

get connected

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



Be Gentle

by Pastor Nate Crandall

“I therefore, a prisoner for the Lord, urge you to walk in a manner worthy of the calling to which you have been called, with all humility and gentleness, with patience, bearing with one another in love, eager to maintain the unity of the Spirit in the bond of peace.”

Paul the apostle,
Ephesians 4:1-3

To walk in a manner worthy of our calling is a walk of high character. These character traits are worthy of our attention and greatest effort. Humility, gentleness, patience, love, unity. These are much easier to talk about than to walk about. But again, they are worthy of all of the effort that we can give to live them out.

Ted Thompson, former general manager of the Packers, died recently. Those who wrote about him talked about his humility. When you die, if you have lived with high character, that is what people talk about. If you loved people well, when you die that's what people talk about.

I have been thinking about what the Holy Spirit has been burning on my heart. That's one of the questions that our Gospel Learning Communities will ask one an-

other when we start gathering the week of February 15-19. What the Spirit has burning on my heart is not easy stuff. It's the difficult, high character quality of gentleness and the fact that I need more of it. The Spirit is asking me to “be gentle.”

So, I'm going to try to follow the Spirit's leading and ask for the fruit of gentleness to be “more stronger” in my life. I know that it's not something I can create on my own, but it's something that I can ask for and cultivate in my

life. I can repent of not being gentle. I can then trust that if God wants more of it in my life, then He's going to be working in me to make it happen. When I die, I would like to have the character quality of gentleness come to people's minds. The Lord has got my attention. I am trusting him to work it out in me.

If any of those character qualities on Paul's list are something that the Spirit is nudging you about, then I would invite you to join me is asking, repenting, cultivating and trusting God to do a good work in you too. These character traits are all God's will for your life. If you ask him for more, He will answer your prayer big time.



February 2021 Inside this issue:

2021 Goals	2,3
Sabbath School	4
9 Arts	5
Prayer Focus	6,7
World on Mission	8
Awana/Collision Calendars	8
Operation Christmas Child	9
News from Nathaniel	10
CROSS 2021	11
Assuring a Good Ending	12
Bulletin Board	14
Calendar	15



Annual Meeting & 2021 Church Goals *by Our Ministry Leaders*

Our annual church meeting was held on Sunday, January 24th via zoom. Thank you to the 30 members & 1 non-member who participated.

President Randy Kersten led those present through the discussion and acceptance of the June meeting minutes, the 2020 Financial Summary and Balance Sheet, the Pastor's Report and the 2020 Goals Review, the Elder's Report, along with the 2021 Goals, Budget and Ballot.

The full Report is available at <http://theconnecting.church/2020reports>

Congregational Meeting



Leadership Development

- Identify and train facilitators for Gospel Learning Community initiative.
- Identify leadership needs and communicate to church family.
- Identify 1-3 emerging leaders to enroll in Seventh Day Baptist University (SDBU).
- Invite external speaker for in-house leadership training seminar.

Youth Ministry

- Provide a variety of training opportunities for youth leaders.
- Recruit youth ministry coordinator.
- Teach and encourage youth to invite their friends to youth group and into their lives.
- Be intentional with developing one-to-one interaction between staff and youth

Prayer Ministry

- Increase our prayer emphasis on God's glory.
- Include more upward and outward focused

prayers in the weekly prayer points, in newsletter articles, and on the prayer chain.

Review prayer chain requests at least quarterly to report back and increase emphasis on giving thanks.

Develop a visible means of sharing prayer concerns such as a prayer wall – using the bulletin board space to provide an opportunity for people to post their prayer concerns (privately or publicly) so they can be prayed for. Reanimate the prayer team and use the prayer chain to pray for these concerns.

Review and add to the prayer materials in the church library.

Camp Wakonda

- Recruit summer intern for staffing at camps.
- Prepare a five-year strategic plan for consideration at mid-year members meeting.
- Recruit Program Coordinator.
- Update staff training to online format.

Outreach

Advance our ministry to the Rohingya through prayer initiatives such as hosting Rohingya specific prayer meetings and connecting with the global Rohingya prayer movement to build relationships with those who have a heart for them.

Pursue a short-term mission trip to Uganda, to build relationships with Uganda SDB Church and discover needs.

Pursue a ladies' Q Place in summer 2021 to be held at the YMCA in Milton.

Make a spiritual and financial commitment to church planting.

Communications

- 60 second video stories – What's your story?
- Recruit and mentor web/social media assistant

Caring Ministries

- Mental health area of deacons – service during May, mental health month
- Continue to clarify roles

2021 Church Goals, *continued*

and structure of deacon ministries.

