

stay connected

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



Pastor Nate's Annual Report

Last year my report focused on giving a detailed analysis of how well we had accomplished the goals from our strategic plan. We had done a lot of great work, and it was important to highlight our successes, especially since so much of the five-year plan had already been completed. This year's report will be nothing like that.



women have become a part of God's family through faith. Praise the Lord! This fall we held a class called *Start to Follow* which called people to living as disciples of Jesus. The Holy Spirit stirred up our hearts to press on past believing things about Jesus to becoming fully devoted to him as we follow.

We have certainly accomplished a great deal this past year, and that is worthy of being celebrated! The list of our 2018 goals and whether or not they were accomplished or are still in process is on the next few pages. However, the kingdom of God is more than accomplishing tasks. When the kingdom advances, it can't always be quantified and put down on paper. Much of God's work is done in secret, behind the scenes. We don't often see the whole picture until well after the Lord began His work. Even then we are always a work in progress.

So what have I seen God doing this past year?

1. God is stirring the hearts of His people.

Some of this stirring resulted in those who trusted their life and future to Christ! As a result of the women's Bible study this summer and from the Q-place ministry, several

The Lord is stirring people's hearts to be involved in ministry in ways that continue to amaze me. I have seen a pattern of the Holy Spirit placing a burden on people's hearts to step forward into a greater role of serving. I have also seen the Lord place a burden on people's hearts to step out of a certain ministry in order to serve in a different capacity. All of these things I attribute to the Lord's stirring up our hearts.

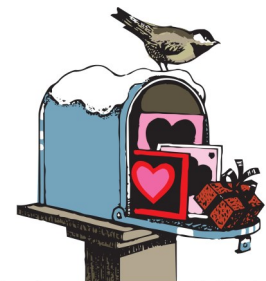
2. God is making some changes

Change is hard but necessary. Some of the changes are internal, and that can be the most difficult. I see that God is clearing out the things in our lives which keep us from knowing him fully and experiencing all that He has for us.

Some changes are external. We've had those who have moved and become part of the church and those who have moved away. We've had changes within our

February 2019 Inside this issue:

2018 Goals Review	2-3
2019 Goals	4-5
Capital Campaign	5
Grand Prix	6
Caught at Awana!	7
Prayer Focus	8
Devon Oasis Guest Speaker	9
Devon Oasis Diaper Drive	9
CROSS Conference Thank You	10
James Lima	11
Zac Muench	12
OCC Items	12
Health News	13
East Side Story	14
Bulletin Board	14
Calendar	15



February 2019

Continued on page 5

Look What God Has Done – 2018 Goals Review

Leadership

- 1) Begin a new module on leadership characteristics led by Pastor Nate. *Accomplished*
- 2) Develop and implement a weeklong Leadership Institute in June under Pastor Liz' direction. *Accomplished*
- 3) Bring two new cohorts through the StrengthFinders module. *Not Accomplished*

Youth Ministry

- 1) Do a big "Invite Your Friends" outreach event. *Not Accomplished.*
- 2) Increase participation in service projects. *Accomplished*
- 3) Begin planning for a youth group mission trip for 2019. *Accomplished*
- 4) Send 3 leaders to a youth leader training event. *Accomplished*
- 5) Emphasize building relationships between youth leaders and students. *Accomplished*

Prayer Ministry

- 1) Develop clear statement of why we pray; develop & implement a communication plan. *Not Accomplished*
- 2) Implement 12 month rotating prayer focus to ensure full spectrum of prayer concerns addressed. *Accomplished*
- 3) Establish a monthly prayer meeting and encourage participation. *Accomplished*
- 4) Understand our role in spiritual warfare and improve our participation in this power encounter. *Not Accomplished*

Worship

- 1) Recruit new musicians for worship band. *Accomplished*
- 2) Complete worship handbook and hold gathering of all musicians to go through it. *Not Accomplished/Discontinued*
- 3) Send a minimum of three musicians to an external training event. *Not Accomplished*

Outreach

- 1) Start a Men's Q-Place group. *Not Accomplished*
- 2) Seek the Lord on starting another women's Q-Place. *Accomplished*
- 3) Spend 2018 seeking God regarding new church development. *Accomplished*
- 4) Continue to build awareness of worldwide refugee situation through a Day for Refugees. *Accomplished*
- 5) As a church, participate in Convoy of Hope event at Freedom Fest. *Accomplished*
- 6) Start a short-term missions handbook to show philosophy and process of short-term mission trip participation for our church. *Not Accomplished*
- 7) Expand number of participants involved in planning events with the goal of de-



veloping leaders for existing ministries (Day for Refugees, OCC, etc.) *Accomplished*

