

# stay connected

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



## We're Supposed to do WHAT????

by Renee Sanford

Finding out the context of scripture that we know and love – this is one of the great joys of our Wednesday morning ladies Bible study. We just started Joshua and right away in chapter 1 we “discovered” familiar verses where the LORD tells Joshua to be strong and courageous.

The Lord tells Joshua to be strong and courageous three times in just four verses. Wow! Joshua clearly could use some encouragement – he’s just assumed leadership after Moses’ death and is about to begin the conquest of Canaan. But the emphasis of repetition caused us to spend time looking at exactly what God said.

We asked ourselves, “Does God give reasons why Joshua should be strong and courageous?” “Are these reasons still valid today?” “How does this precious encouragement apply to us?” Because, let’s be honest, we could use some encouragement, too. Come, listen in as we dig into these four verses to see what the Bible says.

Be strong and courageous, Take 1: Joshua 1:6 - **Be strong and courageous**, for you are the one who will lead these people to possess all the land **I swore** to their ancestors I would give them.

Ah, that’s good. The application is clear – Joshua **CAN** be

confident because God always keeps his promises. Hey, so can we! God still keeps his promises! It’s true. And it applies to us.

Then we skipped happily ahead to Be strong and courageous, Take 3: Joshua 1:9 - This is my command—**be strong and courageous!** Do not be afraid or discouraged. For **the LORD your God is with you** wherever you go.

Ooooooh that’s good too – The truth is clear and so is the application - Joshua **SHOULD** be confident because God is with him. We should be, too. God has promised never to leave us or forsake us – He is with us wherever we go. Love it. Piece of cake. It’s true. And it applies to us.

BUT, there in the middle, is the part that convicted us: Be strong and courageous, Take 2: Joshua 1:7-8 - **Be strong and very courageous.** *Be careful to obey all the instructions Moses gave you. Do not deviate from them, turning either to the right or to the left. Then you will be successful in everything you do. Study this Book of Instruction continually. Its words shall be continually in your mouth. Meditate on it day and night* so you will be sure to

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## Do What?, *continued*

*obey everything written in it.* Only then will you prosper and succeed in all you do.

Yipes! This isn't talking about **WHY** Joshua **CAN** or **SHOULD** be strong and courageous. It's telling him **HOW**. HOW is he to become and remain strong and very courageous? By being careful to obey God's word. By studying and meditating on God's word until he knows what it says so he can obey it completely.

Gulp! How sweet to read that God keeps his promises (verse 6). How comfortable to be reminded that he will never forsake us (verse 9) But oh how convicting to dig into verses 7-8

where God shows Joshua (and us) how to be strong and courageous.

The application crystalized so clearly – we **MUST** be in God's word. We **MUST** study it. We **MUST** talk about it. We **MUST** meditate on it. And we **MUST**, absolutely **MUST**, obey it. It's true. And it applies to us.

These phrases are a precious road map to spiritual strength and boldness – *be careful to obey, don't deviate, study the Bible, continually talk about it, meditate on it day and night, obey everything.*

Why are we committed to mid-week Bible Study? Because God opens our eyes to truths

like this. We find clear applications. We are moved to ask ourselves "How are we doing?" "Are we being careful to know and obey God's word?" "Are we studying it – ALL of it – and meditating on it day and night?" "Do we know our Lord's commands, so we can be careful to do EVERYTHING Jesus has commanded?"

Get into God's word! Memorize it, Meditate on it, Learn it and Live it. And share with others what God reveals to you!



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## How to give to the church *by Pastor Nate Crandall*

This is not an article about *why* to give to the church but about *how* to give to the church. Sometimes it's the nuts and bolts of how to do something that keeps us from following through with what we already want to do. So this is a good review if you already know how to give, but it can also be a help for you in explaining that to someone else who might not know how.



1. Put cash in the offering plate  
This tried and true method still works today! One of the great things about having cash is that if the Lord speaks to your heart to give to a particular ministry of the church, you can respond right away. It's often in the area of good intentions that we fall short, so "strike while the iron is hot" and think about giving with cash as a way that the Lord might want you to give. Remember to use an offering envelope if you want to designate or specify where you want your gift to go.

2. Write a check  
Checks are still good. Electronic money transfer hasn't done away with the paper check yet. Make your check out to *Milton SDB Church*. On the memo line you can designate where you want your gift to go. If you want to give generally to the church budget, leave the memo blank. If you want to give to a specific ministry (for example the capital campaign or the deacon's fund) putting that in the memo insures that it will go for that need.

