

Step-by-step in Health Evangelism

Health Evangelism is an aspect of gospel work that presents basic health principles and offers practical instruction in health and sensible health habits as an avenue to a more abundant life and a sound Christian faith. Almost from its inception, the Seventh-day Adventist Church has promoted health evangelism through its ministry, its medical institutions, and its professional personnel.

The Adventist denomination is quite unique in this aspect as no other church organization has health and health ministry so closely tied to their belief system as does this one. Such a development did not come by accident. It came by design—God’s design—through the inspired words of Ellen White.

Concerning the evangelistic role of physicians, Ellen White wrote:

“Let the medical workers present the important (Adventist) truths . . . from the physician’s viewpoint. Physicians of consecration and talent can secure a hearing in large cities at times when other men would fail. As physicians unite with ministers in proclaiming the gospel in the great cities of the land, their combined labors will result in influencing many minds in favor of the truth for this time” (*Medical Ministry*, p. 248).

Beyond the organized medical work, Ellen White was given the message that every minister should become involved in medical missionary work:

“Medical missionary work . . . is to be connected with the gospel ministry. It is the gospel in practice. . . . I wish to tell you that soon there will be no work done in ministerial lines but medical mission-

ary work. The work of a minister is to minister. Our ministers are to work on the gospel plan of ministering. . . . You will never be ministers after the gospel order till you show a decided interest in medical missionary work, the gospel of healing and blessing and strengthening. . . . The Lord wants every one of His ministers to come into line. Take hold of the medical missionary work, and it will give you access to the people. Their hearts will be touched as you minister to their necessities” (*Counsels on Health*, p. 533).

Evangelism was not to be carried on separately from the health message. Many Seventh-day Adventist evangelists make health and nutrition a part of their public program. Health correspondence lessons and special health features are a part of most Adventist radio and television programs.

Because abstinence from the use of tobacco and alcohol, and other drugs is a requirement for church membership among Seventh-day Adventists, there is a continuing program of education against their use along with stop smoking programs conducted by minister-doctor-laymen teams.

Many different forms of vegetarian cooking classes are being conducted for the public. Other health evangelism programs include home nursing classes that stress simple home treatments, first-aid classes, weight control, physical fitness, dietary control of heart disease, stress management, cancer risk prevention, and other classes and seminars designed to meet people’s felt needs.

Many Adventist medical institutions carry on strong health evangelistic programs, employing health educators to coordinate evangelistic programs with chaplains, doctors, and nurses both in North America and overseas.

The Purpose of Medical Missionary Work

There are some who ridicule the concept that the purpose of our health ministry is evangelistic. They suggest that we should do health education without putting any “hooks” in it. But God has not called us to medical missionary work just to make healthy sinners out of people who come to our programs. Ellen White in no uncertain terms spells out God’s purpose for health ministry:

“The minds of men must be called to the Scriptures as the most effective agency in the salvation of souls, and the ministry of the word is the great educational force to produce this result. Those who disparage the ministry and try to conduct the medical missionary work independently are trying to separate the arm from the body. What would be the result should they succeed? We should see hands and arms flying about, dispensing means without the direction of the head. The work would become disproportionate and unbalanced. That which God designed should be the hand and arm would take the place of the whole body, and the ministry would be belittled or altogether ignored. This would unsettle minds and bring in confusion, and many portions of the Lord’s vineyard would be left unworked” (*Testimonies*, vol. 6, pp. 288, 289).

In combining the arm and the body in health evangelism, we are reaching out to those who ordinarily would never consider attending an Adventist series of doctrinal meetings. Naturally, it takes more time to bring these people step-by-step to an understanding of our message, but

when you do you end up with Adventists committed to the kind of lifestyle most conducive to a living experience with Christ.

Step-by-step in Health Evangelism

Many engaged in health evangelism have learned that, before conducting a series of health evangelistic meetings for the public, it is essential to train church members in the healthy lifestyle that is to be presented to the public. That becomes an essential first step in health evangelism.

Step 1: Preparing the Church:

Because Adventist church members often are somewhat gospel hardened to the health message and often less receptive than the general public, they must be taught health principles, the advantages of the Adventist lifestyle, and the methods of health evangelism.

One way of doing this is to hold a medical missionary training program such as the Take 10 Seminar on the Golden rules of Dynamic Living (Materials available from The Health Connection. Toll-free phone: 1-800-548-8700). Your objectives in such a church training program are to lead to a realization of:

1. The urgency and advantage of using medical missionary work to finish the gospel task.
2. The necessity for personal practice of health principles.
3. How each member can be trained to use medical missionary outreach programs.

