

THE MESSENGER

Volume 1, Issue 1

April 2013

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FLAG Camp Moves Forward

We frequently hear about outreach programs that our church is doing, projects such as Healthy Beginnings, FLAG Camp, Vacation Bible School, and Pathfinders. All of these wonderful programs have been created for our families, friends, and community members. However, unless involved in these programs or affected by them directly, it is not uncommon for a member to know little more than that the program is offered.

I thought it would be interesting to look at one of the programs and see what



we are doing for our community's children. In other words, what FLAG Camp is doing, what is its philosophy and hopefully what potentially will be reaped from the seeds we are sowing.

FLAG Camp, an acronym meaning Fun Learning about God, is an outreach project that began at William Penn IPS School #49 in February 2012. The concept, however, came to us from Pioneer Memorial Church in Berrien Springs, MI. Initially FLAG Camp was a Vacation Bible School program that could run during the summers.

The way it was set up, it could be run throughout the summer long or it could be compressed into a single week. That format further evolved into the FLAG Camp that we have



today. It is a two-hour, one-day a week program that runs throughout the school year. After school activities include snacks; time for homework with tutors; and story, music and an arts and crafts period.

This year FLAG Camp registered 160 children in the program with an average in 100 regular attendance.

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Upcoming Events

May 5-June 2: Healthy Beginnings every Monday and Thursday

June 6: Healthy Beginnings Graduation

October 18-20: Timber Ridge Retreat

Last Sabbath of every month: Women's Prayer Breakfast. The breakfast starts at 8:45 a.m. Ladies, join us for a hot breakfast and a women's Bible lesson!

Every Monday and Thursday: FLAG Camp at IPS schools 49 and 46

Church Retreat at Timber Ridge!

We have a new addition to add to Chapel West and Brownsburg's annual event calendar: Timber Ridge Retreat!

If you are looking for a relaxing, enlightening, enriching weekend get-away, Timber Ridge Retreat is right for you!

This year's retreat, the first retreat of its kind at both of these wonderful church's, will take place on October 18-20 at Timber Ridge Camp, 1678 Timber Ridge Road, 47460.

At the retreat, we will have a church worship service on Sabbath morning, followed by lunch, an afternoon program, a Vespers service, and evening events such as hayrides and capture the flag. For your Sabbath pleasure, you will also have access to the nature center, numerous hiking trails, and sight seeing. On Sunday, depending on weather, canoeing, fishing, and possible swimming will also be allowed.

Continue to watch updates in this newsletter for information on campsite, cabin and lodge fees. Meal fees are worked into the price for living quarters for the weekend. A registration form released within the next few weeks will go into more detail on fees for families and individuals.

For more information on the retreat or how to register for the retreat, please tune in to next month's newsletter. You may also feel free to contact the event coordinators, Kevin and Karmen Mickey, at (317) 371-4479.

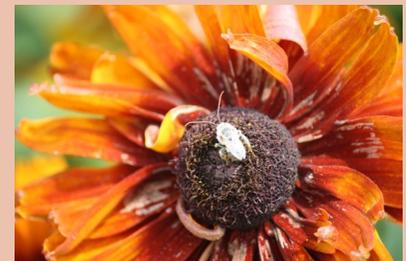
Co-editor, Jessica Mickey



Thought for the Month

“As the rain and the snow come down from heaven, and do not return to it from watering the earth and making it bud and flourish, so that it yields seed for the sower and bread for the eater, so is my word that goes out from my mouth: It will not return to me empty, but will accomplish what I desire and achieve the purpose for which I sent it.”

Isaiah 55:10-11



Books for One, Books for All!

Do you have any books sitting on the shelves at home that are gathering dust and need a good home? If you do, Chapel West has a new and loving home for them. As I am sure you have noticed, Chapel West is accepting basic donations to start a new church library. You have the opportunity to share the books you have with others. It is also a great mission outreach since the library will be open to our members as well as visitors.

Your donation can be new or used. It can be a personal donation or made in memory of a loved one. Donations should be representative of our church and its doctrines.

They do not have to be only SDA books but should be books. Some authors who are not necessarily of our faith, but provide materials that will help us grow in our love for God are

Phillip Yancey, John Orthberg and John Eldredge. Authors such as these would happily be accepted in our church library.



Of course, we would like books that help us to grow in our Christian experience and are spiritually renewing and inspiring. Childrens' books would also be appreciated, especially those

with an appropriate moral to them. Informational nature books, nature stories and picture books for our younger readers are always welcome as are Bible Story books.

The library will be located in the pastor's study and will hopefully be opening in the near future, depending on how quickly donations are received.

The books can be dropped off on Sabbath before or after church, or during the mid-week prayer meeting. Monetary donations can also be made to the church library fund. Please write "church library funds" on your tithe envelope.

Information about borrowing books from the library will be made available to you once the church library is ready to open.

