

stay connected

We connect people to Jesus and help God change their lives.



God's Friendship Plan *by Pastor Nate Crandall*

"You are my friends if you do what I command you. No longer do I call you servants, for the servant does not know what his master is doing; but I have called you friends, for all that I have heard from my Father I have made known to you." Jesus (from John 15:14-15)

Friends share things with each other that they don't share with others. Just imagine what Jesus would have been feeling when he said these words to his disciples. He had finally reached the place with them where he had shared everything that the Father had told him to share. Jesus had entrusted them with the deepest of secrets. They had walked through some of the greatest and some of the toughest days together. At last, just before the end of his life on earth, he had some true friends.

Perhaps we don't think about the truth that the Lord wants us to be his friends. He is looking for people who will walk with him and share together in the deepest and most profound way. It begins with trust because all friendships are based on trust. Then, as our friendship with the Lord grows, he is able to share more of his heart with us. He doesn't share it all right away because we have to grow in our trust of him. That growth only happens in the context of following what he tells us to do.

So here is God's friendship plan. He loves us and reveals himself to us. We trust him and take our first steps to follow him. He continues to love us and show us more of himself and then gives us opportunities to follow him. If we are to follow him it always requires that we trust him and we do what he says. This is the way to know him more. This is what should motivate us to obey his commands. It is because trust and obey is the only way to grow and to know God as he is in truth.



This year the Lord placed "Friendship" on my heart as a theme of the way that he is working in our church family. As with all friendships, we must work at them for them to grow deeper. We don't work for God's love or for his salvation. However, we must work at our friendship with him if it is to become the sweet and precious thing which he desires it to be. Hopefully, it is the strongest desire of our heart as well.

I look forward to the growth in friendship with the Lord that he has planned for us. I know that it will be the best thing about this coming year, and I pray that we may be able to experience all the fullness of friendship with God.

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Coming In 2019!

February 9th – Frontline Documentary on Rohingya at Milton Library

March 13th – Awana Grand Prix

March 23-31 – Collision Mission Trip

April 17th – Awana Easter Celebration

April 20th – Easter Sabbath

May 1st – Awana Awards Night

May 22nd – Collision End of Year Picnic

June 1st – Day for Refugees

June 24-28 – Vacation Bible School

June 29th – Worship @ Wakonda

July 7-12 – Intermediate Camp

July 14-21 – Junior High Camp

July 21-28 – Senior High Camp

July 28-August 3 – Seventh Day Baptist General Conference

August 18th – Rummage Sale

August 24th – Bible Breakfast

September 11th – Awana and Collision Opening Night

November 2nd – Heritage Sabbath

November 9th – Operation Christmas Child Packing Party

December 8th – Christmas Brunch

December 21st – Christmas Music Celebration Service

December 24th – Traditional Candlelight Christmas Eve Service

THEY ALL JOINED TOGETHER
CONSTANTLY IN PRAYER.



ACTS 1:14, NIV

Begin 2019 with Prayer

New Year.

New beginnings – always a good time to pray!

Watch the Welcome Center for resources.

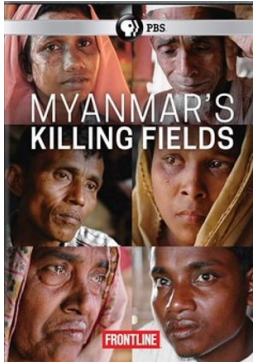
We'll have scripture-based prayers prepared by Pastor Nate, as well as the Seventh Day Baptist World Federation Week of Prayer booklets.

Rohingya Refugee Service and Library Program

Since our church has been led by God to impact the Rohingya people group, described as the most persecuted minority people group in the world, here are a couple ways to learn more.

Mark your calendar for Saturday, February 9...

For a special church service with Pastor Bob Andrews speaking at our church. Pastor Bob and his wife Lynne lead the Devon Oasis ministry focused on refugees in the Chicago area, many of which are Rohingya. Be sure to be at the church service to hear more about their work with refugees and the Rohingya people.



This will be followed by a program at Milton Public Library at 2:30 p.m. Join us at the Library for this showing of PBS's "Frontline: Myanmar's Killing Fields" with secret footage and first hand accounts of Rohingya Muslims targeted by Myanmar's military. The video will be followed by a discussion with Pastor Bob Andrews. (Program not recommended for children due to graphic content.)