Caring Ministries

Deacons

1) Work with Families in Crisis Initiative to use existing deacon ministries to serve outside the church. *Not Accomplished*

Health Ministries

- 1) Seek additional people to become involved in Health Ministries Tea. *Not Accomplished*
- 2) Conduct one seminar open to the community on a topic of interest such as mental health. *Accomplished*
- 3) Expand Mental Health Grow group to a support group. *Accomplished*

Parish Nurse

- 1) Seek additional people to add to visitation list. *Accomplished*
- 2) Seek opportunities to share prayer shawls with those outside the church. *Accomplished*

Families in Crisis

- 1) Seek opportunities to share meals with families outside the church as an extension of the deacon meal ministry. *Not Accomplished*
- 2) Seek opportunities to provide transportation to families outside the church as an extension of the deacon rides ministry. *Not Accomplished*
- 3) Pursue concrete ways that our church ministries can expand to serve those out-

2018 Goals Review, *continued*

side of the church in cooperation with other community organizations, school system, and law enforcement. *Accomplished*

Awana

- 1) We will continue to work together as a staff to grow in building relationships with the children and families we work with using topics/ideas from Relational Children's Ministry—Turning Kid-Influencers into Lifelong Disciple Makers by Dan Lovaglia. This will be measured by staff self-reporting new strategies they've tried and anecdotal observances at the final staff meeting. *Accomplished*
- 2) Staff will work towards making sure each child has had a one on one conversation with a leader about the child's understanding of who Jesus is to him/her personally and whether or not they have made a decision to trust Him as Savior (when age appropriate) *Accomplished*

Camp Wakonda

- 1) The Camp Wakonda Program Committee will coordinate/facilitate leadership development for camp directors, co-directors, and assistant directors in order to ensure a legacy of continuing leadership for the camp ministry. This goal calls for a series of leadership development session,

number and length to be determined, under the leadership of Pastor Nate. *Accomplished*

- 2) The Camp Wakonda Program Committee will develop criteria for staff to serve in the camping program. This goal calls for a series of guidelines to serve as guidance to camp directors to have on hand when recruiting staff. *Accomplished*
- 3) The Camp Wakonda Program Committee will explore the development of boarder ministry goals for the camping program. *In Progress*
- 4) The Camp Wakonda Program Committee will recruit one more member to the Program Committee. The nature and specific duties to be determined. *Accomplished*

Safety in Ministry

- 1) Safety in Ministry training will be made available online for volunteers in the youth-serving ministries of the Connecting Church Milton SDB. *Not accomplished*

Education

- 1) Seek strategies to more effectively promote and encourage attendance at all levels of Grow Groups. *Accomplished*
- 2) Continue to evaluate the Gospel Project Curriculum for use at all levels of Grow Groups. *Accomplished*
- 3) Produce a brochure that details all Educational Opportunities including Sabbath Morning and other mid-week Bible studies or Open Support Groups. *In progress*

Church Family

- 1) Develop a calendar for regular rotation of Head Ushers. *Accomplished*
- 2) Develop an Active Shooter protocol in conjunction with law enforcement and our insurer. *Accomplished*
- 3) Develop and implement a Guest "Buddy" program. *Not Accomplished*
- 4) Continue upgrade of Welcome Center area. *Accomplished*
- 5) Develop a "Next Step" brochure. *In progress*

TURN THE
PAGE FOR
THIS YEAR'S
GOALS



Looking to the Future – Goals for 2019 *by Our Ministry Leaders*

Leadership

- 1) Begin a new leadership training module on leadership characteristics.
- 2) Bring two new cohorts through the StrengthsFinder module.
- 3) Develop leadership training brochure.

Youth Ministry

- 1) Encourage teens to invite their friends to activities and youth group weekly.
- 2) Take youth group mission trip over Spring Break.
- 3) Emphasize building relationships between youth leaders and students through ongoing leader discussion and training.
- 4) Re-start youth band.

Prayer Ministry

- 1) Communicate how powerful and effective our prayers are through regular updates.
- 2) Encourage the church to be consistent in their prayers for the unsaved in our community and the world.
- 3) Update our prayer brochures.
- 4) Encourage broader participation in Third Thursday Prayer by personal invitation of church members and community members.
- 5) Offer a class on praying for your neighbors, neighborhood and city.

Camp Wakonda

- 1) Transition to Camp Board which combines program and facilities personnel.
- 2) Review, identify, and edit selected sections of the Camp Wakonda Directors binder over a 2-year period to make the directors binder more “director-friendly” focusing on material that will be of direct practical application and value to directors for camp planning.
- 3) Cultivate a plan whereby directors and leadership for future seasons of Camp Wakonda leadership are encouraged and developed.
- 4) Continue to increase the amount and quality of training for directors and staff for overnight camps for Camp Wakonda.

