adventures that are a great escape ... but each and every day you'll love how each one connects you to Jesus.

978-0-8280-2518-8.



PRIMARY

God's Big Idea

Rosanne Tetz

God's Big Idea takes children on a journey from creation to the new earth. Along the way they'll learn exciting lessons about nature, life, and the Bible.

Rosy Tetz starts at the beginning (a very good place to start), with God's plan to create a new world. You'll be guided, in amazing depth and detail, through the six days of Creation, and end up with God's plan for a new earth.

Along the way you'll solve many of life's lesser mysteries (do fish sleep?) and think about a few of the greater ones (why am I here?). And every fascinating fact about the world we live in (cats purr) becomes a doorway to big truth about life (be content).

What can we learn from, say, schools of fish? Well, cooperation with others, for one thing. Don't follow the crowd, for another. The end result is win-win wisdom. Think of it as 365 rules for happiness.

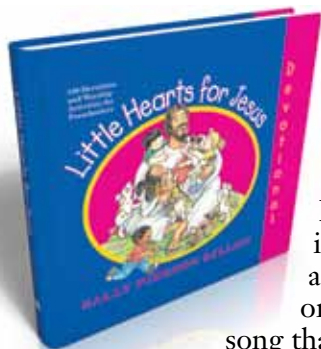
God wants you to know His plans. He promises: "I will make you wise. I will show you where to go. I will guide you and watch over you" (Psalm 32:8). You can get wise and grow your soul by starting every morning with a big idea from God. Here are hundreds of them! What are you waiting for?

Hardcover.
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PRESCHOOL

Little Hearts for Jesus

Sally Pierson Dillon

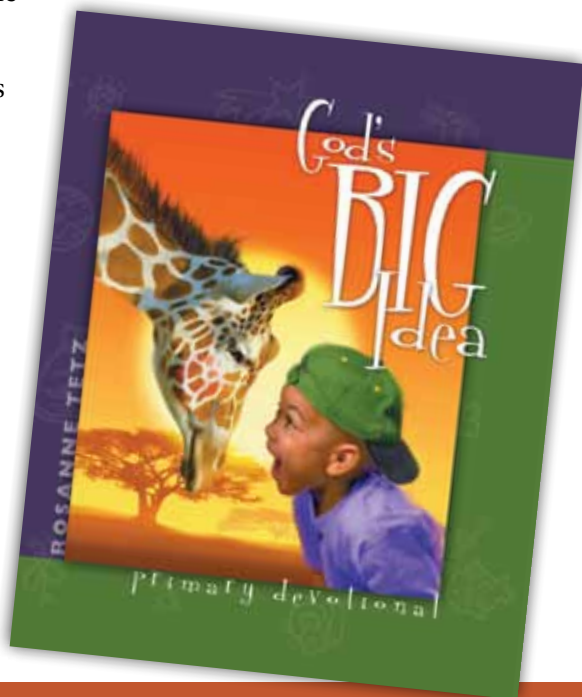


Here are 180 solutions to the problem of "What shall we do for worship?" Each reading includes a game, activity, craft, or charming

song that will entice your child to delight in our awesome God.

So exciting. So fresh. Your child's creativity quotient will skyrocket when you use these simple techniques to teach forever principles. And someday your children's children will be singing these songs, and the joy will begin all over again.

Hardcover. 978-0-8280-1344-4.



DEVOTIONAL BOOKS

Adventist active-duty military personnel are eligible to receive a free devotional book, courtesy of Adventist Chaplaincy Ministries. Guidelines for eligibility are noted on page 15. Single service members, as well as the other employee categories listed on page 15 may choose one free devotional. Married service member may choose two devotionals.

- ADULT – *The Chosen*
- EVENING – *Lift Him Up*
- WOMEN – *Renew*
- YOUNG ADULT – *Keeping It Real in the Real World*
- TEEN – *Live Out Loud*
- JUNIOR – *P2P: Live. Love. Jesus.*
- PRIMARY – *God's Big Idea*
- PRESCHOOL – *Little Hearts for Jesus*

MAGAZINES

Each year NSO will send Adventist active-duty member and select government employees who meet the eligibility guidelines a one-year subscription to two magazines from the following list. Please check the appropriate boxes. When you place your subscription request, you will also automatically receive a subscription to *Adventist Review* and the *Adult Sabbath School Bible Study Guide*.

