



A WALK IN THE PARK

Piedmont Park's Quarterly Newsletter
Summer 2022 Issue

Our Vision: To encourage a closer walk with God and greater involvement in His Ministries in the Lincoln Nebraska area through the medium of *A Walk in the Park*.

Our Mission: With God's leading, we will reach out to our church family, sharing stories of hope, encouraging all, and promoting active involvement in the various ministries of Piedmont Park Seventh-day Adventist Church



ANTIDOTE FOR LONELINESS

By Cheyenne Hardy

Heartbreak is a term that gets tossed around but rarely refers to an actual physical event. However, many of us have experienced that feeling of heaviness, even a deep ache, when our heart is wounded by the actions of another. Regardless of the cause - unmet expectations, cutting relational ties, hurtful habits unbroken, unintentional disappointment - the feeling of a broken heart can become all too familiar. Expressing this pain can be difficult because, while others want to understand, the lack of personal experience often limits true comprehension. Coupling our hurt with this unmet desire to be fully known can lead us to a lonely place. We long to be in communion with one who sees all we have gone through, who validates our heartache and grief, and who knows how much strength it took to try again, to confront the triggers, or simply to continue taking things one day at a time.

Knowing that Jesus experienced pain on this earth is one thing. We read of the anguish he felt in Gethsemane, when he told his disciples "My soul is very sorrowful, even to death" (Mark 14:34). His journey to the cross, bearing the weight of the world on his shoulders, was a trial difficult to completely comprehend. There is no question he dealt with affliction and grief. However, there are many times in which his heartache stemmed from circumstances so similar to ones we find ourselves in daily. Recognizing these situations opens our mind to the reality of his comprehensive understanding in our lives.

"The true light, which gives light to everyone, was coming into the world. He was in the world, and the world was made through him, yet the world did not know him. He came to his own, and his own people did not receive him." John 1:9-11

God created, sustained, and prepared an entire nation of people who failed to recognize him when he came to earth. Just imagine the heartbreak that scale of rejection caused Jesus. These verses illuminate just one scenario in which Jesus experienced our grief. He has been rejected, alone, misunderstood. He spent years walking this earth, surrounded by crowds of people hanging onto his every word. Yet even his twelve best friends rarely comprehended the message he was trying to share at first. Being imperfect humans, they often left him hanging when he needed them most. So, as you bring him the heaviness of your heart, the burden that is too much for you to bear, remember this: He knows.

He knows your pain, has felt your anguish, and understands the loneliness you feel regardless of how many people are around you. He sees the recurring grief that rears its head at the most inconvenient times. When a past pain is triggered anew and you are unsure who to turn to, he never tires of hearing your voice. As your heart is too heavy for words, he invites you to spend time in his peaceful silence. He will sit with you in your grief, when your soul is sorrowful, and your tears fall in silent communion. He knows your heart, sees your pain, and he brings hope. He offers understanding as one who has experienced the emotions and feelings you are dealing with right now. Healing is a process, and his constant companionship is the antidote to loneliness on the journey.

DECISIONS

As we travel down life's journey,
There are several ways to go;
We can follow Christ our Saviour
He's the one who loves us so!

Or, we can enter through the gate,
Which seems promising and true'
We can leave our Loving Saviour,
Just as Satan chose to do.

Adam made a big decision,
As he followed Eve, that day;
And it changed our lives forever
When he chose to disobey.

And, what was Lot's decision then,
at the angels' urgent plea?
to stay in Sodom, filled with sin,
or to follow faithfully?

Arise, and go to Nineveh,
Jonah heard the Lord God say,
"Cry out against their
wickedness..."

But, he chose to run away.

Our Lord's decision, that He made,
Lead one day to Calvary.
He gave to us eternal life
When He died for you and me.

Even now we make decisions
That affect us every day;
But, we do not have to worry
When the problems come our way.

If we give them all to Jesus,
When we kneel in daily prayer,
He will surely take them from us
As He keeps us in His care.

