



The Journal

Vol. 27 | Third Quarter 2010

A Shepherdess International Resource for Ministry Spouses

WELCOME
TO GC SESSION
2010





The Journal

- 4 Sit Back, Relax, and Enjoy the Flight
- 6 General Conference and Division Shepherdess Coordinators
- 8 General Conference Officers' Wives
- 13 Division Presidents' Wives
- 20 The View in Atlanta
- 22 Bon Voyage!

BIBLE CREDITS:

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THE PRAYER RING

As you open your Journal, the first feature you see is our Prayer Ring. This is on purpose! Prayer is our link to Jesus, our first and best Friend. We welcome your praises and petitions on this page. Please write or email us; you may share your name or remain anonymous. We here at Shepherdess, as well as ministry spouses around the world, will thank our Lord and petition Him on your behalf. Give your thanks and requests to the Lord right here!

“ Why should the sons and daughters of God be reluctant to pray, when prayer is the key in the hand of faith to unlock heaven’s storehouse, where are treasured the boundless resources of Omnipotence? ”

Steps to Christ, page 94

“ Every sincere prayer is heard in heaven. It may not be fluently expressed; but if the heart is in it, it will ascend to the sanctuary where Jesus ministers, and He will present it to the Father without one awkward, stammering word, beautiful and fragrant with the incense of His own perfection. ”

Prayer, page 13

“ Pray one for another. ”

James 5:16

“ Our Father which art in heaven, hallowed be thy name. Thy kingdom come, Thy will be done on earth, as it is in heaven. Give us this day our daily bread. And forgive us our debts, as we forgive our debtors. And lead us not into temptation, but deliver us from evil: For thine is the kingdom, and the power, and the glory, forever. Amen. ”

Matthew 6:9-13



Dear Ladies,

Where have the last five years gone? It seems like just last week the General Conference Session was being conducted in St. Louis, Missouri, USA. Now, our church is coming together again for its own unique blend of business, mission, inspiration, and fellowship.

During these past five years, you have faithfully served, spreading the love of Jesus and His message to the world in your towns and cities, using your own unique God-given gifts and talents. You have probably experienced the joy and friendship at a Shepherdess retreat, special luncheon, or educational convention. Perhaps you participated in fellowship with ministry wives of various denominations. Fellowship and friendship are so very important within the family of ministry spouses. We need each other, and we are always interested in the family and life of another ministry wife. Sharing with each other is so encouraging. One of my greatest blessings is meeting a new ministry wife, learning about her and from her.

This edition of *The Journal* features a variety of unique and talented women. These women also serve—perhaps you have met them somewhere in the world. The first section introduces our Division Shepherdess Coordinators; the second section, our Administrative wives here at the General Conference; and the third section, the spouses of our Division Presidents.

If you choose to come to Atlanta, perhaps you will meet these ladies in person for a chat. If not, get to know them through *The Journal*.

May the Lord bless each and every one of you. It is my prayer that you will feel His loving embrace in your life each day.

Your friend and sister in Jesus,

A handwritten signature in cursive script that reads "Sharon".



SIT BACK, RELAX, AND ENJOY THE FLIGHT



SO YOU'RE TAKING A TRIP BY PLANE!

If you're a frequent flyer, you know all too well how daunting air travel can be. Airplanes are like germ incubators, and their dry, cramped conditions make the flying experience far from comfortable. However, following a few air travel health tips can be the difference between discomfort, stress, and possible illness, and a smoother, more relaxing experience.

THE CARRY-ON: A TRAVELER'S BEST FRIEND

A carry-on bag is a convenient tool that makes any traveler's journey less cumbersome. Your carry-on should be packed with items that can carry you through a day or two in the event your checked luggage is lost or delayed. Pack items such as:

- All medications you take regularly or may need on the trip
- A change of clothes
- Your camera
- Contact lenses and/or glasses (and a spare set if possible)
- Your purse and any valuable papers
- Books and magazines
- Toothbrush, comb, non-liquid toiletry essentials
- A sweater or wrap
- Snack foods
- A favorite pair of lightweight shoes or slippers

For safety, always carry your passport and ticket on your body or in a small purse (which you are holding firmly).

Do not include aerosol cans like hairspray in your carry-on, as the air pressure could cause the can to explode. Be mindful of the strict rules regarding liquids (shampoo, hand creams, etc.). Follow airport protocols to avoid problems at the security checkpoints.

AVOIDING PAINFUL EARS

If your ears hurt when you fly, try taking a decongestant medication before getting on the plane (remembering that decongestants can be dehydrating). Yawning, drinking liquids, and chewing gum also help to relieve pressure on the ears.

TRICKS FOR DEALING WITH AIR WOES

Oftentimes passengers will experience flu-like symptoms shortly after they've boarded the plane. Headaches, sluggish or lightheaded feelings, sore throats, coughing, dry lips, and dry or watery eyes are in fact due to the elbow-to-elbow seating and lack of fresh air. The culprit here—an increased level of carbon dioxide—is brought about by those very conditions of limited air and too many people sharing it. Additionally, the air at soaring altitude is drier than the atmosphere above the Sahara Desert. Dehydration can easily exacerbate any of the above symptoms. The following tips may be helpful:

- Drink plenty of fluids (preferably water) before, during, and after your flight.
- Use moisturizer and lip balm to combat the dry air.
- Eat sparingly.



RAE LEE COOPER is a registered nurse. She and her husband, Lowell, have two adult married children and three adorable grandchildren. She spent most of her childhood in the Far East and then worked as a missionary with her husband in India for 16 years. She enjoys music, creative arts, cooking, and reading.

- If you wear glasses, don't fly with contacts as they will only dry out and further irritate itchy or burning eyes.
- If you're on a connecting flight and have sufficient time, try to get as much fresh air as you can between connections.
- Clear your head with a hot, steamy shower after you land.

KEEP YOUR CIRCULATION FLOWING

Sitting in such cramped conditions for several hours is terrible for the circulatory system, resulting in swollen ankles, muscle cramps, and blood sitting in the veins and becoming susceptible to clotting (an especially dangerous condition for elderly, pregnant, or obese passengers). If one of your feet, ankles, or legs swells or aches for longer than 24 hours after you board a plane, seek medical help immediately—from an emergency room, if necessary. Here are some helpful hints on how to keep your blood pumping solidly throughout the flight:

- Wear slippers or no shoes at all.
- Avoid crossing your legs for long periods of time.
- Avoid sedatives and sleeping pills.
- While sitting, try to keep your legs elevated.
- Drink plenty of water and avoid caffeine and alcohol.
- Practice some in-seat exercises several times each hour.
- Stand up, stretch, and move about periodically.
- Take a baby aspirin prior to the trip.

AVOID THAT BLEARY-EYED, GROGGY FEELING

Jet lag is no fun, but there are ways to minimize its effects:

- Get plenty of sleep before you leave.
- Plan to arrive at your destination a day or two before an important event.
- Break up the trip to help your body adjust more readily.
- Drink plenty of fluids, preferably water.
- Eat well-balanced meals and avoid overeating.
- Exercise as much as you can on your trip.
- If it's daytime at your destination, take a walk outside after you get settled to help convince your body to stop producing sleep-inducing hormones.



DRINK PLENTY OF WATER AND AVOID CAFFEINE AND ALCOHOL.

- Use sleep medicines for only a few days.
- Some anti-jet lag medications are available. Consult your doctor for suggestions.
- Get used to a new time zone by:
 - Setting your watch to the new time just before leaving on your trip.
 - Following the local meal and bedtime schedules on arrival.

WHEN TRAVEL IS UNADVISED

- Following a heart attack within the last month, a stroke within the last two weeks, or if you suffer from severe high blood pressure or any condition that weakens the heart.
- While experiencing severe respiratory illnesses.
- During a flu illness, a cold, allergies, acute sinusitis, or middle ear infection.
- Within two weeks of abdominal surgery.
- Following a recent skull fracture or brain tumor.
- After recent eye surgery.
- While having an active bleeding disorder.
- If more than eight months (or 240 days) pregnant.
- Within 24 hours of scuba diving (which may activate a bout of the "bends").
- Newborn babies should not fly during the first few days after birth.

Most people don't have problems when they fly. For those who do, however, a little preparation, common sense, and awareness of travel tips can make the journey safer and more comfortable. With these tips and other ideas you may have, we hope you will find you can truly "sit back, relax, and enjoy the flight!" 



KARI PAULSEN
SHEPHERDESS SPONSOR

Kari Paulsen is married to Jan and they have three adult children—Laila, Janrune, and Rein Andre. Psalm 147:10, 11 are her favorite Bible texts and her favorite hymn is “My Hope Is Built On Nothing Less.” Kari enjoys reading and cooking.



SALLY LAM-PHOON
NORTHERN ASIA-PACIFIC DIVISION

On December 26, 1971, Sally and Chek Yat Phoon were married. They have two daughters, Michelle and Rachel. Their first grandchild, Kelle Choi, arrived in June 2009. Ephesians 3:20 is Sally’s favorite Bible text, and her favorite hymn is “It Is Well With My Soul.” For fun, Sally likes to walk, take photos of flowers, and travel. Nothing thrills her more than seeing young women develop their potential.



SHARON CRESS
SHEPHERDESS

INTERNATIONAL DIRECTOR
Sharon and Jim Cress were married June 7, 1970. She has a Yorkshire terrier, Dixie. Sharon’s favorite text is Romans 8:38, and her favorite hymn is “When We All Get To Heaven.”