Outreach

- 1) Start a men's Q Place group
- 2) Seek the Lord on starting another women's Q Place.
- 3) Research evangelism outreach in the greater Milton area.
- 4) Develop relationship with Milton East to meet needs of staff, students and families.
- 5) Show Frontline Show “Myanmar's Killing Fields” in a neutral setting to build awareness of the Rohingya refugee crisis.
- 6) Partner with Devon Oasis through a collection of needed items.
- 7) Develop an Outreach Ministry brochure.

Communications

- 1) Evaluate and implement a cloud based collaboration tool to improve communication for ministry leaders and staff.
- 2) Continue to recruit photographer(s).
- 3) Design a version of the newsletter for email and better web presentation.

Caring Ministries

- 1) Continue to clarify roles and structure of deacon ministries.
- 2) Identify and serve other individuals and families outside of our church through the caring structure of the Deacon ministries.
- 3) Hold a special emphasis event to educate our congregation on mental health.
- 4) Send 1-3 people to Jannesville Mobilizing for Change's seminar on teen mental health.
- 5) Recruit people to facilitate the bereavement ministry.

Awana

- 1) Encourage our clubbers to grow in basic discipleship habits at home.
- 2) Seek God's direction in how we can be an “oasis” for children and families in the Milton area in coordination with the Families in Crisis Initiative.

Safety in Ministry

- 1) Review and refine protocol for allegations of sexual abuse.
- 2) Refine training materials



Goals for 2019, *continued*

and publish in an online format for trainees.

Education

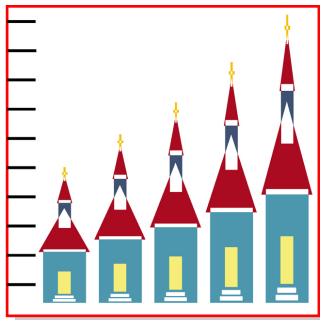
- 1) Train teachers in implementing the Five Master Threads in teaching.
- 2) Respond to changing numbers and demographics in children's classes.
- 3) Be prepared to begin 1-3 new Bible studies as interest arises.

Church Family

- 1) Develop and implement a means of tracking church attendance and follow-up with people.
- 2) Develop brochures with a consistent look and feel for both internal and external use.

Worship

- 1) Develop new and existing worship leaders and expand number of band members.
- 2) Continue to integrate timely issuance of schedules for the various rotations of staffing, including SALT, Worship Band, and Hymn Players.
- 3) Acquire new or replacement equipment as needed.



CAPTIAL CAMPAIGN

At the January 20th business meeting, church members authorized the trustees to start a Capitol Campaign to raise funds to repair some major church property issues. We have a leak in the northwest corner stairway of the education wing that has compromised the wall. There is also a leak in the bell tower roof masonry and balcony stairway. We have obtained job quotes and plan to have this work done this spring/summer. We also plan to remodel the men's upstairs bathroom into a family bathroom, making this space accessible to all individuals. We welcome your ideas and suggestions.

Please talk with Margot Harris if you have questions or ideas. Donations can be mailed to the church with Capital Campaign in the memo line.

Annual Report, *Continued from page 1*

various ministries. Sometimes it is good to change things around so that we get refreshed and can have a sense of renewed vision. I believe the Lord needed to rearrange some things in order to get us ready for the work he is doing this coming year.

3. God is being faithful

We have had many downs this year. Cancer has affected our church family in huge ways. Yet, the Lord has not changed his affection for us. He is an ever-present help in times of trouble. He makes a way through the difficulties. Emo-

tional and mental challenges have gripped many in our body. Yet I see that God is magnifying Himself in our eyes. Through this we are experiencing true worship.

We have seen the Lord be faithful by caring for us through other people. His faithfulness has been clearly seen as you all have responded to the needs of your brothers and sisters. We must acknowledge that this is God's work because as the scripture says, *"It is God who works in you, both to will and to work for his good pleasure."*

(Philippians 2:13) He is faithful, and He works in us to be faithful.

So in brief, this report deals with concepts and big ideas instead of the usual tasks accomplished in the past year. Certainly, both are needed, but let's remember that God's work doesn't usually fit into our neat and tidy boxes. However, His work is always good!

God has done good work this past year. Let's celebrate that work. Let's celebrate Him. He alone is worthy of it.

Awana Grand Prix is Coming Soon – Get in the Race!

On Wed., March 13 the lower level of the church will look very different from a typical Awana Wednesday. Instead of kids studying and reciting verses in small groups, hearing biblical teaching in Large Group and running relays and other games in the Fellowship Hall, you will find them all seated around a wooden race track. They will bring their carefully crafted pine-wood cars with hopes that their car is the first one to cross the finish line while their fellow clubbers, leaders, and family members cheer them on. The excitement will be high and the room will be full. And even though it is not a typical Awana club night, the Gospel of Jesus Christ will be shared and we know that God will be working in the hearts of those who will hear.