By: Sharon Beall (1-28-1999)



THE LITTLE FREE PANTRY MOVEMENT

The mini pantry movement is a grassroots, crowd-sourced solution to immediate and local need. Whether a need for food or a need to give, mini pantries help feed neighbors, while nourishing neighborhoods.

Food: <https://www.littlefreepantry.org/>

For information and limited location information on the following community services please see the link below:

Little Free Pantries
Little Free Libraries
Little Free Jigsaw Puzzles

https://lincoln.macaronikid.com/articles/60d4e004f122775ee4b2e1c7/lincolns-little-free-libraries%3A-take-a-book--leave-a-book?fbclid=IwARoeo2IojEiE6UDEK3gdm6UikUp3D_gRp4cpX0PpOaXtEtqct83Vb-RqKpA

or

Books: <https://www.facebook.com/groups/247118765449973>

The Olive Branch Ministry
Piedmont Park SDA Church

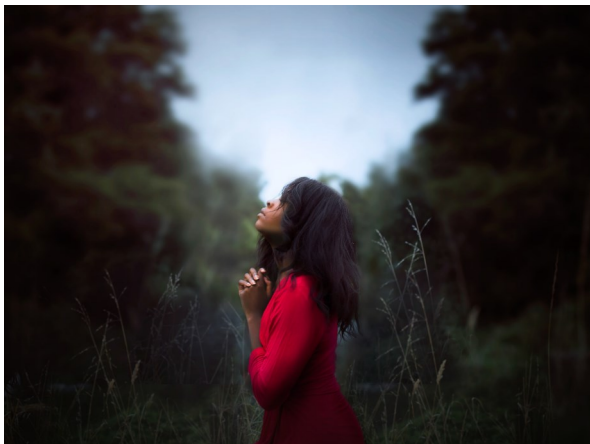
Piedmont Park Church Volunteer Personnel Committee

Piedmont Park Church would like to thank Jeanette Halfhill for volunteering to be a team leader for our Hospitality (Potluck) Ministry. We value our volunteers to the moon and back and the church and God thanks all of our volunteers for their service to our church and guests!

Piedmont Park Church would like to thank Sharon Melch for volunteering to be the chair of our Sabbath Secretary volunteer position. We appreciate our church volunteers! We know God's heart is blessed when there are volunteers for the ministries of our church!

Piedmont Park Church is seeking loving volunteers to help in our children's Sabbath School divisions. To assist in the children's divisions a simple on-line back-ground check is required (at no charge to you), as well as an interview with a Sabbath School room leader and the Pastor. If you are interested in interviewing for these fun position(s), would you please contact Renee Schaecher (Personnel Committee) at reneesch13@gmail.com or 402-580-4015 and she will help connect you with the people you will need to visit with. Thank you.

Photo by [Diana Simumpande](#) on [Unsplash](#)



Dear Heavenly Father:

Help me to keep my heart pure and undivided. Protect me from my own careless thoughts, words, and actions. Keep me from being distracted by my wants, my desires, and my thoughts on how things ought to be according to me. Help me to embrace what comes my way as an opportunity, rather than a personal inconvenience.

From: Morning Prayers.

PROPHECY SHOWS US GOD

By Renee Schaecher

“Seventh-day Adventist Fundamental Beliefs # 13 says “ A remnant has been called out to keep the commandments of God and the faith of Jesus. This remnant announces the arrival of the judgment hour, proclaims salvation through Christ, and heralds the approach of His second advent.” (1)

In years gone by, I taught a women’s Sabbath School class. At one particular point we were reviewing the prophecies in the books of Daniel and Revelation in the quarterly lessons. One of our lovely ladies asked, “Why do we need to study these prophecies? What is the point?” Why don’t we study about more about Jesus?