Sharon enjoys reading, golfing, cooking, and spending time in the desert.



MARIYA LEAHU
EURO-ASIA DIVISION

Mariya and Ilie Leahu were married August 26, 1979. They have three children: Robert, Inna, and Leonard. Isaiah 59:1 is her favorite text, and her favorite hymn is “Lord, Touch Me With the Spirit.” Mariya enjoys shopping in bookstores and gift shops.



HELEN BOCALA-GULFAN

SOUTHERN ASIA-PACIFIC DIVISION

Helen and Alberto were married on August 8, 1977. They have three children: Helen Zella Gulfan-Tecson, an accountant; Albert Lloyd B. Gulfan, an accountant; and Jarbien Pol B. Gulfan, a nurse. They have one grandchild, Zelwin Sam Tecson. Helen’s favorite Bible text is Lamentations 3:21-23. Two of Helen’s favorite songs are “I Will Trust When I Cannot See” and “Make Me a Woman You Can Use.” She enjoys gardening, playing tennis and badminton, reading, visiting and making friends, walking, and giving Bible studies.



WILIANE STEINER MARRONI

SOUTH AMERICAN DIVISION

Wiliane and Almir were married July 20, 1982. They have two children: Maress, who is studying medicine; and Mailen, a fisioterapist. Her favorite Bible text is Joshua 1:9, and her favorite hymn is “Nearer, Still Nearer.” She enjoys reading and traveling with her husband.



HEPZIBAH KORE
SOUTHERN ASIA DIVISION

Hepzibah and Gnanaraj Kore celebrate their anniversary on May 7. She and her husband are PKs and have served the church together for 40 years. Hepzibah has been a Shepherdess Coordinator since 1987. She loves working with the pastors’ wives. The major project she has undertaken is basic literacy. She and her husband have one daughter and two special grandsons. Her favorite Bible text is Romans 8:28, and her favorite hymn is “When We All Get To Heaven.”



MAEVE MAURER
EURO-AFRICA DIVISION

Maeve and Gabriel Maurer were married May 29, 1988. They have two lovely daughters: Daniela and Berit. They also have a golden retriever, Jonny, who is loved by almost half of the village, so he creates good opportunities for them to visit with people and share their faith. Maeve has two favorite Bible texts: 1 Corinthians 10:13 and Deuteronomy 5:31. Her favorite hymn is “Wenn Mein Auge Schaut den Heiland”, which talks about the joy there will be when seeing the Saviour face to face. For fun Maeve likes spending time with family and friends, as well as horseback riding, hiking, reading, jogging, and enjoying nature.



**WINNIE
MWAKALONGE**
EAST-CENTRAL AFRICA
DIVISION

Winnie is married to Magulilo Mwakalonge, and they have two children: Grace and Gladness. Winnie's favorite text is Romans

8:28. Her favorite hymn is "Abide With Me." Winnie enjoys reading, playing the piano, teaching children, singing, and watching quiet movies.



ANGELE NLO NLO
WEST-CENTRAL AFRICA
DIVISION

Angele married Jean Emmanuel on September 15, 1989. Their pet is a cat. Psalm 23 is her treasured Bible scripture, and "To God Be the Glory" is her favorite hymn. Angele loves

to tell stories from evangelistic experiences and trips and about new people she meets.



**MARIE DENISE
RATSARA**
SOUTHERN AFRICA INDIAN-
OCEAN DIVISION

Denise and Paul Ratsara were married July 24, 1984, and were blessed with three children: Mary Ruth, Paul Nehemie, and Moise

Denis. They also have pet birds. Denise's favorite text is Psalm 23:1, and her favorite hymn is "Marching to Zion." For fun Denise enjoys gardening and taking part in short running races.



MARTI SCHNEIDER
NORTH AMERICAN DIVISION

Marti and Don Schneider were married on August 30, 1964, and were blessed with two children: Don and his wife Dorothy are medical doctors in Juneau, Alaska; and Carol is the principal of Vista Ridge Academy in Colorado. Marti had a difficult time choosing a favorite Bible text, but she does love John 15 and 2 Chronicles 20. Some of her favorite hymns are "Joyful, Joyful, We Adore Thee" and "Holy, Holy, Holy." Marti enjoys traveling—especially in Germany.



GLORIA TROTMAN
INTER-AMERICAN DIVISION

Dr. Gloria Lindsey Trotman is happily married to Pastor Jansen Trotman and they celebrate their anniversary, on March 30. They have four children: Dr. Karen-Mae Trotman Mitchell, Jansen Trotman Jr., Shawna Trotman

Henry, and Nelita Trotman Elliott. The Trotmans enjoys spending time with their 7 grandchildren. Gloria's favorite Bible text is Jeremiah 29:11 in The Clear Word. "My Faith Has Found a Resting Place" is Gloria's favorite hymn. She likes to watch funny movies and play the piano.



MERILYN WEBSTER
SOUTH PACIFIC DIVISION

On August 14, 1977, Marilyn married Gary Webster, and they now have two adult daughters, Robyn and Lyndelle. Marilyn's favorite Bible text is Philippians 4:6 & 7 and her favorite song is "We Have This Hope." She

enjoys reading, gardening, photography, painting, picnics, and visiting animal and bird sanctuaries.



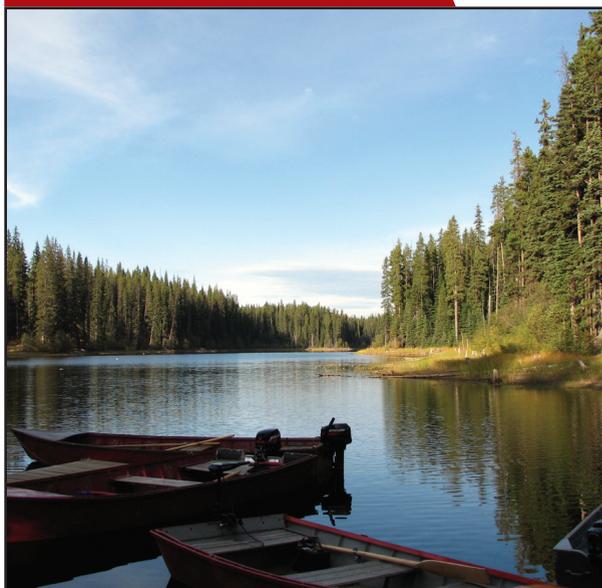
**ANNE-MAY
WOLLAN**

TRANS-EUROPEAN DIVISION

Anne-May Wollan and her husband will be celebrating 40 years of marriage on August 17. They have two children, Raymond and Monica, and six grandchildren: Pernille, Pia,

Vilde, Carina, Varin, and Norah. "My Jesus I Love Thee" is her favorite hymn and she claims Philippians 4:13 as her favorite text. For fun Anne-May enjoys doing patchwork, woodwork, and arts and crafts with her granddaughters.

**OKANAGAN VALLEY
BRITISH COLUMBIA, CANADA**





KARI PAULSEN
GENERAL CONFERENCE (GC)

CITY AND COUNTRY OF RESIDENCE:
Spencerville, Maryland, USA

MARRIED TO: Jan Paulsen

YEARS MARRIED: 55 years

CHILDREN:

- Laila**, living in England
- Jan-Rune**, living in Norway
- Rein André**, living in Switzerland

WORK: Homemaking

FAVORITE FOOD: Anything savory, including salads, soups, entrées, etc.

FAVORITE PLACE: Wherever I am living at the present time.

FAVORITE BOOK: I have found that favorite books change with time and life experience—I have one today and another one tomorrow. Only one remains my lasting favorite: The Bible.

ONE OF YOUR MOST MEANINGFUL EXPERIENCES IN MINISTRY: To experience the enormous growth of our church worldwide, and the richness of our cultural diversity.

WHAT DO YOU LOVE MOST ABOUT BEING A SEVENTH-DAY ADVENTIST CHRISTIAN?

Looking forward to the return of my Savior, Jesus Christ.



ELIZABETH BEDIAKO
GENERAL CONFERENCE (GC)

CITY AND COUNTRY OF RESIDENCE:
Takoma Park, Maryland, USA

MARRIED TO: Matthew Bediako

YEARS MARRIED: 43 years

CHILDREN:

Doris, who is working as a nurse in a physician's office in Columbus, Ohio.
Patricia, who works as a dialysis nurse in Sarasota, Florida.

Janice, who lives in York, PA, and works in Baltimore, Maryland, as a physician's assistant.

Matilda, who teaches modern languages at a high school in Sarasota, Florida.

6 grandchildren

WORK: Works for the Ministerial Association at the General Conference

FAVORITE FOOD: Chinese food, which has lots of rice and vegetables

FAVORITE PLACE: I like my home and church, but I also enjoy traveling. I have especially enjoyed visiting Russia, China, and Korea.

FAVORITE BOOK: The Holy Bible.

ONE OF YOUR MOST MEANINGFUL EXPERIENCES IN MINISTRY: It's hard to pick just one experience. Being able to help others wherever I go, especially the poor, both physically and spiritually—the ones who don't have any hope—that is very meaningful.

WHAT DO YOU LOVE MOST ABOUT BEING A SEVENTH-DAY ADVENTIST CHRISTIAN?

Making the Sabbath special and not having to do anything on that day except worship God.