Organize the members into small companies for conducting specific health programs.

Continuing research is being funded on the advantages of the Adventist lifestyle. See Chapter 23 for up-to-date information. (Programs on the Adventist Advantage can be ordered from The Health Connection).

Once church members become convinced that healthy habits strengthen the immune system, which gives them added protection against lifestyle diseases such as cancer, heart disease, and stroke, they should be ready to make some personal lifestyle improvements, experience the

See Chapter 24

For the latest information on Health Exhibits. Use the 12 easy steps of CELEBRATIONS to illustrate your health booth. Order from The Health Connection, 800-548-8700.

benefits, and then share what they have learned with those about them.

Step 2: Begin with a Health Expo or Health Fair or other community screening programs:

Include community health agencies and put these on at a public auditorium or shopping mall. Include various screening programs. Most important—have registration sheets for specific community health education classes. It is essential to use some type of community health interest survey in order to learn what type of health programming is most needed in your community. (See sample surveys at the end of this chapter.)

Health screening can be conducted in several different formats, such as:

- Screening vans—mobile units that take screening tests to the curbside in central cities or suburban shopping center parking lots.
- Screening booths or tables—set up in shopping malls, at county fairs, and any other setting where people congregate.
- Health fairs—large events involving a number of different health organizations. (See chapter 24 for additional information.)
- Health risk management programs—a combination of screening tests with stress management or specific disease risk prevention seminars.

Specific Information about how to conduct health screening programs is not included in this book because many such programs, including complete planning guidelines, step-by-step procedures, medical protocols for different screening tests and camera-ready masters, videos, or Power Point presentations are available from several denominational supply entities. *The Health Screening Handbook* is available from Advent Source (800) 328-0525. (See chapter 21 for other programs and where they are available).

Step 3: Offer Classes that Meet the Felt Needs Indicated on Health Interest Surveys:

Attempt to offer those programs that are

unique to your community rather than competing with what other health agencies are doing. Some possibilities:

1. Welcome Baby program.
2. Vegetarian cooking classes, such as Healthy Holiday Recipes.
3. Physical Fitness programs. (Marathon or health run).
4. School temperance and drug abuse prevention programs.
5. Programs in doctor's, dentist's offices.
6. Radio and TV health hint presentations.
7. Prison ministry.
8. Home finance and budgeting seminars.
9. How to Get the Most Out of Bible Study seminars.
10. Gardening, craft, and hobby classes, and, of course,
11. Classes on how to overcome harmful health habits (smoking, drinking, narcotics, gambling, obesity, etc.)

The best place to hold these seminars is in a

NEWSTART[®] Health Expo

Eight beautifully illustrated exhibit centers present an easy-to-follow plan of protection from disease and even disease reversal. It includes computerized health evaluations, consultations, home health care demonstrations, screening programs, food demonstrations and samples, video films, free gift drawings, and explanations of the eight natural remedies. (Available from Dorothy Nelson: Health Expo Lifestyle Programs, Weimar Institute, P.O. Box 486, Weimar, CA 95736 (800) 525-9192 ext. 7013.)

Simple blood pressure screening at fairs or in community department stores or malls also has proved to be effective in generating community interest in planned health seminars. Interest surveys should be filled out no matter what type of community contact you use.

Better Living or Health Enhancement Center. If you cannot do so, try to find some neutral location. Most people will shy away from coming to a church. But if you have nowhere else to hold these classes, doing so in a church does help tie those who come to participate in church activities. If you hold the seminars in a church, use a fellowship hall or classroom rather than the main chapel.

Dr. Elvin Adams, who has successfully held

health evangelism programs in churches, promotes this use of churches, saying "The best way to change the reputation of the local Seventh-day Adventist church is to do something useful for neighbors and friends. The purpose of evangelism is to help our secular friends develop a personal relationship with Christ and to develop a fellowship in the church. In our materialistic society the church is not as relevant as it once was. An emphasis on the advantages of a Seventh-day

HeartBeat '96 by Satellite in Centerville, Tennessee

The air was electric with tension as the expectant audience at the Martin Memorial Seventh-day Adventist Church waited for Dan Matthews to open the HeartBeat '96 Adventist Communications Network (ACN) down-link seminar on Tuesday evening, May 21. The 66 participants had received the results of their individual computer generated heart disease risk analyses and were anxious to hear their interpretation and to learn what they could do to reduce their risk of heart attacks. They were not disappointed. All who attended stated the seminar met their expectations and 96 percent committed to repeat their participation next year.