- Guide*
- Insight*
- Message*
- Our Little Friend*
- Primary Treasure*
- Signs of the Times*
- Vibrant Life*

2012 ORDER FORM INSTRUCTIONS:

1. Fill out the personal information section.
2. Select the free devotional book. You may contact ACM if you would like to purchase others.
3. Select two free magazines.
4. Mail form (and check, if you are purchasing any items, made payable to NSO) to Adventist Chaplaincy Ministries at the address below. You may also scan the order form and email it to Dina Muldoon at Dina.Muldoon@nad.adventist.org.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Are you on active duty now? No Yes

Are you in military-related service overseas? No Yes

Where are you serving? _____

Are you a Seventh-day Adventist Church member? No Yes

Local conference holding membership? _____

Mail this form to the address listed below or e-mail dina.muldoon@nad.adventist.org. Put the words "Subscription Request" in the subject line. Subscriptions are not perpetual. You must renew on an annual basis.



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NAD MILITARY CHURCH

Charter Membership

If you are assigned overseas for six months or longer in some type of official government or military-related service for Canada or the United States (active duty in the armed forces, civilian employee, teacher, AAFES worker, contractor, or family member), then you are eligible to join the NAD Military Church. To request a transfer of your membership, visit <http://nad.AdventistChaplains.org>. Click on the link “NAD Military Church.”

Membership transfer request forms are available under “Membership.”

Your NAD Military Church staff and board look forward to serving you!

Online Giving

Honoring God through faithful stewardship is encouraged of all Seventh-day Adventists. In the Bible rich blessings are promised to those who return an honest tithe and are generous with offerings to support God’s work.

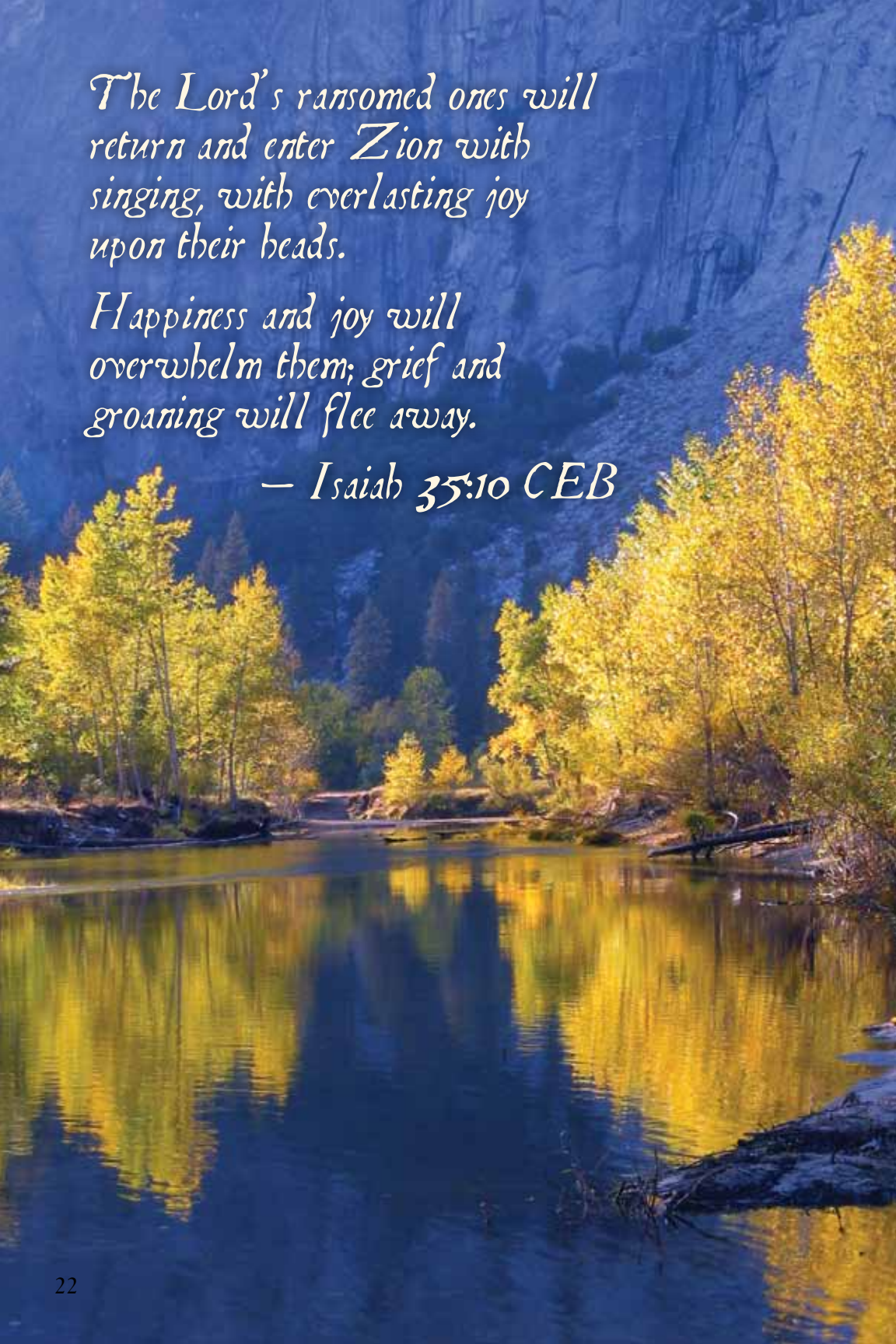
In response to requests from Adventist members in the United States military, the NSO has made arrangements for members in the U.S. Armed Forces serving outside the United States to be able to send tithes and offerings through the North American Division, and thus qualify for a receipt for tax-exempt contributions.