SHERRY LEMON
GENERAL CONFERENCE (GC)

CITY AND COUNTRY OF RESIDENCE:
Needmore, Pennsylvania, USA

MARRIED TO: Robert E. Lemon

YEARS MARRIED: 34 years

CHILDREN:

We have two grown children—**Tami and Jamie**—and three wonderful grandsons.

WORK: I have worked as an administrative secretary for many years and have thoroughly enjoyed my work. However, I am looking forward to retirement soon.

FAVORITE FOOD: It is hard to say just one is a favorite, but I do love many different kinds of salads and casseroles.

FAVORITE PLACE: I love a country setting and I think Switzerland is my favorite place with its serene, natural beauty!

FAVORITE BOOK: That's a good question, but I'm not able to pinpoint one in particular. I love to read but haven't had as much time to read as I would like.

ONE OF YOUR MOST MEANINGFUL EXPERIENCES IN MINISTRY: The experiences we had in serving the Lord in other lands and among other cultures have been a great joy!

WHAT DO YOU LOVE MOST ABOUT BEING A SEVENTH-DAY ADVENTIST CHRISTIAN?

There is so much joy in being a Seventh-day Adventist Christian—the joy in the message we have, in the hope that we have, in knowing and having such a Friend in Jesus, and in the anticipation of going home! I have every reason to "...sing because I'm happy!"



RAE LEE COOPER
GENERAL CONFERENCE (GC)

CITY AND COUNTRY OF RESIDENCE: Burtonsville, Maryland, USA

MARRIED TO: Lowell Cooper

YEARS MARRIED: 43 years

CHILDREN:

Jondell Roy, a pediatric nurse, lives with her husband, Rob Roy, and daughter, Paige, 5, in Tri-Cities, Washington.

Todd Cooper an oral surgeon, and lives with his wife, Holly, and their two children, Ava, 1, and Spencer, 2, in Tri-Cities, Washington.

WORK: I am the General Conference nurse working with the Health Ministries Department.

FAVORITE FOOD: I like many foods, but especially curry with rice.

FAVORITE PLACE: The beach—any warm beach!

FAVORITE BOOK: I have many favorites, but I especially enjoy reading the Bible. I also like reading medical history books and books that contain weather-related stories.

ONE OF YOUR MOST MEANINGFUL EXPERIENCES IN MINISTRY: I really enjoyed our mission service together, especially in India, where we lived for 15 years. I enjoyed raising our kids overseas in the mission field and working with children in choirs, Pathfinders, and camps. It was also very rewarding working with foster-care babies in India. A foster-care program for abandoned babies was set up on the Division compound headquarters in Puna. When the missionary who had set up the program went on permanent return, she asked me and another missionary wife to continue running the program. We trained women on the compound to care for these abandoned babies and ran well-baby clinics each week. These babies grew up on the compound where they received good nutrition and care. Many were adopted into wonderful families.

WHAT DO YOU LOVE MOST ABOUT BEING A SEVENTH-DAY ADVENTIST CHRISTIAN?

The peace that it gives. What I really enjoy is the peace. We don't have to worry. We have a God who takes care of us, who helps us with our problems. It's the peace that is wonderful.



ERNESTINE (TEENIE) FINLEY
GENERAL CONFERENCE (GC)

CITY AND COUNTRY OF RESIDENCE: Haymarket, Virginia, USA

MARRIED TO: Mark Finley

YEARS MARRIED: 43 years

CHILDREN:

Debbie Finley Boland a physician in her second year of residency in neurology, lives in Peoria, Illinois, with her husband, Kevin.

Rebecca Finley Barnhurst is a registered dietician living in Ooltewah, Tennessee with her husband, Loren. They have one daughter, Claire.

Mark Finley, Jr. is presently training in Winchester, Virginia, to become a physician assistant. His wife, Denise, is a homemaker. They have one son, Dyson.

WORK: I work with the Hope Channel and also in evangelism, doing pre-evangelism in areas where my husband, Mark Finley, is scheduled to hold meetings. In addition, I also organize his public evangelistic meetings in the United States.

FAVORITE FOOD: Every fruit and veggie, as well as pasta.

FAVORITE PLACE: Home in Haymarket, Virginia, where we live in the country surrounded by mountains. I also enjoy the area around Orlando, Florida.

FAVORITE BOOK: The Bible.

ONE OF YOUR MOST MEANINGFUL EXPERIENCES IN MINISTRY: The most meaningful times have been when we were working in evangelism for the first time in Communist countries. It was exciting to see hundreds of people who for the first time came to a public auditorium to attend evangelistic meetings in Gdansk, Poland.

WHAT DO YOU LOVE MOST ABOUT BEING A SEVENTH-DAY ADVENTIST CHRISTIAN?

I'm thankful for the privilege of knowing Christ, and I love the Adventist message. Adventist history and its early beginnings really inspire me. We simply have a wonderful Biblical heritage. I think we are a privileged people that God has blessed. The Seventh-day Adventist Church is not just another church or just another denomination—it's a movement of destiny for God's people. It's incredibly exciting to be part of the Adventist Church.



ALICE HSU
GENERAL CONFERENCE (GC)

CITY AND COUNTRY OF RESIDENCE: Burtonsville, Maryland, USA

MARRIED TO: Eugene Hsu

YEARS MARRIED: 42 years

CHILDREN:

Vincent—a physician living and working in Orlando, Florida

Vernon—a math/science teacher at the Beltsville Adventist School in Maryland

Lisa—living in Laurel, Maryland where she has been homeschooling her 3 boys

6 ½ grandchildren (one is due in September 2010)

WORK: Retired (previously worked at Adventist Risk Management), but keeping very busy babysitting grandchildren, traveling with Eugene, and being at home.

FAVORITE FOOD: Asian food—Thai, Chinese, and especially food from Singapore.

FAVORITE PLACE: Singapore, where I was born and lived for 19 years. I still have memories of growing up in Singapore, and I still love it.

FAVORITE BOOK: *On Gold Mountain*, by Lisa See. This book is a memoir, telling the experiences of Fong See, Lisa's great-grandfather from China, who immigrated to Los Angeles, California in the late 19th century and married a Caucasian woman at a time when that was "not done." He was a pioneer of Los Angeles' Chinatown and during his 100 years of life experienced many extraordinary things. *On Gold Mountain* not only tells the story and experiences of Fong See and his wife Ticie, but also helps points out the ways in which memory and experience influence our sense of who we are.

ONE OF YOUR MOST MEANINGFUL EXPERIENCES IN MINISTRY: It is very meaningful to meet people from different countries—such as the time we went to Romania and were able to worship with other Adventists there. It was wonderful to see how they were so strong in the faith. They didn't have much, but they were so happy in the Lord.

WHAT DO YOU LOVE MOST ABOUT BEING A SEVENTH-DAY ADVENTIST CHRISTIAN?

Knowing that this is the remnant church and that I'm on the right path—that is a very comforting thought to me. I was born into Adventism, and I have always been happy to be an Adventist. I've never thought about wandering away—for me it is such a happy experience to be a Seventh-day Adventist.



VERNA KARST
GENERAL CONFERENCE (GC)

CITY AND COUNTRY OF RESIDENCE: Burtonsville, Maryland, USA

MARRIED TO: Gerry Karst

YEARS MARRIED: 45 years

CHILDREN:

Julie Satelmajer, who has a swimming pool business with her husband in Canada

Dr. Jeffrey Karst, who is an interventional radiologist in California

WORK: Before retiring in 2009, I spent 15 years serving as the Registered Nurse in the Health Ministries Department of the General Conference

FAVORITE FOOD: Chocolate

FAVORITE PLACE: The Canadian Rocky Mountains

FAVORITE BOOK: The one I'm reading at the time!

ONE OF YOUR MOST MEANINGFUL EXPERIENCES IN MINISTRY: Being an assistant when needed. I like to stay in the background and help.

WHAT DO YOU LOVE MOST ABOUT BEING A SEVENTH-DAY ADVENTIST CHRISTIAN?

The feeling of belonging to a family wherever I go to church the world over.

**GREAT FALLS OF THE POTOMAC RIVER
MARYLAND AND VIRGINIA, UNITED STATES**





ROSY MIRANDA
GENERAL CONFERENCE (GC)

CITY AND COUNTRY OF RESIDENCE: Burtonsville, Maryland, USA

MARRIED TO: Armando Miranda

YEARS MARRIED: 36 years

CHILDREN:

Liz, is married and teaches music at Valley Grande Academy in Texas.

Rosy, is married and teaches at Richardson Academy in Texas.

Armando, is married and is a pastor in Brownsville, Texas.

WORK: I work as an Administrative Assistant at the North American Division.

FAVORITE FOOD: Mexican and Italian food

FAVORITE PLACE: My home and Cancun

FAVORITE BOOK: The Bible, the book of books!

ONE OF YOUR MOST MEANINGFUL EXPERIENCES IN MINISTRY:

My husband travels extensively, so I spend a lot of time by myself. But I am not alone, because God is always with me, and He gives me the opportunity to travel with my husband to many places and know about other cultures.

WHAT DO YOU LOVE MOST ABOUT BEING A SEVENTH-DAY ADVENTIST CHRISTIAN?

God is good in a very big way! He has taken care of and guided me throughout my life.