The author of “A Deeper Look at Your Church”, by Dan Day, writes that prophecy is less about charts, years, events, peoples and “future telling” and much more about a God who loves us and who shares the past and the future with us; as His friends, assuring us as followers and cradling us as children with anxious fears by letting us know that He will fulfill our greatest hope. Our great hope that God is real, that He is merciful, that He is victorious in all things, and that He will return for us!”

Mr. Day says, “For Jesus, prophecy was all about hope—God fulfilling our hope! He says, “Prophecy doesn’t just give us a clear view of the future; *it gives us a clear view of God.*” I couldn’t agree more. If we see God at work for our benefit in prophecy, we can then see the reason He spends so much time telling us what has happened and what will happen. We see Him actively at work in our lives for our benefit. We see His love!

This was the answer to my friends’ questions! This is what my friend needed to clearly see and feel, that prophecy gives us a clearer picture of God! The Triune God spends enormous effort to give us a clearer picture of Himself! To see God in His majesty and goodness is what the Bible is all about! To see God in all His fullness, as far as we can in this world, and ever more clearly in the world to come, is the center of all that is written. Jesus says, “You search the scriptures; for in them ye think ye have eternal life: and they are they which testify of Me.” (2) And again, Jesus says, “Whoever has the Son has life; whoever does not have the Son of God does not have life.” (3) and lastly Jesus says, “It is my Father’s will that everyone who looks to the Son and believes in Him shall have eternal life, and I will raise them up at the last day.” (4)

Back to the writing of Dan Day in “A Deeper Look at Your Church.” He writes, and I quote, “Prophecy doesn’t just give us a clear view of the future; it gives us a clearer view of God. As a window into the character of God, prophecy shows us that God loves us; that He has a plan for us, and that He will be there for us.” (5)

Mr. Day reminds us that Jesus used prophecy to remind us that God is altogether in charge and is the absolute victor. Prophecy helps show us that everything God is and does is directed towards benefiting us now and in the long term.

When we study prophecy; when we study end time events; let us keep one scripture close to our thoughts, “For I know the plans I have for you, ‘declares the Lord, ‘plans to prosper you and not to harm you, plans to give you hope and a future’ “ (6)

(1) “A Deeper Look at Your Church”, by Dan Day, p. 154

(2) John 5:39-47 (3) 1 John 5:12 (4) John 6:40

(5) “A Deeper Look at Your Church”, by Dan Day, p. 158

(6) Jeremiah 29:11

SUPPORT THE **OLIVE BRANCH MINISTRY** WITH YOUR GIVING:

The **Olive Branch Ministry (Piedmont’s Food Cupboard and Lincoln Little Free Pantries)** is one of Piedmont Park’s ministries to aid the food insecure in our membership and in our community.

Below is a partial list of useful items:

Flour
Baking Powder & Baking Soda
Spices (garlic, onion, cinnamon, pepper, basil, oregano, etc)
White & Brown Sugar
Hot cereal grains
Aseptic Packed Milk (shelf stable)
Canned beans
Pasta
Pizza Crust
Pizza Sauce in cans
Canned or Aseptic packed Olives
Canned or Aseptic packed Tuna, Chicken & Salmon (shelf stable)
Bread or Crackers
Canned Beef Hash
Canned Beef or Cheese Ravioli
Boxed flavored rice
Dried fruit and other snacks
Beef or Turkey Jerky
Toilet Paper
Lotion
Dish Soap
Deodorant
Toothpaste/Toothbrushes
Masks & Hand Sanitizer
Small Food Storage Containers
Socks of all sizes
Small bags of Dry Pet Food
Bottled Corn or Soy Oil
Raisins
Boxed Cereals
Nuts
Canned Fruits & Vegetables
Catsup & Mustard
Peanut Butter
Jelly & Honey
Canned Soups
Fruit Leather
Bags of Brown Lentils
Granola Bars
Clorox Wipes
Shampoo & Conditioner
Feminine Hygiene Products

****Do Not donate Glass, Outdated Items or Fresh Perishable Foods****

MILLET & VEGGIE SALAD

2 Servings

Good as a main dish or a side.

