

Reflections

June 2005 Issue

A newsletter for beneficiaries of the NAD Retirement Plans of the SDA church.

Stepping Stones

Sharon Kuykendall, NAD Retirement Plans

I'm an addict. Yes, I admit it. No, I don't smoke, or drink or gamble. But sometimes I think my addiction is just as strong. My name is Sharon, and I'm an Ebay-holic. Yes, it may have been me who outbid you at the last second on that piece of Country Roses china. And I have to make a bit more space in my closet for that cute red skirt I just "won." For those of you unfamiliar with what's often called the "world's biggest garage sale", it's an online auction site where anything (and I really do mean ANYTHING) can be offered up for sale to the highest bidder. But, in the midst of all the trivial and banal day to day items I've seen on Ebay, one item I saw for sale recently stands out, an item so full of history and meaning that it almost took my breath away. A seller in Japan recently offered up a *fumie* stone on the auction site.

From the early 1600's until the late 1800's, Japan was determined to keep Christianity out of the country and believers and suspected believers were hunted down and persecuted with a fierce vengeance. During these years the inquisitors used *fumie* or *ebumi*, a practice also known as "picture treading". Suspected Christians were asked to step on small pictures or carvings of Christ, Mary or the cross. The logic was that true believers would refuse or at least hesitate and give themselves away. Stepping on the "stones" would secure your freedom and safety, refusing to trample the sacred images guaranteed torture and a painful death.

The picture of the *fumie* stone showed it to be small and oval, the carved picture almost illegible from the many feet that have stepped on it. Some of them were probably European traders. Business with Japan was coveted and many trading company employees saw treading on the pictures as just another required

business practice. Some of the feet no doubt belonged to non-believers caught up in the government's practice of encouraging neighbors to spy on each other and report any suspicious activity. And parts of the picture were worn away by Christians who quailed at the thought of the horrific tortures the inquisition officials were known to inflict on followers of this "Western" religion.

It's easy to look back with a few hundred years of hindsight, but only those who stood on this stone back then know what was going through their minds at the time, and ultimately God's judgement is the only one that will count. But while we might not face torture and death in our day to day Christian lives, maybe we should think about some of the more subtle ways we betray our faith in public. How often have we seen an action take place that we knew wasn't right, but kept our voices shut because we didn't want to make waves? How often have we had a chance to speak up to defend someone weaker than ourselves, but didn't want to go against peer pressure and be unpopular? How often have we had a chance to set a Christ-like example in some situation, but backed down because we just didn't feel like putting forth the effort? As Christians, the bar is set high, the world knows what we profess to believe and how we are supposed to act. They are looking at us to see if we follow through, or if we are content to glide through life taking the easy, popular way out.

I didn't buy the *fumie* stone. I was sorely tempted, but as the bids rose higher and higher it wouldn't have been a fiscally responsible purchase for me. But the stone and its' story have stayed with me, causing me to pause and ask, "what stones am I stepping on?"

✎ Bulletin Board/June, 2005 ✎

If you don't read anything else -
Read and keep these items!

Checks/EFT Release schedule for 2005: June 27



NEWS NOTES FROM MORT

Contributing Editor, Mort Juberg

Silver Spring, Maryland ~ Plans have been voted to place globally 2-million copies of Ellen G. White's books. Called "Connecting With Jesus," the project came into being because of the apparent decline in the readership of these volumes. Ten books, a small cross section of White's writings, will include study guides and will be distributed over a five-year period. The project will be financed by the world headquarters, local and regional offices around the world.

Loma Linda, California ~ The Loma Linda University Medical Center is widely known in Adventist church circles as the flagship denominational healthcare institution. However, many members may not know how far reaching the influence of the institution is. In many ways LLUMC supports worldwide healthcare improvement. Ruthita Pike, chief executive officer, noted that LLUMC has influenced 70 or 80 countries in significant ways and many lives have been changed. Personnel from LLUMC regularly travel the world on volunteer missions.

Silver Spring, Maryland ~ The annual Global Missions Issues Committee studied key issues facing frontline missions workers around the world. One of these was how to deal with non-Adventist Sabbath-keeping groups. The committee recognized two categories of these groups. One includes those that seek full cooperation with the Adventist Church but are unable because of external pressures. The other includes groups that follow the teachings and beliefs but are not aware of the Adventist Church.