JUDITH MWANSA
GENERAL CONFERENCE (GC)

CITY AND COUNTRY OF RESIDENCE: Laurel, Maryland, USA

MARRIED TO: Pardon Mwansa

YEARS MARRIED: 26 years

CHILDREN:

Paul, pursuing a Master's degree in Religion and Philosophy.

Maggie, a senior completing her Bachelor's degree in Political Science.

Helen, completing her Bachelor's of Science in Nursing.

David, just graduated from high school in May.

WORK: Homemaking—I love being with my family. In addition, I find my home is always full of friends, which I enjoy very much. I love entertaining, gardening, and sewing, even if I do not have much time for it. I am hoping to learn how to knit. I also serve as departmental secretary for Women's Ministries at the General Conference. Part of my work includes preparing the articles sent by women from all over the world for the annual women's devotional book.

FAVORITE FOOD: Haystacks, rice and beans.

FAVORITE PLACE: Zambia, my home country.

FAVORITE BOOK: The Bible because of its wide range of teachings on all issues of life.

ONE OF YOUR MOST MEANINGFUL EXPERIENCES IN MINISTRY:

Praying for/with and worshiping together with other believers in different cultures around the world, knowing that even in our "differentness", we love the same God and He loves us, and we have the same goals and purpose as we serve our God on this earth. It has been a joy praying for my brothers and sisters in Christ and especially for my husband, who travels a lot.

WHAT DO YOU LOVE MOST ABOUT BEING A SEVENTH-DAY ADVENTIST CHRISTIAN?

What I love most about being a Seventh-day Adventist is that somehow God has managed to make us a global family. When we travel to other parts of the world and mention that we are Seventh-day Adventists, immediately all other Adventists from those parts of the world relate to us just like real brothers and sisters. I also find the teachings of the Seventh-day Adventist Church to be very practical and helpful in my daily living.





JEANIE RYAN
GENERAL CONFERENCE (GC)

CITY AND COUNTRY OF RESIDENCE: Silver Spring, Maryland, USA

MARRIED TO: Mike Ryan

YEARS MARRIED: 41 years

CHILDREN:

Gina Wyatt—works as a radiologist in Clarksville, Tennessee. She and her husband have one daughter, Ella, who is 4½.

Heidi Kapusta—lives in Newnan, Georgia where she has been working as a high school history teacher but is now studying nursing.

WORK: Nurse Practitioner working in out-patient orthopedics at the Baltimore Veterans Administration Medical Center.

FAVORITE FOOD: Rice and curry; Indian breads

FAVORITE PLACE: The San Juan Mountains of Colorado. We greatly enjoy outdoor activities, and there is a lot to do there—hiking, camping, rafting, snowshoeing . . .

FAVORITE BOOK: *Christ's Object Lessons* by Ellen G. White.

ONE OF YOUR MOST MEANINGFUL EXPERIENCES IN MINISTRY:

When my husband and I went to Cambodia in 2003. He did evangelism and I gave health presentations and held clinics. Before our arrival, others had given Bible studies to prepare the people for the evangelistic series. The Holy Spirit blessed the meetings, and many were led to Jesus and baptized.

WHAT DO YOU LOVE MOST ABOUT BEING A SEVENTH-DAY ADVENTIST CHRISTIAN?

I love being part of God's huge, international family. Wherever you go, you can find another Seventh-day Adventist who is waiting for Jesus to come, just like you are. Even if you can't speak their language, you have a basic understanding of each other. That is fabulous.



NANCY WILSON
GENERAL CONFERENCE (GC)

CITY AND COUNTRY OF RESIDENCE: Brookeville, Maryland, USA

MARRIED TO: Ted N. C. Wilson

YEARS MARRIED: 35 years

CHILDREN:

Emilie Louise is a nurse and is married to Kameron DeVasher, a pastor. They are anxiously awaiting the birth of their first baby, due July 20.

Elizabeth Esther is also a nurse and is married to David Wright, also a pastor. Their two children—Lauren, 3, and Matthew, 1—are the delight of our lives!

Catherine Anne is a physical therapist and is married to Robert Renck, a dentist. They are expecting their first baby September 8.

WORK: I consider my most important work to be a wife, mother, and homemaker. That is what I enjoy more than anything. I am also a physical therapist doing PRN work in home health, which I love.

FAVORITE FOOD: I love fresh fruits, especially mangos, red papaya, and strawberries. I also love Middle Eastern food.

FAVORITE PLACE: Home with family.

FAVORITE BOOK: The Bible is #1. *The Desire of Ages* would probably be second.

ONE OF YOUR MOST MEANINGFUL EXPERIENCES IN MINISTRY:

Being able to fellowship and experience the sense of family with our believers all over the world, regardless of cultural or racial differences. Biblical truth truly binds us together.

WHAT DO YOU LOVE MOST ABOUT BEING A SEVENTH-DAY ADVENTIST CHRISTIAN?

The peace, joy and ultimate happiness that comes with an understanding of the biblical theme of the Great Controversy, which sheds light on all that is going on around us, is a source of inestimable comfort to me. It also defines our role as a church.



FLORA DORCAS
SOUTHERN ASIA DIVISION

CITY AND COUNTRY OF

RESIDENCE: Hosur, India

MARRIED TO: John Rathinaraj

YEARS MARRIED: 36 years

CHILDREN:

Winnie John, 35, married, has a 15-month-old girl.

Fredrick John, 33, married, has a boy, 3.

WORK: I am a correspondent for the sponsorship program for Adventist Child India (ACI), a children's education program, with offices located at the Southern Asia Division.

FAVORITE FOOD: No particular favorite, but I enjoy Indian food and fruits.

FAVORITE PLACE: Home

FAVORITE BOOK: The Bible

ONE OF YOUR MOST MEANINGFUL EXPERIENCES IN

MINISTRY: I find happiness when boys and girls sent by us to our Adventist schools complete their studies successfully and become workers of God. One of the most meaningful was when a girl named Joyce became a Seventh-day Adventist after completing secondary school in the village. Her parents were unable to educate her further. One day I was talking to a lady about Joyce, and that lady was willing to send her to one of our colleges. When Joyce was in her second year of college, her loving mother passed away. Joyce's father was a drunkard and never cared for the children. When Joyce completed her studies, we arranged for her marriage. She is now married to a pastor, and I am so glad that now she is a teacher in one of our schools and that, above all, she is a good Shepherdess helping her husband in the ministry for God.

WHAT DO YOU LOVE MOST ABOUT BEING A SEVENTH-DAY ADVENTIST CHRISTIAN?

From the bottom of my heart I thank God for keeping me in the Seventh-day Adventist family from my birth. I feel God's guidance, blessings, peace, and joy in my life, I believe that God had already planned my life schedule before my birth, and He helps me to live according to His plan. Sabbath is a special blessing for us; worshipping the Lord together, conducting Branch Sabbath School, meeting people and praying with them all bring a kind of satisfaction on that day. We are really blessed. I am happy to be a Seventh-day Adventist.



HELEN BOCALA-GULFAN
(SSD)

CITY AND COUNTRY OF RESIDENCE: Silang, Cavite, Philippines

MARRIED TO: Alberto C. Gulfan, Jr.

YEARS MARRIED: 32 years

CHILDREN:

Helen Zella Gulfan-Tecson, married to Erwin Tecson. They have one son, Zelwin Sam G. Tecson

Albert Lloyd B. Gulfan, married to Novelou Lagra-Gulfan
Jarbien Pol Bocala Gulfan, married to Diadem Evasco-Gulfan

WORK: I am the Shepherdess International Coordinator and Women's Ministries Director for the Southern Asia-Pacific Division. Most of my time is spent traveling, teaching, and nurturing Shepherdesses and other women. I also organize programs, prepare materials, and communicate with leaders, colleagues, and family members. Part of my work also involves attending committee meetings. I love gardening, sports, and making new friends.

FAVORITE FOOD: I like vegetables and fruits such as grapes, mangosteen, mango, bananas, durian, and others.

FAVORITE PLACE: I have many favorite places—the Singapore airport, my office, our master bedroom and my garden.

FAVORITE BOOK: The Bible

ONE OF YOUR MOST MEANINGFUL EXPERIENCES IN

MINISTRY: There are several—

1. When I gave Bible studies to our youngest boy with the other juniors and they were baptized. (At that time, my husband was president of a mission and, most of the time, away on Sabbaths.)
2. When my friend, another pastor's wife, Jed Gaurino, and I decided to give Bible studies to a family of six and all were baptized. What a great joy it was for us!
3. When my husband was assigned as church pastor of Tagbilaran City, Philippines, and we planted a good variety of papayas around the church. When the fruits were nearly ripe, we wrote the family names of our church members on them, and it was satisfying to see the members inspired by being loved and remembered. Our church was vibrant and active in witnessing.
4. When even older members come to me for counsel, and we pray together.
5. I thank God for the privilege of traveling, visiting places, and attending meetings because my husband is a pastor of the Seventh-day Adventist Church.

WHAT DO YOU LOVE MOST ABOUT BEING A SEVENTH-DAY ADVENTIST CHRISTIAN?

1. The worship and fellowship on Sabbath
2. The sanctuary doctrine
3. The unity through the Sabbath School lessons, which are the same throughout the world
4. The hope of Jesus' return and eternal life



**ADRIENE DE
CARVALHO
MARQUES KÖHLER**
SOUTH AMERICAN DIVISION

**CITY AND COUNTRY OF
RESIDENCE:** Brasilia, Brazil

MARRIED TO: Erton Carlos Köhler

YEARS MARRIED: 18 years

CHILDREN:

Matheus Köhler, 10

Mariana Köhler, 3

WORK: I am a nurse, but at the moment I am a full-time homemaker.

