

## IN A MINUTE

by Jack Harris

2005 January Issue

Sixty seconds equals one minute. Sixty minutes equal one hour. Fourteen hundred forty minutes in one day, 525,600 minutes in one year. A minute spent seething at a stop light. Less than a minute to sneeze. I'll be there in a minute. A minute to grab a bite to eat. Minutes are so small, so quick, so fleeting, so seemingly unimportant. But are they? Really? Think about it.

In a minute or less:

Eve reached out and took the fruit. Adam followed suit. Cain slew his brother. God closed the door of the ark. God set His bow in the clouds for a sign. Moses stood at the burning bush. Abraham and Sara took their first step toward a far country. Isaac is offered as a sacrifice. Lot's wife was turned to a pillar of salt. Esau sells his birthright. Joseph was sold as a slave and I have just skipped lightly through Genesis.

A minute in history:

The shot heard around the world and the Revolutionary War had begun. The Titanic crashed into an iceberg. The Hindenberg exploded and burned. The first bombs were dropped on Pearl Harbor. The first atomic bomb exploded and the world will never be the same. American Airlines crash into selected buildings in New York City and Washington, DC and the era of

terrorism such as never was came to stay.

A minute in the lives of people results in awesome historical events:

Presidents Kennedy and Reagan were shot. Endless kinds of accidents happen. Fires and explosions occur. Trains collide. Planes crash. Automobiles are wrecked. Earthquakes rattle the earth. Tempers flare, words fly, fists collide and shots are fired. Lives are terminated in a minute or less.

A minute in human frailty:

In a moment of temptation there follows endless hurt and pain. A career is ended. Dreams are shattered and splattered. Going through the "if onlys" is natural but futile. It is done. It is over. There is no reverse. The shot has been fired. The

words have been shouted. The deed is done. The decision has been made.

But wait, lots of wonderful things can happen in a minute.

Esau forgave Issac. Daniel survived the lions den. Jonah had a whale in his life and lived to tell it. One moment the woman at the well was a woman of ill repute. The next moment, she was a heroine whose story has been instrumental in inspiring untold people to rise above a mistake. One moment the hostess at a wedding was embarrassed and helpless. The next moment, the guests were so impressed. One moment Mary's name



was spoken with contempt and sarcasm. The next minute Jesus requested that her story be told to all generations. One moment Paul had vengeance and murder on his agenda. The next, though he couldn't see for a few days, his vision improved dramatically and so did his agenda. What a difference a minute can make, especially when Jesus is in the middle of it.

*"In a moment ( minute), in the twinkling of an eye, we shall be changed." 1 Corinthians 15:52 .*

It requires only a minute to decide for Christ and eternity. So little time, so much to gain or lose. As we begin another year, lets make every minute count for Christ and for our own eternal life.

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# 2005



## NEWS NOTES FROM MORT

Contributing Editor, Mort Juberg

**Berrien Springs, Michigan** ~ A Center for Women Clergy has opened at Andrews University. The center helps women taking seminary classes prepare for the ministry through mentoring and networking. There are 95 female students in the Seminary, up 20 from two years ago. Many are professionals from other fields who have felt the call to the ministry, changing careers to enter the ministry.

**Dhaka, Bangladesh.** ~ Two children, ages 8 and 10, were killed when a boat transporting students of the Southern Musuria Adventist School sank. Twenty other students survived. The church in Bangladesh, with a membership of 21,545, operates 243 elementary schools.

Source: Adventist News Network

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**Simi Valley, California.** ~ The Voice of Prophecy marked its 75th year of radio ministry with a series of public meetings across the United States. The program had its start with morning devotionals on KNX-AM in Los Angeles in 1929. It has expanded to 1,500 stations around the world, broadcasting in 36 languages. The program was the culmination of a dream of evangelist H.M.S. Richards who was the speaker until 1960 when his son H.M.S, Richards, Jr. took over. Lonnie Melashanko has been the speaker for the past 12 years.

