

# THE MESSENGER

Volume 1, Issue 4

August 2013

*Special points of interest:*

- What birthdays and anniversaries do we have this month? (pg. 2)
- How can you become a better, healthier you? (pg. 3)
- What do you need to know about this year's fall retreat? (pg. 4)
- Kids! Get a prize and have fun! (pg. 5)
- Want to know a yummy lo mein recipe? (pg. 6)

## What's So Cool about the Retreat?

It's nearly time! Between October 18 and 20 you will have the opportunity to participate in one of the most exciting and rewarding weekends of the year at beautiful Camp Timber Ridge. If you are craving some great fellowship with your church family, relaxation in God's nature, and/or new experiences, get ready for this awesome retreat!

The retreat will begin on Friday evening. No program is planned that night, but you will be able to move into your room, have time to explore the campground, and make lots of new friends from the

church families. Sabbath offers a full day of activities beginning in the morning with a delicious breakfast, followed by Sabbath School classes for children, youth and adults. Afterward everyone will come together for the service where we will all praise God through worship and song.

We are excited that our own Brad Bolejack is offering the sermon for the worship service. Rumor has it that Brad is preparing something extra special for us! After another great meal, our afternoon activities will get started.

During the afternoon, some might wish to explore the miles of trails in the campground that lead to exciting destinations such as hiking trails, the lake shore, the horse corral, the totem poles and much more.

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## Upcoming Events

**September 6:** Choir practice begins again

**September 7:** Canal walk 3:00 p.m. to 5:00 p.m.

**September 8:** Church picnic at Charlene Salmon's house starts at 11:00 a.m., and food is served at 1:00 p.m.

**September 10:** Cooking class with Rachel and Scott Nemeth at the Manuokian home

**September 14:** Trent DeLong in concert at Brownsburg SDA church 6:00 p.m. to 7:30 p.m.

**September 14 and 21:** Free information session for Healthy Beginnings class at Decatur branch library

**September 23:** Let's Move Day

**September 28:** Lena Ndweni in concert at Brownsburg SDA church 6:00 p.m. to 7:30 p.m.

**September 29:** Church yard sale at Chapel West from 9:00 a.m. to 3:00 p.m.

**October 5:** Canal walk from 3:00 p.m. to 5:00 p.m.

**October 13:** Healthy Beginnings heart screen

**October 14:** Healthy Beginnings class begins

**October 18-20:** Brownsburg/Chapel West church retreat at Timber Ridge Camp

**November 14:** Healthy Beginnings graduation

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# MEMORABLE MOMENTS

## BIRTHDAYS

### August

- |                           |                           |
|---------------------------|---------------------------|
| 6—Billy Blythe            | 25—Edith Plank            |
| 8—Ina Ashley              | 27—Magdalena<br>Gakwandi  |
| 19—Tyler Blythe           | 28—Virginia Prather       |
| 21—Stephanie<br>Manoukian | 29—Shirley<br>Hockersmith |
| 21—Teresa Britton         |                           |

### September

- |                              |                     |
|------------------------------|---------------------|
| 3—Beverly Button             | 20—Alinase Mzumura  |
| 5—Bonnie Fleming             | 20—Carolyn Baltazar |
| 8—Ryan Blythe                | 20—Jill Manoukian   |
| 11—Shirley Greeson           | 26—Betty Mzumura    |
| 15—Darlene Poore             | 29—Jessica Mickey   |
| 17—April Silva               | 30—Janeth Busam     |
| 17—Amy Huston                |                     |
| 19—Tinotenda<br>Mutungambara |                     |

## ANNIVERSARIES

### August

- 20—Bernie and Trenace  
Orender  
27—Tendayi and Mavis  
Mtangi  
29—Smart and Betty  
Mzumara

### September

- 18—Richard and Charlene  
Rose  
18—Golettha and Marlin  
Smith

## And the Message of Love Continues Forward

It was an awesome summer for those involved with the Flag Club. During the month of July, each Sabbath afternoon Nelson Silva and his group of volunteers of on average 15 to 20 young people participated in aiding the club. Silva says it was a blessing for all involved. The blessings did not end with the children because three of the parents started taking Bible studies, and there are currently several others who are interested in following suit.