You may be wondering, “How did racing cars on a wooden track become a part of a children’s discipleship ministry?” That’s a very good question and the answer shared here is from “Commander Dave’s Racing Page” found at http://awana.wrightmap.com/?page_id=24.

Thanks to one man’s vision, the Awana Grand Prix has served as an outreach to clubbers and their fathers for more than 40 years. Ken Starett couldn’t seem to solve a particularly persistent problem. His Awana program at First Baptist Church in Elyria, Ohio, was thriving in every way – with one noticea-

ble difference.

“We were reaching over 200 kids, but every time I would have an event, the dads didn’t show up,” said Ken, who doubled as Awana missionary to Ohio at the time. “I really didn’t have any ministry to the dads at all.”

Then, one afternoon over 40 years ago, Ken found the answer to his prayers while on a leisurely walk through town. “I saw a crowd gathering in a park. I was curious, so I went to see what was going on,” he said.

The throng of people was attending a local Boy Scout troop’s Pinewood Derby wooden car race. “When I saw this commodity of a block of wood, my idea was, ‘Wow. If I sent that home with a kid, a dad would get his carving knife out and start whittling on this thing, and he might show up at our race.’”

It wasn’t long before the first Awana wooden-car race competition took place in 1964 at Ken’s church. The event was such a hit that an open race was run the next year at nearby Graham Road Baptist Church. Soon other clubs were asking to join the fun, and a phenomenon was born.

At Awana, we understand that part of reaching children with the Gospel is also reaching



their families. Parents, grandparents, other friends and family members often get involved in helping clubbers craft their wooden cars. When

they do, they come to the church on race night to see the results of their workmanship. For some, this is the only night all club yearlong that they come to the church. And while we sure have fun with the friendly competition of racing, we also make sure that everyone there has a chance to hear the message of the Jesus while they are there. The cars, the cheering, the racing, the ribbons and trophies are all a fun part of this annual event. But it’s the chance we get to meet some families face-to-face and share love and sacrifice of Christ with them that makes this event really special!

We invite, you, our church family members, to join us for this evening of fun. Each of you are encouraged to help make this event an exciting one by “Getting in the Race” and **entering our Open Class**. Craft your own pinewood-style car and race it this year. Car kits are available now for a suggested donation of \$5.00 each. Talk to Angie Mullen to get yours anytime from now until race time – March 13th. If you aren’t interested in making a car, put the race on your calendar and come encourage our clubbers by cheering them

Continued on page 7

Awana in 2019 – We’ve Been Caught

While January marked the start of a new calendar year, at Awana Jan. marked the mid-way through our club year. It’s the perfect time to be reminded of why we’re here each Wed. night, why you generously give resources to our local church to fund ministries like this, and why we continue to seek God’s guidance and direction in the words and action so that we can effectively join him in the way he’s working and moving in the children and families we serve.

The mission of Awana is simply stated, “That all children will come to know, love, and serve the Lord Jesus Christ.” Those of us who have experienced the love, hope, peace, grace and mercy of Jesus are hungry to share this experience with others. 60+ children eagerly come through our doors each week to have fun, hang out with friends and caring adults, and hear the good news of Jesus.

We are blessed that God brings them **to us** so that we can follow his command “to go and make disciples of all nations... teaching them everything I have commanded you.”

In this second half of our year, we began by looking at the Bible account of Jesus calling his disciples in Matthew, chapter 4. We talked about these fishermen and how Jesus called them to come follow him and become “fishers of men”. We encouraged our clubbers to consider if they have been “caught” and are now following Jesus. If so, we asked them to take a paper fish, write their names on one and decorate it if they wish. They were told to bring their fish back to club and hang it in our net to tell everyone they are now following Jesus. We are spending



the next 6 weeks learning from Jesus just like his disciples did as we look at several of Jesus’ parables. When we follow Jesus, it’s important for us to study and learn from him just like those first followers did.

Have YOU been “caught”? Are you following Jesus, too?

If so, we invite you to join us by **adding YOUR fish to our net**. You will find a folder of paper fish on the wall in the Large Group area. Take one home, cut it out, write your name on it, decorate it (if you wish) and return it to church. You can leave it in Angie’s mailbox in the workroom or lay it in the water or net on the big wall. Let’s show these young children just how many of us are learning from and following Jesus just like they are!