Facilitate additional ways to connect with members who live at a distance or only attend virtually.

Implement a Community Care ministry, connecting the church to various community initiatives such as East Side Story.

Parish Nurse Goals

Turn Camp Wakonda medical responsibilities over to someone else.

Continue card ministry for birthdays etc.

Encourage church members to call, write notes or visit those who are alone.

Awana

We will seek to help the children we serve BECOME. BELIEVE. BELONG.

Provide ways for children to take up leadership roles in each of the 3 parts of our club night (Game, Small Group, Large Group). This could include, but is not limited to leading prayer, worship, helping others memorize scripture, being a team leader, etc.

Teach children about the careers of missionaries and evangelists during

a Large Group Unit.

Utilize the arrival time (in place of the Opening Ceremony) to have personal discussions about Jesus – the gospel message and how Jesus is working in their lives.

Education

Restart Primary Grow Groups by the Fall quarter.

Develop a plan for Children's Church to replace 9:00 Grow Groups by fall 2021.

Continue to develop additional methods for learning that include our wider virtual audience.

Begin one or more book clubs.

Library Update to include designated kids area

Church Family

Continue to develop ways to connect with our wider audience joining us virtually.

Develop and implement a ministry for helping attenders take the "next step."

Refine tracking of guests and follow-up by pastors.

Celebrate the passing of Covid with a social event when safe to do so.

Update Welcome Center

Worship

Continue to refine our virtual resources to respond to those who join us remotely.

Upgrade to HD video cameras.

Add cordless mics to LGA for Awana.

Replace wedge monitors with in-ear system.

Pastor Nate

Develop Church Planting Seminar for local churches in cooperation with SDB Church Planting Task Force.

Pastor Liz

Develop pastoral visitation ministry in conjunction with Parish Nurse.

Mentor one or two people in spiritual and personal growth.

Facilitate an evening book club.

Church Administrator

Organize computer folders (delete unnecessary documents)

Make a complete list of Historical documents (prior to 2000) and move them to the SDB Center

Train Brittany Kersten in Contribution recording and Quickbooks as a finance team member

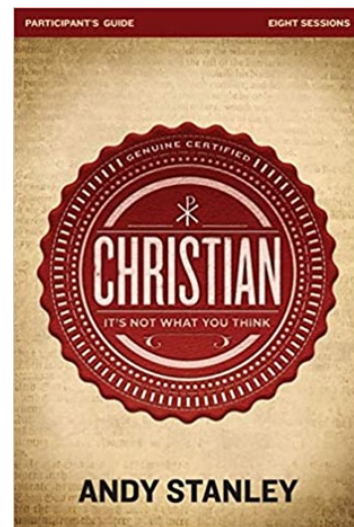
Improve communication with custodians

Sabbath School Update *by Pastor Liz Green*

We will be continuing with Andy Stanley's study **Christian: It's Not What You think** through the month of February. Then on March 6, we will review the **9 Arts Principles** facilitated by Linda Lyke, Melissa Lade and Shanny Snyder.

From March 13 through April 3, we will return to Lee Strobel's **A Case for Easter**. Lee continues by investigating the Bible's accounts of Jesus' resurrection to determine whether the resurrection actually occurred. He explores

the "discrepancies" critics have pointed to in the Gospels, looks at the evidence that Jesus' tomb was truly empty, and shows how the eyewitness accounts of those who saw Jesus alive after the crucifixion are credible. Lee shows how the facts pointed to the conclusion that led him from atheism to Christianity: Jesus conquered the grave and rose again! Facilitated by Pastor Liz. Join us on Sabbath mornings at 9AM on Zoom for any of these classes.



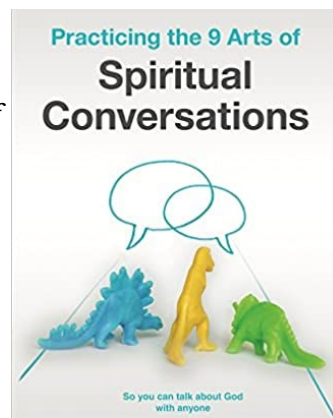
Learn from the participants in the 9 Arts Grow Group (Fall 2020)

Our Lead Pastor, Nate Crandall, shares how the Art of Asking Questions impacted his sermons:

"One of the things that impacted me from the 9 Arts class was the Art of Asking Questions. It made me rethink how I was communicating during the Sabbath morning messages. You may have noticed that in the last couple of months I have added many more questions each week.