FAVORITE FOOD: I like vegetarian food a lot, especially quiche.

FAVORITE PLACE: The city of Natal, in Rio Grande do Norte, Brazil.

FAVORITE BOOK: *The Testimonies for the Church* collection, by Ellen G. White.

ONE OF YOUR MOST MEANINGFUL EXPERIENCES IN MINISTRY: My most meaningful experience was accepting the call to service in the South American Division—at the age of 33.

WHAT DO YOU LOVE MOST ABOUT BEING A SEVENTH-DAY ADVENTIST CHRISTIAN?

I love having hope in the return of Jesus, and I love knowing that Jesus is with us at every moment.



AHN SOOK LEE
NORTHERN ASIA-PACIFIC
DIVISION

**CITY AND COUNTRY OF
RESIDENCE:** Koyang City, Korea

MARRIED TO: Jairyong Lee

YEARS MARRIED: 36 years

CHILDREN:

Helen Lee Robinson, 34, teaches full-time at a college in Thatcher, Arizona. Her husband, Nathan Robinson, is an ordained pastor in the Arizona Conference. They have two children: Dana, 5, and Zane, 3.

Michael Lee, 31, studied Oriental Medicine in China for six years. During the past three years, he has been studying at Andrews University, and this August he will be studying at the Loma Linda School of Medicine. Michael and wife Vicky have two children—Rylan, 3, and Timothy, 1.

WORK: Computer graphic design

FAVORITE FOOD: Fruit salad with garlic bread

FAVORITE PLACE: Tagaytay, Philippines

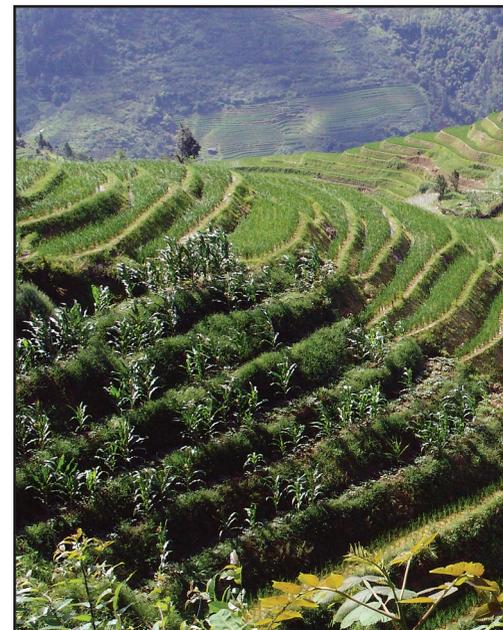
FAVORITE BOOK: *The Desire of Ages* by Ellen G. White

ONE OF YOUR MOST MEANINGFUL EXPERIENCES IN MINISTRY: I believe that the Lord has given me a gift to entertain the people. I love to serve them food with a cheerful heart.

WHAT DO YOU LOVE MOST ABOUT BEING A SEVENTH-DAY ADVENTIST CHRISTIAN?

The life of hope in Christ. I always thank God for the precious hope of the Second Coming of Jesus Christ.

IGUAÇU FALLS - PARANÁ, BRAZIL





LUDMILA LEITO
(IAD)

CITY AND COUNTRY OF RESIDENCE: Miami, Florida, USA

MARRIED TO: Israel Leito

YEARS MARRIED: 40 years

CHILDREN:

- Deutly Leito, 38
- Ludmila Leito, 35

WORK: I am a secretary working at the Inter-American Division.

FAVORITE FOOD: Rice and beans.

FAVORITE PLACE: Any nice, peaceful place where I can read.

FAVORITE BOOK: In addition to The Bible, *The Desire of Ages* by Ellen G. White.

ONE OF YOUR MOST MEANINGFUL EXPERIENCES IN MINISTRY: When I was able to counsel and help young girls who had moral challenges.

WHAT DO YOU LOVE MOST ABOUT BEING A SEVENTH-DAY ADVENTIST CHRISTIAN?

The blessed hope to soon see Jesus return to take us home. Secondly, I love the Sabbath and all it entails.



NAKKU MBWANA
EAST CENTRAL AFRICA
DIVISION

CITY AND COUNTRY OF RESIDENCE: Nairobi, Kenya

MARRIED TO: Geoffrey Mbwana

YEARS MARRIED: 19 years

CHILDREN:

- Orupa Mbwana, 17
- Upendo Mbwana, 15

WORK: I work as the Division's insurance coordinator.

FAVORITE FOOD: I love African dishes, especially Chaptli!

FAVORITE PLACE: I loved visiting Geneva, Switzerland, and especially enjoyed seeing the Alps.

FAVORITE BOOK: *The Power of Prayer*, by Ellen G. White.

ONE OF YOUR MOST MEANINGFUL EXPERIENCES

IN MINISTRY: Being a pastor's wife is a high calling with great responsibilities. Often I take time to consider the large number of women in the church and ask myself, "Why did God call me to be a pastor's wife?" He could have called anyone. This makes me humble, and I realize that it is a blessing and privilege, not a right. The privilege of serving side by side with my dear husband and seeing the spiritual fruits, knowing that our labor has made some difference in people's lives, has made me grow day by day in my own spiritual journey. I love traveling, and as pastor's wife, I have the privilege of traveling to various places, giving me opportunity to know my fellow ministers' wives and to attend many spiritual meetings. One such privilege is attending the General Conference Sessions, which are highly inspiring. In these meetings I have the opportunity to fellowship with my fellow pastors' wives. Getting to know other women who share the same experience has been encouraging in my life.

WHAT DO YOU LOVE MOST ABOUT BEING A SEVENTH-DAY ADVENTIST CHRISTIAN?

I am privileged to be a disciple of Christ and to speak the truth because I believe the Seventh-day Adventist Church is the true church based on the Bible. It is a worldwide movement, and I think it is a unique privilege to belong to this big family.

As a Seventh-day Adventist Christian, I love to make a difference where I am—I feel called to love and do everything I can to bloom in the place where God has planted me.

DAEHAN GREEN TEA FARM
BOSEONG, SOUTH KOREA





JULIE OLIVER
SOUTH PACIFIC DIVISION

CITY AND COUNTRY OF RESIDENCE: Sydney, Australia

MARRIED TO: Barry Oliver

YEARS MARRIED: 38 years

CHILDREN:

Clayton, works for the Sanitarium Health Food Company

Randall, is a pediatric emergency nurse and clinical nurse educator

Brendon, serves as the executive manager for WESTPAC Group Bank and enjoys singing tenor for Opera Australia

WORK: Elementary school teaching until very recently; homemaking

FAVORITE FOOD: Raspberries, Pavlova

FAVORITE PLACE: Australia

FAVORITE BOOK: *Come Away My Beloved*, by Frances J. Roberts

ONE OF YOUR MOST MEANINGFUL EXPERIENCES IN MINISTRY: For five years we lived in Rabaul, Papua New Guinea, where we had the privilege of working with the local Tolai people and other folk from PNG and the nearby Solomon Islands. What a privilege to look into their sparkling eyes and see their radiant smiles; to hear their beautiful singing and the laughter of the children; and most of all to see the glow on their faces that came from giving their hearts to God. I can't help but mention the beautiful scenery, the coral reefs, and tropical fruits! What a memorable experience!

WHAT DO YOU LOVE MOST ABOUT BEING A SEVENTH-DAY ADVENTIST CHRISTIAN?

As a Seventh-day Adventist Christian who dearly loves God, I value the incredible support, love, and care of a loving community; the feeling of unity and confidence that comes with belonging to a worldwide community that has common beliefs and values; and the many blessings each week from keeping the Sabbath.



DENISE RATSARA
SOUTHERN AFRICA INDIAN OCEAN DIVISION

CITY AND COUNTRY OF RESIDENCE: Pretoria, South Africa

MARRIED TO: Paul Ratsara

YEARS MARRIED: 26 years

CHILDREN:

Mary, 24, **Paul**, 21, and **Moise**, 20. Our children are our prayer partners and very supportive. The two boys are preparing to serve the Lord as pastors, and Mary is studying in the Master of Divinity program.

WORK: Shepherdess Coordinator for SID, assisting the Shepherdesses in reaching their full potential. In addition, God has given me the opportunity to work with female inmates and prostitutes. I can't describe the joy that fills my heart when they accept Jesus as their Savior.

FAVORITE FOOD: Chapatti with potato curry

FAVORITE BOOK: The Bible—it is my guide and roadmap leading me all the way home.