3. Bill pay through your bank

# Grow Group Line up for Fall 2019

It's nearly Fall and back to school. It's time to return to our Sabbath Grow Group time at 9 AM on Sabbath mornings. Here are the classes we are offering:

## For Adults:

**Understanding Jesus:** A study in the Gospel of John – the Inductive Bible study process will be used to examine this Gospel. Pastor Nate, teacher, Room 6.

**Mental Illness is Not a Choice** The group enjoys presentations and discussion on a wide variety of Mental

Health topics. All are welcome to participate even if they have not previously participated. Barb Green, Facilitator, Library.

## For Children & Youth: The Gospel Project Classes – The Kingdom Provided

This quarter, our children and youth will be studying the books of 1 & 2 Samuel, 1 Kings, Psalms, Proverbs, Ecclesiastes, and Song of Songs as they look to God's Word for answers to questions such as: Who is our King? Where does wisdom come from? and Why can we trust God?

**Preschool** - The preschool class will begin as soon as a teacher can be secured. Parents will be notified when this age group will begin meeting for class. The nursery will still be available at 9:00 for our birth to 4 year old children.  
**K-6th grades** – Doneta Osborn, Teacher, Fellowship Hall  
**Junior/Senior High** – Pastor Liz, Teacher, Loft



## This school year's Grow Group Schedule

**Bible Breakfast** – Aug. 24

**Off** – Labor Day Weekend – Aug. 31

**Grow Group first quarter** – Sept. 7 thru Nov. 23 (12 weeks)

**Off** - Thanksgiving weekend – Nov 30

**Winter Quarter** – Dec. 7 thru Feb. 29 (12 weeks)

**Off** - Musical Sabbath – Dec. 21

**Spring Quarter** – March 7 thru May 16 (11 weeks)

**Off** – Memorial Day Weekend – May 23

## Mental Health Grow Group

On September 7th at 9:00 a.m. we will be discussing Jim Lyke's play, When I Go, which is inspired by the people who fight for mental health and suicide prevention in Rock County.

Jim will be in class to discuss his reasons for writing on this subject and what he learned in the process. You will find this discussion sobering and enlightening even if you didn't get a chance to see the play.



POWER OF PRAYER

## PRAYER FOCUS for SEPTEMBER

Our Fall Ministries – Awana, Collision, Release Time, Grow Groups! Pray for preparation and participation! Pray for salvation, spiritual growth and great joy!

## Awana Adventure! *by Angie Mullen, Awana Director*

The 2019-20 Awana club year adventure is about to begin! God's got big plans and we're gearing up to join Him in leading our clubbers to know, love and serve Jesus Christ.



sportsmanship and having a time of fellowship are all important parts of club each week.

We want *ALL* children in the Milton area to have the opportunity to hear about how much Jesus loves them! We

want *ALL* children in the Milton area to have their hearts transformed as they accept Jesus as their Savior and Lord. Awana is one tool God has given us to work alongside Him in changing people's lives. Who do *YOU* know that needs to hear the Good News? Invite these young children to our Awana ministry. You will find information and flyers in the Welcome Center to help you with that personal invitation.

The year will start off with a 10 week safari-themed unit in our Large Group lesson time. We'll cover topics such as: God's Guidebook, Focus on Jesus, Zebra stop: God's our Creator, Rhino stop: God is our strength, Lion stop: God is our source of courage, and many other fun and important lessons about following God's plan for our lives.

We have an amazing crew of volunteers returning to greet our clubbers and meet with them on Wednesday nights in Small Group time. It's specific time to study and memorize God's Word in their handbooks. This is where our children really get to dive in, begin to understand what these verses mean and talk about how they apply directly to their lives today.

And who could forget about the fun the kids have as they play during Game Time? Each week the Fellowship Hall is turned into a small gymnasium where kids run and have friendly competition together. Cheering on teammates, showing good

clubbers can find our registration form on the Awana page at the church website: [theconnecting.church/awana/](http://theconnecting.church/awana/) or they can fill out a form at the Open House. Our first club night is Wed., Sept. 11 at 6:25-8:00.

