

Reflections

The Purity of Unwritten Pages

The week between the Christmas and New Year holidays always seems a little slower here at the Spencerville church. The pastoral and office staff are grateful for this, as for some of us, it means a few days of respite before the annual calendar begins exerting its pressures once again.

As is my custom, I've spent some time ruminating and praying about the year ahead. Some of the questions I ask, are: Where do I see God leading? Where is He already working? What are my goals? How would I like to grow and improve? Part of this process involves a critical appreciation of the past year. What worked? What didn't? What do we need to do differently because of the changing state of the world?

(continued)



Jason Lombard is associate pastor for Media and Administration at the Spencerville Seventh-day Adventist Church in Silver Spring, Maryland.

PAYROLL BULLETIN BOARD

Checks /EFT Released

THIS MONTH:
January 27

NEXT MONTH:
February 25

At Rest

Each quarter we publish a list in remembrance of those who have passed to their rest.

Last month, we inadvertently listed names published in a previous issue. We apologize for the error.

Aagaard, Gail (CA)
Allen, Janet Laurentine (WA)
Amey, Dorothea E. (CA)
Amundson, Wesley E (SC)
Anderson, James Lee (MI)
Arnett, Bruce O. (AZ)
Arnold, Frank J. (PA)
Baasch, Harold D. (MD)
Baer, William G. (WA)

(continued)

In keeping with theme of critical appreciation and the coming new year a colleague reminded me of the following quote a few days ago:

“Whatever have been the mistakes and errors of the past year, let them be canceled now; let them not be brought into the new year, to mar the purity of its unwritten pages. Come to the Lord with hearts overflowing with thankfulness for past and present mercies . . .”

—E.G. White, “The New Year”, Jan. 4, 1881, *Review and Herald*

I don’t know about you, but I welcome the opportunity to leave 2021 where it is and ask God for His guidance into the “unwritten pages” of 2022. ■