Twenty-four people are going with our church to the young adult missions-focused CROSS Conference in Louisville, Kentucky leaving January 2nd and returning January 5th. Praise God for 24 people seeking God in missions!

Join us in prayer for:

- Safe travels to and from Louisville, Kentucky
- God to take care of every detail of this trip and for us see his work in this trip and in our lives
- God to work mightily in our lives in showing us our part in missions-focused
- Revival of faith in the Lord Jesus starting among this

- young adult generation -
- That they will see up close what the older generation sees from a distance
 - That this generation is for signs, wonders and miracles, not death and destruction
 - That this generation of young people are for life and life in Christ more abundantly
 - That this generation will impact world missions in a huge way in preaching the Gospel to all people groups in all nations!

Here is the list of the participants to pray for:
Allison August, Hannah Benjestorf, Silas Buus, Micah Crandall, Bethany Crandall, Jennae Fairman, Clara Grinvalds, Emma Grinvalds, Austin Hegle, Abri Hegle, Holly Holmberg, Keegan Jauch, Linda Lyke, Noah Nelson, Sydnee Palmer, Shelly Perry, Hunter Quinn, Renee Sanford, Matthew Silveus, Nicholas Silveus, Rachel Smith, Shanny Snyder, Mitchell Thurner, Aaron Vogel

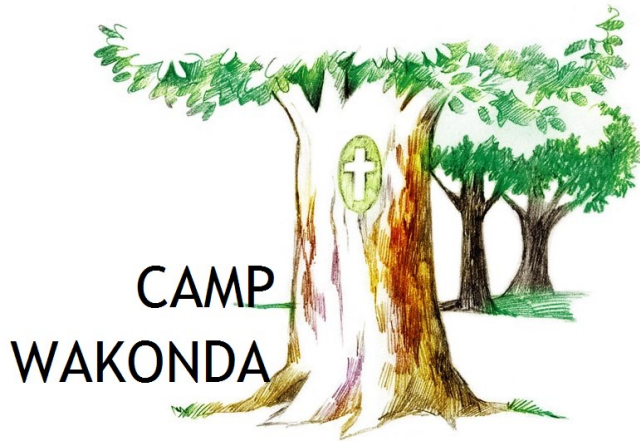


Camp Wakonda Dates Announced

While January and winter weather is the reality now, thoughts can still turn to warm sunshine and gentle breezes along with outside fun and learning about the Lord in the great outdoors known as Camp Wakonda. The Camp Wakonda dates and directors for the 2019 season are as follows. Winter might be here for now but **“summers comin!”**

Camp Directors: Doneta Osborn and Kathleen Holbrook with return to direct Vacation Bible School. Junior High Camp will be lead by Shelly Perry. Senior High camp will be directed by Pastor Nate. Directing Intermediate Camp will be Cheyane Merz aided by Angie Mullen.

Camp Dates: Note the camp dates below, they do not necessarily follow the same order as in prior years. Registration information and deadlines will be available this Spring. Looking forward to seeing everyone at camp!



Vacation Bible School
June 24-28

*Have a Happy
4th of July Week
June 30- July 6 –
Camps not in session*

Intermediate Camp
July 7-12

Junior High Camp
July 14-21

Senior High Camp
July 21-28



January – Following Jesus' Teachings

2	Club
9	Club
16	Club - Food Pantry Night
23	Club
30	Club - Valentines for Seniors



January	
2	Collision
9	Collision
16	Collision
23	Collision
30	Collision



NO COST!

Permission slips are available at the church or on the Collision website.

Prayer Focus – January 2019 – Children in Crisis

Ps 127:3-5 *Children are a gift from the LORD; they are a reward from him.*

There are over 2 BILLION children under age 14. Many of these children face great hardships:

ORPHANS – 153 million children are orphans – many live on the streets, at risk for disease, malnutrition and death – with minimal or no care or education. The on-going AIDS epidemic has resulted in 50 million orphans in Sub-Saharan Africa alone.



POVERTY – 1.2 billion people live in abject poverty; half are children. Half of ALL child deaths are due to malnutrition.

HEALTH – Health problems disproportionately impact children. UNICEF reports that more than 30,000 children under 5 die each day due to preventable diseases.

ABORTION – 56 million babies are killed each year before they are born – approximately 1 out of 4 pregnancies.