It's like a switch went on, it had a huge impact from a small idea – asking questions.

In addition, it impacted how I wrote a Thanksgiving article for the Milton Courier. Rather than make statements I focused on asking questions. As a result it was a much different article than I would have written, and I think a more impactful one as well."



Online Worship

Our Sabbath morning worship service is available **live** on our YouTube channel.

Go to <http://TheConnectingChurch/WorshipOnline> for the link.

We are also posting links to the sermon notes on that same page.

If you prefer, you can go directly to <https://www.youtube.com/theconnectingchurch>

The 9 Arts of Spiritual Conversations

Give the Gospels a fresh look and notice how intentional Jesus was with individuals he encountered. In fact, he developed a reputation for spending time with outsiders. Preaching and proclamation were significant in his ministry, yet he spent the vast majority of his time on the road with twelve men who were slowly coming to understand who Jesus was. They were taught, but they also caught how Jesus made disciples.

They learned from him how to engage spiritual seekers and walk with them on the discipleship journey. So can Christians in the 21st century. So can churches. So can we!

THE 9 ARTS OF SPIRITUAL CONVERSATIONS

You can think of the nine arts in groups of three:

Getting Ready: *Noticing, Praying, Listening*

Getting Started: *Asking Questions*, Loving, Welcoming*

Keeping It Going: *Facilitating, Serving Together, Sharing*



*Featured Art: The Art of Asking Questions *by Shanny Snyder*

Asking questions is one of the 9 Arts. If you're like me, you may not want to be too invasive when you meet or converse with someone who you know very little of. Asking questions to someone who you do not know where they stand spiritually, can be something you do very little of or avoid all together. That is a loss of connection, not inquiring about someone's life or faith walk, a missed opportunity to get to know where they stand.

More times than not, people WANT you to ask questions, they just may have a hard time showing it. There is a tactful way to ask personal questions which includes keeping your tone gentle, making eye contact and waiting for them to answer even if they take some time to respond to your questions. How did you feel when some-

one you knew was genuinely curious about your life? Did you feel seen? Did you feel important? Why don't we do that more often, for believers and nonbelievers alike?

As stated in [Practicing the 9 Arts of Spiritual Conversations](#) (You should get the book. It's good.), *"Curiosity is not the same as gathering information. Curiosity is a different way of discovering. When you're curious, you are no longer in the role of expert. Instead, you are.... exploring their world with them, not superimposing your world on theirs."* – Henry Kimsey-House

An example I have for you is when I was at Collision Student Ministries the other night. We meet together with several 7th-12th graders and it is always an eventful and encouraging time for the

youths and staff members alike. While group discussion took place, I couldn't help but misunderstand a student with a thick mask on. I knew he was adding to the conversation but I couldn't hear what he animatedly said!

The simple question of "Sorry, I really wanna hear what you had to say, it looked important! Can you speak up please?" He gladly raised his voice! What he had to say was impressive and stirred my spirit. I was very happy I asked him an important question. I felt the Holy Spirit prompting me not to miss this, so I spoke up. Jesus asked so many questions; we as followers of Christ can walk in his example and do the same. God bless you.

Much love, Shoshannah/
Shanny Snyder

Prayer Focus – Our Suffering Brothers and Sisters

by Renee Sanford, Prayer Coordinator

In December we prayed for the worldwide church. In January we prayed for God's kingdom to come. For February we want to focus on the severe persecution faced by Christians around the world.

Let's pray for Christians in Nigeria

More Christians are murdered in Nigeria than in any other country. 5,678 Christians were killed in Nigeria last year during attacks from Boko Haram, Fulani militant herds-men, and the ISIS affiliate ISWAP.

Christian communities are more or less trapped. They have ineffectual government and violence is spiking to near genocide levels.

LORD protect them. Encourage them. Help them persevere.

Let's pray for Christians Experiencing Medical Care Discrimination

COVID-19 has enabled religious persecution through relief discrimination, forced conversion, and is being used as justification for increasing surveillance in Ethiopia, Malaysia, Nigeria, Vietnam, and the Middle East. Some Christians have been told that they were denied aid from the

government because "your Church or your God should feed you" or "the virus was created and/or spread by the West." Over 150,000 Christians in India are denied COVID-19 treatment because of their faith.

LORD, we ask for protection and healing. Give them forgiving spirits in the face of injustice.

Let's pray for Christians in China

China uses advanced technology to manipulate religious practice. Phones are tapped. E-mail, social media, and internet use are monitored. Over 100 million Christians are being tracked and scored negatively in the citizenship system. This adversely impacts their children's education and employment.