We can always use more help at Awana! You will *NEVER* be disappointed that you spent your Wednesday evening with us. We still have openings for leaders, a photographer, special events help, and we can never have enough prayer warriors praying us through each Wednesday night. Talk to Angie Mullen about any of these opportunities. 608-295-6484 or [asmullen92@gmail.com](mailto:asmullen92@gmail.com).

Psalm 9:10 says, "*And those who know your name put their trust in you, for you, O Lord, have not forsaken those who seek you.*" May all those who enter our doors on Wednesday nights this year come to know the name of Jesus and put their trust in Him.

Our Open House and Registration Night will be Wed., Sept. 4 from 6:00-8:00pm. All **returning** clubbers should bring the blue registration form they received in the mail. All **NEW**

A colorful flyer for an Awana Open House. The background is yellow with a white circle in the center. At the top, it says "Milton SDB Awana Clubs". Below that, "Open House" is written in large red letters. Underneath, it says "-meet us", "learn about Awana", and "-register for club". The date and time are "Wed., Sept. 4th 6:00 - 8:00 pm". On the right, a green circle says "Taco Bar for first 100 people!". On the left, a red circle says "3 yrs\* - 6th grade". At the bottom, it says "Activities for kids!" and "Milton 7th Day Baptist Church 720 E. Madison Ave. 868-2741 for more info." There are also illustrations of balloons and a cartoon character.

**All Awana Staff Meeting - Sunday, Sept. 8, 6:00-8:00 pm.**

Make sure you have completed the online SIM training **BEFORE** coming to the meeting if you haven't already done it this summer. Please contact Angie with any questions.



## Camp Wakonda 2019 *by Verne Wright*

Could it be possible? Has it happened? And yet, yes it has! What you say? The fact that for months I have been writing articles for Camp Wakonda and ending them “summers comin” and today as I write, the truth is “Fall is around the corner!”

Camp Wakonda has wrapped up another successful season. A great thank you and word of appreciation to all our camp directors, staff, and support staff that joined to make this season a good one for all our campers. A word of appreciation and gratitude too for all the “silent partners” of Camp Wakonda who make camp possible. People such as parents, aunts and uncles, grandparents, extended family members, church members, church family who support the camp with prayer support, financially, and make it possible in many quiet ways for the camp to operate. Some of you quietly help a camper to attend financially, some of you transport campers to and from camp, some stay home so a staff member can serve, others en-

courage campers to attend... well many of you make it possible for the camp to function in the behind the scenes way you help and for that we say THANKS!

By the numbers we had approximately

19 campers attending Vacation Bible School from June 24-28. Intermediate Camp held from July 7-12 served 36 campers (our largest camp). Junior High Camp held from July 14-21 had an enrollment of 20 campers and rounding out the season was Senior High camp with 23 campers, held July 21-28. This places our total camper attendance in the vicinity of 98 for the season.

The VBS theme this year was *God Knows Me*. The overnight camps centered their themes around the general theme of *Friendship with God* taken from Pastor Nate’s spring sermon series from 1 John. The Intermediate Camp specific theme was *Friends of God*, key

Scripture 1 John 4: 7, 11-12. Junior High’s theme was *A True Friendship with Jesus* with key Scripture John 15:15, and Senior High centered directly on *Friendship with God* with key Scripture Psalm 42:2.



This was our first season operating the camp under our unified camp board bringing together camp program and property under one team along with all other functions serving the camp represented as well (such as kitchen supervision, medical to name just two for examples). During 2019 we also tried out the use of applications for camp staff, an idea for people to express interest in serving on a camp staff.

Planning for Camp Wakonda 2020 will start in earnest in the Fall. Your prayer support for Camp Wakonda 2020 will be appreciated. Because after all ‘summer (2020) is comin’!



Awana September Calendar	
4	Open House & Registration Night
8 (Sun.)	Staff Meeting
11	Club – <b>First Club Night</b>
18	Club
25	Club – <b>Bring a Friend Night</b>

Collision September Calendar	
11	Collision Begins
18	Collision
25	Collision
27-29	Recharge at Camp Wakonda

# Pencil Boxes Made a Trip To Milwaukee

by Linda Lyke, Outreach Coordinator

On our Day for Refugees in June, we collected money to give to Devon Oasis, our partner ministry in Chicago that supports immigrants and refugees. They asked us to purchase school supplies and pack them in pencil boxes for refugees in Milwaukee area. You gave generously as you always do and the boxes were packed by ladies and children at the Monday night Q Place Bible Study and the Old Testament Wednesday morning Bible Study.