## SLIDE TRANSFERS

*December's lead article about scanning memory slides into a digital format that could be read by a computer or a DVD player has gotten the attention of a number of retirees who also have boxes of 'stranded memories.' The device we bought was a Minolta Dimage IV Film Scanner. It lists for approximately \$279. It is not real intuitive, and you might need some help on setting it up. But once up and running, we find it takes about a minute per slide.*

**Penang, Malaysia** ~ The Penang Adventist Hospital has performed its first critical heart surgery. A three-week-old girl went through two surgeries. The first fixed an interrupted aortic arch and the second reconnected a blood vessel in the heart.

**Silver Spring, Maryland** ~ Manuel Z. Camacho, an indigenous Aymaran, has been honored by a Peruvian regional government for his pioneering education work more than 100 years ago. Camacho revolutionized the culture of residents in the Peruvian mountains by starting schools for the Aymara and Quecha Indians.

*You can purchase by going to and 'search' for "Film Scanner." Click on the Minolta Dimage IV. No internet access? Call General Customer Service at 877-780-2464. Or contact your local photographic shop and see if they can order it for you. Happy scanning!*

# Bulletin Board

**If you don't read or keep anything else -- read and keep these items!**  
**Checks/EFT Release Schedule for 2005:**

<b>January - 27</b>	<b>April - 27</b>	<b>July - 27</b>	<b>October - 27</b>
<b>February - 25</b>	<b>May - 27</b>	<b>August - 26</b>	<b>November - 23/25 - cks/direct deposits</b>
<b>March - 25</b>	<b>June - 27</b>	<b>September - 27</b>	<b>December - 27</b>

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## Changes in SHARP

For those retirees participating in the Supplemental Healthcare, Adventist Retirement Plan (SHARP), a few changes have been applied as we begin in 2005. We have not made any adjustments in cost or earned credits since the plan began in July of 2002, but inflation has driven up our costs.

- Costs for each option will be increased.
  - Base Option goes from \$86 to \$89
  - Dental/Vision/Hearing goes from \$40 to \$41
  - Prescription Drugs goes from \$52 to \$54
  - Medicare Extension goes from \$60 to \$62
- 'Earned Credit' provided for each retiree category goes up a similar amount:
  - 35+ years goes from \$178 to \$184
  - 30-34 years goes from \$150 to \$154
  - 25-29 years goes from \$126 to \$130
  - 20-24 years goes from \$95 to \$97
  - 15-19 years goes from \$86 to \$89

Since the 'Earned Credit' is applied against the costs based on options selected by Retirees, few Retirees will see a significant increase in their monthly costs.

Prescription drugs are causing us some grief. Our overwhelming success in convincing many of you to go to the home delivery system has become a problem for us. The savings that we enjoy from Medco's home delivery system are not enough to pay for the 90 day prescription, as opposed to the 30 day prescription under the retail or pharmacy purchases. Therefore SHARP is putting into place two levels of Co-Pays. The Retail Co-Pay at the local pharmacy will remain as it is now. But the home delivery Co-Pay will see a sizeable increase. In an effort to ease the pain of this increase, SHARP will take this in two steps:

	<u>Retail – Generic</u>	<u>Retail – Brand</u>	<u>Home Delivery – Generic</u>	<u>Home Delivery – Brand</u>
<b>2004</b>	\$10	\$20	\$10	\$20
<b>2005</b>	\$10	\$20	\$14	\$28
<b>2006</b>	\$10	\$20	\$17	\$34

Retirees are still better off to use the Home Delivery for any medication with a 60-90 day prescription, but the benefit is somewhat reduced with this change.

### Dependents

We have made changes for dependent children to be covered for healthcare. We do not currently have good data on the dependent children. Unmarried dependent children under 19 years of age are eligible for healthcare assistance if the retiree is a SHARP participant. Send us a note with your child's name, date of birth and Social Security number and we will send you enrollment information.