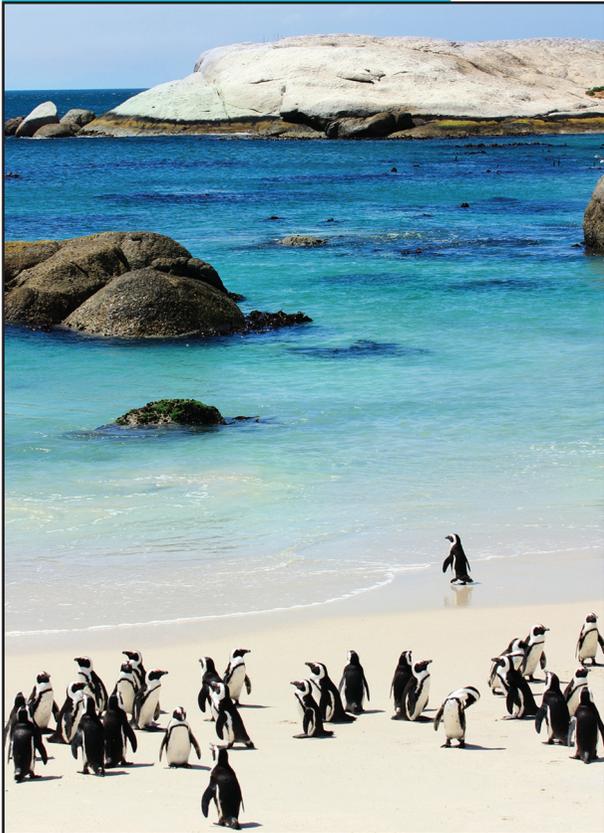
ONE OF YOUR MOST MEANINGFUL EXPERIENCES IN MINISTRY:

On our first assignment as missionaries in Zaire, we were stationed in Zaire (now Republic of Congo) with our young children. Our lives were difficult, but then we faced the emotional reality of having my husband kidnapped! But God intervened, and my husband was released and returned home safely. However, war had just broken out in the city of Kinshasa. Basic necessities were in short supply. Intermittent electricity, water, constant threats of an advancing rebel force, stretched medical resources, famine, and lack of security were the order of the day. We escaped to the city of Brazzaville, but the war followed us. Nighttime was especially traumatic, as we tried to sleep under the bed to avoid being caught in the continuous crossfire. We were praying the insurgent war would abate so we could return to our ministry in Kinshasa. Another pastor took the initiative to negotiate safe passage for our little family, but we were caught in the crossfire between rebels and government forces. As bullets ricocheted and mortars fell, the possibility of death became real. I prayed that the Lord would protect and lead our family out safely. Then I heard my youngest, Moise, pray as he cowered on the floor of the vehicle: "Jesus, if you save me from this right now, I will serve you when I am big." Today, my children are grown, and little Moise is now studying to be a pastor. God granted him and his family not only safe passage but the desire of a little boy's heart!

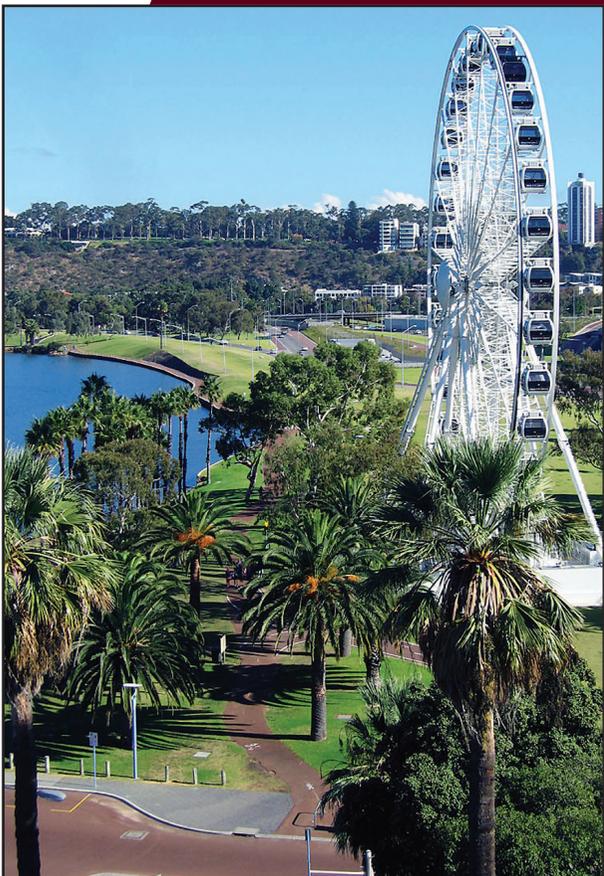
WHAT DO YOU LOVE MOST ABOUT BEING A SEVENTH-DAY ADVENTIST CHRISTIAN?

Being part of the true church that is based on the Bible and is a worldwide movement. I think it is a unique privilege to belong to this big family.

BOULDERS BEACH
CAPE TOWN, SOUTH AFRICA



FERRIS WHEEL
PERTH, AUSTRALIA



MARTI SCHNEIDER
NORTH AMERICAN DIVISION
(NAD)

CITY AND COUNTRY OF

RESIDENCE: Laurel, Maryland,
USA

MARRIED TO: Don Schneider

YEARS MARRIED: 45 years

CHILDREN:

Don Schneider and his wife, Dorothy Hernandez,
both medical doctors in Juneau, Alaska

Carol Schneider, principal of Vista Ridge Academy
in Colorado

WORK: Homemaker, director for programs of Adventist
Mission at the GC; coordinator of the SEEDS Church
Planting Conferences and Church Works Conferences.

FAVORITE FOOD: Food! I love to eat! Mexican,
Italian. . . .

FAVORITE PLACE: Favorite place? Wherever I live at the
time . . . home. We do love to take people to Germany.

FAVORITE BOOK: I have several that I savor and that
I read over and over. One such book is *L'Abri*, the story
of the founding of a Christian evangelistic organization
by Francis Schaeffer and his wife Edith in Huemoz-sur-
Ollon, Switzerland. It is a story of faith!

**ONE OF YOUR MOST MEANINGFUL EXPERIENCES IN
MINISTRY:** I love ministering to other people with my
husband, and being a team . . . and also praying for Don's
ministry and watching God work through him.

**WHAT DO YOU LOVE MOST ABOUT BEING A SEVENTH-
DAY ADVENTIST CHRISTIAN?**

I love the Sabbath that God has given to us! I love the
expected coming of Jesus . . . soon and very soon! And
I love that Jesus, the One for whom we as Christians are
named, provides grace—the forgiveness and the power of
the Holy Spirit for living Christlike lives. He does what
I cannot do. And I love to share Jesus with others—our
neighbors especially!



GALINA STELE
EURO-ASIA DIVISION

CITY AND COUNTRY OF RESIDENCE: Moscow, Russia

MARRIED TO: Artur A. Stele

YEARS MARRIED: 23 years

CHILDREN:

Alexander, 22, who works as a financial manager for the Hope Channel in Ukraine.

WORK: Preparing and conducting seminars, publishing a journal, teaching classes at Zaoksky University, counseling, writing articles and books, making evaluations and assessments, and, of course, all work at home, which I enjoy very much: decorating, cooking, cleaning, washing, ironing, growing flowers, and gardening when I am lucky enough to have a small piece of land.

FAVORITE FOOD: Grapes and watermelons

FAVORITE PLACE: Home

FAVORITE BOOK: I have many favorite books, including the Gospel of John, *The Desire of Ages* by Ellen G. White, *War and Peace* by Leo Tolstoy, and *Short Stories* by Anton Chekhov.

ONE OF YOUR MOST MEANINGFUL EXPERIENCES IN

MINISTRY: There are many different and unforgettable experiences, but probably what moves me most are the meetings, conversations, and Bible studies with people who at first are far away from the Lord. I love seeing them grow in their relationship with Jesus; watching their lives change and their children coming to church worships; and later observing how they are active in the church, how they themselves are teaching and strengthening others in the truth!

WHAT DO YOU LOVE MOST ABOUT BEING A SEVENTH-DAY ADVENTIST CHRISTIAN?

I love that Adventists all over the world have a beautiful picture of God that is based on the Bible. I like that they have this burning desire in their hearts to share with other people the news about the irresistible, attractive, and loving character of Jesus, who meets His people where they are, restores and transforms them, and leads them home!



JOSEPHINE WARI
WEST-CENTRAL AFRICA
DIVISION

**CITY AND COUNTRY OF
RESIDENCE:** Abidjan, Cote
d'Ivoire

MARRIED TO: Gilbert Wari

YEARS MARRIED: 16 years

CHILDREN:

Nene, Eric, and Salem. Eric is currently in Ottawa, Canada, studying at the University. Nene and Salem are at home in Abidjan.

WORK: Currently serving as the West Africa Division Associate Education Director. At home, I care for my husband and children and take care of my garden.

FAVORITE FOOD: An African dish called "corn fufu," which is made of corn flour, accompanied by vegetables.

FAVORITE PLACE: Ottawa, Canada

FAVORITE BOOK: The Bible

ONE OF YOUR MOST MEANINGFUL EXPERIENCES IN MINISTRY: When, in 1997, I had to resign from the position I was occupying in the government as the National High School Inspector, in order to save the ministry of my husband, which was under serious threat. In the rural area where we were living, I survived by cultivating and selling vegetables. Also, in 2003, I had to resign again from the government in order to follow and support my husband's ministry in a different country. Here, I had to stay home, jobless, for many years.

WHAT DO YOU LOVE MOST ABOUT BEING A SEVENTH-DAY ADVENTIST CHRISTIAN?

A fulfilled life on this Earth, and the Blessed Hope for the world to come.



**ROSANNA DE
DEOMINICIS
WIKLANDER**
TRANS-EUROPEAN DIVISION

**CITY AND COUNTRY OF
RESIDENCE:** St. Albans, United
Kingdom

MARRIED TO: Bertil Wiklander

YEARS MARRIED: 43 years

CHILDREN:

Rebecka, 41, is married and lives in Laguna Niguel, California. She is managing editor for two magazines published by the American Association for Critical Care Nurses.