ABUSE, CHILD LABOR, SLAVERY - 20% of the world's children (that's 1 of 5!)



labor as part of national workforces, depriving them of a sound education.

Due to severe working conditions, many are sick and will not live beyond their teens.

40 million people are enslaved worldwide, including 10 million children. Many are exploited sexually.

Nearly half a million children are serving as soldiers in armed conflicts, mostly waged for food and natural resources.

6.6 million children in the USA are referred to child protection agencies annually – one every 10 seconds. Approximately 5 children in America die each day from abuse or neglect.

BROKEN HOMES – in the USA, 50% of children will experience the divorce of their parents; half of these later face the breakup of a parent's second marriage. 40% of children in America are being raised without their fathers.



STRESS RELATED CHOICES – So many young children begin behaviors leading them on dangerous paths – such things as alcohol abuse, use of illegal or prescription drugs, eating habits leading to obesity or anorexia, early sexual activity & related diseases, excess and inappropriate “screen time” – the list goes on.

REFUGEES – There are at least 62 million refugees – including 27 million children. Their future is at risk.

UNREACHED PEOPLES –

Nearly 1 billion children are members of un-



reached people groups, living in places or cultures where they are unlikely to ever hear about Jesus. They face eternal death.

LORD, this is overwhelming! Children created by you. In your image. Facing such suffering.

You know each child, their physical, emotional and spiritual needs. LORD, act in their lives to protect them, bless them, and bring about your perfect will.

Guide and uphold parents, nurses and physicians, social workers, teachers, charities & governments – all those who deal daily with these crisis situations. Provide them with the resources needed to help these children.

Show each of us, LORD, how you would have us reach out to children and families in need with the love of Jesus in our neighborhoods and around the world.

Wednesday Women's Bible Study to tackle Deuteronomy

Would you like to join our Wednesday morning women's Bible study? We've finally finished Leviticus and Numbers and are starting Deuteronomy on January 16.

We usually study about a chapter a week – so with 34 chapters this will be quite an undertaking – but well worth it! Bible study runs from 9:30 to about 11:00 at Renee Sanford's house 544 Blanche Drive in Milton.

The best time to join us is at the beginning of a book for continuity. If you'd like to come (and we'd LOVE to have you!) please get in touch with Renee (Renee@MiltonSDB.org or 608 279-2994) for a chat about the process of inductive Bible study that we use and so we know how many copies of the text to make.



Additional Study Groups

Men's Breakfast	Wednesdays, 6:30 a.m.	IHOP, Janesville
Grow Groups	Saturdays, 9:00 a.m.	SDB Church

Watch the bulletin for details of other studies beginning soon!

Thank You Julia!

God blesses our church abundantly in so many ways. One of those has been to have Julia Amstutz as our Nursery Coordinator for the last 4 and a half years.

We are very thankful to her for the loving care she has given to the youngest members of our church family so their parents could enjoy the worship service, Grow Group classes, or help in Wednesday night ministries.

Not only did she care for the children while she was in the nursery, she planned and carried out lessons, coordinated our other nursery workers, and made sure our nursery area was full of fun, safe, and clean toys and equipment.

We know that God has given her new ministry opportunities where she will use her gifts and

talents to care for and minister to another group of blessed people. Still, we will miss having her here as a part of our church family.

We want to publically thank her for her service to us and the many families whose lives she has touched. We pray God's blessings upon her and her family for all he has ahead for her.



2019 OPERATION CHRISTMAS CHILD January and February Items

Here is a list of items to donate for Operation Christmas Child for the “item of the month.”

However, if you see an item at a bargain price, grab it. Place items in the trunk in the back stairway.

January & February:

Winter Items: hats, gloves/mittens, scarves, socks

Homemade kits: fishing or sewing kits, clotheslines

Non-Liquid Hygiene Items: toothbrushes, small tissues, mild bar soap, wash clothes, brushes/combs, fun band aids, lip balms

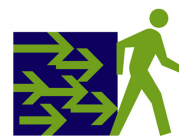


Want to find out where our 219 boxes went to?

Go to Samaritan's Purse website: <https://www.samaritanspurse.org/operation-christmas-child/follow-your-box-lookup/>

Put our tracking number in: FYBF41F74CCF458, and (drum roll please), you can see where God sent our boxes! Exciting!!

