My Journey

I have had times when I pray and God answers me before the words leave my mouth. I’ve also had times when I’m still praying, year after year, and I see nothing. But I have to believe logically—this is where logic and emotion have to coincide—because my emotions will not carry me through when it appears that He’s not showing up.

Visit vimeo.com/nadadventist/ajheatherthompsonday for more of Day’s story.

HEATHER THOMPSON DAY, author, speaker, social media missionary; living in Colorado

Dear Reader: The publication in your hands represents the collaborative efforts of the North American Division and Adventist World magazine, which follows Adventist Journey (after page 16). Please enjoy both magazines!
What type of presence does your clinic have in its community?

The clinic is called Moore Life—Urgent Care: Gallatin. The city of Gallatin is a suburb of Nashville. We’ve been recognized as the best urgent care for our county every year for the past four years. We just celebrated the clinic’s fourth birthday last month. We now offer telehealth visits for our patients as well.

What’s your professional background?

Prior to starting my clinic, I was chief of emergency medicine for Nashville General Hospital for 15 years; however, I worked there for a total of 20 years. I still do rotations at Nashville General.

Before living in Nashville, I was assistant chief and medical director for the Washington, D.C., Fire and EMS Department, where I received specialized training in countering bioterrorism. My family and I moved to Tennessee in 2003, and I became the state’s medical director for bioterrorism. In 2005 we put together a system called the Hospital Resource Tracking System. It allowed hospitals to be able to track supplies of other hospital networks throughout the state in the event there was an unexpected shortage of resources in a particular area. It was the first time such a program had been implemented in the state. The system was created in response to a federal grant that was available at the time to assist states in preparing for medical emergencies. We gleaned from models used in Mississippi and North Carolina.

Emergency medical officials from both states said, “If you borrow you have to share it for free.” And that’s what we did.

Let’s talk about your urgent-care clinic. Have you seen a surge of patients? What was it like before coronavirus?

We own the entire building that our clinic is located in. We are starting to expand to include a primary-care clinic, and orthopedic and physical therapy practices.

We were seeing a record number of patients. Our census volume was shooting through the roof. When news of COVID-19 took off, which was around the time of our clinic’s birthday, our census suddenly tanked. Hardly anyone came, because of the heightened awareness of social distancing.

Some have even cried. We’ve been able to comfort them.

Are you able to refer those patients?

There are 10 medical professionals in my family. We’re working to build a telehealth network to utilize all our expertise. One of my relatives is a psychiatrist. We also have two dermatologists, one radiologist, and an executive medical director of AdventHealth hospice care. We’re hoping to have the network set up soon. We’ll be able to refer patients that way.

What have you encountered as you carry out your rotation in between local hospitals?

Last Thursday [sic], while working at a local hospital emergency department, I had one of the worst days I’ve ever experienced in my career. I was afraid for my life and almost wanted to leave emergency medicine.

It was the first time I worked at that particular hospital in four months. I had to bring some of my own PPE. “The hospital is located in a densely populated suburb of Nashville. That particular day it was very busy with COVID-19 patients coming in.

There are a lot of things you have to be constantly mindful of at a rapid pace. Going from room to room and changing PPE in between is physically tiring and stressful.

In the middle of it all you start to wonder, Am I rushing? Did I forget to put things on completely? I remember thinking, You’re getting too old for this.
I admitted a lot to patients to the ICU that day. No one passed away. I’m not aware of their current status at this time.

What does your family think of all the time you’re spending on the literal front lines of the virus in hospital emergency departments?

I’ve survived thanks to the prayers and support of my family and friends.

My wife is very fearful. She makes sure I change out of my clothes, and immediately take a shower before I get settled in the house.

Our concerns also extend to our youngest daughter, who is also a physician. Some of her attendants were infected in the hospital where she works. She was placed on quarantine as a result, but thankfully she did not contract the virus.

My oldest daughter, who is also a physician preparing for her residency in psychiatry, works in the clinic. We’re all on the front lines.

We want to help people. Our desire to help our fellow brothers and sisters outweighs our fears.