Christian, 38, is married and lives in Stockholm, Sweden. He works as a controller for a large state-owned company in the area of education. He has just become a father, giving us our first very-much-loved grandchild, Cecilia.

WORK: Accountant at the Trans-European Division

FAVORITE FOOD: Unfortunately, all food is my favorite!

FAVORITE PLACE: Rome, where I was born and raised

FAVORITE BOOK: Spiritually, in addition to the Bible, *Steps to Christ*; as far as fiction, *Pride & Prejudice* by Jane Austen.

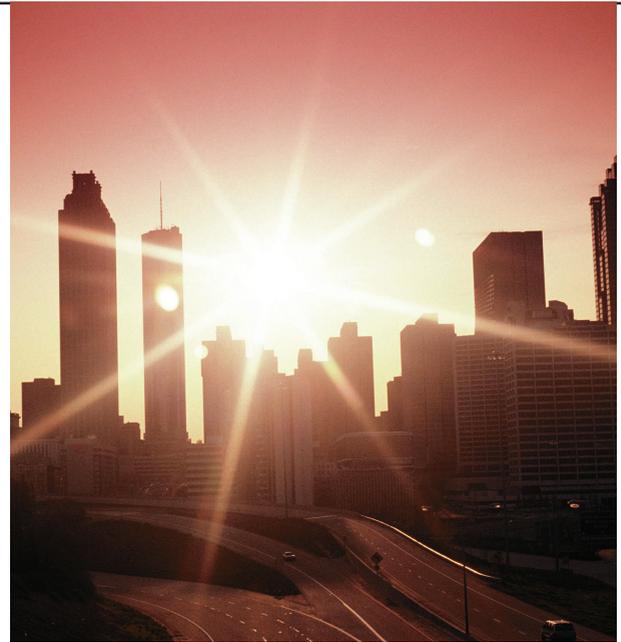
ONE OF YOUR MOST MEANINGFUL EXPERIENCES IN MINISTRY: Bertil's ordination, when together we decided to give our life to working for our church.

WHAT DO YOU LOVE MOST ABOUT BEING A SEVENTH-DAY ADVENTIST CHRISTIAN?

Knowing that by God's grace we do our utmost to live according to His wish, both in the spiritual and the physical fields.

KRUGER NATIONAL PARK, SOUTH AFRICA





THE VIEW IN ATLANTA

by Sarah K. Asaftei

So you're coming to Atlanta for the General Conference Session (GCS)! Whether you're a seasoned GCS attendee or a complete novice, you definitely want to fill your time with enjoyable (and affordable!) memories.

The GCS is one of my favorite events. I get goosebumps when I hear tens of thousands of my fellow Adventists singing "We Have This Hope." I love watching the Parade of Nations. I can spend hours browsing exhibits and talking to people from around the world. And I look forward to watching Independence Day fireworks among the crowds of people on the Fourth of July.

You could say I love the GCS! And since Atlanta is where I live, I want to let you in on a few local secrets. Of course, there are obvious activities like going to the Zoo or the Georgia Aquarium and eating your fill of fast food. But every city has its hidden highlights—those out-of-the-way places that aren't listed in any tour guide.

To help you have a great trip, I've compiled a list of my family's favorite places and activities, with a few discounts thrown in to help you save money.

SHOPPING

Splurge: If you want to browse upscale designer boutiques and high-end department stores, visit the Lenox Square Mall (www.lenoxsquare.com) in the suburb of Buckhead. It's a luxurious experience, even if you only window-shop.

Steal: If you want quality clothing, shoes, and accessories at affordable prices, try stores called *Ross* (<http://www.rossstores.com/>), *Marshalls* (<http://www.marshallsonline.com/>) and *TJ Maxx* (<http://www.tjmaxx.com/>). These retailers offer both classic and trendy styles for children and adults and at low prices, especially the clearance items!

DINING

Splurge: For an exceptional dining experience, try *Nan Thai* (www.nanfinedining.com/) near downtown Atlanta. The ambience is exquisite, the service is spectacular, and almost anything can be made to accommodate vegetarians. Dressy attire is required, including a suit coat for men, and you'll need to make a reservation.

If you prefer something heartier, check out one of *Maggiano's* (<http://maggianos.com>) locations. Attire is casual, and you'll need a reservation only during busy times like Saturday nights.

Steal: Sometimes instead of elegance, you just want homestyle food in a cozy atmosphere. *Ippolito's* (<http://ippolitos.net>) is a local family-owned restaurant with six locations across Atlanta, offering fresh homemade breads and sauces as well as authentic Italian recipes.

Sweet Tomatoes (www.souplantation.com) is a casual, all-you-can-eat paradise for vegetarians, offering dozens of salads, soups, and breads. There are four locations in Atlanta.

Atlanta's unique, family-owned *Cafe Sunflower* (www.cafesunflower.com) offers an exclusively vegetarian menu. They also feature many vegan and gluten-free dishes. For a 10 percent discount, mention that you're attending the "GC" or the "General Conference of Seventh-day Adventists."

ROMANCE

One of my favorite perks of being a pastor's wife are the trips when I can go along. My husband and I usually try to do at least one thing as a special date for just the two of us. If you get a chance for romance, here are some of our favorite things to do in the area.

SunDial Restaurant. Whether or not you stay to eat, this is an incredibly romantic place to watch the sunset over the

Atlanta skyline. The *SunDial* (<http://www.sundialrestaurant.com/>) is on the 72nd floor of the Westin Hotel, and it revolves so you get a 360-degree view. The city lights are especially beautiful at night. You can have dinner (desserts are especially delicious), get a cup of hot chocolate, or just sit by a window and soak in the view. Semi-dressy attire is required, and if you plan to eat (instead of just looking), it's a good idea to make reservations.

High Museum. Inspire your artistic tastes with a visit to the High Museum (www.high.org/) in downtown Atlanta. And if your schedule is flexible, tickets are half price (\$9.00 USD) on Thursday afternoons after 4:00 p.m.

Chattanooga Art District, Tennessee. If you can take a day to relax from the bustle of meetings, Chattanooga, Tennessee, is only a two-hour drive away. The Bluffview Art District (www.bluffviewartdistrict.com/) is full of beautiful architecture, historic landmarks, and yummy cafes. Downtown Chattanooga also boasts the highest-rated aquarium in America (www.tnaqua.org) and one of the longest pedestrian bridges in the world, spanning the Tennessee River. The bridge ends in Coolidge Park, a great place to picnic, ride the carousel, or tour a classic Southern riverboat.

NATURE

If you just want to breathe fresh air and see the sky, there are several inexpensive options in the Atlanta area.

Centennial Olympic Park (www.centennialpark.com) is near many downtown attractions and is free except for parking (around \$5.00-\$7.00 per vehicle). If you're staying near the GCS, this park is within walking distance. There will also be a free Independence Day celebration on the Fourth of July.

Stone Mountain (www.stonemountainpark.com) is just east of Atlanta and is a great place for hiking, picnicking,

and exploring Georgia's native flowers and trees. Parking costs \$10.00 per vehicle for a full day, and outdoor nature activities are free. Paid activities, such as riding a cable car to the top of the mountain, are also available.

For a real nature adventure, take your family whitewater rafting on Tennessee's *Ocoee River* for a day (about 2.5 hours from downtown Atlanta). The Ocoee River has exciting Class 3 and Class 4 whitewater rapids, and experienced guides will make sure you enjoy the trip even if you've never rafted before. Big Frog Expeditions (www.ocoeeRiver.biz) offers rafting, kayaking, and mountain biking—and a 10 percent discount on rafting to GCS attendees. Just tell them that you're attending the "General Conference" in Atlanta.

If you want to explore the outdoors more quietly, try a cruise along the Tennessee River Gorge. You can view nature and wildlife, take plenty of photos, and just relax. Check out Blue Moon Cruises (www.bluemooncruises.org) to find something you like.

No matter what you decide to do with your free time at the GC Session, I hope you and your family have a wonderful time enjoying Atlanta's southern hospitality and making unforgettable memories together. 



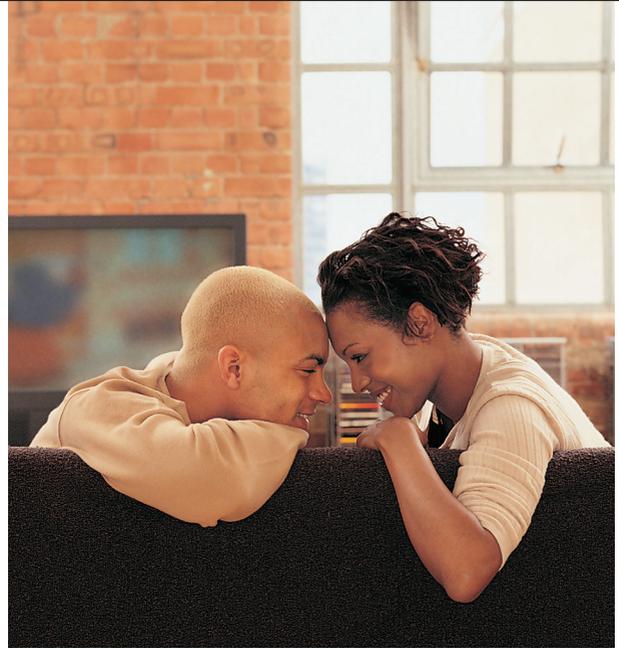
SARAH K. ASAFTEI is a pastor's wife and work-at-home mom living in the southern United States. She grew up as a missionary kid, married an Eastern European, graduated from Andrews University with a Master's in International Development, and spent four years working for the General Conference and the Trans-European Division. She loves writing, traveling, evangelism, and women's ministry. In addition to writing for *The Journal*, she co-authors a blog for young pastors' wives, runs her own marketing firm, photographs babies, bakes homemade bread, and makes yummy granola.



