

Bowman Hills Binder

Winter 2013



“And over all these virtues put on love, which binds them all together in perfect unity.” Col 3:14 (NIV)

How Do We Worship?

The Hebrew word that’s translated in our Bibles as “worship” is *shachah*, or literally, “bow down.” Picturing heavenly angels coming before the Creator bowed down and covering their faces, we may wonder, how are we bowing down?



This has been the topic of discussion for two different church committees for the past several months.

“No matter how hard we try,” says Felicito

Fernando, “we lose the awe. We lose the sense that we should behave as though we are in His visible presence.” How can we regain that sense of awe?

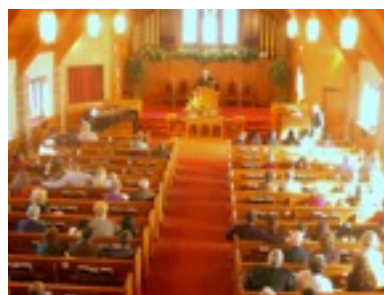
Tyson Hall suggests strengthening our personal and family worships during the week. “Unless we are daily spending time in God’s Word,” says Tyson, “communing with Him in prayer, and showing Him reverence with our time, priorities, and service during the week, any change in corporate worship forms is destined to have a regrettably minor impact on our Christian experience.”

That’s not to say that changes can’t be made to improve the worship experience. For example, one suggestion is to have a more participatory element, such as a time to share testimonials. “I was surprised

at how varied worships can be and still be acceptable,” says Felicito. “The form is not as important.”

What *is* important, is where the worship is directed. “As I’ve studied,” says Pastor Dwight Herod, “I’ve come to the conclusion that true worship is totally focused on God.”

What’s Happening Now?



On February 4, the church board was presented with two documents, one from each committee. Brief speeches were also made by both board members and

non-board members regarding changes that could be voted on. Board members are now studying the two lengthy documents, representing five months of in-depth study by the two committees.

A vote will take place at the next board meeting, scheduled for March 18, on how to move forward.

A Healthy Church Body

The Health and Temperance team has big plans for sharing our health message with the community, but phase I is focused primarily on helping members become a better picture of healthful living.

Getting Off the Couch



“I want us to be good examples to the community,” says Lora Lucas, Health and Temperance leader. To encourage our church to be an example of healthy living, Lucas and her team are encouraging members to participate in the Adventists InStep for Life program coordinated by the North American Division. One of the goals of this program is for participants around the country to accumulate 2 million physical activity miles. In addition to running or walking, you can earn miles in a variety of ways, including gardening, jumping rope, or tennis. You can record your activity on the activity logs that are distributed to each Sabbath School class or online at www.adventistsinstepforlife.org.

Cooking Something New



For years, Adventists have created church cookbooks to share healthy vegetarian recipes with the congregation. This year, Bowman Hills is taking the traditional church cookbook to a new level by creating an interactive online cookbook. Church members will be able to submit recipes online or bring them into the church office. Those wanting a printed version of the cookbook will be able to obtain that from the office as well. However the online cookbook will be continuously updated as church members add new recipes and will have many handy features, including the opportunity to comment on specific recipes.

Reaching Out



According to the Centers for Disease Control, BMI (body mass index) rates provide a reliable indicator of body fatness and is used to screen for weight categories that may lead to health problems. Church members are screening BMI rates at events and along the Greenway to spark an interest in our health message within the community. After doing a short test with a bioelectric impedance analyzer, the community members are instructed on practical steps they can take to improve their BMI. “The majority of people,” observes Lora, “are open to council and understanding of how they can get themselves in better shape.”

Evangelism Report

More than 300 people attended the Islam and Christianity Bible Prophecy seminars that concluded on February 3.

In these seminars, Pastor Tim Roosenberg focused on the prophecies of Daniel 11. Though the seminar was not focused on Adventist beliefs, several important beliefs were touched on as this chapter of the Bible was unpacked.

As a result, 21 community members have signed up for various types of Bible studies the church is offering. An In Step With Jesus Sabbath School Class begins today (February 9) at 10:15 a.m. and a What Adventists Believe Bible Study will begin Tuesday at 7 p.m.

In addition, small groups will be forming to continue studying with our friends who have shown interest in learning more.

Members who would like to get to know our guests better are invited to join one of these study groups. In addition, we are looking for individuals who would be willing to open up their homes or perhaps lead a study group.