February	
6	Club
13	Club – Movie and PJ Night
20	Club
27	Club

Grand Prix, *continued*

on. Race Director, Rich Gallegos, may contact you to help by being a judge for our design competition or as one of the other race officials needed that night. “Get in the Race” by helping fill one of these important roles just for one evening. We also welcome those with some experience in crafting these cars to come help clubbers who need assistance getting their cars ready at our Grand Prix Workshop on Sun., March 10 from 12:00-2:00 at

the church.

Isn’t it amazing how God uses even things like small wooden cars to draw people to him? Please join us as we pray for the 2019 Awana Grand Prix to run successfully, for this to be an evening full of good sportsmanship, with the fruit of the Spirit experienced by all, and for all those who come to leave this place a little closer to God!

Prayer Focus – February 2019 – Marriage

Ah February! Valentine's Day! Romance! Love!
God loves marriage – he even calls the church his bride.

In contrast, the evil one despises marriage. He seeks to disrupt individual relationships. He initiates attacks on God's plan for marriage, belittling it, twisting it, and making it appear unnecessary, temporary or disposable.

We have a powerful weapon to combat his attacks – prayer. Our church prayer focus this month is marriage. Did you know we have over 50 married couples affiliated with our church!!!! Consider leafing through our directory and praying for marriages.



Blessings to Pray for Married Couples

Christ-centered Marriages – Give husbands & wives hearts to seek and serve you.

Guidance – May each couple build their marriage on your truth. Bring them truth through your Spirit, your Word and god-fearing mentors to walk alongside them.

Unity & Joy – Truly make couples one in Christ. Help them overcome difficulties with gentleness and forgiveness. Give them abiding joy as they celebrate their vibrant differences within their one-ness as you hold them together.

Protection – Protect marriages from shattering due to sin, the enemy, circumstances, difficulties or other people. Let them thrive for a lifetime!

Provision – Meet each couple's financial, physical, spiritual

and emotional needs, giving them contentment and making them good stewards. Help them bring up their children in your training and instruction.



Love – Fill them with your spirit so they are kind and compassionate to each other, forgiving one another, just as you have forgiven them. May their love for each other never fail.

Physical Intimacy – Kindle passion between husbands and wives, giving them a hunger for each other and deep satisfaction in every way.

Wholeness – Heal the emotional wounds that threaten marriages. Deliver husbands and wives from jealousy, pride, rudeness, selfishness, thoughtlessness. Encourage them as they minister to one another.

Faithfulness – Keep husbands and wives faithful in all aspects of their relationship.

Community – Provide husbands and wives with a community that supports them in their marriage, encouraging them to persevere and keep their promises.

Cultural Purity – Counter the social pressures that defile marriage by redefining it according to human desires rather than God's word. End the plague of adultery, divorce and sin that ravages our society.

God's Glory – May you, Lord, be glorified in enduring, loving marriages. May we be examples to a hurting world of what Christ can accomplish!

The Lord God said, "It is not good for the man to be alone. I will make a helper suitable for him"

That is why a man leaves his father and mother and is united to his wife, and they become one flesh.
(Genesis 2:18, 24)

Rohingya Refugee Service and Library Program



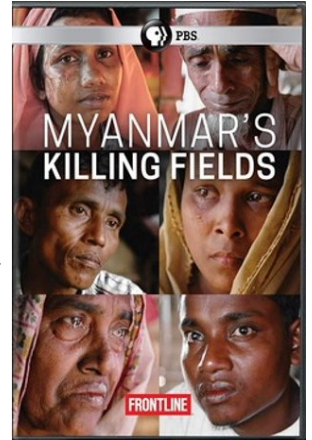
Pastor Bob and Lynne of Devon Oasis – refugee-focused ministry in Chicago

Our church has grown a heart for the Rohingya, a people group described as the most persecuted in the world. Here are several ways to impact the Rohingya people group, a people where there are very few believers.

Come on Saturday, February 9 to our church service AND to the library to...

... **A special church service with Pastor Bob Andrews** speaking. 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.

... **A program at Milton Public Library at 2:30PM.** 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.)



Devon Diaper Drive

Our church is collecting diapers – sizes 3, 4 and 5 – and baby wipes for Devon Oasis starting February 9th and ending April 6th. Devon Oasis is a ministry serving the people of the Little India neighborhood of Chicago, many of whom are refugees. Our church has been praying for the Rohingya and Devon Oasis serves Rohingya people!

Our church has formed a partnership with Devon Oasis.

How can we help?

- **Learn!** For details on Devon, go to: www.devonoasis.org
- **Pray!** For the work of Devon Oasis and for the Rohingya people.
- **Act!** Give financially. Give of your time (we'll let you know the next time we're taking a trip to Devon Oasis). Give in tangible ways – right now with diapers!