**IN CASE OF
EMERGENCY**



Emergency Plan Training

Training on our church's Emergency Plan will be held on Thursday, January 24 at 6:30 p.m.

This plan covers what to do in case of fire, tornado, active shooter, and other emergencies.

We encourage all Trustees, Ministry Leaders, Awana and Collision Staff, and anyone else who has an interest to attend.

You will soon notice maps showing evacuation routes posted around the church.

If you have questions, please contact Pastor Liz at 608-289-3029.

Amazing Grace *by Joni Earekson Tada*

The word **grace** is very interesting. We usually see it in the Bible next to words such as justice and mercy. Do you know what these three words mean? Let me tell you a story that explains each.

My friend Mr. Thomas has a son named Luke. Luke knew that if he disobeyed Dad he'd face three spanks on his backside and then be sent to his room. One time Luke took some money off the kitchen table without asking. When Mr. Thomas found out, he told Luke to lean over and receive his spanking. Even though Luke was sad to be punished, he knew he deserved it. Mr. Thomas said, "When you are disobedient, you receive a pun-

ishment. That's **justice**.

Then something odd happened. After Mr. Thomas gave Luke two spanks, he stopped. Luke looked surprised and said to his dad, "Why did you stop?" Mr. Thomas smiled and replied, "That's **mercy**. But you still must go to your room."

Luke went to his room. But then another odd thing happened. His dad called from downstairs. "Luke, get your coat. I want to take you for ice cream." Luke could hardly be-

lieve his ears. "Why?" he asked, coming down the stairs. Mr. Thomas leaned down and gave Luke a hug. "I don't deserve ice cream," Luke said. His father answered, "That's **grace** – receiving good things that aren't deserved."

This story helps explain the justice, mercy and grace of God. He gives us good things

that we don't deserve. That's pretty amazing.

amazing
GRACE

Submitted by Barb Green

News from Nathaniel

I was back in the States for a few weeks over Thanksgiving for family time. It was super refreshing to be back and see family and friends again since moving to Germany three and a half years ago.



During my time back I got to speak at three different churches and at the Harris family home. Since I'm the photographer, I don't get in a lot of the pictures – the best one I have is of Zac and Naomi!



Photo Zine

Another thing I've been interested in doing for the past few months was making a "photo zine" with some of the photos I've shot over the past couple years around the world. I had it printed while I was back in the states. I'm stoked on how it turned out! If you would like one just let me know. (There's a few still sitting in the states looking for a home so my parents and Zac can provide as well.)



Get involved!

I would like to invite you to be part of the support team for 2019, if you aren't already. Through prayer or financially or both--all would be greatly appreciated. This coming year we have a lot in the mix of international projects and local stuff in Nuremberg. We're shooting high—I need to raise an additional \$1,000 a month! I need to travel to train others in skate ministry. It's possible

because of people like you! You can make donations through the Milton Seventh Day Baptist Church.

Prayer Requests

Local skaters. This past weekend, Timothee, Daniel and I were skating in the subway station and a few locals showed up while we were skating. We had a really good time chilling with them and it always reminds me of wanting to go deeper with them.

Visa. I'm starting the process of applying for my new visa. Pray that the process goes smoothly! It's always stressful and frustrating for me, so prayers for peace would also be nice!

2019. Prayers for 2019 planning and praying into what we want and feel that God is laying on our hearts.

Finances. For God's provision over 2019, to be fully funded.

Personally. For focus, joy and wisdom in the right steps to take in leading the skate team and in the next steps to take in networking.

Lots of love!! Keep working until the harvest is in. Nathaniel

Third Thursday Prayer

January 17th, 6:30 p.m.

A time to pray as the Holy Spirit leads – for our church, our families, our communities, the world. Don't miss this monthly opportunity to change the world! Prayers for God's will to be done are powerful!



Seasonal Affective Disorder (SAD) *by Barb Green, Parish Nurse*

Seasonal Affective Disorder is a type of depression that comes and goes with the seasons.



As the days get shorter in late fall, many people get the “winter blues” which last until spring or summer. These depressive episodes can also be present with the changing seasons in the spring but are much more common in the winter. SAD is not a separate illness but is a type of depression displaying a recurring seasonal pattern.