Darmstadt, Germany ~ GC President Jan Paulsen, speaking on a live broadcast, told a multi-national

audience of youth that they need to become owners in the church and take responsibility in their congregations. The broadcast originated from the campus of Marienhoehe College in Darmstadt and featured youth from 12 European nations on the church's Hope Channel television. The service was later broadcast globally.

Silver Spring, Maryland ~ Rising to the challenge of involving more young people in the mission of the church, plans are being made for a program named the Elijah Project. It is being jointly sponsored by the ASI and Global Missions, Personal Ministries/Sabbath School and the Youth departments of the General Conference. Over the next year and a half the plan is to have 14,000 evangelistic campaigns worldwide. Resources include a DVD and a book to help the youth in public speaking. The materials have been translated into 33 languages.

Source: Adventist News Network

Send comments and suggestions to: Sharon Kuykendall, Editor, *Reflections*, 12501 Old Columbia Pike, Silver Spring, MD 20904-6600; Email: sharon.kuykendall@nad.adventist.org
Website: <http://www.nadadventist.org/ret>

ARM 1-800-447-5002 - Healthcare Claims Queries

ARM Email address: RetireeHealth@adventistrisk.org

Submit medical claims: ARM, PO Box 4088, Silver Spring, MD 20914

Medco Health 1-800-841-5396 - Verify pharmacy participation with Medco Health

Jack Harris 503-255-8565, President, NAD Retirees Association— 15530 NE Knott #48, Portland, OR 97230
Email: Hjackharris@cs.com

Payroll 1-888-838-8955, Bulletin Board of **Payroll** Information

Fax 301-680-6190, Retirement Fax Number

Phone: (301) 680—

Barbara Yowell 6244 - Lost checks, direct deposits, 1099R, Tax Withholding, Change of Address, Verification of Benefits for loans, housing, Medicaid
Payroll Email: Payroll@nad.adventist.org

Dolores Allen 6249 - General Retirement Office Information

Chris Meier 6192 - Reporting a Death, Disability Reviews

Diane Jacobson 6289 - Tuition Assistance for Children

Joyce Macatiag 6269 - Healthcare Eligibility Queries



Journaling from Jack

Contributing Editor: H Jack

Back in October of 2004 my wife and I happened to be in the area where President George Bush, Senior, has built his "Library" in College Station, Texas. It has been our practice in our travels to visit as many presidential libraries as we can if we are in the area where there is one. So far we have visited Andrew Jackson's, Harry Truman's, Lyndon Johnson's, Richard Nixon's and Ronald Reagan's. They have all been very interesting to us at least, regardless of our political persuasions. President Bush's was no exception. It was beautiful and inspirational.

As we walked from one exhibit to another in President Bush's library, I noticed the replica of the plane he flew in the South Pacific in World War II. It was shot down as he endeavored to bomb an enemy ship. Fortunately for him, he was able to parachute and land in the ocean but his two crew mates did not fare as well, sad to say.

As he plunged into the turbulent waves of the mighty Pacific, he saw a power boat loaded with Japanese soldiers speeding in his direction. Literally right before their eyes, the enemy soldiers, to their anger and chagrin, saw an American submarine lift its conning tower out of the angry waves and in moments it was able to snatch him from their vengeful hands and safety. He was that close to becoming a POW of the merciless Japanese military.

Describing the prayer of every fighter pilot aboard an aircraft carrier as they are hurtled off the heaving deck and into flight was the one word "CAVA." It is an acronym for "Ceiling and Visibility Unlimited."

He went on to say "a pilot off an aircraft carrier has an almost impossible task of being launched into the air, flying to his destination, making his "drop" and then trying to find the moving target of his carrier without breaking radio silence. If it was a cloudy day and the ceiling was low, it was, well, one of the main reasons we lost planes and pilots." So CAVA was all important to pilots.

I thought about that word CAVA as it applies to all of us. We too, as humans, are launched into life. Countless opportunities exist for the enemy of all souls to shoot us down. From the moment of birth until the

very last breath, life is uncertain and often filled with fatal and painful endings.

There are no guarantees at birth, that we will have a life of ease. We know not what twists and turns life will take. Millions of people even today are born in war torn areas, or in parts of the world where starvation and privation are a part of daily life. Oh how those people would love to have CAVA, Ceiling and Visibility Unlimited. After all, knowing where you are going and being able to see the possibility of your getting there is a wonderful guarantee.