So through April 6, donate diapers or baby wipes. If you want to buy a whole lotta diapers, you can buy a box, like at a local “big box store.” Place them by or in the trunk on the back steps. Thank you!



THANK YOU Church Family for sending us to



Twenty-four from our church traveled to Louisville Kentucky January 2 – 5, 2019 for this missions-focused conference. What a blessing it was!

To experience the main speakers including David Platt and John Piper, go to: <https://crossforthenations.org/>

Here are the Spirit-filled, God-glorifying, faith-building results. Read the words of thanks from some participants:

Jennae Fairman: For the majority of my life, I have considered going to Africa for mission work. However, I have never had the opportunity or ability to go, but during the conference, I came across a company that is using Christians who are going into accounting which is what I'm going into. It made me think that may possibly be where God wants me.

Nick Silveus: The time has been fun and sobering all at once, and I have been learning many compelling things about international missions. I am trying to discern my calling through prayer and meditation on Scripture. I have learned about God's passion for his glory and his desire for his name to be praised among the nations. And as sovereign and supreme God he has the means of bringing his sheep into the sheepfold.

Sydnee Palmer: The Lord has moved greatly and shown me the importance of marrying worship and theology so that His name can be glorified among the nations.



Participants Sent by Milton SDB Church

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

Linda Lyke: What a blessing for me to work with 21 young people that Milton SDB Church sent. As we talked about at the conference, we ALL have a calling by God, some as senders, some as goers. As a “not young adult” at the conference, God has spoken to me and confirmed my calling so I know it has also solidified the calling of these young people. I am moved by the impact on young people of solid preaching, teaching and encouragement of missions. God is glorified by CROSS Conference!

Shelly Perry: It has been an amazing experience – the WHY we are here – to serve Jesus and to let others who have never heard of his grace and love, is overwhelming and encouraging! Even to those of us who know Jesus! It is so awesome to be surrounded by 7,000 other believers, worshipping and praying for those who don't know God.

Silas Buus: My experiences here have been unforgettable. I have been challenged, convicted and had great support. I am thankful for those who have sent me and how the Lord has moved during my time. The Lord has been leading me to seminary. Things are getting

a lot more clear. Praise be to God!

Micah Crandall: The conference has enlightened my soul to many truths I knew, but I often forget. My life has been refocused on Christ, and on His Glory. The truth of the importance of the Gospel in my heart and mind is strong and impacted me. But not to end it there – to spread the Gospel wherever we go. This mission is serious, lives are at stake, and to bring them the Gospel, sometimes our lives are on the line, or theirs must be. The connection I feel to The Church is stronger than it's been in awhile. The messages are convicting and enriching. I am grateful God has brought me to be used for his glory. Soli Deo Gloria.

Renee Sanford: Thank you for your support of the 24 attendees to Cross for the Nations! Such incredible Gospel-focused teaching and a deeply personal call to be part of tak-

The Lima Times

I just got home from a week in sunny Orlando doing intensive courses for seminary and things are already revving up at Fox Valley Tech. This week is the beginning of classes for the spring semester. It was great reconnecting with my students at our first student leaders meeting for the semester. They have done a very good job preparing. We are all set to go to launch four Bible Studies, a prayer meeting and our large group meeting in the next two weeks. We also have events scheduled to connect with new students including a board game night, hot chocolate giveaway, and trivia event, along with putting up posters and participating in the student involvement fair. One of the most exciting parts of the beginning of the semester is not knowing who God will bring to us. With the high turnover in students at a two-year college our fellowship looks very different semester to semester. The high turnover makes every new semester a fresh opportunity to minister to students and do evangelism. Please pray for the new friendships and connections we make over the next few weeks. Pray that God would bring students that do not yet know him into connection with our fellowship that they would hear the good news of the grace of God offered to them in Jesus Christ.



The cohort of seminary students from Wisconsin that I study with along with our mentor and Comm II professor

Prayer Requests:

Pray that God would bring new students to us as we do outreach over the next few weeks. Pray for opportunities to share the gospel.

I will be spending extra time on support raising over the upcoming weeks to be fully funded by the summer. Pray that God would continue to provide faithful ministry partners.

Pray for me as I direct a Bible overview class at our upcoming Winter Conference. The focus this year for the overview will be on missions in Scripture.

Continue to pray for Lexi and me in this busy season. Pray that we would have time to invest in each other and continue growing closer together.

Donation Site: donate.intervarsity.org/support/jameslima

Zac Muench Heading to Spain *by Renee Sanford*

Yes, Zac Muench is heading to Spain this month as a full-time missionary! Sabbath, January 19 our church signed a missionary partnership agreement with Zac to support him as a missionary to skateboarders in Barcelona. Did you know that Barcelona is THE place to go as a skateboarder – thousands gather there from around the world. What an opportunity to share the gospel.