Christians in state-sponsored churches are face increased

surveillance – lessons and preaching must be in accordance with Chinese Communist Party doctrines.

LORD, give our brothers and sisters wisdom and safe ways to communicate. Open the hearts of their leadership to permit free worship/teaching.

Let's pray for Christians in North Korea

For over 20 years North Korea has been the world's worst persecutor of Christians. Kim Jong Un rules his country with

ruthless brutality. He is responsible for all manner of human rights abuses – torture, rape, enslavement, starvation, and murder. Those who follow Jesus do so at enormous risk – possession of a Bible is illegal. Punishment is immediate imprisonment of the entire family. The abuse endured by prisoners is hard for us to imagine. Detainees endure torture, including beatings with electric rods or metal poles, forced submersion in water, and use for medical experimentation. Food scarcity and dire malnutrition often force prisoners to catch rats, frogs, snakes, and other rodents to survive. 50,000 Christians are in these camps. As many as 2,000 prisoners, mostly children, die from starvation every year in the prison camps.



From Open Doors - North Korean prison camp



Nigerians executed for being Christians.



Surveillance camera in Chinese government-approved church.

LORD, bring your power to bear on the North Korean government to end this abuse. Comfort and encourage your precious holy ones. Give them access to your word. Provide them with the food they need.

Prayer Focus, *continued*

Let's pray for Christians in Turkey

The rise in religious nationalism in Turkey has placed increasing pressure on Christians in the last few years. Legal harassment is forcing some Christians to flee – others are considering leaving voluntarily before things get worse.

LORD, protect Christians in Turkey. Give them wisdom on whether they should stay or leave.



A billboard in Turkey saying Christmas is a blow to our Muslimhood.

Let's pray for Christians in India

The world's largest democracy, India, is among the top ten most difficult countries to be a Christian. The Hindu nationalist movement, to which the current Indian prime minister belongs, forwards the poisonous idea that "to be Indian is to be Hindu," leaving little room for those of other faiths. This ideology has inspired mob violence against Christians and others and ongoing discrimination from the government.

LORD, shine your light into the darkness of Hindu India. Bring justice to your people, and salvation to lost souls.

Let's pray for Christians in South America

Drug cartels often violently attack bishops and priests in Columbia, Mexico, and throughout Latin America. Church leaders are typically targeted for condemning corruption and violence, thereby threatening the illicit activities of these criminal enterprises.



An anti-government protester aims his sling shot at a church after it was looted, in Santiago, Chile

LORD, we ask for protection for churches and church leaders. Let the presence of your Holy Spirit draw them closer to you.

Let's pray for Christians in Burkina Faso

One evening in late June, gunmen stormed a village in northern Burkina Faso and ordered people who had been chatting outside to lie down. Then the armed strangers checked everyone's necks, searching for jewelry. They found four men wearing crosses—Christians. They executed them.

LORD, help Christians in Burkina Faso to remain safe and to live their daily lives without fear.

Let's pray for Christians in Mozambique

Fighters linked to Islamic State attacked several villages in Mozambique, killing civilians, abducting women and children, and burning down homes. The gruesome description of innocent people "herded" to their death on a soccer field, where they were systematically decapitated and dismembered, was nightmarish.



Church destroyed in Mozambique

LORD, strengthen believers and comfort their families. Would you reveal yourself to the attackers as you revealed yourself to Saul of Tarsus – disrupt their worldview with the truth!

You can get more information about the diverse challenges facing fellow believers around the world from Open Doors.

<https://www.opendoorsusa.org/christian-persecution/world-watch-list/>

World on Mission

by Linda Lyke, Outreach Coordinator

In Mid-January of last year, Renee Sanford, Melissa Lade and I started on a 5 month journey of taking a college level course called "Perspectives on World Missions." I really wanted to do the in-person class in Wauwatosa to get that discussion experience and hear the "live missionary speakers." Because of the rush after work and long drive, Renee and Melissa encouraged involvement in the on-line version of the class. Lo and behold, corona virus hit in mid-March. So I'm so thankful they talked me out of the in-person option. Hence all the Perspective classes world-wide ended up online and we had a leg up because we were already participating in the online assignments, discussions, and videos.

In "World on Mission" each month I share a bit about what we learned in the Perspectives on the World Chris-

tian Movement class – because God calls ALL of us to have a part in his mission. What is his mission?

"God is on mission to be loved, served and worshiped by people from all humanity."
(Perspectives Study Guide - PSG, pg 4)

I agree with Shirley Innis's Perspectives Story from the October 2020 Perspectives newsletter. I hope you do too.