When asked what they appreciated most about HeartBeat '96, the Centerville participants' response ranged from expressions of appreciation for its low cost and affordability to appreciation for the evident interest and concern the panel of specialists had in helping people to understand and correct their individual problems. All realized they were receiving the latest heart disease information available. One participant particularly expressed appreciation over being able to obtain information from more than one doctor. Others were excited to hear questions asked from the audience in Centerville and have them answered live by the panel of experts in California. One stated that the seminar "made me realize that I need to do something about my weight and diet." Another expressed appreciation for "the information and challenge to do better." One stated "I learned about things I have not thought about before." Others simply said "everything was great" or that they "liked it all." A local practicing doctor who attended the seminar stated "it couldn't have been better!"

The Martin Memorial S.D.A. Church in Centerville, TN has a small active membership of 23 and is the only Adventist church in Hickman County, a rural county in middle Tennessee with a population of approximately 15,000. God has blessed the witness and prayers of this small band of believers, however, and the church regularly has in attendance on Sabbath more than 50 worshippers, including 10 to 15 non-Adventists. Centerville is blessed with a dedicated Adventist pastor, but he has two other larger churches in his District and is able to be in Centerville only one Sabbath out of every four.

HeartBeat '96 began with the enthusiastic endorsement of the concept by the church membership and they have followed through with magnificent support. (More than half the church members directly assisted by giving time and effort to various aspects of the program.)

Support was obtained from the four local practicing physicians and the Community Hospital. In fact, the local hospital cosponsored the program by providing the facility for screening and blood drawing and using its telephone operators to make all appointments. Contacts with local businesses and industries generated a lot of interest. The largest local bank and nursing home

Adventist lifestyle can reverse this trend.” He believes that the true home of health evangelism should be the local church. If a church consistently offers a wide variety of programs to the public it will come to enjoy a unique reputation in the community. People will come to realize that the solution to all of life’s problems is found at the Seventh-day Adventist Church. He is convinced that health evangelism will not enjoy its greatest measure of success until its home base is firmly

established in the local Seventh-day Adventist church.

Another reason why there may be some advantage in using local churches for health evangelism programs is that the church facility can comfortably handle any size group—and it’s free. Renting an auditorium can be expensive.

agreed to pay the entire fee for their employees to participate in HeartBeat ‘96 and several other businesses encouraged their employees by giving them time off to obtain the screening.

A paid advertisement was placed in the local weekly Hickman County *Times* and the paper reciprocated by two good news stories and three different public service announcements. The local radio station also gave a number of public service spot announcements about the event. A survey of the HeartBeat participants indicated that 35 percent learned of the program through the newspaper; 27 percent participated at the encouragement of their employers; others were motivated to participate by a friend (19 percent) or because of known disease in their family (15 percent). Less commonly mentioned, but helpful were announcements that were made in several local churches and the radio announcements.

It is obvious that HeartBeat ‘96 met a felt need in Hickman County; 84 percent of participants indicated that they had long felt a need for something like this before they heard of HeartBeat ‘96. Their serious interest is also indicated by the fact that more than half committed to future participation in follow-up programs of low-fat cooking/nutrition classes or exercise/physical fitness programs. Strong interest was also expressed in weight control/obesity treatment and stress management seminars. Significant, but lesser interest, was shown in stop smoking programs. Of those participating, 96 percent gave information so they can be notified of future health programs.

A brief analysis of the 66 Centerville HeartBeat participants shows that 32 percent were male; 68 percent were female; 26 percent of all participants were under age 40, 62 percent between age 41 and 65, and 12 percent were over age 65. Ethnic background was not recorded, but we were happy to have a good representation from our minority population. 41 percent of all participants had their registration paid by their employers; the rest were paid personally. All but five participants were from the local Centerville telephone exchange; only one came from outside Hickman County.