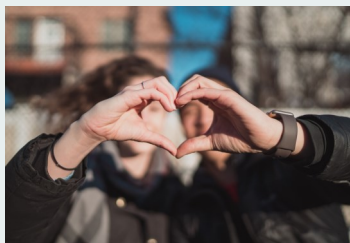


Photo by [Matt Nelson](#) on [Unsplash](#)

Better Day Ministry wants to pass this thank you along to our donors! Your generosity towards others is noticed and appreciated by BDM ministry, by the recipient and most of all by God Himself!

We would love to continue to receive your financial support for the Better Day Ministry. You can give online at www.piedmontparksda.org or by placing your donation into a tithe envelope at church (memo line BDM). Thank you in advance!

Questions?
Renee Schaecher
betterday-ppsda@gmail.com
or 402-853-1978.

“I received an encouraging and generous package this last week that was such a surprise and such a help to us right now. Thank you so much to the Better Day Ministry at Piedmont Park Church for the financial boost during some rough months!”

Combine 1 cup hulled millet with 2 cups of water in a saucepan. Bring to a boil, then turn it down to a simmer and cover for **10 minutes**.

*Millet expands significantly when cooked in a small quantity of water, resulting in a light and dry texture. When **excess water is used**, it develops a thick, mushy texture much like mashed potatoes, which makes it an excellent side dish.

*Millet is one thirsty grain and doesn't keep incredibly well overnight. Leftovers tend to be quite dry. To use left over millet, rehydrate and reheat.

Salad Ingredients:

- 1 cup cooked hulled millet
- 1 cup sweet corn, drained
- 1 small head fresh broccoli – destemmed, use fleurettes only, cut into small fleurettes
- 2 medium carrots – peeled with a carrot peeler, cut into small cubes
- 1 small finely diced white or yellow onion
- 4 fresh garlic cloves, peeled and minced
- 1/2 cup fresh coriander leaves (cilantro), destemmed and finely chopped
- 1/4 cup slivered almonds

Instructions:

Cook the millet, toss with a fork and season, Cool

Steam broccoli, chopped carrot, onion, garlic and sweet corn (if using fresh corn), Cool

Destem and chop the cilantro
Roast the almonds in a dry flat pan, tossing continually. Burns easily.

Toss the vegies and salad dressing together

Add the cooked cooled millet, cilantro leaves and toss.

Sprinkle the slivered almonds on top.

Season to taste with salt and pepper

Salad Dressing:

- 1 TBSP lemon juice
- 1 TBSP lime juice
- 2 TB Avocado or Virgin Olive Oil
- 1/2 tsp grated ginger
- Sprinkle of salt and black or white pepper

<http://thefrugalthomestead.com>

Photo by [Jo Sonn](#) on [Unsplash](#)



"Piedmont Park's five-day Vacation Bible School program was influenced by Proverbs 22:6, "Train up a child in the way he should go: and when he is old, he will not depart from it," shared program organizer Shelly Kittleson.

"Our "Heart for Jesus" Vacation Bible School was a great experience for kids to learn from other kids in the Bible about how to live for Jesus. We had a great team that did a variety of activities and hands on learning, everything from scientific experiments to food art. Our middle school kids learned about characteristics of Christians and how to recognize Christians through the Fruit of the Spirit. They also learned about loving others and loving yourself. Our nightly attendance varied between 38 and 54 kids.

"I'm so grateful for all the volunteers who so willingly shared of their time and talent for these precious children," shared Pastor Shawna.

"The week ended Sabbath with a VBS celebration and farewell to Pastor Shawna Henry who will be moving back to Michigan to prepare for her wedding in the fall. We hosted a special fellowship meal for Pastor Shawna and her fiancé, Henry. We have appreciated her ministry and pray the Lord continue to bless her family." says Hugh Davis.