At Rest *(continued)*

Baker, Helen L. (IL)	Carithers, Bertha E. (TN)	Eder, Errol L. (TN)	Hamm, Genevieve (TX)
Banta, Jane (CA)	Carlton, Wilma Lee (OH)	Edmister, M Gloria (FL)	Hampton, Margie Sue (OR)
Baptist, George R. (MI)	Chase, Annette K. (CA)	Efimoff, Mary Ellen (TN)	Hardy, Letha H. (TN)
Bayeta, Carolina F. (CA)	Clark, Elizabeth D. (MD)	Elias, Salim M. (CA)	Harris, Robert T. (WV)
Beck, Hazel B (TX)	Clark, Joseph Milton (AR)	Emerick, Gary J. (WV)	Hartman, Carl (TN)
Bennett, Mary Amala (AL)	Coit, Alice (AZ)	Eskridge, Shirley M. (MI)	Hawkins, Gary R. (MD)
Bennie, James D. (CA)	Conrad, Richard A. (FL)	Etherton, Jackie L. (FL)	Hawkins, Mildred E. (ME)
Berti, M. Lee (VA)	Cooper, Bob R. (FL)	Evans, Annie Bell (GA)	Haynes, Joyce C. (CA)
Blevins, Norman W. (CA)	Copeland, Leon V. (FL)	Ewry, Doris L. (OH)	Haynes, Sandra K. (GA)
Blumenthal, Gloria M. (CA)	Copeland, Renee L. (FL)	Fivash, Matthew J. (MI)	Heineck, Martha (SC)
Boggess, Alyce D. (FL)	Cornell, Fredric (AL)	Foote, John B. (WA)	Henderschedt, Beatrice M. (TX)
Boggess, Joan F. (OH)	Cornell, Harold E. (TN)	Fry, Curley Jack (OK)	Hiebert, Arthur (TX)
Born, David Eugene (IL)	Cornwell, Gladene (CA)	Gallimore, Linda M. (MI)	Hillebrand, Elizabeth C. (BC)
Bostian, Donald Fred (NC)	Criss, Martha Ann (NY)	Garcia Lizardo, Samuel F. (GA)	Hinde, Beverly A. (TX)
Bottsford, Beverly J. (TX)	Cromwell, L Taylor (CA)	Gastelum, Pauline T. (AZ)	Hinton, William C. (AZ)
Bradford, Charles E. (AL)	Crosby, Maxine (MO)	Giang, Sylvia H. (CA)	Hlad, Nancy L. (CA)
Bradley, Merle R (CO)	Culpepper, Judith A. (TN)	Gianni, Stephen M (CA)	Hoffarth, Virginia F. (WA)
Branch, Pocolia B. (OH)	Darby, Wilma S. (MI)	Giddings, Anne L. (TX)	Hoffmann, Elsa G. (ID)
Browning, Edgar R. (NC)	Dasher, Ronald C. (NV)	Glass, Hallie G. (AL)	Hold, William E. (TN)
Brown, Jean (CA)	Davidson, Trevor R. (NC)	Gleghorn, Edna (CA)	Hoover, Irwin Atwood (WA)
Bruan, Phillip T. O. (CA)	Deaton, Ralph B. (NC)	Gonzalez, Daniel (IN)	Hoover, Marilyn (KS)
Bryan, Alice (CO)	DeCarle, Joan K. (FL)	Goodman, Bonnie M. (OR)	Hoppe, Rosella (TN)
Burns, Quilla (MO)	Decker, Adelene M (KS)	Graham, Norman Lee (CO)	Howard, James Wallace (MI)
Burse, Kenneth W. (CA)	Delgado, Henry (TN)	Graham, Rose M. (FL)	Hunter, Juanita M. (WA)
Burton, Esther L. (WA)	Denison, Grace C. (TX)	Grigsby, Robert (FL)	Isaac, Thomas P. (CA)
Byers, Pamela J. (IN)	Dent, Robert (CA)	Guiver, Marilyn (CO)	Jenkins, Harry J. (AL)
Calhoun, Vernon M. (TN)	DeWitt, Lyndon (AZ)	Hafner, William E (TX)	John, Roland F. (FL)
Cama, Juan S. (CA)	Diaz, Ysidra (CA)	Hall, Gladys M. (CA)	Johnson, Sedley E. Sr. (FL)
Cancino, Emma V. (CA)	Drake, Elzilah Finley (AL)	Hamel, Lyle Q. (WV)	Johnston, Ellis (FL)
Cane, Nicholas (CA)	Drake, Nancy L. (AZ)	Hamel, Paul E. (MI)	Kidwiler, William M. (AR)
			King, Helen E. (CA)
			Klinedinst, Dolores (PA)
			Knight, Edson A. (MI)
			Knutson, Robert E. (CA)
			Kossick, John S. (FL)
			Krise, Anita N. (PA)
			Krueger, Connie Jean (AR)
			Kubrock, Gladys O. (CA)
			Kyre, Frank H. (FL)
			Lamb, Gwen G. (WA)
			Lathon, James F. (AL)
			LaVelle, Alta C. (AZ)
			Le, Giao Cong (CA)
			Leonard, Jean D. (MD)
			Leonora, Johanna M. (CA)
			LeVesseur, Marjory E. (MN)
			Lickteig, Anita L. (KS)
			Little, Marjorie (MO)

GO PAPERLESS!

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You can also view and download archived issues of *Reflections* using this link.