The benefits of HeartBeat ‘96 to the Martin Memorial Seventh-day Adventist Church are numerous. 1) The Adventist Health Network and Martin Memorial Church gained a great deal of scientific credibility and name recognition—56 out of the 66 participants were non-Adventists. 2) A large number of non-Adventists attended an Adventist church for the first time and in a friendly and non-threatening environment. 3) Strong interest for future programs was generated. 4) It was an excellent demonstration of the power and capability of satellite television. The Martin Memorial church believes that many more people will be willing to attend Net ‘96 because of this positive experience with HeartBeat ‘96.

The Adventist Communication Network and the Adventist Health Network are providing much needed and appreciated assistance to such small rural churches as the Martin Memorial. Centerville, Tennessee has been deeply affected by this most recent community service program. May God be glorified by its impact!

Breathe Free™: The Plan to Stop Smoking

The church's first smoking cessation program was designed by Dr. J. Wayne McFarland and Chaplain Elman J. Folkenberg between 1959 and 1961. Called the five-Day Plan to Stop Smoking, it was one of the first smoking-cessation programs available in the United States. At that time the General Conference Temperance Department also produced one of the first films on smoking and health—*One in 20,000*. During the next 20 to 25 years this plan was successful in helping millions of smokers stop smoking.

In 1985 the plan was revised and was named the Breathe-Free Plan. In 1993 it was again revised to allow time for small group work and discussion with less attention given to a lecture format. The time was extended to nine sessions and the official title became: Breathe Free: The Plan to Stop Smoking.

The materials provided for the Breathe Free plan consist of nine annotated scripts designed for the expert or the novice in conducting a smoking cessation program, plus a director's manual giving detailed information on how to plan, promote, and implement the program.

There are a number of items available to enhance the effectiveness of the program: novelty buttons; a personal plan booklet that guides each participant through each session, diplomas at the end of the nine sessions, at six months, and at one year; posters, nine videos and many demonstration devices.

Breathe Free seeks to empower the individual to reach four major objectives: physical preparation, mental conditioning, social support, and spiritual regeneration. It assists participant in becoming knowledgeable and active in the process of behavior change, opening up to them a vision of personal choice, individual responsibility, freedom to act, and power to direct their own lifestyle.

Health Seminar Packages

A number of kits have been developed that enable health professionals or other volunteers to conduct successful, effective health education events. Almost all of these include an instructor's guide and materials to be handed to the group participants. Some include audio-visuals and advertising materials.

Breathe-Free Plan to Stop Smoking is the replacement for the Five-Day Plan. Nine sessions designed for a four-week period are available through The Health Connection, the health ministry resource center for the Seventh-day Adventist Church in North America. The program includes scripts for the minister and doctor. Also posters, personal plan booklets, etc. It recommends an introductory meeting several days before beginning the program, and also recommends a follow-up schedule. Videos and Power Point are available which can be purchased from The Health Connection. A Stop Smoking video series by Detroit cancer surgeon, Dr. Art Weaver also is available.

Stress Beyond Coping. A most practical Stress Seminar based on a lifestyle approach. The seven keys to coping include nutrition, exercise, sleep and other health principles that can also be used as stand-alone short talks. Includes an instructor's manual with word-for-word scripts for six two-hour sessions. The seminar materials also include a CD-ROM with Power Point illustrations, participant work book sets, and overheads. Everything you need for your first seminar can be purchased at a special savings price from The Health Connection (Catalog number 35290–Introductory Package). Useful for both a Lifestyle Seminar and for use as a bridge-building step in health evangelism.

Cooking Schools and Nutrition Workshops are an Adventist tradition. Several program designs have been published over the years. (See chapter 9 for suggestions on kinds of cooking schools and how to conduct them.)

Eight Weeks to Wellness. Motivates participants to make two lifestyle changes they select from the following topics:

- Week 1—Developing a Healthy Lifestyle
- Week 2—Becoming More Physically Active
- Week 3—Low Saturated Fat/Cholesterol
- Week 4—Eating Enough Fiber
- Week 5—Achieving/Maintaining a Healthy Weight
- Week 6—Dealing With Dependencies
- Week 7—Coping With Stress
- Week 8—Preventive Exams and Safety

Eight Power Point presentations are included in the package available through The Health Connection.

Step 4. Bridge Building:

Because our ultimate goal is to lead people to Christ and into His kingdom we have not finished our task when we have led them to stop smoking or lose weight. Some type of bridge program that emphasizes the spiritual but does not get into heavy Adventist doctrine helps those not yet ready to become Adventists understand the importance of the spiritual in total health. However, the attempts to bridge between health and evangelistic programs will result in only very limited success *if the program is not meeting felt needs*.