Aubree's Mission Trip

by Aubree Anderson

This past Christmas break, I had the privilege of volunteering at the Huruma Children's Home in Ngong, Kenya. While I was there, I spent a lot of time with 58 of the 180 children who live in the home. (Some children were lucky enough

to go home over the Christmas holiday.)

We played with a ball the children made out of grocery bags tied up with rope; we worked in the fields to bring grass for the cows; we pulled weeds from a garden that will eventually provide a large percentage of the food that feeds the children. The girls enjoyed braiding my "mzungu" (white person) hair, and I enjoyed letting them!

The kids loved to play, but even as we were working, they were happier than many of the kids in America. They are so happy with what little they have, and they know that God has blessed them with a lot more than what many kids around the world have.

I had a wonderful experience in Africa, and I hope to go back soon.

A Homeless Christmas Celebration

by Briana Korp

My friends and I have a ministry called Seekers. We spend a lot of time at the homeless shelter, and for the second time, we decided to have a Christmas Celebration for them.

Last year, we fed around 50 people. This year, we only fed around 30 people. Even though the numbers this year were smaller, God taught me that numbers don't matter. What matters is that all the people that were there had nowhere else to be for Christmas, so however many people that is, we need to reach out to them with the same amount of love and service.

God provided all of our needs above and beyond! The Bowman Hills Church provided a school bus for transporting people who needed rides. Many volunteers and food came from Bowman Hills as well! Keith Street Ministries Church provided the gymnasium, kitchen, and more volunteers and food. It was cool seeing two churches coming together and serving our brothers and sisters in Christ.

Even though we had an overwhelming amount of food left over, God had a plan for every single portion. The homeless shelter was surprisingly in dire need of food for their Christmas dinner, and all the rest of the food was distributed to people in neighborhoods that are in poverty.

Many jackets were also handed out at the celebration to keep people warm during the winter, along with some small gift items that were donated by the school.

We are extremely thankful for every single person who either prayed or donated time and/or money toward this event. God provided, and this event would not of been successful without our church families.

February Social

Come to the school gym on Sunday, February 17 at 6:30 p.m. for a meal and our own version of The Newlywed Show (except our contestants won't actually be newlyweds). Even though it's a Valentine's event, everyone (families, married, single, or dating) is welcome.



Meet the Shallenbergers

After Matthew Shallenberger, our new associate pastor, had taken two years of generals at Southern Adventist University, he still hadn't chosen a career. "I decided that college was too expensive for me to just spin my wheels in general classes," he says, "so I took a semester off."

It was during that semester, he heard God's still-small voice calling him into the ministry, so he enrolled the next semester as a theology major. "It was a big step of faith for me, because I wasn't sure where God was taking me," he says. "But I'm glad I took that step. I have been immeasurably blessed in this journey."

Part of that journey included finding his helpmate, Emmalee, while biking with a group of friends from Southern. At one point, she fell. Matthew wasn't there at the time, but when he heard about it, he asked her if she was okay. She was impressed. Later that evening, Matthew was playing his guitar, and Emmalee asked if he would teach her how to play. He was impressed.

Now, after nearly four years of marriage (and six years of theology school for Matthew), the couple is happy to be settling down and buying their first home. "We love to have friends over for vegetarian barbecues or game nights," says Matthew. In fact, finding a home where they could have people over was a top priority for the couple as they look forward to getting to know the Bowman Hills family better.

"We really want to become your friends and partners in ministry here at Bowman Hills," says Matthew. "You might have to remind us of your names a few times. We've been learning lots of names!"

As Matthew is getting to know the church, he's beginning to figure out where his gifts can be put to use. "Youth and young adult ministry is a passion of mine," he says. "and that's going to be one of the main areas where I work."

While Emmalee transitions into her role as a pastor's wife, she'll also be using her gifts to bless Matthew's ministry, not the least of which is her gift for art, which will be displayed in Matthew's office. (Some of Emmalee's artwork can also be viewed online at OnlyArtBlog.wordpress.com.)

"I feel that God led us together because we both have the same goal in life," says Emmalee, "to serve God in any way that we are called to serve."

New Member Introductions



Rhonda Ash

Nevaeh, Tristan, Savannah

"My oldest daughter is in 1st grade at the Bowman Hills School."



Jennifer & Max Becker

Skylar, Mason

"We moved here in June 2012 to start a psychiatry practice."



Charity & Phillip White

"My husband of 11 months has been a member here for several years."

Church Directories are Here!

If you had your picture taken for the directory, you can pick up your copy in the church office.