On Wednesday, August 7, six

of us traveled to Milwaukee with the school supplies and distributed them to two mosques. They were very thankful for our support as school supplies are expensive and many of them struggle to make ends meet.

At the second mosque, we had the opportunity to really connect with the Imam and his family, spending a few hours getting to know them. Then we were able to personally give school supplies to each child in their mosque as they were learning their Kuran lessons.

One by one they came up with smiling faces to receive their box. That was a beautiful gift to us to see such joy on each face – each face that was made in Jesus' image. We are praying about a continued relationship with this mosque in Milwaukee and ask you to join us in prayer.

Thank you to Lynnette Millard for purchasing the supplies, to Tara Rotzoll for organizing the packing parties and to all the ladies and children who packed the boxes full!



*At Masjid Al Rahman mosque with Milton SDB attendees plus the Imam (mosque prayer leader) Zahir and his son Faris, and friend Anuwar.*



*Students smile as we spend time with them and build relationships.*



# A Prayer for Spreading the Gospel

*Pastor Bob sent this prayer request out to all his prayer partners on the day of our trip to the Milwaukee mosques. The Baptist church he is referring to is us!*

Spreading the work of the Gospel – Prayer Request from Pastor Bob Andrews of Devon Oasis on Weds., August 7, 2019: A Great need for your prayers today!

We're trying to connect a wonderful Baptist church in Wisconsin to two Milwaukee mosques today. The church has a desire to reach and serve the people and previously joined us at one of the mosques. Today, we will be delivering hundreds of school supplies for local children. While I request that doors will open for the good news of Christ today, my main prayer request today is that this church - and others - will

somehow be able to regularly serve the people going forward. The people need regular friends, not just occasional school supplies. And, they will listen to the message of the gospel carefully when it is delivered by friends. There are 3,000 people connected with these two mosques and their leaders have repeatedly asked me to bring churches to help them. The door is WIDE OPEN to tangibly show Christ's love! By God's mysterious design, Devon Oasis Ministry is more connected to the refugee community in the Midwest and throughout America than is imaginable. We are always looking for good churches in these communities to serve the people. A few years ago, we were able to make such connections for Fellowship Missionary Church and other congregations for the Burmese in Fort Wayne, and Fellowship has done tremendous



ministry since then. That's what I pray will occur in Milwaukee this year.

Please pray for churches that are willing to help in on-going ministry to the people throughout the year. Yes, Jesus instructed us to pray for laborers in the harvest!

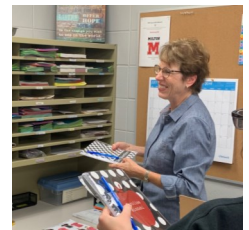
Or, you may donate through sending a check to: Devon Oasis Ministry, c/o Missionary Church, North Central District, 3301 Benham Ave., Elkhart, IN 46517, [andrews-bob@sbcglobal.net](mailto:andrews-bob@sbcglobal.net)

## East Side Story

The East Side Story continues – our support of our “across the street” school, Milton East!

Carol Watson assembled teacher welcome baskets to bless our Milton East teachers and staff as they return to school. Thank you Carol! Pastor Nate and Julianna Crandall helped in the distribution.

Please be in prayer for Milton East teachers, other staff, students and families as they start classes again.





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## Messages from the MUENCH MISSIONARIES *by Renee Sanford*

Both Zac and Nathaniel have had physical challenges over the summer – Zac’s serious fall, Nathaniel so sick he required hospital visits. Please pray for their health and protection!

Zac writes that he and the Youth With A Mission trainees made it to Nuremberg, Germany after spending a month in England. In England they were able to build on relationships with local skaters developed by previous outreach from Calling All Skaters. They hosted a skate night with food and skate videos, hanging out with the skaters and sharing about Jesus. About 25 scooters and skaters came.

Then they helped at a Christian festival, setting up a skatepark, teaching kids, performing demonstrations and sharing testimonies. In Germany, they will link up with Nathaniel to do outreach at a big youth sports convention. Nathaniel has just returned to Germany from Sri Lanka. His computer is on its last legs – so communication is a challenge. Please pray for a new one!