Symptoms associated with the Winter Pattern of SAD include: low energy, oversleeping, overeating, weight gain, craving for carbohydrates and social withdrawal (feeling like hibernating). Summer seasonal affective disorder’s symptoms include poor appetite with weight loss, trouble sleeping, agitation, restlessness, anxiety, and episodes of violent behavior.

Risk factors include being female; women are diagnosed four times more often than men. SAD is more frequent in people who live far north or south of the equator. Other risk factors include family history of other types of depression, having depression or bipolar disorder and being a young adult.

Although the causes of SAD are unknown, research has found some biological clues: people with SAD may have trouble regulating one of the key neurotransmitters involved in mood, serotonin; they may

overproduce the hormone melatonin, which regulates sleep; or may produce less Vitamin D which may be associated with significant depression symptoms.

Four major types of treatment for SAD include medication, light therapy, psychotherapy and vitamin D used alone or in combination. Medications include selective serotonin reuptake inhibitors (SSRIs) and bupropion, another type of antidepressant. Possible side effects need to be talked about with a physician. Light therapy replaces the diminished sunshine of fall and winter with daily exposure to bright, artificial light. Sitting in front of a light box first thing in the morning relieves symptoms.

Cognitive behavioral therapy (CBT) is a type of psychotherapy that helps identify negative thoughts and replaces them with more positive thoughts along with a technique called behavioral activation. Behavioral activation seeks to help the person identify activities that are engaging and pleasurable, whether indoors or outdoors, to improve coping with winter.

At present, vitamin D supplementation by itself is not regarded as an effective SAD treatment. Some studies suggest supplementation may be as effective as light therapy; others found vitamin D had no effect.

Exercising regularly, maintaining a schedule of adequate sleep, getting enough daily exposure to natural light and eating a regular, balanced diet are just a few ways to combat the winter blues. Try to squeeze in a little bit of outdoor exercise every day. Benefits include boosted energy and mood, and reduction in appetite. Stock up on nutritious foods you especially enjoy, do not buy processed foods and drink lots of water.

Winter is the time for natural hibernation so key into this time for retreat, self-reflection and stillness. Forget TV and listen to a soothing CD instead, gather books that you don’t usually find time to read, light more candles which helps to bring more natural light into your home and take advantage of winter outdoor activities. Be patient. You won’t suddenly snap out of your depression but your mood will improve gradually. If you have thoughts of suicide, get help right away. Toll-free suicide prevention life-line is 1-800-273-TALK.

If you’re feeling blue this winter, and if the feelings last for several weeks, talk to a health care provider. SAD does go away on its own but that may take 5 months or more. SAD is generally quite treatable and the treatment options keep increasing and improving.


Adapted from National Institute for Mental Health



Bulletin Board

- | | |
|---------------------------------|--------------------|
| 1 Ron Ochs | 25 Nancy Johnson |
| 1 Mary Scholl | 26 Jim Lyke |
| 1 Pat Hamm | 30 Verne Wright |
| 2 <i>Mark & Faith Green</i> | 30 Brandon Marteny |
| 3 <i>Phil & Lois Watson</i> | |
| 4 Chuck Graffius | |
| 4 Ryan Holbrook | |
| 6 Sophia Kersten | |
| 6 Jeremy Lade | |
| 6 Jared Osborn | |
| 8 Amanda Sykora | |
| 8 Doneta Osborn | |
| 8 Nate Crandall | |
| 8 David St. Clair | |
| 8 Elijah Geske | |
| 17 Sondra Muench | |
| 23 Katie Lubke | |
| 23 Alan Walker | |
| 23 <i>Kathleen</i> | |
| <i>& Ryan Holbrook</i> | |
| 24 Josiah Lubke | |
| 25 Lillian Holbrook | |





**Sunday,
January 20th
9:00 a.m., LGA**

*We welcome members
and non-members
to come and see what's going
on in the life of the church.*

Happy Birthday Pastor Nate! Happy 50th Birthday to be exact!

We love you and appreciate that you guide us in the Lord's ways and lead us with great faithfulness, tenderness and skill. Thank you for your dedication to the Lord and to this church family.

Church family: why not take a moment to celebrate this occasion with Pastor Nate on January 8 with a card, call, email, or text?



Men's Breakfast

All men are welcome to join in this time of study and fellowship. Led by Pastor Nate. Meets every Weds. at the IHOP Restaurant in Janesville at 6:30 a.m.

