

REFLECTIONS

A monthly source of information for beneficiaries of the Adventist Retirement Plan

Words of Thankfulness in a Dark Time

Martin walked quickly down the filthy side street that led to his house, distracted only briefly by a hungry mob fighting over the body of a scrawny and very dead cat. He knew them all, had ministered to them, buried their children, and fed them what he could spare from his meager rations. Today though, Martin carried nothing but an idea, a poem that had come to him as he conducted one of ten funerals he'd performed that day. He needed to write it down before it left his mind.

Opening his front door, he rushed to his small desk and picked up a goose quill pen. Dipping his pen into the well, Martin's mind wandering over the events of the past year as the tip slowly filled with iron gall ink. He could see their faces, hear their cries of anguish. The weeping parents burying their only child, the grieving young widow, sick herself with only days to live. They were almost too numerous to count, but as the town's only living minister and one of just three surviving members of the town council, it was his job to count. In that year alone, he'd buried over four thousand souls, their lives cut down by the Black Plague, but this was just the latest pestilence.

At Rest

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

Abel, Roland (CA)
 Allred, Doreen C (CA)
 Anderson, Beverly Mildred (OR)
 Araujo, Charles (FL)
 Arnett, Charles D. (AL)
 Ashlock, Betty C (OR)
 Ash, Selwyn L (FL)
 Astrup, Evie Helen (LA)
 Badger, Carol Y (CA)
 Bala, Grace J. (FL)
 Ballweg, Thomas F (VA)
 Banta, David (TX)
 Barber, Ruth C. (CA)
 Barnett, Betty M. (WA)
 Beaty, Barbara H (TX)
 Becker, Esther J. (CA)
 Becker, James A. (OH)
 Beegle, Janet L. (FL)
 Benson, Theodore R (AZ)
 Bergvall, Barbara L. (CA)
 Bistransin, Bertha (CA)
 Bladel, Bendt (MN)
 Bodenham, A. June (IN)
 Botimer, Roberta M. (TN)
 Bragg, Mary Sue (MO)
 Brethour, Judy L (CA)
 Bretsch, Vernon L. (WA)
 Brewer, Gladys (CA)
 Brewster, Warren D. (ME)
 Brodie, Alyson P. (OH)
 Bruntz, Roland Rex (WI)
 Buchanan, Joe C. (TN)
 Buchanan, Ronald H. (CA)
 Bunch, Esther C. (TN)
 Burden, Kenneth H. (WA)
 Burt, Lilla (TX)
 Busch, Leila D. (KS)
 Bushnell, S. Arthur Jr. (CA)

Payroll Bulletin Board

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THIS MONTH: June 26

NEXT MONTH: July 27

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Ever since his appointment in 1617 as Archdeacon of Eilenburg in Saxony, he'd not known peace or plenty. The skirmishes between the various Protestant and Catholic states had metastasized into all-out war in 1618, a war that killed millions. Poverty, sickness, hunger, and death were ever-present for Martin Rinckart, and his life was devoted to the service of those who suffered. Lifting the pen from the well, he set its tip on the paper. The familiar scratching sound of its strokes quickened as the letters formed words, flowing into lines of poetry:

Nun danket alle Gott
(Now thank we all our God)

mit Herzen, Mund und Händen
(with heart and hands and voices)

der große Dinge tut
(Who wondrous things has done)

an uns und allen Enden
(in Whom this world rejoices)

der uns von Mutterleib
(Who from our mothers' arms)

und Kindesbeinen an
(has blessed us on our way)

unzählig viel zu gut
(With countless gifts of love)

bis hierher hat getan.
(and still is ours today.)

It's hard to imagine this hymn emerging from such a dark time: plague and famine in the middle of a 30-year long war. Somehow, between all the burials, feeding the hungry, caring for the sick, and ministering to as many people as he could, Martin found time and a spirit of thankfulness to write these words. Writing them didn't put an end to the plague, or bring peace to Europe, but he seems to have discovered what a spate of recent studies are confirming: gratitude is good for our minds and bodies. Could we, would we write words like these today?

The words of Martin's hymn flow from that time to ours. It serves to inspire us to live with a spirit of gratitude in the face of sickness—even the threat of death. It shows us how to focus our energy on service, rather than fear.

The world needs more Martins. I want to be one. Don't you?



Mark Willey serves as organist at the Spencerville Adventist Church in Silver Spring, Maryland, and Director of Music at the Georgetown Presbyterian Church in Washington, D.C.

SHARP Corner

Have Medicare Questions? Aon's Monthly Medicare Webinar Can Help

June 16, 2020, 10-11 a.m. Central Time

Meeting Number/Access Code: 596 636 139

July 21, 2020, 10-11 a.m. Central Time

Meeting Number/Access Code: 598 631 762

To view online, go to webex.com, click the Join tab in upper right corner of the page. On the next screen enter the meeting number.

To listen by phone, call 877-542-7993. Enter the access code. The password is Medicare1!