Once the confidence of the public has been obtained in a health program, spiritual principles should be introduced to give the Holy Spirit the opportunity to prepare their hearts and minds to be more receptive to the fuller, doctrinal message that is presented in an evangelistic program. A health program may be made evangelistic by introducing an individual to God as the agent of change in behavior. This type of evangelism is relatively narrow and focused on the problem which brought the individual to the class. Everyone who comes to a Seventh-day Adventist stop smoking program should learn that God helps smokers quit, obese people to lose weight, and the rest of us to cope with stress. In fact, God provides the answer to all of life's perplexing problems. This type of focused health evangelism will not review the wide spectrum of distinctive doctrines held by the Seventh-day Adventist Church and it should be presented as free as possible from the jargon which is used in traditional

Every Church a Training School

“The medical missionary work should be a part of the work of every church in our land. Disconnected from the local church it would soon become a strange medley of disorganized atoms.” —*Testimonies*, Vol. 6, p. 289.

“Every church should be a training school for Christian workers.... There should be schools of health, cooking schools, and classes in various lines of Christian help work. There should not only be teaching but actual work under experienced instructions.” —*The Ministry of Healing*, p. 148-9.

church circles.

Those conducting health evangelism programs should realize that it is God who produces the feeling of discontent with one's lifestyle and prompts an individual to come to a Seventh-day Adventist health program. An individual is sitting in your audience because God brought him/her to your church so behavior could be changed.

In your health evangelism program you should develop rather completely the theology of behavior change. (See Chapter 6.) Once a person experiences deliverance from one problem the individual will be anxious to tackle other programs and eventually ask about the spectrum of beliefs of the Seventh-day Adventist Church.

Some question whether placing the spiritual material early in a health program will cause people to be offended and seek assistance elsewhere. This should not be the case if it is directed toward the problem with which they are struggling. They have come for help and are desperate to learn any secrets you might have which would deliver them from the problem they are trying to overcome.

Perhaps the only way in which Seventh-day Adventist health programs can be unique is in the inclusion of a spiritual dimension in a program of behavior change. It is likely that most of the people in the audience will already have

tried to change their behavior in other programs and have repeatedly failed because they never were pointed to God as the One who brings about change in the life. True health evangelism presents God as the source of help, and the more abundant life.

In Pursuit of Excellence is a 12-session health evangelism series designed to provide the missing link between the health programs you have been offering and the spiritual results you want. This program allows you to present health in a non-judgmental, caring way, position your church as a wellness center for your community, and make the Bible appealing to the secular mind as you blend health information with the gospel to save the soul as well as the body.

Take Ten. Ellen White challenges: "To make plain natural law, and to urge obedience to it, is a work that accompanies the third angel's message."—CH 21. She adds: "Since the laws of nature are the laws of God, it is plainly our duty to give these laws careful study. . . . Ignorance in these things is sin."—CD 18. Concerning the need to educate people in the laws of health, we read: "It is the duty of every person, for his own sake, and for the sake of humanity, to inform

himself in regard to the laws of life, and conscientiously to obey them. . . . We can not be too often reminded that health does not depend on chance. It is a result of obedience to law."—MH 128.

Take Ten is intended to be a "bridge" program that leads those attending from interest in physical health to an understanding of wholistic health. It is God's intention to restore the image of God in man physically, as well as mentally, socially, and spiritually. With this basic philosophy in mind, those attending are led to recognize that the Creator's laws are essential for health and happiness. When this is understood, people begin to grasp the fact that there is a strong connection between health and religion and that religion plays an important role in the health of body and mind. When they complete this seminar they should be ready for more specific examination of the Adventist faith. The seminar involves many practical applications to lifestyle and behavior change. It leads those attending to make many of these applications themselves, thus making it easier for them not only to understand but to apply in their own lives. (This seminar is available from The Health Connection. It includes Instructor's manual, video presentations, and/or Power Point presentations. Plans are underway to combine this with a twelve step to wellness seminar now being prepared by The Health Connections.)

Christ's Methods

"Christ's method alone will give true success in reaching the people. The Savior:

1. Mingled with men (CONTACT)
2. as one who desired their good. (CONCERN)
3. He showed His sympathy for them, (COMPASSION)
4. ministered to their needs (COMMITMENT)
5. and won their CONFIDENCE
6. Then He bade them, (CONVERSION)
"Follow me."