Co-editor, Dee Mickey

Pastor's Corner: Excellence

"Whatever you do, do your best, as if you were working for the Lord, not for men." (Colossians 3:23)

"All God cares about is our hearts." "It's the thought that counts." "What matters to Him are internal things like love and humility." These are statements I have heard some share regarding involvement in church ministry. Does God care about quality or excellence?

Ultimately, God's main concern is our hearts, but how we serve God is an expression of what is in our hearts. It demonstrates where our priorities are.

Organizations do not hire employees to do a mediocre job. We are hired because we can bring a special skill to the organization that will ultimately result in excellent output.

Excellence requires dedication, time, patience, passion and giving of self.

Every time I turn around and look at that which has not been marred by humanity, I am reminded of God's excellence in His work. The stars, flowers and nature at large beckon us to strive for excellence in our lives, particularly ministry. If God gave us mortal humans His best, how much more should we give our immortal God?

It has been said that "good is the enemy of the best." Colossians is a call for excellence in your home, work place and ministry.

Are you giving your best to the Lord's ministry? Are you doing your best as a deacon, deaconess, worship leader, SS teacher, greeter, etc.? The Bible says, "For where your treasure is, there your heart will be also" (Matthew 6:21). Where is your heart today?

God Bless,

Pastor Steven Manoukian



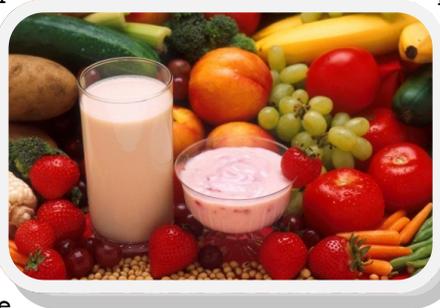
Eat, Live, Move: 28 Days to a Healthier You!

Live longer, feel better! You can have that or at the very least be on the road to achieving these goals with the Healthy Beginnings program at Chapel West starting on May 5.

According to Paula Polzer, co-director of the program, "The goal is to provide the class participant with knowledge to make healthy choices, a lot [of] which [are] focused on what you eat... but also the value of exercise, rest and stress reduction."

There is an initial heart screen, your baseline from where you will work to achieve your goal of good health. A second heart screen at the program's conclusion will show you how lifestyle changes you have made put you on the road to a healthier you! At the end of the program, you will have the tools to reach your goal of living longer and feeling better.

Paula told me that each class offers a healthy meal and most offer demonstrations of how to make the recipes for you to enjoy. You are also given information about how your diet



and lifestyle affects your cholesterol, triglycerides and sodium and what you can do about them.

Do not waste this opportunity to learn how to live longer and feel better. It starts on May 5 with your heart screen. The first classes are May 6 and 9, continuing thereafter every Monday and Thursday evening from 6:00 p.m.-8:00 p.m. until June 2, which is the last heart screen. Graduation is June 6.

There are tentative plans for another seminar in October. Invite your friends and neighbors. This is a worthwhile program and one that you will be happy you explored.

Watch your bulletin for further updates on how to participate in this exciting seminar.

For a healthy recipe, check the back page for Black Bean Oatmeal Patties.

Co-editor, Dee Mickey

FLAG Camp cont.

from pg. 1

Daniel Webster IPS school #46, has been added to the after-school care program because of the program's success.

This two-hour, one-day a week camp is a research-driven program on Indianapolis's west side. William Penn IPS school #49, is considered a community school with the philosophy of welcoming community organizations with the purpose of enhancing the children's' social skills and learning achievement. That alone makes the school perfect for this outreach project.

Most of the children in the school come from low-income families and single parent households. FLAG Camp is a great opportunity for us to help these kids and their families.

So why were these two schools chosen as a site for this outreach project? As I stated earlier, school #49 is research-driven and a social capital project, essentially meaning that it is a network of individuals in the school system itself that create an interaction between peers and adults. From earlier reports, we have learned that in a child's lifetime there should be interaction with five adult mentors per child to achieve a young persons' individuation. Individuation is the process that is accomplished when a child passes from their

childhood to becoming an adult. Identity, autonomy and belonging must be completed before individuation is achieved.

Since society has historically abandoned its' young, the children are frequently found struggling

on their own to discover how to become adults. FLAG Camp provides tutors and mentors and offers the support for children.

What does this mean for us as SDA

Christians? We have mentorship and discipleship happening because of the pairing of the adults and adolescents.

Also, the volunteers, more than 50 in number, are providing the social capital. This group of volunteers from the Brownsburg Church, Chapel West and surrounding area Christian churches that agree with our biblical philosophy all work together to reach out to the children and provide the support they need. This project, known as the Brown Chapel Mission, not only has taken on the after-school program, but is also taking things a step further and providing spiritual help to the families of these children on Sabbath afternoons.