Zac will be working with Youth With A Mission in their disci-



plishment training school (DTS). He'll have both administrative and outreach responsibilities. For the annual 10-month DTS he'll be reviewing last year's program, and then planning, recruiting, developing travel itineraries and coordinating local and international outreach for the 2019 school.

He'll also be working with YWAM Barcelona to develop international relationships, discerning and refining the vision for a long-term skate ministry and outreach in Asia.

As part of our partnership with Zac our church agreed to keep informed about Zac's ministry and provide prayer support, encouragement and financial support.

Zac agreed to faithfully fulfill his mission, honor the LORD in his daily life, provide regular updates (including video and pictures) and share about his experiences when he is home.

What a joy to partner with Zac and YWAM! May many skaters come to know Jesus through his ministry.



Operation Christmas Child

Because a tracking number was placed on our boxes, we are able to report that the 219 shoeboxes our church packed in November went to Gabon and Mongolia!

Samaritan's Purse supplied information on Gabon: Shoebox gifts collected in 2018 were delivered to tens of thousands of children in Gabon. Praise God that 337,522 children have received a shoebox since 2006, when Operation Christmas Child began distributing gifts here. Gabon has 1.8 million people and is located on the west coast of Central Africa. 42% of the population is 14 years old or younger.

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



A girl in Mongolia smiles while holding a gift she received through Operation Christmas Child.

Nourishing Your Microbiota *by Barb Green, Parish Nurse*

Microbes- bacteria and other tiny critters not visible to the naked eye but numbering in the trillions-are busy in your body. Many of these benefit you; others have the potential to cause harm. This community of microbes is called the microbiota. It makes up about 3 pounds of your body weight. Microbes are found on your skin and are in just about every part of your body. The vast majority are in your gut (large intestine).

Many factors affect the makeup of your microbiota, including genetics, age, sex, disease conditions, where you live and medications. A big influence is what you regularly eat. The first thing that comes to mind may be eating probiotic-rich foods with good bacteria, such as yogurt. However, probiotics are not one size fits all. Fermented foods like yogurt typically contain only a few different bacteria while our gut microbiota is estimated to contain about 1000 different species.

In general, the greater the diversity of the bacteria in your gut, the better off your health may be. A loss of diversity has been found in several disease conditions such as obesity, type 2 diabetes and inflammatory bowel diseases. Antibiotics can deplete the diversity of the microbiota causing *Clostridium difficile* (C dif) whose main symptom is severe diarrhea.

The typical Western diet, low in



fiber and high in processed food, leads to less variety of bacteria than people who eat more fiber have.

Different microbes are capable of breaking down different fibers. By eating a variety of plant foods with different types of fibers, you may encourage the growth of a more diverse population of beneficial microbes capable of breaking down those fibers. When microbes ferment fiber, they produce short-chain fatty acids (SCFAs). These support the immune system and gut health. Some have anti-inflammatory effects. Over time, too much inflammation in our body is associated with increased risk of heart disease, type 1 diabetes and certain cancers.

To nourish your microbiota try to eat more fruits, vegetables, whole grains, legumes and nuts. A good rule of thumb is to "Eat the rainbow-getting a variety of colorful plant foods." Each plant food contains varying fibers that support different microbes so getting a variety can help support a healthier gut. Focus on eating whole plant foods rather than purchasing supplements or other special food products. By eating whole foods, you get phytonutrients which may also support the microbiota. It also avoids the risk that processing food may have changed the fiber in a way that reduces the

ability of the microbiota to utilize it.

Take charge with these steps:

1. Make healthy eating a habit. What you eat day in and out is what will affect your microbiota most.
2. Eat a wide variety of plant foods. Challenge yourself to try new things such as almonds, artichokes, asparagus, barley, berries, flaxseed and leafy greens. The list is endless.
3. Choose whole grains instead of refined ones. Whole grains have a higher fiber content which support a healthy gut.
4. Meet your dietary fiber quota. Women should strive for 25 gms/day' men 38 gms/day. Increase intake gradually and be sure to drink plenty of water.
5. Enjoy yogurt and kefir (fermented milk). Choose ones that note "live and active cultures."
6. Understand antibiotics. These drugs treat only infections caused by bacteria (not viruses). Limiting use to diseases that antibiotics are able to treat helps your gut stay healthier.

(Source: Tufts Health and Nutrition Newsletter)

East Side Story

by Linda Lyke, Outreach Coordinator

This year the Lord put it on the hearts of our outreach ministry to share the love of Jesus with our neighbors “across the street” at Milton East Elementary school. Remembering that the Lord said, **“You shall love your neighbor as yourself,”** (Matthew 22:39) we asked Principal Jen Cramer how we could show the people at Milton East that our church family cares about them. She was wholeheartedly in favor of our efforts to en-

courage them and support their school and gave us some great ideas.