The Flag Club experience did not end with that 4 week experience this summer. For those of you who do not remember, Chapel West and Brownsburg Churches had sponsored some children for Timber Ridge Camp. Pictures of the camp experience can be found on the church website at the link for the Brown Chapel Missions. On the site, look for "Flag at Timber Ridge." To those who so graciously supported this program, what a blessing. I am sure this will be an experience these young people will long remember.

Now we have come full circle and are once again looking ahead to the fall semester. As you can see, those who work

with this ongoing outreach program have not been sitting idly by waiting for the fall school semester. They are once again filled with excitement and making plans. According to Nelson Silva, "The unanimous conclusion is that they [the schools] need more volunteers than ever [for Flag Club]." This year the emphasis will be placed on volunteer training and the volunteer/children ratio. The tentative date for starting this year's program is September 9.

If you are at all interested, please contact Nelson Silva or Pastor Manoukian and let them know. I am sure their needs are many and your cup will overflow with blessings from the experience. NKJV's Luke 18:16 says "But Jesus called them to Him and said, Let the little children come to unto Me, and do not forbid them, for of such is the kingdom of God." May God's blessings continue to pour out on this outreach program, and we reach out to these young and impressionable little ones.

Co-editor,  
Dee Mickey

# Make Way for a Healthier You!

Many of you took advantage of the Healthy Beginnings program last May and are now living healthier lives and have a better understanding of what you need to do to maintain that lifestyle.

Those of you who were unable to attend the previous class have another opportunity in October to join the program. You can also join this class even if you were in the other class but you still want that extra boost. Plans are already underway to make this the best program yet!

If you would like more information on the Healthy Beginnings program, there are two information sessions, Saturday, September 14, at 3:30 p.m. and Saturday, September 21, at 2:30 p.m. Both are at the Decatur Township Public Library. You may also call (317) 856-7749 or go to the Healthy Beginnings website at [www.relovelife.com](http://www.relovelife.com).

You won't want to miss this opportunity to feel better and live a healthier life. The program starts on Sunday, October 13 and runs for four weeks on Mondays and Thursdays.

In case you need more incentive to join the program, just take a look at the list below!

## ♥ What you receive

- 2 HeartScreens for total cholesterol, LDL, HDL and ratio, triglycerides and fasting blood sugar
- 2 Lifestyle Evaluations
- Personalized Counseling
- 7 Lifestyle Lectures
- Health Power Textbook
- Natural Foods Cookbook
- Food Demonstrations & Samples
- Delicious and Healthy Meals

Please make every effort to attend this valuable program. You won't be sorry you did!

**Co-editor,  
Dee Mickey**

## Pastor's Corner: Getting Involved

It has been said that in businesses or corporations 20% of the workforce ends up doing 80% of the job while the other 80% of the employees do only 20% of the job. It happens all over the business world, but it is also common in our churches. We have the proverbial bench warmers and then the smaller group of men and women who get up and do something. The rest of us? Well we cheer or boo from the sidelines.

We keep on saying, we need to have a mid-week prayer meeting, we need a choir, a financial seminar, cooking classes, Sabbath vespers and so on and so forth. These are all good, but what is the point of having all these ministries when the majority of our brothers and sisters sit on the sidelines, cheer on, support with words, but never bless the 20%?

So how are our churches supposed to function? It is simple:

- Three or four people get together and put a ministry together: A Healthy Beginnings seminar, a financial seminar, a prayer meeting.

- The rest of the members' task is to support those ministries, which they can do various ways:

\* **Prayer:** Pray for the Lord to bless those involved in the ministry, for the Lord to open doors that would have never been opened before.

\* **Personal Attendance:** The most powerful thing any member can do to encourage a ministry is by being there to say we approve of what you are doing.