Jesus sent his disciples to go and proclaim the good news. By adopting schools #49 and #46, which is essentially what we have done, we are joining God's redemptive work, ministering to a community in need and at the same time proclaiming the Gospel. With God's help, this will only be the beginning of our outreach for Him.

If you would like to know more about the Flag Camp program or are interested in becoming a volunteer, please check the Brown Chapel Mission's blog at <http://www.brownchapelmissions.blogspot.com>.

Co-editor, Dee Mickey



Easter Cantata!

Awesome, inspiring, uplifting, moving and thought-provoking! These are just a few words one could use to describe “A Passionate Portrayal” the Easter cantata presented at Chapel West on the last weekend of March.

The church choir and cast, credits, directed by Jen Bolejack and narrated by John Lacey, depicted the last days in Christ’s life—beginning just prior to the last supper, crucifixion and concluding with His resurrection.

My family and I attended the second night of the presentation, and were once again impressed by the high caliber of talent and participation that is always exhibited at Chapel West programs. We saw people of all ages working together and giving glory to our Lord. Is it any wonder that Chapel West is growing in numbers. What a blessing!

Below are the credits that were shown at the end of the cantata. I would like to take this opportunity to thank all of those involved in this presentation. Your hard work and dedication was appreciated by all as were the blessing the audience received. May God continue to be with us, our families and our church as we move forward in His work!

Drama Team

Jesus: Ryan Blythe
Judas: Andrew Salmon
Bartholomew: Tyler Blythe
Soldier 1: Billy Blythe
Soldier 2: Gomo Kollie
Market place girl 1 & Lame girl : Abigael Gichaba
Market place girl 2: Ruth Gichaba
Blind Boy: Emmanuel Gichaba
Dead Girl: Eileen Bolejack
Kid 1: Tabani Mutungambara
Kid 2: Tabisile Mutungambara
Kid 3: Stephanie Manoukian

Lyrics and Music

Randy Vader & Jay Rouse

Music Selection

John Lacey and Jen Bolejack

Director

Jen Bolejack

Sound Engineer

Chris Salmon

Cast Coordinator

Jill Manoukian

Conductor

Charlene Salmon

Costumes

Jan Busam & Charlene Salmon

Choir

Sopranos:

Daisy Blythe
Jan Busam
Jen Bolejack
Roxanne Deaton
Bonnie Fleming

Gloria Marion
Kristina Pacamalan
Lidia Paulin
Kayla Wall
Nicole Wall
Victoria Zinyemba

Altos:

Lois Andrews
Annie Pacamalan
Charlene Salmon
Tyanne Smock
Joy Zinyemba

Tenors:

Bradley Bolejack
John Lacey
Phillip Salmon
Bonani Ndabambi

Bass:

Willie Pacamalan
Daniel Zinyemba
Steve Manoukian



Church Contact Information

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Head Deacon

Doug Casey
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Head Deacon

Bradley Bolejack
Phone: 317-437-1435

Head Deaconess

Edith Plank
317-257-5037

Sabbath School Superintendent

Donna Best

Bulletin Secretary

April Silva
amsilva@uemail.iu.edu

Timber Ridge Coordinators

Kevin and Karmen Mickey
Phone: (317) 3171-4479
Email: kevinm.gis@gmail.com

Church Web Site URL

Chapelwestchurch.org

Church phone number

(317) 856-7449

We're on the Web!

KID'S CORNER

h a w h i s z r l h g p b l
e r a i n h y e n a n h r s
s k c h c e o o b r n i e p
d u a c k m a h a r o d g t
r m m n w o l e f f a r i g
i p o a g a h j a p h e t h
b m t r t a b d n i g n e p
a e g b t o r o n g i n a g
r r a e b e p o l e t n a y
a e e v n s c o o p a d e e
p h a i d e l e p h a n t r
c n g l r a s i v p p i e o
a h f o r t y i o o i e r c
t h s n o s p e s n d h l s

Hint: Noah's Ark

Incredible Edibles: Black Bean Oatmeal Patties

Ingredients

1 15 oz. black beans, drained and rinsed
1 14.5 oz. tomatoes with chilies
1 or 2 tsps. garlic powder
1 or 2 tsps onion powder
2 green onions or 1 small onion,
chopped

1 c. chopped carrots

1 c. fresh or dried parsley or cilantro

2 ½ c. rolled oatmeal (quick-cook or old fashioned)

Other seasonings, such as bragg's liquid amino's, can be added.

Directions

- 1) Preheat oven to 400 degrees
- 2) Process all ingredients, EXCEPT oats, in food processor until blended
- 3) Stir in oats
- 4) Form into patties, put on baking sheet and bake for 8 minutes
- 5) Remove from oven and flip over the patties
- 6) Return to oven and broil for 2 to 3 minutes
- 7) Serve on whole-grain buns or bread or eat plain. Suggested toppings include lettuce, onion, tomato, mustard, ketchup, hummus, pickles, salsa.....



* Can also cook the patties in a nonstick pan until both sides are browned.