“What keeps me going is having faith that God is going to protect me while trying to do the right thing by helping others.”

Would you say a different side of your faith has been activated?

This has hit me personally. One day I found out someone who attended Oakwood University around the same time as me and had become a mentor when I worked in Washington, D.C., had died from COVID-19. A few hours later I attended a social distancing funeral via video conferencing. Then that afternoon I participated in an online panel discussion about COVID-19 with a minister who recovered from the virus and other Adventist doctors.

All of those things hit me that day. That shook me up.

Later that evening I attended a weekly Friday night Bible study. We’ve been studying the book of Revelation and what will happen in the last days before Jesus’ return. That shook me up.

I’m a PK (pastor’s kid). My dad loved holding Revelation seminars all around the country. I didn’t understand Revelation when I was younger, and I didn’t try to. But now I see its relevance for the present day.

You mentioned the network you and your relatives are working to launch. What sparked the legacy of medical service for your family?

It started with my dad, Earl Moore, who passed away two years ago at the age of 93. He was a minister and a big believer in public health. For us, integrating spirituality with the health message started with him.

He majored in theology at Oakwood and minored in nursing. While I was in high school, he got a master’s degree in public health from Loma Linda University.

He was really involved in civil rights and social justice issues in communities of color. He was proactive with disaster response medicine in the 1960s. He’d take a medical van to areas in the south that were affected by tornadoes and hurricanes.

One of my dad’s most notable efforts was providing medical assistance to the participants of the Poor People’s March that was conceived by Martin Luther King Jr. in 1968. He rode his van alongside the marchers and offered care as needed. The van accompanied the group from Tennessee all the way to Washington, D.C.

What keeps you going?

This is the time for health-care heroes to step up to the plate. But most important, what keeps me going is having faith that God is going to protect me while trying to do the right thing by helping others. I must have faith to keep on doing what God has led me to do.
More than 2,200 Adventist youth and young adult ministry leaders spent much of their Labor Day weekend attending the three-day North American Division (NAD) Youth and Young Adult Ministries OneTeam Playbook 2020 Leaders Convention. OneTeam Playbook was created for union conference and conference youth and young adult ministries directors, coordinators, pastors, and local church leaders. Young adults who are leaders or aspiring leaders in their church or school/university were also encouraged to attend.

Young adult leaders from across North America spent much of their Labor Day weekend attending the three-day North American Division’s OneTeam Playbook convention.

The event featured a combination of live presentations and prerecorded workshops by presenter(s), host, and moderator. Several workshops functioned as panel lectures with some questions incorporated from Zoom viewers. Only those registered for the event were able to log in and participate.

While the workshop tracks focused on training in club ministries (Adventurers, Pathfinders, Master Guides, and coordinator ministry), youth IGNITE, Youth Engage, and youth and young adult leadership development and certification; and presenter and teaching skills training, these sessions were also opportunities for deeper dives on current topics and issues facing the church and society—in North America.

Allen was happy to help give an overview of her panel’s topics of specialized youth ministry, cultural and social trends. “Each of those topics is at least a workshop in itself, if not more, but it was good to share some of the basics,” she said. “Our panel discussion centered on how we can support young women in leadership. A lot of time youth positions are run by women in the church. We also talked about how we can encourage interested female teens to get engaged in leadership in our church. . . . So many times we think of ministry from the standpoint of pastoral ministry and pastoral leadership. We talked about how we can get people to be OK with the fact that even if you are not a pastor you are serving the church in some way that that is ministry.”

She continued, “Out of that we proceeded to talk about mental health among our youth and teens right now. How has COVID-19 impacted their mental health? Then out of that we began talking about the social racial unrest and how there’s been lot of the racial tension and the protests and things that have been happening, such as police brutality, how that has impacted our teens.”

Daniel Ortega, youth ministry/communication director for the Oklahoma Conference, hosted a total of four workshops on coordinator ministry for the OneTeam Playbook convention. In that role he facilitated the presenters. Even though he is a trained youth ministry leader, he said he learned too—information he plans to take back with him when his conference hosts a similar but smaller version of the event. “We are going to do child protection as one of our trainings, especially for those who weren’t able to sign up and go to this one,” he shared. “I picked up on some resources that I didn’t know about and will be able to share those in my conference.”