\* **Inviting Others:** Ultimately, this is what ministries are about, to give you a tool or an excuse to invite a friend, neighbor and/or family member to church.

\* **Friendship evangelism:** For you to come and connect with other church members and make them feel welcomed.

Over the past few years, Chapel West has been running amazing ministries such as Healthy Beginnings, Dave Ramsey's Financial Peace University, Christmas and Easter Cantata's, FLAG Club etc.

When was the last time you prayed and fasted for the Lord to bless your Healthy Beginnings team?

When was the last time you personally attended a mid-week prayer meeting and supported it through your physical presence?

When was the last time you invited a friend to come to the Christmas or Easter Cantata?

When was the last time you attended and sat beside a non-SDA attendee at the Dave Ramsey Financial program and got to know that person and attempted to become his friend and talk to him about Jesus?

Church is more than leading out in song service once a quarter and calling it involvement. It is more than coming and collecting the offering once every other week and calling it ministry.

Church is about praying and fasting for others, it is about supporting ministries, it is about inviting loved ones, it is about getting to know people out of your circle and sharing Jesus with them.

So where are you today? Are you part of the involved, or are you part of the bench warmers?



**Pastor, Steven Manuokian**

# What's So Cool about the Retreat cont.

from pg. 1

We are hoping that you will also join us for a unique activity that we are planning for the retreat. The activity is based loosely on a popular computer game called The Oregon Trail. This game was designed to teach school



children about the realities of 19th century pioneer life on the Oregon Trail. In the game, the player finds himself in the year 1848, a time in which many American settlers traveled cross-country to a "better life." The player assumes the role of a wagon leader guiding his party of settlers from Independence, Missouri, to Oregon's Willamette Valley over the Oregon Trail via a covered wagon.

In our version of the Oregon Trail you will have the opportunity to explore a variety of activities, setup at locations around the camp, that are related to things that the pioneers would have done and that many who work with nature still do today. Each activity will provide a chance to explore an interesting (and fun) skill, all based on a biblical theme. This promises to be a lot of fun as well as a terrific way for us to get to know each other and learn more about nature and biblical ideas.

Sabbath will end with a great vespers program and a delicious evening meal. Then evening activities begin! On Saturday night there will be lots of opportunities for fun and fellowship. We will have hayrides that journey into the "wilderness" for a ride under the stars, s'mores by the campfire, family movies on the projector, board games and quite possibly an exciting game of flag football or capture the flag.

Sunday will start out with another delicious meal. After that you can go for a canoe ride on the lake, take a last hike through the woods, or just head on home to start thinking about how much fun you will have at the retreat next year.

In order to be a part of this weekend, you need to sign up as soon as possible. We are happy to say that the maximum cost per person is only \$25.00 for early bird registration, which ends on September 21<sup>st</sup> - and \$30.00 for registrations after that date. The maximum cost per family will be \$100.00.

For those of you staying overnight, there is a wide range of lodging options from which to choose. The Deer Lodge has four rooms that are accessible to persons with disabilities and that each holds seven people. These rooms are an additional \$50.00 over the base registration cost. This cost is for the entire room, not per person. Each room in the Deer Lodge has a private bath. The Hainey Lodge has eight rooms that each holds up to four people. Some of these rooms have a private bath, but all have access to a shared bath in the lodge.

You also have the option of staying in cabins. Each cabin holds up to six people. Most cabins have carpeted floors as well as heating and air conditioning. Those staying in cabins have access to restroom facilities that



are accessible via a short walk that is only a few feet from the cabins. There are also spaces for both tents and RVs.

If you cannot stay for the entire

weekend you are still welcome and encouraged to take part in Sabbath activities. On the registration form you can select the option for Sabbath lunch only or for both Sabbath lunch and dinner. The registration form can be picked up at church or downloaded from both the Chapel West and Brownsburg websites. We ask that you turn in your forms as soon as possible - lodging is assigned on a first come first served basis so this is definitely in your best interest!