—*The Ministry of Healing*, p. 143

Step 5. Health Evangelism Series:

This should be a full-message series that ties in brief health presentations with the doctrines of the Adventist. An excellent resource is the "Life Net" series prepared by Dan Matthews of the Lifestyle Magazine television series for use with Net '96.

In connection with these meetings, a strong personal work and Bible study program should be conducted in the homes of those attending in order to make sure they understand and accept the truths being presented and to make these truths applicable to the individual's needs and Christian growth. In all evangelistic endeavors, nothing can be accomplished without the guidance of the Holy Spirit and much prayer.

Personal Health Evangelism

Most think of health evangelism as a large

church sponsored program where a number of church members participate in a planned outreach to the community. That's the type of health evangelism we have focused on in this chapter. But health evangelism doesn't have to be big, church sponsored, or even church based. You don't even need a committee to do it. Health evangelism is something anyone can do. There is no excuse for not having a part in the health evangelism work. You are never too young or too old to live your lifestyle, share your personal testimony, or use your particular gifts in some aspect of the health work. If one of the outreach programs in this chapter inspires you, go for it. But if not, begin praying, asking God how He can use you in a way that fits you, your personality and your talents. That's what the Benton sisters did, and here's their story: In 1992 three teenager "singing" sisters from Lakeport, California prayed, "Lord, show us how we can evangelize in our own town. We go singing and sharing everywhere but what can we do at home?" Audrey, Trishonna, and Emberly Benton grew up on a little farm in Northern California. They enjoyed milking goats and gathering eggs. Eventually the Benton family developed allergies to dairy products, and began noticing many friends and relatives were suffering because of their rich American diet. As their health awareness grew the Benton sisters began exploring new ways to cook without using animal products, refined fat or sugar. Their goal was to revise everyone's favorite recipes without sacrificing looks or taste, using foods in their natural, unrefined state. The result is that they didn't give up anything—but gained everything, including a nation-wide ministry. The Bentons now have a television series on 3ABN where they demonstrate their vegan recipes, sing together, and minister. They conduct cooking schools not only in their own hometown, but around the United States, and their book,

What's Cooking in the Benton Sisters' Kitchen, has been reprinted many times. God has a ministry for everyone who is willing to pray, "Lord show me how I can evangelize in my own town." For more information contact the Benton Sisters Ministry, PO Box 552, Lakeport CA 95453; (707) 263-5871; answering machine (707) 262-0901.

Sample Health Interest Surveys (See the following page.) Proper planning with a statistician or someone who knows about randomization and sample size will help you obtain reliable

A Challenge from Ellen White

"To make plain natural law, and to urge obedience to it, is a work that accompanies the third angel's message."

—*Counsels on Health*, page 21.

"Since the laws of nature are the laws of God, it is plainly our duty to give these laws careful study.... Ignorance in these things is sin."

—*Counsels on Diet and Foods*, page 18.

"Concerning the need to educate people in the laws of health: "It is the duty of every person, for his own sake, and for the sake of humanity, to inform himself in regard to the laws of life, and conscientiously to obey them.... We can not be too often reminded that health does not depend on chance. It is a result of obedience to law."

—*The Ministry of Healing*, page 128.

information from your interest survey. If you use the interest surveys with a health screening program, you will want to obtain the *Health Screening Handbook* which can be ordered from Advent Source (800)328-0525.

Total Health Community Interest Survey

Which of the following Seminars Would You Find Helpful?

Physical Well-being:

- Physical Fitness Class
- Vegetarian Cooking Class
- Healthy Holiday Recipes
- Stress Control
- Breathe-Free Stop Smoking Plan
- Weight Control
- Cancer Prevention

Social Well-being

- Marriage Encounter
- Raising Teenagers
- Wills and Estates
- Personal Family Finances
- How to be a Hero to Your Kids

Improving Skills:

- What Every Driver Needs to know
About Basic Car Maintenance
- Computer Skills
- Internet Use
- Bread Baking

- Welcome to Wellness Seminar

Understanding the Bible:

- How to Get the Most Out of
Bible Study
- Sat. Morning Neighborhood
Children's Bible Class
- Vacation Bible School

- Understanding Daniel
and Revelation

Indicate which days are best for you to attend:

Sun Mon Tue Wed Thurs Fri Sat

Morning

Afternoon

Evening

Please notify me as to where and when the seminars checked will be offered:

NAME _____ PHONE _____

ADDRESS _____