"Another memorable experience, and what really got us started on our current journey, was Lesson One. During that time, we met one of the authors of "Cat and Dog Theology: Rethinking Our Relationship with Our Master." In Cat and Dog Theology, think of the difference between a cat and a dog. A cat is somebody, who when they look at God, say, "Oh, He's my servant." But the dogs are there to serve you. It's

basically "what can God do for me?" against, "what can I do for God?"

We're sitting there thinking, "Oh my goodness. This makes so much sense on the glory of God." We learned from all of them, but the first week impacted us in such a way, it was like the string that went through the rest. In all this, we asked how do we glorify God in our giving? How do we glorify God with our gifts? Where can my giving match where God is working in the world?"

Never cease to pray about your role in the Great Commission:

Matt 28:19-20a Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you.



February	
3	Club – Valentines for Seniors Night
10	Club – Red, Pink and Hearts all over Night
17	Club – Movie Night
24	Club – Food Pantry Night - National Canned Food Month



February	
3	Collision – Camp Wakonda
10	Collision – Camp Wakonda
17	Pizza Party – Camp Wakonda
24	Collision – Camp Wakonda



2020 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



Where did the boxes go this year that we packed at the packing party?

Our church's 281 boxes were shipped to Georgia, a former Soviet republic in Eastern Europe! It's on the Black Sea, borders Turkey, Russia and Armenia.

Christmas Joy in the Republic of Georgia

The people of the Republic of Georgia have seen their own series of hardships over the past decade, especially when the Soviet Union fell. But when a country suffers as a whole, everyone feels it – especially the children.

“In 2008, Georgia also had war so there are many children who are victims of those wars,” said Vitaly Dudukaloff, an Operation Christmas Child ministry partner. “They don’t have parents. They don’t have futures. They don’t have pasts because the war destroyed everything.”

Georgia has had economic problems for years. Twenty-eight percent of the children, a quarter of Georgia’s population, live beneath the poverty line, according to SOS Children’s Village International. In a country where the need is so great, Samaritan’s Purse is touching the hearts of many children and their families through Operation Christmas Child. Shoe box gifts distributed by local Christians are

providing evidence of God’s love and opening doors to tell of the true meaning of Christmas, the Savior who was born to give Himself as a sacrifice for sins.

“This is a great opportunity,” Georgian pastor Genadi Romanadze said. “We get to share the Gospel with them. We invite them to small groups, Bible studies and to talk to the parents.” During one shoe box distribution, the children immediately started clapping once they saw the gifts enter the room. “The kids are always excited and happy,” volunteer Guliko Koshkeli said. “Some even cry because they got what they needed.”

Many of the shoe boxes are given to children who otherwise wouldn’t receive a Christmas present. A distribution took place at an organization called Noah’s Ark, an outreach to boys and girls



living in desperate circumstances. Some of them beg for money on the street. The program provides the children with meals and teaches them how to read and

write. The gifts reinforced the message that God has not forsaken them.

“Parents and society ignore these children,” said Marina Usupyan, a Noah’s Ark volunteer. “We teach that Jesus loves them and died for them.” More than 1.2 million shoe boxes have been distributed in Georgia – 1.2 million children whose lives were impacted directly with an example of Christ’s love for them.

“When the church packs shoe boxes, the church here gets a very important tool that they can use,” Dudukaloff said. Please pray for the children in Georgia and around the world, as shoe boxes collected this year are distributed. Pray that God will continue to use the gifts to reach boys and girls and their families with His love.

Updates from Nathaniel – on mission to sports community in Germany

2020 has been a bit wild for all of us. Yet I've seen God and his hand in so many ways. In light of eternity he holds everything under his power and control.

New lock down measures here started November first. So Naomi and I settled into married life and lockdown life. They closed down the skate parks and limited the amount of people you could meet with to one other household. I was able to skate quite a bit with my neighbor and a small crew of guys which was good fun.

December 10th all the stores closed down except drug stores, pharmacies and supermarkets so the Christmas hustle and bustle was a bit less. Christmas was small but still nice and special. Naomi is working on her post-graduate degree. We're trying to plan our family and friends wedding celebration amid all the uncertainty.

December we also started a leadership skate ministry training group. We are going through The Master Plan of Evangelism by Robert Emerson Coleman. It's really cool being able to do in depth training with three solid Christian skaters. We are structuring and praying through a team vision. We are rethinking the way that we do ministry to really focus on disciple making and reaching the core skate and art scenes.