Here’s his Sri Lanka report: Sri Lanka was really good. The goal of the trip was to connect with the ministries there and look for opportunities to teach the locals how to build skateboards and surfboards. Surfing is huge in Sri Lanka but imported equipment is expen-

sive to the point of being unaffordable. The same technology can be used to make skateboards – sidewalk surfin’.

At first we stayed on the eastern side of the island, visiting one of the churches that was bombed in the Easter attacks. It was a very surreal moment seeing it in person and talking with the countless locals and islanders impacted by it.

One of the hardest parts for me was the amount of “mixed up religion” everywhere. You run into enormous 20-foot-high statues of Jesus and the saints all over the place, yet there is clearly little understanding of the gospel. The statues blend in with the thousands of temples and idols and it really breaks your heart.

We spent most of our time in a surf village on the western coast, making connections and doing life. We had an exciting visit with the only “surf ministry outreach” there. They have a lot of enthusiastic kids in their Bible study, coming from a variety of different religious backgrounds. The leader said “these kids know the Bible bet-

ter than a lot of people in churches, and love Jesus, but when the kids come of age they face incredible pressure to give up Christian practices if they are from a Hindu or Buddhist upbringing.” The goal of this surf ministry is to work hard with the kids and educate them well so they will have the courage not to revert to their native religion.

We also met with a tattoo artist who is trying to build a skatepark there. And we talked to countless people at the hostel about Jesus. We built a good friendship with the director of the hostel and think we were the first ones to really share the gospel with him.

Please pray for Sri Lanka! We travelled quite a bit of the central and in south, sitting in the train or public bus, passing through village after village and couldn’t help thinking “Have these people even heard the name of Jesus?” Please pray for the church in Sri Lanka, for missionaries to be sent out and for the harvest.

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### **Kwik Trip Cards**

Purchase your Kwik Trip cards through our church office and benefit our support of missions, locally and afar. The proceeds go in our church’s Outreach Fund to support such items as the Welcome Baskets for Milton East teachers, and other support that goes above our church budget. Thank you for your support!





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# Operation Christmas Child

**These are the items we need for our Operation Christmas Child boxes:**

**School supplies of all kinds  
Washcloths and bar soap  
Jump ropes**



We **don't need** any more socks, stuffed animals or WOW items.

Do you eat at Culvers? Did you know adults can buy kids meals too? If you save 10 coupons from the side of the kids meal, trade them in for (deflated) playground balls. Those fit better in the OCC boxes than soccer balls.

**Thank you for our 2019 OCC Committee who are planning the November 9<sup>th</sup> packing party:**

Linda Gilmore and Janette Loofboro: Item Coordinators  
Jill Groelle: Event Administration Coordinator  
Lynnette Millard: Super Shopper  
Becky Snyder: Event Logistics Coordinator  
Tara Rotzol: Community Engagement Coordinator  
Joel Osborn: Communications Coordinator  
Linda Lyke: OCC Chair

As the November 9 event approaches, many others will be asked to help in some way. We hope you will join the fun!

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## Summer Christian Service Corps *by Collin Green*

Greetings on behalf of Team MORE, the SCSC team for the summer of 2019.



This is Collin Green writing to talk about my experience as part of the SCSC team. For those who don't know, I served in Pataskala, Ohio with Vanessa Ormsby, another SCSC student from a SDB Church in Canada.

Pataskala SDB is an amazing church body with a great deal to offer to its larger community. However, the church is also facing the departure of their long time Pastor, Robert VanHorn who is in the process of retiring. For this reason it felt like our project was in the exact place it needed to be.

Naturally, in this period of transition there was a great deal to do and not enough hands to do them. Had we not been sent there, it's likely they wouldn't have had enough people to do their summer Bible Clubs. These Bible Clubs were small, but they require a lot of effort and act as a form of outreach into their local community. These Clubs allowed the church to interact with a number of new families, several of which showed interest in the SDB denomination.

Through this God showed me just how much He can do with very little. Our SCSC group was small this year, only four teams, yet the stories I heard from the other teams about God's work through them were amazing. The Pataskala project seemed small to me at first but

when we had our feet on the ground it became clear we were offering relief and doing God's good work. Thank you all for your support of God's work in us this summer, I am grateful for it.

Side note: if you know the VanHorns, or even if you don't, or anyone in the Pataskala church please pray for them, as they deal with health issues, family loss, and transition into retirement.