Ortega said that while he missed the face-to-face networking of an in-person event, he appreciated the efforts made to have virtual “hallways,” where participants could chat and meet new people. “Although online, the event allowed youth leaders the opportunity to connect. ‘This event, and others like it, help keep our people in the loop in terms of training and guidance and leadership,” he said.

Going Virtual

Tracks that did not end with the four workshop sessions of the convention continued in virtual postconvention cohorts on September 13 and 27 and October 11 and 25. Those who registered for OneTeam Playbook were able to attend these sessions. Plans are underway to make all workshop presentations available online.

“This has been an incredible experience. And for us, also a learning experience,” Wood said as he shared a look behind the scenes “We needed a secure website, where we could plug in Zoom links to the backside of the website. This provides direct access to Zoom rooms for our breakout sessions. The general sessions were prerecorded presentations by our guest speakers with all department directors as moderators.”

Wood said that they were able to integrate the AdventSource registration process, which provided the e-mail addresses for all registrants and made it possible to create a passcode for each e-mail, offering a secure login and access. The event website was designed to be a virtual convention center with features that could develop a community experience. Workshop materials were available to all logged-in registrants.

“This virtual convention center will definitely change the way we provide ministry training to our field,” added Wood. “Many were able to attend who could never have made the travel to a physical in-person training event. Now we can reach out to everyone who, prior to this virtual option, could never have attended. We are so excited about the future possibilities and the potential for serving and supporting our leaders.”

Kimberly Lusty Maran is an associate director of the North American division’s Office of Communication.
You were able to find a “happy ending,” but that doesn’t always happen. And the process itself can be discouraging.

It is an absolute roller coaster ride filled with emotions that you sometimes can’t describe. We know what it feels like to attend a wedding, a funeral, or a graduation. We’re used to those kinds of emotions. But to find someone who you look like and sound like and have the same mannerisms—you miss those things when you’re adopted. Why do I like bananas with hot sauce—or something weird like this—you wonder. Is there someone else out there who likes the same things?

My parents told us (my sister and me) that we were adopted. They adopted me; years later they adopted my sister; then years later they had my brother. They believed that my sister and I might feel there were parts of our puzzle missing so they always encouraged us, saying they would help us find our biological families. I never thought I needed to since I was very happy and content. It wasn’t until adulthood, when a friend of mine started digging, that I realized I did have issues that I’d buried, put out of my mind, and that I actually did need to know.

I started to realize all the times growing up where someone would say, “Oh, you look like your dad,” or “How much you looked like my mom,” and that, well, I actually didn’t. I couldn’t. Growing up, I didn’t think much of it. Then when they had my brother, their biological child, every time someone would say how much my brother was like my dad, my sister and I would try to ignore it.

What did the roller coaster ride, and ultimate relationship building, mean for you?

Once I reached out to my “bio mom,” and she had time to process things, the relationship grew. My parents called my mom’s four daughters, my sisters, their North Carolina daughters. And those kids called my parents their California parents. A relationship really grew. God brought us all together. You could see His handprint all over this entire journey.

But the very first thing I inherited was abandonment, because here’s this young woman who gave birth to me, but never touched me. Never held me. Never looked at me. She says she didn’t because she knew if she did, she couldn’t give me away. But eventually God brought us together, and I feel whole, accepted. One of the strongest things that the Lord did for me occurred when I was on the plane going to see my biological mom for the first time. We landed, and I was a nervous wreck. The young woman next to me kept wondering, “What is going on? I told her the story. She started crying. People around us started crying. She had a video camera and taped me—I wanted to get everything I possibly could on film. I stood up on the plane, but I didn’t move. I prayed, “OK, God, don’t be subtle. Push me.” But there’s no other way to describe it, He pushed me off that plane. That was just one instance in which I felt the love of God keenly during the experience.

November is National Adoption Month in the U.S. What do you want people to know about adoption? What can they learn from your story?