Right now we are looking on starting a proper new team with structure, goals and a together vision. Its a big step and for this I am thankful for the lockdown and winter because under normal circumstances

it would be harder to find the time to meet together and invest in getting this dream off the ground.

There's potential changes in my role in SRS (the German sports outreach ministry program I work with). The options are exciting and may be an answer to prayers. We are seeking wisdom in reaching the right decision.

Here's a recap of 2020:

January - Organized first German Skate Conference. London Trip. Language School.

February - Language School. Sri Lanka trip to coordinate with surfing ministry.

March - Emergency return to Germany due to covid. Lockdown. Zoom Meetings.

April - Skateboarding with locals, Daily SRS meetings and projects. Bought Road Bike.



May - Hosted two insta live interviews with Unbound. More zoom meetings, more skateboarding.

June - Leadership meetings in Frankfurt. First 100 km bike ride. Skateboarding and go skateboarding day.

July - Christian skaters UK devotional. skateboarding. More zoom meetings. Made new friends. Got engaged!

August - More bike rides. Video devotion for Italy sports ministry. More zoom meetings and skateboarding.

September - Weekend in Koln with Aquila and Dave skating and planning. Bike trip to Luxembourg. Submitted marriage papers to German Government.

October - More leadership meetings with SRS in Switzerland. Zac came for 3 weeks. Moved to new

Continued on page 13

CROSS 2020: Dec. 29 & 30, 2020

Missions focused conference for Young Adults

Since the Cross Conference was virtual this year due to the pandemic, the young adults held a “watch party” at Camp Wakonda. The group consisted of 23 young adults from Milton SDB, River Hills Community Church, Intersity students from UW Madison, and students from Moody Bible Institute among others. In total, there were approximately 10 churches represented by those who attended. The Lord had each young person at this watch party on purpose, and worked so mightily in each heart. Here are testimonials of specific ways that the Lord worked through this Conference.



“I had been looking forward to CROSS20 since I left the last one in CROSS19! I was disappointed that the conference was not in person this year but thankful that we could watch the live stream as a group out at Camp Wakonda. The book I chose was “When People are Big and God is small” by Edward Welch. I chose this book because the fear of man is something I have always struggled with. I hate conflict. I hate feeling awkward. I hate standing out. I am so blessed that God has been helping me greatly with

this fear. When I obey Him, I don't have to worry about what others think. It's only Him I aim to please. I am looking forward to reading this book and learning more about our BIG God. Thank you for your gift in providing this book to me!” -Emma Grinvalds

“I was really impacted by Trip Lee when he talked about Reality Show Righteousness (putting on a show for others)... I hope to improve in that area and show Christ's love with a genuine passion. And I was really inspired by the World Updates in each session. I hope over the next year I'll be able to learn more about missions and God's plan for me.” - Madelyn Finley

“During Cross 2020, God highlighted something that's been in the back of my mind for some time now, which is: focusing on others & on God

rather than myself. Trip Lee's talk focused on the passage in Matthew 6 leading up to the Lord's prayer, where it talks about praying in secret. He asked us the question: if you did a good deed and God was the only one who saw, would that be enough for you? My answer of “No, I wouldn't be satisfied with that” was what pushed me to seek out God more and more. My phrase/focal point of the year is “loving God in secret”. Being who He wants me to be without thinking about who will see me, or seeking out the approval of others.” - Julianna Crandall

“During the Cross conference, God showed me many sins that I have been clinging to. He used the speakers and sessions to expose areas in my life that I wasn't living for Jesus. Since the conference I have been striving after God more and leaning on Him for the next steps in my life. Although I have a lot of growing and maturing to do, I feel a call to missions sometime in the future. God will open and close doors as he wills.” - Alayna Hegle

Watch for more testimonies in upcoming issues.

Assuring a Good Ending *by Barb Green, Parish Nurse*

In her book, Dementia Reimagined, Dr. Tia Powell talks about ways to avoid the death you don't want. She states the stakes are high and if you don't play well you can get exactly the wrong death. The death no one wants is the one commonly delivered in America, in an intensive care unit poked by busy worker bees, hooked up to machines and tubes, suffering, tied down and sedated beyond the ability to say goodbye to those you love. Although Dr. Powell is specifically talking about dementia, what she says has merit for death from any cause.