All fees for the retreat must be paid by October 4. Both cash and checks will be accepted. If you are paying by check, make out the check to either "Chapel West Church" or "Brownsburg Church," depending on where you are a member, with a note for the Timber



Ridge Retreat. Your check as well as registration forms can be turned in either to Michelle Lynn (Chapel West Treasurer), Michelle Riggs (Brownsburg Treasurer), or Kevin or Karmen Mickey (Retreat Coordinators). You will receive a retreat packet that includes a map to the facility, recommended items to bring and other useful information shortly before the retreat weekend.

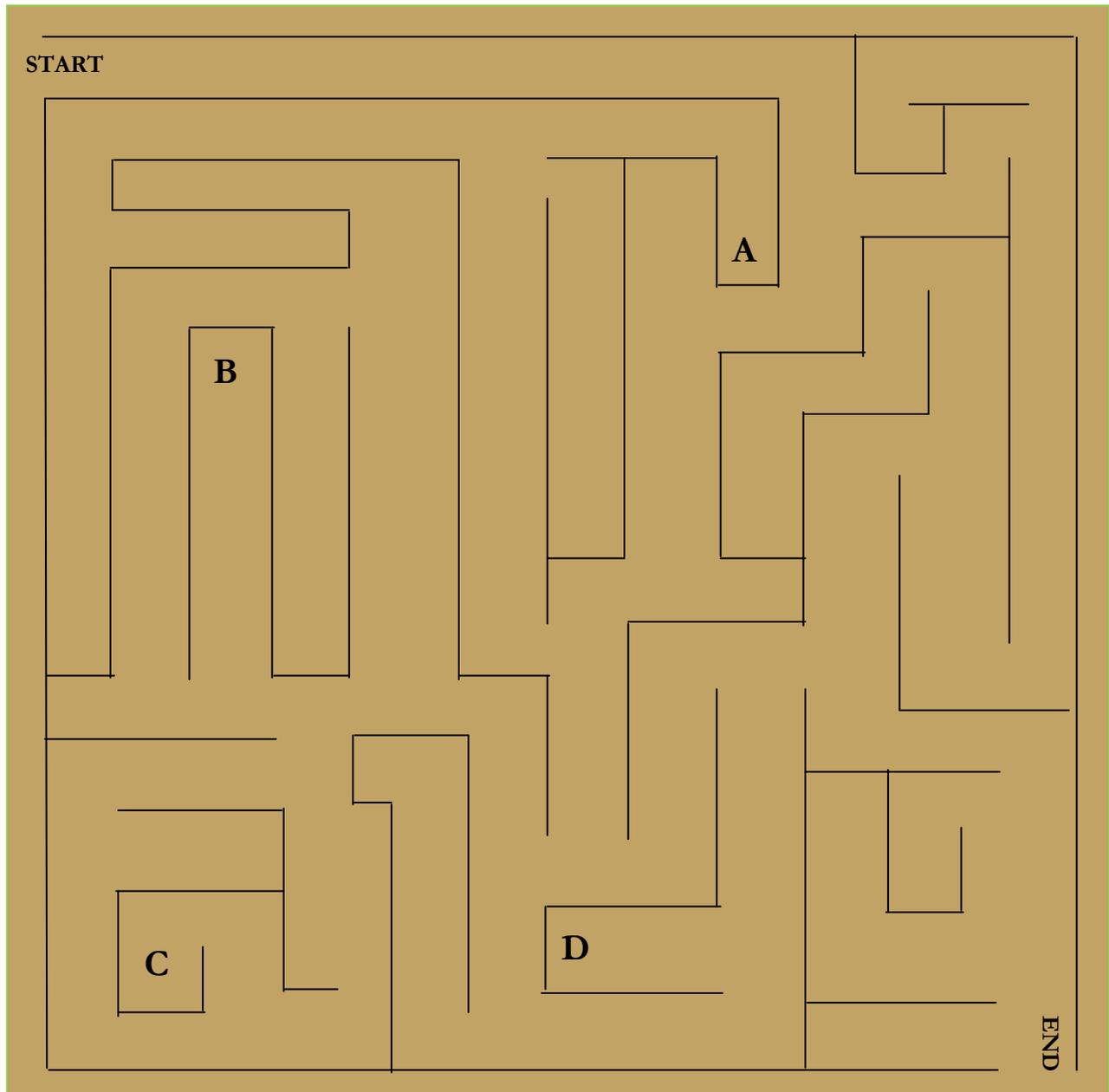
If you have any questions about the retreat, contact Kevin Mickey at (317) 371-4479 or [kevinm.gis@gmail.com](mailto:kevinm.gis@gmail.com) or Karmen Mickey at (317) 7273334 or [karmen.mickey@gmail.com](mailto:karmen.mickey@gmail.com).

