Freshman biology major Daphne Prakash was nervous earlier this year as she contemplated entering college and all of its unknowns. Then an opportunity arose that seemed like a good way to ease through the transition — summer STEM Bridge at La Sierra University where she had enrolled. MORE

The Andrews University School of Social Work has announced a new online program for those interested in pursuing a master’s degree in social work. The program, which is set to begin in the fall semester of 2022, will focus on clinical counseling and trauma. MORE
On Dec. 10, 2021, a large tornado devastated parts of Kentucky and damaged numerous towns within a 165-mile swath. Heidi Larsen, South Lancaster Academy’s fourth grade teacher and member of the SLA class of 1989, contacted a friend who lived in the affected area to see how they were doing. The led to the fourth graders leading a community effort to send supplies to children in Kentucky. [MORE]

In December, the Center for Youth Evangelism hosted the 2021 Cruise With a Mission to Mexico. This is a trip for young adults that combines vacation with mission trip to provide a unique experience that is like no other. [CLICK HERE] to read director of Cruise with a Mission director Nathaniel Sevilla’s personal account of the 2021 cruise.

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**ADVENTISTS IN THE NEWS**

Andrews University Professor Publishes Book on Eastern Mediterranean History

Dallas Clergy Group Led by Adventist Minister Post $100k in Bail for Nine Incarcerated

Prominent News Leaders Discuss Racism in Mainstream Media

Adventist HealthCare Nursing Team Powers Through COVID (Md.)

Adventist Hospital Reopens Following Marshall Fire Evacuation (Colo.)

Director of AdventHealth for Women’s Maternal-Fetal Medicine Program Discusses Need for Pregnant Women to Get Vaccinated

Tuolumne County Approves Affordable Housing Project AdventHealth Owned (Calif.)
FRIDAY! Join us for this webinar at 8:30 p.m. ET: "Martin Luther King Jr., Malcolm X and the 'Nation of Islam' — Engaging African American Muslims." Did you know that 20 percent of the American Muslim community are African American Muslims? Hear the story of Randy Howard, an Adventist with Muslim background. Learn from Dr. Keith Burton, graduate faculty at AdventHealth University and former founding director of the Center for Adventist Muslim Relations at Oakwood University. Join Zoom Meeting on Jan. 21, 2022. Meeting ID: 919 5677 0082 - One tap mobile: 8557038985,,91956770082# or 855 703 8985 Canada toll-free.

NAD Ministerial is delighted to announce that registration for the CALLED Pastors' Family Convention is now open. Pastoral families are encouraged to take advantage of the early bird rates through Jan. 31, 2022. The convention will be held June 19-22, 2022, in Lexington, Kentucky. This event is designed for all pastors and their families in the North American Division. CLICK HERE to learn more/register.

Thriving churches grow together, engaging all generations. All local churches across the North American Division are invited on a transformation journey equipping leaders to reach, love, and empower their members better. This January, join the Growing Together Cohort, a year-long digital experience alongside other local Adventist churches. CLICK HERE to learn more and/or register.

Caregiving professionals carry a tremendous load in our world today. The pressure health care workers, social service providers and clergy face can be relieved when resilience is the focus and conscious choices are made that lead towards responsible wholeness. Join Health Ministries and AAFCN on Feb. 13, 2022, to discover how to thrive under the pressures
If you are a high school student who makes movies, check out the Southwestern Adventist University South by Southwestern Film Festival offered through the communication department this spring. The online film festival is available to all high school students, you can enter as an organization or individual, and the deadline is March 1, 2022. For more specifications and details, or to register, [CLICK HERE](#).

Food and Mood: How what we eat affects how we feel. Depression rates among adults in the U.S. have tripled from a pre-pandemic rate of 8.5 percent to 32.8 percent. What are the contributing factors? Has the pandemic affected eating habits? Is there an association between the foods we consume and our emotions? Is there a biblical connection between lifestyle choices and mental health? Does diet contribute to our happiness? [LEARN MORE](#).

Be inspired to grow spiritually! LifeTalk Radio is here to encourage you to connect with Christ and grow spiritually. [CLICK HERE](#) for inspiring devotionals like Better Way to Live with Shawn Boonstra, Every Word with John Bradshaw, Plug into Life from Jesus 101, and A Word with You to connect and grow with Christ. Listen on LifeTalk Radio mobile app, ROKU, smart speakers, and [LifeTalk.net](#).

SHARE HOPE! Overcome depression. Tell your neighbors to tune in to "Message of Hope" on LifeTalk Radio for hope-filled, Christ-centered Bible messages from Mark Finley, John Bradshaw, Doug Batchelor, Brian McMahon, Dwight Nelson, and others on weeknights at 9 p.m. ET. [Listen live](#) on LifeTalk Radio mobile app or on [podcasts](#). Invite others to listen with a free LifeTalk sharing card or an eCard.

Make your church a center of compassion in
your community by offering the Grief Sessions seminar. *Faith For Today* helps your church meet the needs of the community as Christ did. The Grief Sessions seminar is a small group, Bible-based six-session course. Host Mike Tucker of *Lifestyle Magazine* shares grief principles and interviews guests about their grief journey. [CLICK HERE](#) to order your copy; or call 888-940-0062 to learn more.

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### EVENTS CALENDAR

#### January

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<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>15</td>
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<tr>
<td>22</td>
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</tr>
<tr>
<td>29</td>
<td><strong>Offering: Local Church Budget</strong></td>
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### ADVENTIST JOURNEY

**Cover:** Yepsica Moreno, U.S. Army chaplain stationed in Colorado; [WATCH](#) the interview.

**Feature:** "More Than a Denomination," by G. Alexander Bryant, pp. 04–07

**NAD Update:** "Miracles, Resilience, and Growth Opportunity," by Kimberly Luste Maran and *Adventist Review*, pp. 08–10

**NAD News Briefs:** "Multiply, Media, Mentorship: Intentionality in Growing the Church," by Becky St. Clair, p. 11

**Perspective:** "Lives Changed Through Listening," by John Geli, p. 13

*This magazine is mailed to Adventists in North America; click [HERE](#) to view the January issue online.*
God Will Do for You What You Cannot Do for Yourself

"God is able to do far more than we could even think to formulate in our minds. I'm a living witness that if you just submit yourself to Him, He'll do for you what you cannot do for yourself."

— Edwin Smith, facilities/maintenance manager for the South Central Conference of Seventh-day Adventists, during NAD staff worship on Jan. 19, 2022

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