So our first step in showing the love of Christ to our neighbors will take place on February 21st. We will be providing the staff with a lunch of pizza, salad and cookies. **Would you like to help with serving them lunch on that day?** Please talk to Pastor Nate about how you can help.

We also want to thank ALL 45 staff members – teachers, aides, custodians, food service, guidance, and more – with a heartfelt, godly thank you! **Let’s all be a part of it by writing a note of thanks and encouragement!** You don’t need to know them to write a note. Just share what the Lord puts on your heart. Please stop at the Welcome Center in the next few weeks to write a simple thank you on multiple cards so we can fill those cards with our gratitude!

Breakfast Club

Sunday, Feb. 17th, 8:30 a.m.
Cracker Barrel, Janesville
All are welcome!

CROSS Thank You Notes, *continued*


ing the Good News to people who have never heard. YOU made a difference.

Abrianna Hegle: This conference has given me a stronger understanding of missions in general and also a greater burden for the lost and unreached around the whole world.

For the rest of the personalized messages, see the Missions Bulletin Board in the Welcome Center area.

Bulletin Board

February

6	Collision	
13	Collision – Valentines for Seniors	
20	Collision	
22	Tim Hawkins, Elgin	
27	Collision	

Third Thursday Prayer

February 21st, 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!

FEBRUARY

Birthdays & Anniversaries

- 1 Karissa Bornemann
- 5 Michelle Crandall
- 6 Nola Mae Gray
- 7 Rylee Rotzoll
- 7 James Lima
- 15 Annmarie & Ron Bennett
- 24 Doug & Jayne Lubke
- 25 Sawyer Harris
- 25 Mackynzie Rotzoll
- 26 Beau Gilmore
- 26 Bethany Crandall

Ladies Sit & Sip

Tuesday, February 19th
9:00 a.m.
Havana Coffee,
1250 Milton Ave.,
Janesville

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.

Focus on Funds

as of December 31, 2018

General Fund Balance	\$12,056.70
Cash at Mem. Fund	\$64,516.72
Dec. Undesignated Income	\$24,000.05
Dec. Expenses	\$23,494.05
Denomination Giving YTD	\$10,366.44

February 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						
<p>Sabbath Sunset Times</p> <p>Feb. 1 5:09 p.m. Feb. 2 5:10 p.m. Feb. 8 5:18 p.m. Feb. 9 5:20 p.m. Feb. 15 5:28 p.m. Feb. 16 5:29 p.m. Feb. 22 5:37 p.m. Feb. 23 5:38 p.m.</p>					1	2 9:00 Grow Groups 10:00 Treats 10:30 Worship 
3	4 8:00 TOPS – Library	5	6 6:30 Men's Breakfast – IHOP 9:30 Women's Bible Study – Sanford's 6:25 Awana 6:30 Collision	7 9:15 Women's Bible Study – Perla Call's home	8	9 9:00 Grow Groups 10:00 Treats 10:30 Worship – Guest Speaker Bob Andrews 2:30 PBS Video Front-line: Myanmar's Killing Fields – Milton Library
10	11 8:00 TOPS – Library	12 6:30 Refugee Action Committee – Library	13 6:30 Men's Breakfast – IHOP 9:30 Women's Bible Study – Sanford's 6:25 Awana 6:30 Collision	14 9:15 Women's Bible Study – Perla Call's home 	15	16 8:00 Men's Chorus 9:00 Grow Groups 10:00 Treats 10:30 Worship
17 8:30 Breakfast Club – Cracker Barrel	18 8:00 TOPS – Library 	19 9:00 Ladies Sit 'n Sip – Havana Coffee	20 6:30 Men's Breakfast – IHOP 9:30 Women's Bible Study – Sanford's 6:25 Awana 6:30 Collision	21 9:15 Women's Bible Study – Perla Call's home 6:30 Third Thursday Prayer – Parlor	22	23 9:00 Grow Groups 10:00 Treats 10:30 Worship
24	25 8:00 TOPS – Library	26	27 6:30 Men's Breakfast – IHOP 9:30 Women's Bible Study – Sanford's 6:25 Awana 6:30 Collision	28 9:15 Women's Bible Study – Perla Call's home	<p>2019 Directory Would you like to be included in the church directory? Please send your info to churchoffice@miltonsdb.org or call 608-868-2741 by February 6.</p>	

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Pastor Liz Green
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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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February
2019

The LORD
makes firm
the steps
of the one
who delights
in him.

PSALM 37:23; NIV

the connecting
church
Milton Seventh Day Baptist