Centennial Olympic Park

BON VOYAGE!

by Karen Holford



After 26 years, my husband Bernie and I are finally grasping the gravity of those innocent promises we made at our wedding. Five words—“for better or for worse”—cover a vast range of marital experiences! Some of our best (and worst) experiences have happened when we’ve been traveling around the world on ministry assignments, gathering a collection of souvenirs, memories, photos, and never-to-be-forgotten (and hopefully not-to-be-repeated) learning experiences.

This year the General Conference Session may have inspired some of us to accompany our husbands on the global Adventist pilgrimage. So let’s explore how traveling together as a couple can provide some of our “better” couple experiences instead of our “worst.” We may have no control over ocean waves, roadwork, accidents, air-traffic controllers, immigration officers, lost luggage, hotel cleaners, and the indefinable vegetarian menu served by the cabin crew. But we can still plan to make the most of the special couple-time we can have when we travel together.

PACK FOR SUCCESS

Organize your packing in advance and make sure you have clothing for every occasion. Katy packs each day’s outfit in a different bag, including her undergarments, hosiery, and scarves. Then she packs one pair of smart, comfortable shoes that go with all her dressy outfits and wears a pair of comfortable walking shoes for the journey.

Expect the unexpected. Take clothes for warm days, cold days, and wet days, even if you think you know the climate. Weather happens! And squeeze in some fitness clothes (bathing suit, jogging apparel, gymwear); exercise is especially important after a long day sitting around.

Wear layers for traveling so you can add and subtract according to changing temperatures. I once wore a warm woolen dress and thermal pantyhose when flying to teach in a hot country. It was cold when I left home and I was arriving in the middle of the night,

so my outfit made sense. But my luggage didn’t arrive until the last day! I had no adjustable layers and no time or money to buy anything new, so I had to wear the same hot clothes all week.

Fill your toiletry bag well ahead of time, and pack essentials in smaller plastic bottles or buy travel sizes. Include two new toothbrushes. I’ve lost count of the times my husband or I forgot our toothbrush because we planned to pack them at the last minute. Having two brushes means you can each have one if someone forgets their brush or if your luggage is lost or delayed.

Take first-aid items—your favorite pain relief, Band-Aids, antiseptic wipes, cystitis treatment (we’re much more vulnerable to this when we’re sitting still and not drinking enough fluids!), and supplies for stomach upsets, bites, etc. It’s very stressful and time-consuming to track these items down in a strange place in the middle of the night. Pack enough of your regular medications to last through the trip. Find out whether you need a doctor’s note to carry your medical supplies through certain security and immigration checks. Add sunscreen, sunglasses, lip balm, water-purifying tablets, mosquito nets, thermal underwear, and so on, to suit your destination.

Pack non-perishable healthy snacks like dried fruit or crackers, instant soups and drinks, nuts, etc. Unexpected delays and time schedules can prevent you from finding food. If you like hot drinks or soups, take a mini travel kettle with you for boiling water. Check any food import restrictions for the countries through which you’ll be traveling.

Take something (like needlework) that you’ll enjoy doing on your own if your husband has to work, study, attend meetings, or sleep.

If you’re flying, mix up your packing so that you have one outfit and half your underwear in your spouse’s suitcase. Pack essentials (such as contact lens supplies or diabetes medication) and valuables in your hand luggage. Check the security requirements for carrying fluids in carry-on luggage.

PLAN ROMANCE

Slip something in your suitcase to make your hotel room feel special. Try battery-operated candles for safety. Pack a pretty pillowcase from home or your favorite room fragrance. Find a book on massage skills and some fragrant massage oil and treat each other to a do-it-yourself spa experience. Add your favorite bubble bath and play relaxing music. Pack interesting nightwear that your husband hasn't seen.

PLAN ENTERTAINMENT

Find a travel version of a game you enjoy playing together or a pack of discussion-starter cards for couples; these items are great for long drives. Take two copies of a book you've been promising to read together so you can read in your own time. Download audio books and listen to them together. Ask each other:

- What did you like best about the story?
- What was the most important part of the story for you, or the most important theme or message?
- Which character in the story is most like you, or most like the person you'd like to be?
- What difference will this book make to your faith or the way you relate to others?

Travel can be tiring and stressful, so choose positive things to discuss. Talk about encouraging and happy things—your dreams for your life together and your ministry; how God is gently helping you to grow; plans for your career, home, and family, etc.

Visit airport shops and choose three things you'd like to give your spouse (if you had the money) and show them to each other; after all, it's the thought that counts! Play a subtle hide-and-seek game within a specific area. Agree on where to meet after 15 minutes if you haven't found each other. Discover kind and helpful things to do for fellow travelers to make their journeys easier. Open a box of chocolates and pass it around the waiting area.

Find a peaceful cafe in the airport and share one slow drink together. Need a quiet place to sit and the main lounge is crowded? Check out empty departure gates and set an alarm to make sure you don't miss your own flight.

PLAN ADVENTURES!

Find fun for free! Check out city Web sites and tourist offices for helpful insider information, discount visitor vouchers, free places of interest (churches, museums, galleries, markets, parks, specialty stores) and city travel passes. Borrow guidebooks from a library or purchase them from thrift stores. We've even downloaded clues for inexpensive "treasure hunts" as a creative way to discover an old town.

Take pictures of each other and ask people to take pictures of you, too. Make an album that tells the story of your travels; collect menus, tickets, and other souvenirs to add extra dimension to the pages. Choose a theme for your photos or capture sunsets, famous sites, places of worship, native flowers, people doing local activities, pictures of interesting doorways, or the meals you ate.

Do something you couldn't do in your own country. Eat different kinds of (safe) food. Discover where you can experience local traditions and music.

Choose small, simple, unbreakable souvenirs. Or start a collection on a theme—local fabrics to sew into your own crafts,

stones, shells, teaspoons, candles, candlesticks, books, pictures, ties, scarves, etc. I collect different hearts from around the world and use them to illustrate various aspects of God's love. Foodie gifts are great for friends back home; they say "we were thinking of you" without adding extra clutter.

If you're going to be with old friends, protect your couple time, too. It's so easy to socialize with your friends and leave your spouse feeling lonely. Aim to make the most of being together.

PLAN PICNICS

Save money with do-it-yourself meals. Buy sandwich ingredients, fruit, and local treats. Wash fresh food well in cooled boiled or bottled water. Buy disposable salad bowls, plates, flatware, and cups. Bring your own peeler, can opener, and vegetable knife.

Be creative! We once tossed a salad in a large plastic carrier and then ate it straight out of the bag (in the privacy of our hotel room)! Find interesting places to eat: by a fountain, under a tree, at a lunchtime concert, etc. Take plastic bags so you can sit on damp ground or suspicious-looking benches. Tablecloths can make picnic tables feel more welcoming.

PLAN FOR INSPIRATION

Take time to grow closer spiritually. Choose a book that will inspire you both. Pray together or hold hands and pray silently for each other. Look for inspiration all around you: evidence of God's protection and guidance, the hidden delights of nature, etc. Create your own mini-retreat. Look for ways to minister to others. Leave tips for those who serve you or a thank-you flower for the maid.

IN CASE OF EMERGENCY

If you get lost, agree to meet at the last place you specifically remember speaking to each other; it usually works! Or make a Plan B: "If we get separated, we'll meet at 1:00 p.m. by the information desk."

Above all, be honest with each other and consider each other's needs, especially as you're out of your regular routines. It's okay to say, "I need to stop and have a drink," "I need to sleep," or "It's lovely to meet up with old friends, but let's take this afternoon to do something with just the two of us."

Even with the best planning in the world, travel disasters happen. Don't blame each other. Make the best of the situation, see the funny side, focus on Philippians 4:8, and remember that one day, this disaster will be useful for a sermon illustration!

The most important thing is to enjoy your time away from housework, bills, emails, and endless phone calls and to use the gift of traveling time to bring you both closer together. 



KAREN HOLFORD has been traveling and ministering alongside her husband Bernie for over 26 years. One of her special memories is of getting hopelessly lost in Venice in the middle of the night after popping out of their hotel for a breath of fresh air. Lessons learned: Always travel with a map and enough money for a river bus home. And you're never really lost if you're together; you're just looking for new places to love each other!

FREE CONSULTATIONS

AT ATLANTA'S GC SESSION
JUNE 25 — JULY 2, 2010
FOR CHURCH EMPLOYEES AND DELEGATES

- COPING WITH STRESS
- RELATIONSHIP ISSUES
- MINISTRY SATISFACTION
- DEPRESSION
- ANXIETY
- BURN-OUT

All appointments strictly private & confidential

FOR APPOINTMENTS OR INFORMATION CONTACT:

Scheduling Office - Exec. Board Room, Bldg. A
Georgia World Congress Center
1-866-309-9715 or email: bob.peach@khnetwork.org
or khnetwork.org/gccnl



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