To get the death you want you need to be better informed than most. You have to be smart about not letting the death you want be derailed by the wishes of others and you'll have to be lucky. What barriers stand between a person and a good death? For one, people have trouble acknowledging that a disease is fatal. Failure to plan for the inevitable outcome of an illness is a great recipe for not getting the ending you'd like. In any late-stage disease a person may still have the capacity to feel pain but others may not be able to identify and treat it because the person can no longer verbalize their needs. This is the very picture of end-of-life illness that frightens us – helpless, in pain, the only relief

is death and that is slow in coming. Curing is not a realistic goal. The only possible consequence of medical interventions aimed at a cure in end stage disease is more suffering. The overwhelming majority of people do not want to extend their life when they know their disease is fatal. End stage illness doesn't mean a person needs no treatment. What is

needed is treatment that relieves suffering. Comfort should be the goal.

Everyone should have an advance directive which details how they want to be treated when they can no longer make decisions

for themselves. Even these have limitations. The main players are you, your surrogate decision makers and your health providers. Any one can cause you trouble. Trying to predict what treatment you would want in a condition you're not in, is difficult. An advance directive is a rough guide, a summary of your views. It can't make things happen like magic. It can create hurdles when you appoint a loved one to make a decision for you. You may pick exactly the person who will have the hardest time letting you go. Told to make decisions based on your values, not on what they would choose, can be very difficult for a spouse of 60 years who cannot imagine life without you.

Families and doctors can interpret advanced directives differently from each other and from what you want. You may say that when you no longer recognize your family members you do not want cardiac resuscitation. But what if your daughter who visits you every day believes that you **do** recognize her? Does that mean that you should not have a do not resuscitate order? Or what if you have a DNR order but you get pneumonia? The nursing home sends you to the ER and in the ER a breathing tube is put in which means now you need to be in intensive care. The ICU stay will not make you comfortable. Your heart never stopped so there was no attempt to resuscitate you. **But** the question is, Is that what **you** really wanted?

The better approach is to focus on goals of treatment rather than on specific treatments themselves. An advance directive is a guide to the person's values. It is not a contract in which anything not nailed down is up for grabs. For example, if a living will indicates that a person does not want a prolonged dying process, that is a message we should take. Dialysis may not be listed but if the gist is keep me comfortable as my time approaches, then dialysis need not be part of the program.

Despite all of this, setting up advanced directives is an im-

News from Nathaniel, *continued*

apartment – waiting for Naomi. Civil wedding. Naomi moved in!!

November - New lockdown. Wrote skate devotional for skate church movement. Zoom SRS employment conference.

December - started leadership training group for skate team. Stricter lockdown, skateboarding.

And here's the recap on video – with footage of the bike trip <https://www.youtube.com/watch?v=xgyT3E4u7oU&feature=youtu.be>

Things to pray about:

The skate ministry leadership group

Naomi and my married life

Financial support

My permanent residence (German green card) process. We submitted all the papers and now it's a waiting game--and with corona a different kind of wait.

Roles and responsibilities at SRS – planning for 2021

Lots of love! And once again and as always thank you from the bottom of my heart for all your prayers, love and support!!



Assuring a Good Ending, *continued*

important thing do for everyone 18 and over. Be sure that the person you ask to be your health care



proxy knows exactly what you want. When no one knows your wishes, you are likely to get more treatment whether it's something you want or not. If the form you are filling out does not list everything that you want don't be afraid to add things to the document. Most documents do not ask about hospitalization but if you don't want to go back and forth to the ER then request that. Other things that you might think about: do you really want a breathing tube? Although the doctor may say

that you will die unless you have a breathing tube you need to know the ramifications involved in putting one in. Do you want a feeding tube? A person at the end of life will not starve to death without a feeding tube. Wouldn't it be better to have a taste of apple pie or dark chocolate fed to you rather than a tasteless mixture put directly into your stomach?

We've talked about bad care but what is good care? Hospice care at the end of life which includes palliative care promotes comfort at any stage of life. You would ideally be

able to eat and sleep when you desire, ignore dietary restrictions and physical restraints and use less chemical restraints. So, when is it right to switch from curative treatment to palliative care? Sometimes the first hospitalization makes sense but it is cruel to load invasive treatment into someone when there is no realistic expectation of recovery or benefit. As you think about what you want for the end of your life, reducing pain and suffering should be the goal, not extending life. Be specific, talk to your family and your doctor and live the rest of your life knowing that you have done your best to assure a good ending.

Bulletin Board

Restored for a Purpose

SDB Conference Theme 2020-2021
Scripture Memory Verse

*Restore us to yourself, Lord, that we
may return; renew our days as of old.*
Lamentations 5:21



Milton Food Pantry

All food donations are greatly appreciated. Items can be left in the trunk at the back entrance Tuesday through Friday from 9:00 a.m. to 3:00 p.m. or taken directly to the Food Pantry. Thank you for giving!