I love the words and sentiment of the song: "He's Got The Whole World In His Hands" Somehow it just feels better knowing that we have that guarantee. I wish each of you a "Cava" Ceiling and Visibility Unlimited all the way to the kingdom.



Exciting new NAD Retirement website feature
...RETIREE FORUM!

Frequently retirees ask if we can publish items in the newsletter. Unfortunately we have to say no, due to a lack of space. But, now you can submit and/or read all kinds of interesting messages online. NAD Retirement Plans is happy to provide this space for

VOLUNTEER OPPORTUNITIES

**ADVENTIST SCHOOL/CHURCH REUNIONS
& HOMECOMINGS**

ADVENTIST RETIREE EVENTS

RESEARCH INQUIRIES

PEOPLE SEARCHES

① Messages will be online for 30 days at <http://www.nadadventist.org/ret/RetForum.html>, and updated each Monday. ② Sales and for-profit announcements are not allowed and the NAD Retirement department reserves the right to deny or edit any submissions. ③ Messages may be submitted by email **ONLY**. Put "Retiree Forum" in the subject line and send to sharon.kuykendall@nad.adventist.org. Please remember to include contact information so people can ask questions and/or provide the information you are looking for. Remember, even if you don't own a computer, most public libraries now offer free internet access!

Advance Directives

Recent news stories have been a sad reminder that it is important for everyone, regardless of age, to discuss their end-of-life wishes with family members and put them in writing in a legally recognized form. In the United States, four out of every five adults have no advance directive. In 1950, about half of Americans who died did so at home. Now, about 85% of Americans die in a health care setting: a hospital, a nursing home or a rehabilitation center. At least 12% die in an intensive care unit. Federal law governs the use of advance directives in that the Patient Self-Determination Act requires health care facilities that receive Medicaid and Medicare funds to inform patients of their rights to execute advance directives. All 50 states and the District of Columbia have their own laws recognizing the use of advance directives. A lawyer can help you understand the laws of the state you reside in, in order to make sure your wishes are followed. When making these decisions, let your values be your guide. Only you know what decisions you would be comfortable with and putting these wishes in legal form will give you the gift of peace of mind and your loved ones the gift of not having to make tough choices in a time of stress and emotion.

What is an Advance Directive?

An advance directive allows you to make your health care choices known in advance, and to designate someone to make medical decisions in the event you are not able to. It is a legal document in which you state how you want to be treated in the event you cannot communicate those wishes and there is no reasonable hope for your recovery. Below are the most common types of advance directives:

Living Will

A Living Will is a document that allows a person to explain in writing which medical treatment he or she does or does not want during a terminal illness. A Living Will takes effect only when the patient is incapacitated and can no longer express his or her wishes.

The will states which medical treatments may be used and which may not be used to die naturally and without the patient's life being artificially prolonged by various medical procedures.

Health Care Proxy

Some states allow you to designate a health care proxy, someone you trust, to make medical decisions for you in the event you are unable to make your wishes known yourself. You can specify what decisions your proxy is allowed to make. Your proxy then deals with the medical professionals to follow your wishes. Consult a lawyer who knows the specific laws of your state. Not all states automatically give family members authority to make medical decisions when a patient is incapacitated.

Durable Power of Attorney (DPA)

Although not generally considered an advance directive, this designation is coming up more and more in advance directive conversations. This goes beyond medical situations and designates a person who in the case of an incapacitating medical condition or many other types of specified instances, can make bank transactions, sign Social Security checks, apply for disability, or simply write checks to pay bills while you cannot. Contact your lawyer to complete the necessary paperwork.

Do Not Resuscitate (DNR)

A DNR is a request not to have cardiopulmonary resuscitation (CPR) if your heart stops or if you stop breathing. This decision should be made after discussion with your doctor about your specific situation. A DNR order is put in your medical chart by your doctor.

What types of decisions does a Living Will cover?

With an advance directive it is possible to *accept all treatments* recommended by the health care provider, *accept some treatments* and refuse others, or *refuse all*

recommended treatments. In your advance directive you can choose to receive pain medicines for comfort even if you refuse other treatments. One of the most commonly mentioned treatment is different forms of nutrition and hydration. Depending on the state you live in, you may be able to accept or refuse other treatments, such as:

- Cardiopulmonary resuscitation
- Tube Feedings
- Artificial respirations
- Antibiotics
- Dialysis
- Surgery
- Blood transfusions

Do you need an attorney to write a Advance Directive?