Breakfast Club

Sunday, January 13, 8:30 a.m.
Milton Family Restaurant
All are welcome!






Ladies Sit & Sip

Tuesday, January 15th at 9:00 a.m.
Havana Coffee, 1250 Milton Ave., Janesville
*We will try this shop in Janesville hoping for Mitchell House to re-open soon.
Watch the bulletin for possible changes.*

Focus on Funds
as of November 30, 2018

General Fund Balance	\$ 5,218.63
Cash at Mem. Fund	\$64,516.72
Nov. Undesignated Income	\$12,873.43
Nov. Expenses	\$16,213.69
Denomination Giving YTD	\$ 9,810.00

January 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat																
																						
	 Happy New Year		1 2 6:30 Men's Breakfast - IHOP 6:25 Awana 6:30 Collision	3	4	5 9:00 Grow Groups 10:00 Treats 10:30 Worship																
6	7 8:00 TOPS - Library	8	9 6:30 Men's Breakfast - IHOP 6:25 Awana 6:30 Collision	10	11 	12 9:00 Grow Groups 10:00 Treats 10:30 Worship																
SDB Week of Prayer, Jan. 6-12																						
13 8:30 Breakfast Club - Milton Family Restaurant Piano Recital	14 8:00 TOPS - Library	15 9:00 Sit 'n Sip - Havana Coffee House, Janesville	16 6:30 Men's Breakfast - IHOP 6:25 Awana 6:30 Collision	17 6:30 Third Thursday Prayer - Parlor	18	19 9:00 Grow Groups 10:00 Treats 10:30 Worship																
20 9:00 Business Meet- ing - LGA	21 8:00 TOPS - Library	22 	23 6:30 Men's Breakfast - IHOP 6:25 Awana 6:30 Collision	24 6:30 Emergency Plan Training - LGA	25	26 9:00 Grow Groups 10:00 Treats 10:30 Worship																
27	28 8:00 TOPS - Library	29	30 6:30 Men's Breakfast - IHOP 6:25 Awana 6:30 Collision	31	<p style="text-align: center;">Sabbath Sunset Times</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="padding: 2px 10px;">Jan. 5</td> <td style="padding: 2px 10px;">4:37 p.m.</td> <td style="padding: 2px 10px;">Jan. 6</td> <td style="padding: 2px 10px;">4:38 p.m.</td> </tr> <tr> <td style="padding: 2px 10px;">Jan. 12</td> <td style="padding: 2px 10px;">4:44 p.m.</td> <td style="padding: 2px 10px;">Jan. 13</td> <td style="padding: 2px 10px;">4:45 p.m.</td> </tr> <tr> <td style="padding: 2px 10px;">Jan. 19</td> <td style="padding: 2px 10px;">4:53 p.m.</td> <td style="padding: 2px 10px;">Jan. 20</td> <td style="padding: 2px 10px;">4:54 p.m.</td> </tr> <tr> <td style="padding: 2px 10px;">Jan. 26</td> <td style="padding: 2px 10px;">5:01 p.m.</td> <td style="padding: 2px 10px;">Jan. 27</td> <td style="padding: 2px 10px;">5:03 p.m.</td> </tr> </table>		Jan. 5	4:37 p.m.	Jan. 6	4:38 p.m.	Jan. 12	4:44 p.m.	Jan. 13	4:45 p.m.	Jan. 19	4:53 p.m.	Jan. 20	4:54 p.m.	Jan. 26	5:01 p.m.	Jan. 27	5:03 p.m.
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Administrator: Janet Butler
E-mail: churchoffice@miltonsdb.org
Office Hours: Tues.– Fri. 9:00– 3:30

Director of Children's Ministry:
Angie Mullen

Youth Ministry Coordinator:
Shelly Perry

Prayer Coordinator:
Renee Sanford

Outreach Coordinator:
Linda Lyke

Parish Nurse:
Barb Green

Camp Program:
Verne Wright

Communications Coordinator:
Joel Osborn



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"FOR I KNOW THE PLANS I HAVE FOR YOU,"
SAYS THE LORD.

"THEY ARE PLANS FOR GOOD
AND NOT FOR DISASTER,
TO GIVE YOU A FUTURE AND A HOPE."

JEREMIAH 29:11