We are confident that this weekend will be both a spiritual and physical blessing for us all. We look forward to seeing you there!

**Retreat Coordinator, Kevin Mickey**

Find your way from start to end of our **Timber Ridge Extravaganza** maze!

Stop at the road blocks to reach a picture where you can learn about this amazing, real life camp. **Match** the letter with its corresponding picture on the back for more information on the real-life location. The more pictures you collect along your hike, the more **points** you'll get. Present this completed maze and your tallied points on back to Kevin or Karmen Mickey at the retreat in October and get a special **prize!** Have fun, and we will see you at the retreat!



## Church Contact Information

### Pastor

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### Head Elder

Matthew Mutungambara  
317-856-2365

### Head Deacon

Doug Casey  
Phone: 317-834-1523

### Head Deacon

Bradley Bolejack  
Phone: 317-437-1435

### Head Deaconess

Edith Plank  
317-247-5037

### Sabbath School Superintendent

Donna Best

### Bulletin Secretary

April Silva  
amsilva@uemail.iu.edu

### Timber Ridge Coordinators

Kevin and Karmen Mickey  
Phone: (317) 371-4479  
Email: kevinm.gis@gmail.com

### Church Web Site URL

www.chapelwestchurch.org

### Church phone number

(317) 856-7449

**We're on the  
Web!**

## KID'S CORNER

Match the pictures that you collected in the maze to learn more about the camp and earn a prize at the real camp in October!

**A**



On Sundays you are free to take out the canoes to go fishing on the lake or just sit back and bob around on the lake in the afternoon sunshine.

**B**



Overlooking the lake and virtually the entire camp is a mini camping spot. To get to it, you have to follow one of the hiking trails at the back of the camp, but once you reach this overlook you will see three large carved totem poles and a fire pit. The totem poles are a bit of a mystery to most campers, but they certainly add to the enigma of the Timber Ridge experience.

**C**



On Sabbath, the owners open up the Nature Center for a few hours. Usually you can hold or pet some of the animals with a handler nearby. It's also a great place to read and relax.

**D**



A newer installment, the gazebo on the lake is just in front of a bunch of benches reader for an afternoon vespers, drama, or nature observance.

## Incredible Edibles: Veggie Lo Mein

### Ingredients

4 oz. whole wheat spaghetti  
8 oz. shitake mushrooms sliced  
1 cut onion  
1 bag frozen vegetables  
Small can water chestnuts, sliced  
Can of bean sprouts or bamboo shoots  
1 tblsp minced garlic  
1 tblsp minced ginger

### Sauce Ingredients

1/4 c. vegetable broth  
1/4 c. low sodium soy sauce  
2 tblsp rice vinegar  
1 tblsp toasted sesame oil  
1 tsp sugar

If you want it hot/spicy, add 1 tsp hot red pepper flakes

### Directions

- 1) Partially cook the frozen veggies in the microwave for half the time the bag indicates.
- 2) Cook spaghetti in boiling water, drain and set aside.
- 3) Sauté onions and mushrooms in pan. You can add a little water after browning if sticking.
- 4) Add the frozen veggies from the microwave, water chestnuts, bean sprouts, bamboo shoots and heat through (just a minute or so), add garlic, ginger and spaghetti and cook for another minute.