For your convenience go to www.nad.adventistchaplains.org and use the drop-down menu to make your contribution online.

Chaplains and members are encouraged to support ACM/NSO as their “conference” that provides pastoral care and religious materials for their spiritual well-being. Also, please remember to support your base chapel program. Military members serving in countries in other world divisions should contact their conference/union leadership or the division ACM director for further guidance in this area.



**RICH BLESSINGS
ARE PROMISED
TO THOSE WHO
RETURN AN
HONEST TITHE.**

A scenic landscape featuring a calm river in the foreground, reflecting the surrounding environment. The banks are lined with trees displaying vibrant yellow autumn foliage. In the background, a large, craggy mountain rises, its upper sections appearing in shades of blue and purple, suggesting a misty or overcast sky. The overall atmosphere is peaceful and serene.

*The Lord's ransomed ones will
return and enter Zion with
singing, with everlasting joy
upon their heads.*

*Happiness and joy will
overwhelm them; grief and
groaning will flee away.*

— Isaiah 35:10 CEB

Calendar

2011

Sabbath Theme Name

Dec 3 Bible Sabbath

Offerings

Dec 3 Local Church Budget
Dec 10 Adventist Community Services
Dec 17 Local Church Budget
Dec 24 Local Conference Advance

Thirteenth Sabbath Mission Offering 4th Quarter 2011

Dec 24 North American Division

2012

Sabbath Theme Name

Jan 7 Day of Prayer
Jan 15-21 Religious Liberty Week

Offerings

Jan 7 Local Church Budget

Jan 14 Local Conference Advance
Jan 21 Local Church Budget
Jan 28 Religious Liberty

Sabbath Theme Name

Feb 4-25 Black History Month
Feb 5-11 Christian Home and
Marriage Week
Feb 18 Health Ministries Sabbath

Offerings

Feb 3 Local Church Budget
Feb 11 Adventist Television Ministries
Feb 18 Local Church Budget
Feb 25 Local Conference Advance

Thirteenth Sabbath Mission Offering 1st Quarter 2012

Mar 31 Northern Asia-Pacific Division



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A GOOD LAUGH AND A LONG
SLEEP ARE THE BEST CURES
IN THE DOCTOR'S BOOK.
~Irish Proverb



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