At Rest *continued*

Byram, Harvey J. (TX)
Byrd, Frances Juanita (MD)
Candy, Janet S. (VA)
Carambot, Yvonne B. (WA)
Carcich, Rose A. (FL)
Carlson, Rodney L. (FL)
Carpenter, Doris (TN)
Casler, Paul (CA)
Chin, Annie Y. (CA)
Chrissikos, James (VA)
Clark, Doreen K. (WA)
Claussen, Donald W. (MI)
Clough, Robert A. (CA)
Cole, Coralie A. (WA)
Cook, Jeanie L. (ID)
Creelman, Paula Dee (MO)
Cronic, Barbara Kea (TN)
Crook, James Donald (TN)
Culver, Barbara A. (WA)
Cunnington, Mary Jane (MI)
Curl, Ariel (FL)
Daughters, Eileen D. (DE)
Dauphin, Lise Marie (FL)
Day, Robert (CA)
Dech, Eleanor M. (OH)
Delansig, Lucrecia D. (CA)
Dewri, Nirmal C. (CA)
Dunbar, Ruth I. (CO)
Duncan, Dorothy M. (ID)
Dunham, Evelyn Lee (OR)
Earnhardt, Jeanette R. (NC)
Easterday, Virgil B. (OR)
Effinger, Barbara J. (CA)
Engel, Patricia (CO)
Eslinger, Melva J. (CA)
Evans, Barbara J. (CO)
Ezell, Louise (FL)
Fairchild, Betty L. (OH)
Farenick, Arnold D. (MI)
Ferneyhough, John H. (GA)
Florentino, Maxima G. (CA)
Freitas, Beth L. (WA)
Freyre, Evangelina (CA)
Fuller, Elaine Chang (CA)
Gamboa, Marie Luz (CA)
Gebhard, Mary C. (TN)
Gentry, Robert V. (TN)
Go, Astrid J. (CO)
Gonyea, Genevieve R. (AZ)
Gray, Ann (MD)
Greer, Barbara Elaine (IA)
Grentz, Edmund (MI)
Groeneveld, Ruth (CO)
Gulbraa, Rita Anne (TX)
Gutman, Morris M. (WA)
Habada, Paul (TN)
Hallman, Virgil G. Jr. (VA)
Hallsted, Lorna M. (OR)
Hartgrove, Betty B. (NC)
Hathaway, Lila W. (FL)
Hirose, Gene (CA)
Hobbs, Richard E. (MO)
Hodges, Lenore S. (FL)
Hoffman, Lorena G. (OR)
Holligan, Marlene (MD)
Howard, Harold J. (FL)
Howe, Constance S. (FL)
Hyde, Jean (OR)
Inouye, Myra H. (HI)
Irons, Sarah E. (CA)
Janke, Johanna (MO)
Jennings, Margie Sue (TN)
Johns, Clara A. (ME)
Johnson, Edward L. (TX)
Johnson, Laurene (CA)
Johnson, Ruby L. (MT)
Johnson, Thelma Margaret (CA)
Jones, Charlotte A. (OR)
Jones, Richard E. (GA)
Jorgensen, Altagracia (CO)
Kalmansson, Shirley M. (NH)
Kanna, Art Allan (TN)
Kimura, George H. (WA)
Kinley, Carol (AL)
Kischina, Kathleen L. (CA)
Ko, Moon Kyong (TN)
Koop, Shirley K. (PA)
Labrenz, Walter (TN)
Lacy, Barbara G. (TN)
Ladia, Victorina I. (CA)
Laue, Emily A. (OR)
Lavender, John E. (OH)
Lee, Irene Wakeham (TN)
Leeson, Shirley I. (IA)
Leffler, Beverly Jane (MI)
Lickteig, Maxine E. (KS)
Liddic, Susan L. (OH)
Lilly, Roger B. (IL)
Livingston, Donna J. (WA)
Lloyd, Bonnie D. (CO)
Longacre, M Elaine (FL)
Lotella, Juanita (CA)
Lukman, Sharon So Tan (CA)
Luttman, Norman K. (MI)
Magill, Betty L. (FL)
Maisano, Anne F. (RI)
Marino, Mary L. (OH)
Martin, Marguerite M. (MD)
Martin-McPeck, Betty J. (CO)
Martz, Alma (TN)
Mason, Judy (AR)
Matchim, Allister S. (FL)
Mattley, Carolyn S. (IN)
Mauk, Wilbur T. Jr. (NE)
Maxted, Norma V. (WA)
Mayer, Virgil Floyd (OR)
McClurg, Barbara J. (KS)
McCombs, Sharon M. (WA)
McDaniel, Mayme G. (KY)
McGuffin, DeVere (CA)
McMullen, Nancy A. (WY)
McNeily, Lillian Louise (OH)
Melton, Lyle M. (CA)
Mercer, Magdalene M. (TN)
Merchant, Silvanus (AL)
Miller, Ronald R. (WA)

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www.adventistretirement.org

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*Reporting a death, change of address,
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*Phone: 443-391-7300, Fax: 443-259-4880
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*9705 Patuxent Woods Drive,
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SHARP: 443-391-7338

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*Risk Management
SHARP, PO Box 1928, Grapevine,
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Bulletin Board of Payroll Information

Barbara McLaughlin: 443-391-7345

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Nash, Evelyn Kier (CA)
Navaho, Jane (AZ)
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Preston, Regina (NH)
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Riel, Ricardo C. (CA)
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Rivers, Beryl T. (AL)
Rogers, Cledith (KY)
Russell, James O (UT)
Samano, Eleanor (CA)
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Sauls, Helen E. (MA)
Sayers, Shirley M (CA)
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Schaefer, Mary (CA)
Schafer, Herbert L. (WA)
Schmidt, Salomon R. (CA)
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Senior, Virginia I. (CA)
Shea, William H. (VA)
Sherwin, Betty Downs (AL)
Silva, Isidro (CA)
Sim, Chor Kiat (MD)
Sines, Donna Fitch (WA)
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Vessels, Gladys (CA)
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