Advance directives deal with various legal issues and the legal and notarization requirements vary from state to state. The best way to make sure all issues and legalities are addressed is to work with or have adequate communication with an attorney.

First, obtain an “official” or generally accepted form for your state, plus one or two additional advance directive forms from other sources so you can study and compare variations in topics and wording. Forms can be obtained from doctors, hospitals, state senators and representatives, lawyers and online. Review the forms and if you are satisfied with one form as it is, fine, if not, don’t be afraid to combine elements from several forms until you have a document you are comfortable with and which reflects your wishes most clearly.

Second, discuss the contents of the forms with your physician, close family and any person you may name as proxy and attorney. Gather information about your current medical condition and its implications for future medical problems; clarify your own values and wishes; and ask your physician, close family and proxy if they are willing to support you in the way you want. You may feel more comfortable bringing your pastor into the discussion also.

Third, complete the form you choose, Be sure to follow the witnessing instructions for your state exactly. Most, but not all states, require two completely disinterested witnesses. Most states do NOT require the document to be notarized, but check with your attorney or a state government representative.

You may change or cancel your advance directive(s) at any time, as long as you are considered of sound mind to do so. Again, your changes must be made, signed and notarized according to the laws in your state. Make sure that your doctor and any family members who knew about your directives are also aware that you have changed them.

Resources:

To find more information about living wills/advance directives, as well as state-by-state appropriate forms, contact the following organizations:

National Hospice and Palliative Care Organization
1700 Diagonal Road, Suite 625
Alexandria, VA 22314
1-800-658-8898
consumers@nhpco.org
www.caringinfo.org

U.S. Living Will Registry
523 Westfield Ave.
P.O. Box 2789
Westfield, NJ 07091-2789
1-800-548-9455
admin@uslivingwillregistry.com
www.uslivingwillregistry.com

Aging with Dignity
1-888-5-WISHES (594-7437)
www.agingwithdignity.org

American Bar Association
740 Fifteenth Street, NW
Washington, DC 20005-1022
1-202-662-8690
abaaging@abanet.org
www.abanet.org/aging

Out & About...

James Humphreys, chaplain of Oakwood College, died as a result of a heart attack. Funeral services were on May 5, 2005.

Dr. Norman Miles, president of the Lake Region Conference, has resigned. A process has been put in place to elect a new president soon.

The North Pacific Union had bought property on which to build a new Union Office. The county officials had opposed the building, but the property was recently annexed into the town of Ridgefield. Within months, the appropriate permits were granted. The ground breaking ceremony took place on May 5.

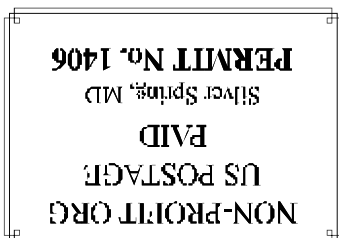
Adventists and Addictions, an ADVENTIST REVIEW special issue, is available for free distribution, thanks to a generous donor. It contains first-hand accounts by those who have struggled with addictions, and provides help and medical resource information. Contact: smithj@gc.adventist.org and give your name, street address (no P. O. boxes please), and number of re-

quested copies. First come, first served, as long as they last.

Pacific Press has launched an all-Spanish website called, LibreriaAdventista.com to better serve Hispanic customers. The site features all-Spanish-language products, including books, Bibles, music, and magazines. It also features the Spanish Book of the Month and other information, and offers the option to read sample chapters of Spanish books. Contact: www.LibreriaAdventista.com.

⊙ I'm still getting regular inquiries from readers interested in finding Igor Sklyarov's cd "The Sounding of Cristal", mentioned in the November, 2004 issue of *Reflections*. Unfortunately I purchased it from him on the spot, an impromptu street performance, where he was selling his cd's from an old violin case. The only information I have is the email address printed on the cd notes, aisglass@mail.ru, although I don't know if it is still active.

~ Editor



General Conference of SDA
NAD Retirement Plans
12501 Old Columbia Pike
Silver Springs, MD 20904-6600

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