Birthdays & Anniversaries

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

GIFTS Men's Shelter Needs

- | | |
|------------------------------|--------------------|
| Paper Towels | Copy Paper |
| Disinfectant Wipes and Spray | Powdered Drink Mix |
| Powdered Coffee Creamer | Bottled Water |
| Napkins | Non-Latex Gloves |
| Face Masks | |

Donations can be dropped off or sent through Amazon to 1025 N. Washington St. Janesville.

Volunteers are needed for meals and overnight coverage. Please email outreach@giftsshelter.org for more information.

Gospel Learning Communities via zoom starting February 15th

(regular Grow Groups will continue to meet every week)



Group	Day	Time	Host
Men's	Feb. 15	7:30 p.m.	Pastor Nate
Ladies	Feb. 16	9:00 a.m.	Barb Green
Men's	Feb. 17	6:30 a.m.	Pastor Nate
(meeting at Sharla's and zoom)			
Ladies	Feb. 17	9:30 a.m.	Renee Sanford
Ladies	Feb. 18	9:30 a.m.	Pastor Liz
Mixed	Feb. 18	7:00 p.m.	Carl & Cindy Greene

Contact the event host listed or the church office for information on how to connect.

Focus on Funds

as of Dec. 31, 2020




General Fund Balance	\$19,622.74
Cash at Mem. Fund	\$67,427.75
Dec. Undesignated Income	\$18,757.39
Dec. Total Income	\$21,994.15
Dec. Expenses	\$18,618.60
Denomination Giving YTD	\$11,355.00

Capital Campaign Update

As of Dec. 31, 2020

Starting Balance	\$ 2,505.00
Total Income	\$69,547.74
Total Expenses	\$60,655.42
Fund Balance	\$11,397.32

February 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat																					
																											
	1 8:00 TOPS – Library 7:30 Men's Bible Study – zoom	2 9:00 Ladies Sit 'n Sip – zoom	3 6:30 Men's Bible Study – Sharla's & zoom 9:30 Women's Bible Study – zoom 6:25 Awana 6:36 Collision – Camp Wakonda	4 9:30 Women's Bible Study – zoom	5	6 9:00 Sabbath School – zoom 10:30 Worship – Sanctuary and Livestream																					
7	8 8:00 TOPS – Library 7:30 Men's Bible Study – zoom	9 9:00 Ladies Sit 'n Sip – zoom	10 6:30 Men's Bible Study – Sharla's & zoom 9:30 Women's Bible Study – zoom 6:25 Awana 6:36 Collision – Camp Wakonda	11 9:30 Women's Bible Study – zoom	12	13 9:00 Sabbath School – zoom 10:30 Worship – Sanctuary and Livestream																					
14 	15 8:00 TOPS – Library 7:30 Men's GLC – zoom	16 9:00 Ladies GLC – zoom	17 6:30 Men's GLC – Sharla's & zoom 9:30 Women's GLC – zoom 6:25 Awana 6:36 Pizza Party – Camp Wakonda	18 9:30 Women's GLC – zoom 7:00 p.m. Mixed GLC – zoom	19	20 9:00 Sabbath School – zoom 10:30 Worship – Sanctuary and Livestream																					
	Gospel Learning			Communities																							
21	22 8:00 TOPS – Library 7:30 Men's Bible Study – zoom	23 9:00 Ladies Sit 'n Sip – zoom	24 6:30 Men's Bible Study – Sharla's & zoom 9:30 Women's Bible Study – zoom 6:25 Awana 6:36 Collision – Camp Wakonda	25 9:30 Women's Bible Study – zoom	26	27 9:00 Sabbath School – zoom 10:30 Worship – Sanctuary and Livestream																					
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Milton SDB Church
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Milton, WI 53563
Church Phone: 608-868-2741

Pastor Nate Crandall
Cell Phone: 608-322-8824
Email: pastornate@miltonsdb.org

Pastor Liz Green
Cell Phone: 608-289-3029
Email: pastorliz@miltonsdb.org

Administrator: Janet Butler
E-mail: churchoffice@miltonsdb.org

Director of Children's Ministry:
Angie Mullen

Prayer Coordinator:
Renee Sanford

Outreach Coordinator:
Linda Lyke

Parish Nurse:
Barb Green

Communications Coordinator:
Joel Osborn



Online Worship

Our Sabbath morning worship service is available **live** on our YouTube channel.
Go to <http://TheConnecting.Church/WorshipOnline> for the link.

We are also posting links to the sermon notes on that same page.

If you prefer, you can go directly to <https://www.youtube.com/theconnectingchurch>