Loignon, Arthur Eli Jr. (TX) Schmidt, Hugo D. (CA)
 Lunsford, Audrey L. (CA) Schwarz, Joyce F. (HI)
 Mandaville, Ouida (TX) Seiden, Joyce Elaine (GA)
 Marin, Aurea J. (CA) Shanko, James (FL)
 Martin, Ellenor M. (CA) Sharp, Donna L. (CA)
 Martin, Ralph W. Jr. (OR) Sharp, Muriel D. (NE)
 Mason, Eugene M. (MD) Shin, Hyang S. (CA)
 Mauro, Patricia Ann (MI) Siddel, Enoch V. (IL)
 Maypa, Bibiana M. (CA) Smith, Gene N. Sr. (NV)
 McGee, William E. (CA) Snow, Marion L. (CA)
 Melbourne, Cavel A. (MD) Somerville, Mary J. (CA)
 Mellott, Bertha C. (KS) Son, Ae Sil (IL)
 Melton, Gertrude (CA) Sparks, David R. (ME)
 Mershon, Sharron A. (CA) Staines, John C. (AZ)
 Middag, Norman O. (FL) Stanaway, Barbara C. (TN)
 Mierez-Weekes, Joan (FL) Stewart, Martha Lou (TN)
 Miller, Doris Jean (TN) Stutler, Ethel Avadene (SC)
 Mill, Marilyn E. (FL) Sukau, Petra (CA)
 Mohr, Widad (CA) Sulen, Michael E (TX)
 Moss, Patricia S. (AZ) Summerton,
 Myers, Gary L. (FL) Clarence F. Jr. (WI)
 Neall, Ralph Eugene (TN) Swafford, Beverly J. D. (TN)
 Nelson, Ray A. (NC) Tauro, Jose Zolayvar (CA)
 Newkirk, Garrett (MO) Taylor, Beverly A. (FL)
 Nieb, Mildred E. (FL) Taylor, John William (MD)
 North, Maye E. (IN) Thum, Joan M. (MO)
 Olson, Lennart O. (UT) Tipton, Samuel J. (MD)
 Oyerly, George A. (FL) Travis, Joe V. Jr. (GA)
 Paepke, Dan H. (MI) Troyer, Donald Eugene (CA)
 Pai, Young Cha (CA) Trumble, Kenneth E. (OR)
 Palmer, James (IL) Van Amburg, Elaine D. (FL)
 Peverini, Milton (CA) Vizcarra, Ester T. (OR)
 Pope, Julie C. (CO) Wagner, Diane M. (CA)
 Pride, Sandra Lee (CA) Waits, Bessie (CA)
 Purkey, Janice (MO) Ward, Elsie L. (TX)
 Randolph, Jerrel (TN) Washburn, Harold T Jr (NY)
 Renfrow, Christine (OH) Weiss, Rene Mario (CA)
 Rice, John M. (OR) Wiese, Annita Irene (MS)
 Riley, David G. (OR) Wightman, Roy R. (MI)
 Ring, Joseph D. (TN) Wilkens, John F. (WA)
 Rios, Francisco (CA) Wilmer, Lawrence F. (MD)
 Roblee, Ruth E. (FL) Winans, Aaron C. (MI)
 Rockey, Ronald O. (FL) Wolford, Wilma L. (VA)
 Rodriguez, Patricia (AZ) Wright, Carol Y. (MD)
 Rogers, Russell D. Jr. (WA) Wyckoff, James C. (MI)
 Rork, Eileen P. (CA) Ybarra, Socorro (CA)
 Runyan, Millie (IN) Yialelis, Esther (CA)
 Salmons, William L. (FL) Young, Bonnie (OH)
 Samojluk, Albert (CA) Young, Gilbert L. (FL)
 Saporteza, Leonides (MD) Zamora, Nestor I. (CA)
 Schenk, Charlie M. (NE) Zapara, Lenard (WA)
 Schlaman, Barbara L. (CA) Zutz, Betty (MI)

5 Ways to Reduce Stress

- 1 **GET MOVING.** Regular physical activity such as walking or stretching can alleviate anxiety.
- 2 **RELAX.** Deep breathing can be an effective way to ease stress. Prayer and mindfulness meditation may ease tension.
- 3 **GO OUTSIDE.** Research shows spending time in nature lowers cortisol levels and reduces physical and psychological stress.
- 4 **PURSUE HOBBIES.** Enjoy puzzles or music and art activities. You don't have to have great talent to reap the benefits!
- 5 **BE SOCIAL.** Connect and laugh with friends, family, and neighbors. Pets also reduce feelings of loneliness and stress.

Adventist Retirement

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Adventist Retirement

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SHARP Corner

Happy New Year! Here is information on filing your HRA reimbursement claims.

If you don't have a claim form, call 844-360-4714 to request one. The claim form is also available through your online account at <https://retiree.aon.com/adventistretirement>.

	2020 CLAIMS	2021 CLAIMS
Claim can be submitted electronically?	NO	YES Must be <u>received before</u> April 30, 2022
Claim can be submitted in paper form by mail?	YES Must be <u>received before</u> March 31, 2022 at YSA Service Center, PO Box 64012, The Woodlands, TX 77387	YES Must be <u>received before</u> April 30, 2022 at YSA Service Center, PO Box 64012, The Woodlands, TX 77387

We want you to have what you need when you need it, and we invite you to explore our website <https://www.adventistretirement.org/retiree/> and see what's there!

Need something you don't find there? Reach out by email to SHARP@NADAdventist.org, or by calling 443-391-7338. ■

Claims must be submitted in appropriate format and received BEFORE the deadline or they will be denied.