It’s important that there’s a month to celebrate adoption. We adoptees are out there. There is still a need for children to find loving homes—the world needs to take note of that. This is adoption month, a [good time to] bring awareness, start conversations, offer help, and celebrate adoption.

I highly recommend not finding/searching out your biological parents as a teenager. It’s too emotional. It’s a roller coaster of emotions—and you have to be prepared to be rejected again. I was rejected and still am rejected by my biological father. I have a brother and two sisters from my dad’s side that don’t even want to know who I am. They don’t want any contact. In my experience there’s all this joy and also the feelings of being rejected again.

One more thing: I try hard to not say “step” or “half.” Although no one means harm, using these qualifiers does put people into different categories. Jesus doesn’t put us in categories. He doesn’t say “step” or “half.” As I said, there is no other way to describe it, He pushed me off that plane. That was just one instance in which I felt the love of God keenly during the experience.
We must begin by taking a stand on our knees. Despite the profound words written in the Declaration of Independence on July 4, 1776, “All men are created equal,” 85 years later on April 12, 1861, the nation began battling against itself over the question of slavery. After this deadliest war in the nation’s history, many slaves were free for the first time in American history, although the promise of receiving “40 acres [of land] and a mule” proved to be a pseudo freedom at best.

After the war’s end on April 9, 1865, Southern states immediately passed laws called Black Codes, which basically perpetuated the system of slavery by restricting freedoms and forcing African Americans to work for low wages. Former slaves also faced increased lynching, voter suppression, and denial of education.

Fast-forward to the 1960s, when some of the hurdles that had crippled progress among enslaved African Americans continued to plague the U.S. through Jim Crow laws, which enforced local and state segregation. As a consequence, African Americans experienced substandard living, mortgage loan inequities, unequal pay, and disproportionate health-care coverage.

Many African Americans, including my grandfather, father, and three uncles, served valiantly in two world wars, although in segregated units. They continued to experience incessant discrimination and segregation back home in various forms relating to school systems, public transportation, restrooms, drinking fountains, and many other commercial establishments.

These Days

Sadly, some of these same issues are evident now. George Floyd’s death on May 25, 2020, in Minneapolis, Minnesota, is a wake-up call, prompting thousands to protest both the present and past horrors of injustice and oppression. Though such societal ills have helped shape the ideologies of the present, they must not be allowed to eclipse the bright future that God has planned for all people.

I challenge men and women of every ethnicity to speak truth to power. We must be the voice for those without a voice, and a shield for the oppressed and marginalized. Martin Luther King, Jr., wrote this from jail in Birmingham, Alabama, on April 16, 1963: “Injustice anywhere is a threat to justice everywhere. We are caught in an inescapable network of mutuality, tied in a single garment of destiny. Whatever affects one directly, affects all indirectly.”

Take a Stand on Our Knees

How can we support the cause of righteousness and justice? First, we must begin by taking a stand on our knees. Prayer is a mighty difference maker that can move mountains, tear down walls, and build bridges of hope for the future. God is in control and hears the sincere prayers of His children. We must then demonstrate compassion to all humanity as embodied in the two greatest commandments (see Matt. 22:37-39).

We must also exercise the right to vote as a civic duty; and we must be agents of change. This starts with building strong, sustainable relationships with key stakeholders—police departments, state/local government, and local government officials—well in advance of crises. Agents of change can be catalysts for creating something new and better.

We must advocate for justice. Silence has its place, but should be appropriately complemented by timely messages of love, hope, peace, and justice.

Within our nation we must set aside political (and other) differences that naturally promote division. If we don’t work together, we will continue to live in a divided nation.

We must dialogue in order to obtain a better understanding of the history of pain, hurt, and fear that is a result of injustice in America. Attentive and reflective listening for all stakeholders will be essential to achieving the most favorable outcomes.

Through the almighty power of God we must commit ourselves to live, love, and work together as we prepare to enter His glorious kingdom.

Washington Johnson II is an assistant director of Adventist Chaplaincy Ministries for the North American Division and a captain in the U.S. Navy.
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