### Single Payer System

At long last we are moving towards a single payer system. This will enable your healthcare provider bill to Medicare, and SHARP at the same time, for MCx enrollees. In order to make that happen, Adventist Risk Management will be mailing a form which requires the participant's signature. We expect this to happen during the first quarter of 2005. Thanks for your help.

### New Cards

Some retirees have pointed out to us that we should think of moving away from the Social Security number as the healthcare identification number because of identity theft issues. We agree. During the first quarter of 2005, SHARP and ARM will be working together to generate new healthcare ID cards which will provide a number unrelated to your SS#.

# HAPPY NEW YEAR!



## Hoppin' John

2 cans black eyed peas, drained      1 onion, chopped  
1 C. chopped celery      4-5 cloves garlic, minced  
3-3/4 C. vegetable broth      1 bay leaf      1-1/2 t. salt or to taste  
1/2 t. pepper or to taste      2-3/4 C. uncooked long grain brown rice  
1 red bell pepper, finely diced (can sub green pepper also)

In a large saucepan or Dutch oven combine peas, onion, celery, bay leaf, garlic, broth, rice, and salt and pepper. Bring to a boil over high heat, then reduce heat, cover, and simmer for about 45-50 minutes, or until the rice just cooked. Remove from heat and rest, covered, for 10 minutes. Remove bay leaf. Just before serving add the red pepper and stir in gently.

Taste and adjust seasoning with salt and pepper.

Serves 8.

# Dr. Nantje (Nancy) Twijnstra

Don A. Roth, reporting

Dr. Nantje (Nancy) Twijnstra was one of the most remarkable interdivision missionaries we had in the former Far Eastern Division. This longtime retiree died just a year ago after working in Thailand for more than 40 years, most of this time in Phuket, Thailand.

After she was officially placed on retirement, she kept on working full time in the dental department of the Phuket Mission Hospital. But this was not the most unique thing about Dr. Twijnstra. During her lifetime of service in the Far East, she adopted more than 100 Thai children, housed them, fed them, paid for their education, kept them in her house and saw them through to maturity.

Just recently Dave, my oldest son, and I returned to the United States after a whirlwind two-week trip which took us to several Far East cities. One stop was at Phuket, Thailand, and the first time I had visited there for at least 35 years. While there we met an Australian volunteer worker, Peter Weekes, now serving as senior advisor to the administration of Phuket Adventist Hospital. He told me that he had just published a book on the life of Dr. Twijnstra; in fact, the very day we arrived they had a book release function at a local hotel. They launched a drive to get this book into the hands of as many people as possible.

Dr. Twijnstra died in December of 2003 after serving for many years after retirement as the director of the dental department of the Phuket Hospital. Dr. Twijnstra first came to the Far East territory from Holland in the spring of 1929 when her father was asked to serve as an interdivision missionary in Indonesia. Later she obtained her dental education in Indonesia and actually started practice while in Indonesia. Later she was called by the church to serve in Thailand as a dentist. Thus began her remarkable career at the Phuket Mission Hospital in Thailand. "This 100-page booklet tells the story of her life," says author Peter Weekes. "Dr. Twijnstra was the most remarkable person I have ever met. She was a single mother—11 children are under her care in her home at the time of her death. She has loved, housed, nurtured and educated over 100 more. She was 86

years old and recovering from a hip replacement. She drove 8 of her children to school and home again each day. She taught her children music and they often played the piano at public functions. As a doctor of dentistry, she managed the dental clinic at the Mission Hospital, Phuket, Thailand. She spoke Thai, Indonesian, French, German, English and Dutch. What an incredible lady!"

Thus wrote Pastor Weekes as he tried to obtain information about the life of Dr. Twijnstra before she died. He was able to get information regarding her life before her death. The dental department, as well as others at the Mission Hospital in Phuket, is still mourning the passing of Dr. Twijnstra. Thus ends a significant era of mission service in Thailand.

*[Late breaking news: Phuket was one of the many areas directly affected by the December 26 tsunami that devastated countries around the Indian Ocean. Check the February issue of **Reflections** for information on how you can help disaster relief efforts.]*



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