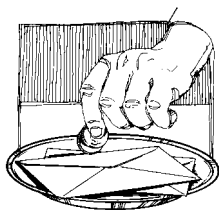
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## How to give to the church, *continued*

The great part about this kind of giving is that you can set it to happen every month so that you don't forget. In addition, for most banks it won't cost you anything to do it. This means that all of the money you send to the church will be received by the church. This is not the case with other ways of electronic transfer which is the next option for giving.

### 4. Online giving by PayPal

We recently switched to using PayPal for electronic transfers because they charge less per transaction. Currently when you give through PayPal the fee



**A TIME FOR GIVING**

they charge is 2.2% of the total plus a .30 transaction fee. That means that the church is missing out on that money. For this reason we encourage you for your regular monthly giving to try to use one of the other three methods. It just means that more money goes to the church.

However, if you are giving a one-time gift for a specific ministry, PayPal is a great way to go. Modern life has cut down on the amount of cash we carry, and many people don't even write checks anymore. So if this is where you live, you have the option of using PayPal so please take advantage of it!

**You don't have to have a PayPal account!** Just go to the giving page on the church website ([theconnecting.church/giving](http://theconnecting.church/giving)) and follow the PayPal link. Yes, you can do this from your mobile device!!!

### 5. Kwik Trip Cards

Finally, I wanted to give a plug for **FREE** money which we can get from using pre-paid Kwik Trip cards. For every gas transaction the church gets 5% cash-back! Over the several years that we have been using Kwik Trip cards the church has funded a large portion of our outreach ministry. If you haven't been getting Kwik Trip cards, consider making this part of your offering to the church ministry.

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## **GIFTS** *by Beau Gilmore*

As the fall approaches, so does the week in Oct. that we serve the GIFTS shelter for 3 nights – Oct 7th, 8th, and 10th. There will be the sign up sheets for food, serving and overnight in the Welcome Center in late Sept. I hope that we can continue to have the great response that we have had past.

On Sept. 21 GIFTS will host the 6th annual golf outing at Prairie Woods. This is one of the main fund raisers for the ministry. If you are interested in playing please contact me. I have usually put together 2 or 3 teams for this event.

The shelter is still sticking with 25 guests on a daily basis. Over the summer it has had as many as 29 and a low of 20. Several of the men have moved to the GIFTS house. These men have met the requirements to begin living a more productive life. This is one of the goals of the ministry. This spring several of our men either graduated from Blackhawk Tech or got their GED degree. This is important when you see the men come to the shelter down on themselves and with not much hope to improve or to find success. These men have found God and what He can do if you believe.

In the month of July the shelter had 45 different men spend at least one night. God is still at work in the shelter as many of the men are professing the spiritual life that we support and is needed. I ask for your continual prayers and support for this ministry in our community.

### **GIFTS**

Mark your calendar!  
Our fall dates to serve at  
GIFTS are:  
Monday, October 7;  
Tuesday, October 8;  
and Thursday, October 10.  
Watch for sign up sheets at  
the end of September.

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## Brain Health *by Barb Green, Parish Nurse*

Lifestyle has a profound impact on your brain health.

Regular aerobic exercise (running, biking, swimming, walking) improves blood flow to the brain, which preserves existing brain cells while fostering the growth of new ones. A recent study shows a link between long term moderate physical activity and an increase in the size of the hippocampus- the area of the brain that deals with the formation of long-term memories. It is the area first to be damaged in Alzheimer's disease. Exercise stimulates chemical changes that enhance learning, mood and thinking. If you are not a regular exerciser start by seeing your doctor to assess your fitness level. Record your daily exercise in a journal so you can see how much you've done. Balance your activity by incorporating aerobic activity along with strength training. Be sure to start slow and warm up your muscles each time you exercise. Stay hydrated and eat meals that are high in fiber such as oatmeal, fruits and vegetables, beans, tofu and fish.

What's good for the heart is also good for the brain. Maintaining good blood pressure, optimal cholesterol levels and good blood sugar control is important. High blood pressure and diabetes which is not controlled both cause damage to blood vessels which in turn may cause stroke, heart attack or dementia. Avoiding tobacco and limiting alcohol consumption are strongly encouraged.

Yearly checkups with your doctor will keep you aware of how you are doing.

Exercising the brain includes mental stimulation. This can include learning a new skill, hobby or language and doing games and puzzles like crosswords, Sudoku, and word search. There are a number of computer games that can help stimulate your brain.