FRESH HOME SUPPER ON JULY 17

By Carol Leonhardt

Thank you so much for helping to make a nice supper for the ladies at Fresh Start on Sunday night. A staff person called me that afternoon to inform me that they had a positive COVID case and wondered if we still wanted to do the supper. I said that we would be glad to deliver food but would decline to stay to serve under the circumstances. The staff member said that they would appreciate prayers for the person who is sick and pray that it doesn't spread to others at the Home.

I took them some colored pencils and Blessing coloring cards that I had left from my anniversary celebration. One of the staff commented that we are the ones who often bring something like that.



If anyone is interested in joining as a member or staff volunteer, these clubs are looking for you!
(Background check is required)
Contact: Josh Kittleson 402-570-1633

BUSHES and TREES

by Renee Schaecher

Bushes and trees
Tall, swaying, majestic
Living, fragrant, green lacy leaves
Bushes and trees
Bring me to my knees

This begs the question, please
If trees can bring me to my knees
Then why not the God who made them!

How to Love Your Neighbor from a Distance

By Rick Warren — June 10, 2020

Piedmont Park Community Seventh-day Adventist Church has been a presence in Lincoln, Nebraska, since 1885. We pray that your encounter with God and His family will renew your experience of joy and peace in your journey.

All services and activities will be held in person unless otherwise noted. For COVID updates, please contact the church office.

ONLINE WORSHIP SERVICES will continue each Sabbath our YouTube and Facebook pages.

Livestream Adult Sabbath School on YouTube at 9:30am CST

Livestream Church Service YouTube and Facebook at 11:00am CST



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Instagram:
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Garage door openers are a wonderful convenience, aren't they? When you come home after a long day at work, you can just drive right in and close the door, ensuring you don't have to see another soul before you reach the comfort of your home.

But during a pandemic—and anytime, really—that convenience can keep Christians from following one of the most basic commands in the Bible: *"If you really keep the royal law found in Scripture, 'Love your neighbor as yourself,' you are doing right"* (James 2:8 NIV).

Love your neighbor as yourself. It's such a simple command, yet most Americans don't even know their neighbors—and you can't love somebody you don't know.

Did you know that God enjoys watching the people he created have fellowship with each other? In Zechariah 3:10, he says, *"Each of you will invite your neighbor to come and enjoy peace and security, surrounded by your vineyards and fig trees"* (GNT).

You probably don't have vineyards in your backyard, but you might have a tree in your apartment common area. Maybe there are even benches! Or if you live in the suburbs, you might have a flower garden, a fire pit, or just a patch of grass. The point is not to have a pretty place to offer, but to make the choice to be friendly and get to know your neighbors.

This is a unique time that offers a lot of opportunities to get to know the people around you. You already know most people are at home right now. And, they're also exercising outside more. Why not just sit on your front porch, wave, and even greet the people going by? You never know when a friendly gesture might eventually lead to spiritual conversations.

Do you have a yard project? Take your time so you can be present and make more connections with your neighbors. Go to the dog park and make it a point to talk to at least one person while you're there. Offer to share a puzzle or a board game with your neighbor. Are you grilling or making s'mores? Move it to the front yard, and share with your neighbors. Do you normally run or jog? Consider walking more and leaving your earbuds at home so it's easier to start conversations.

It may seem counterintuitive to get closer to people when you should be keeping your distance. But there are so many ways to love your neighbor, even when you're six feet apart.

Don't let the current circumstances be your excuse not to follow God's command to love your neighbor. Make 2020 count by reaching out, opening up, and sharing life with your neighbors so they can one day share eternity with you.

You need to know your
neighbor in order
to love them.



Talk About It

Have you been reaching out to your neighbors during this time? If not, what is one way you can start today?

Have you looked at this year as something to "just get through" or even a waste? How will your mindset change if you instead focus on the kingdom of God and making friends for eternity?

What are some other ways you can be friendly with your neighbors that may be unique to your situation?