Useful web resources include:

- [aarp.org/fun/puzzles](http://aarp.org/fun/puzzles)
- [thirdage.com/living/games/sbt1](http://thirdage.com/living/games/sbt1)
- [lumosity.com](http://lumosity.com)
- [cogmed.com](http://cogmed.com)

Playing cards, chess or other games with friends is helpful. The important thing is to engage in a variety of these activities.

Social interactions are very important for brain health. Volunteering, joining a class, interacting with family and friends, being an active part of a church, spending time each day in Bible reading and prayer all fill the bill. These activities also help you manage stress which helps keep brains healthy.

A healthy diet promotes a healthy brain. The Mediterranean diet and the DASH diet are both helpful. More information about these diets can be found on the internet. The MIND diet is a hybrid of both these diets and has been specifically designed to promote better brain health. Adherence to any of these diets may reduce the risk of Alzheimer's disease. Specific foods that are

beneficial to the brain include blueberries, avocado, spinach, broccoli, kale, asparagus, cold water fish such as salmon, halibut and tunas, nuts, turmeric and cinnamon.

Protect your brain by using safety measures to prevent head injury. Wear a seat belt, wear a helmet when biking, horseback riding, ice skating etc. Head injuries and especially concussions can be a risk factor for Alzheimer's. Concussions are getting a lot of press lately. It is important for people of any age to follow up with a doctor if a contact sport results in a concussion. Since a person's brain is not fully developed until age 25, it is especially important for youth and young adults to get medical attention and follow orders given.

Did you know that your brain performs important tasks during sleep? It has been compared to backing up a computer. When sleep is disturbed, memory can be lost. Everyone feels and functions better when they get at least 7-8 hours of sleep per night. Children and teens need more.

No one wants to get dementia, have a stroke or heart attack. Genetics do have a role in these conditions but a healthy lifestyle can offset these risk factors. The younger you are when you start this lifestyle the better but starting at any age will help. (Adapted from *Alzheimer's & Dementia Alliance of Wisconsin newsletter*)

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# September

## Bulletin Board

### Birthdays and Anniversaries

- 1 Doug Lubke
- 1 Janet & Kevin Butler
- 4 Lori & Bob Ball
- 5 Neil Lubke
- 5 Ryan Curry
- 6 Randy Kersten
- 12 Jayne Lubke
- 12 Calvin Lubke
- 12 Liz Green
- 13 Taliesin Kersten
- 15 Janette Loofboro
- 17 Isaiah Call
- 17 Tara Rotzoll
- 20 Kevin Butler
- 22 Brenda & Pat Hamm
- 27 Anissa Welch
- 28 Micah Crandall
- 28 Caleb Sanford
- 28 Tom Rotzoll
- 28 Bethany Thompson-Gordon
- 29 Mike Hoffman
- 30 Perla Call

### North Central Association

Sept. 27, 7:00 p.m. – Sept. 28  
All Nations Church, Grand Rapids, MI

Join us for a time of fun, food, and fellowship this September as Kevin Butler, President of SDB Conference 2020, is our guest speaker.



### Hey Everybody!

*Don't throw out those old eyeglasses!!*  
If you have some older prescription eyeglasses, or reading glasses that you've "outgrown," how about bringing them to the church?

2020 Conference President Kevin Butler has started a special campaign to collect eyewear during Conference 20/20! Get it? Yes, this year's Conference will "focus" on our eyes and vision, so we want to do something practical and give to those who need help seeing God's Word. We'll be collecting glasses all year and will work with the Missionary Society to get them to those in need. **Fix Your Eyes on Jesus!**

### "FALL" BACK INTO ACTION

### Third Thursday Prayer

September 19th,  
6:30 p.m., Parlor

Church Focus:  
Fall Ministries



### Breakfast Club

Sunday, Sept. 15th, 8:30 a.m.  
Jessica's in Whitewater  
All are welcome!

### Ladies Sit & Sip

Tues., Sept. 17th, 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 July 31, 2019

General Fund Balance	\$16,054.48
Cash at Mem. Fund	\$65,661.51
July Undesignated Income	\$11,767.86
July Expenses (includes camp)	\$21,358.81
Denomination Giving YTD	\$ 7,368.02

### Capital Campaign Update

As of July 31, 2019

Starting Balance	\$ 2,505.00
Total Income	\$22,298.15
Total Expenses	\$ 4,027.70
Fund Balance	\$20,775.45

# September 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat																
																						
1	2 8:00 TOPS - Library  Labor Day	3 7:00 Scouts	4 6:30 Men's Breakfast- IHOP 9:30 Women's Bible Study - Sanford's 6:00 Awana Open House 6:30 Collision Staff Meeting	5	6	7 9:00 Grow Groups 10:00 Treats 10:30 Worship																
8 6:00 Awana Staff Meeting	9 8:00 TOPS - Library	10 6:00 Scout Court of Honor - Sanctuary and Fellowship Hall	11 6:30 Men's Breakfast- IHOP 9:30 Women's Bible Study - Sanford's 6:25 Awana 6:30 Collision	12	13	14 9:00 Grow Groups 10:00 Treats 10:30 Worship																
15 8:30 Breakfast Club - Jessica's, Whitewater	16 8:00 TOPS - Library	17 9:00 Ladies Sit 'n Sip - Havana Coffee, Janesville 7:00 Scouts	18 6:30 Men's Breakfast- IHOP 9:30 Women's Bible Study - Sanford's 6:25 Awana 6:30 Collision	19 6:30 Third Thursday Prayer - Parlor	20	21 8:00 Men's Chorus Rehearsal 9:00 Grow Groups 10:00 Treats 10:30 Worship																
22	23 8:00 TOPS - Library  Autumn Begins	24 7:00 Scouts	25 6:30 Men's Breakfast- IHOP 9:30 Women's Bible Study - Sanford's 6:25 Awana 6:30 Collision	26	27 Youth Recharge @ Camp Wakonda North Central Association In Grand Rapids, MI	28 9:00 Grow Groups 10:00 Treats 10:30 Worship																
29	30 8:00 TOPS - Library	<p style="text-align: center;"><b>Sabbath Sunset Times</b></p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="padding: 2px;">Sept. 6</td> <td style="padding: 2px;">7:21 p.m.</td> <td style="padding: 2px;">Sept. 7</td> <td style="padding: 2px;">7:19 p.m.</td> </tr> <tr> <td style="padding: 2px;">Sept. 13</td> <td style="padding: 2px;">7:08 p.m.</td> <td style="padding: 2px;">Sept. 14</td> <td style="padding: 2px;">7:07 p.m.</td> </tr> <tr> <td style="padding: 2px;">Sept. 20</td> <td style="padding: 2px;">6:56 p.m.</td> <td style="padding: 2px;">Sept. 21</td> <td style="padding: 2px;">6:54 p.m.</td> </tr> <tr> <td style="padding: 2px;">Sept. 27</td> <td style="padding: 2px;">6:44 p.m.</td> <td style="padding: 2px;">Sept. 28</td> <td style="padding: 2px;">6:41 p.m.</td> </tr> </table>			Sept. 6	7:21 p.m.	Sept. 7	7:19 p.m.	Sept. 13	7:08 p.m.	Sept. 14	7:07 p.m.	Sept. 20	6:56 p.m.	Sept. 21	6:54 p.m.	Sept. 27	6:44 p.m.	Sept. 28	6:41 p.m.		
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**Milton SDB Church**  
**720 E. Madison Ave.**  
**Milton, WI 53563**  
**Church Phone:** 608-868-2741

**Pastor Nate Crandall**  
Cell Phone: 608-322-8824  
Email: [pastornate@miltonsdb.org](mailto:pastornate@miltonsdb.org)

**Pastor Liz Green**  
Cell Phone: 608-289-3029  
Email: [pastorliz@miltonsdb.org](mailto:pastorliz@miltonsdb.org)

**Administrator:** Janet Butler  
E-mail: [churchoffice@miltonsdb.org](mailto:churchoffice@miltonsdb.org)  
Office Hours: Tues.- Fri. 9:00- 3:30

**Director of Children's Ministry:**  
Angie Mullen

**Prayer Coordinator:**  
Renee Sanford

**Outreach Coordinator:**  
Linda Lyke

**Parish Nurse:**  
Barb Green

**Camp Program:**  
Verne Wright

**Communications Coordinator:**  
Joel Osborn

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September  
2019

LIVE YOUR  
LIFE  
IN A MANNER  
WORTHY OF THE  
GOSPEL OF  
CHRIST.  
Philippians 1:27, NRSV

the **connected** **ing**  
**church**  
Milton Seventh Day Baptist