

PANORAMA

parent newsletter

december 2013



Keeping Spiritually In Tune

It's often said that while in college, students can pick only two of three things: sleep, school, or social life. This becomes all the more true when finals loom ahead, classes get tougher, and graduation rounds the corner. But as senior nursing major Lindsey Leon-Guerrero has learned, no matter how busy or stressful college can get, the first priority in her life must always be God.

One of the ways that Lindsey keeps herself spiritually in tune is through music. Whether it's spending time alone singing and playing guitar or writing her own song lyrics and melodies, music is a big part of her time with God.

"Worship through music is a lot like running for me," Lindsey said. "When I'm stressed, I go running and get those endorphins. When I'm singing by myself it's just like that."

Additionally, Lindsey enjoys sharing her love for God and music with others. She can often be found performing with praise groups at vespers, Renewal church service, FLAG camp ministry, and wherever else she may be needed.

Along with worshipping through music,

Lindsey knows that she needs time spent in the Bible to rejuvenate her and remain grounded. Although her schedule varies, she makes it a priority to spend at least 45 minutes a day in scripture. Getting to bed early and setting an alarm specifically for devotionals helps her to get in that much-needed time with God.

"I know that if I don't make time for God, it's a slow and steady downward slope,"

Lindsey said. "After just one day of not going into the Word, I'll notice that I'm starting to lose focus on Christ."

While spending one-on-one time with God is most important, fellowshiping with others that believe similarly is very important as well. Students' environments can have a positive or negative effect on them, and this is why Lindsey knows she needs accountability and support from her peers. For this reason, Lindsey started Sisterhood, an open women's Bible study group that

meets every Friday evening after vespers in Thatcher Hall. It is here that Lindsey, and anyone else who comes, can find the fellowship, support, and accountability needed to sustain them spiritually.

Lindsey has learned how important it is to make time for God, no matter how hectic or stressful life can get. Whether it's through music, writing, devotions, Bible study, or fellowship with believers, carving out time for God is critical. "Make it a point to get your spiritual bread as much

as you make it a point to get your physical bread because if not, you'll starve your soul," Lindsey said. "Don't become spiritually anorexic."

In addition to Sisterhood, the men's Brotherhood group meets on Friday nights in Talge Hall. There are also many Life-Groups on campus that students can join to find support and fellowship. More information can be found in this issue's "Ask the President" section.

~by Shana Michalek

"Make it a point to get your spiritual bread as much as you make it a point to get your physical bread."

—LINDSEY LEON-GUERRERO, JUNIOR



Lindsey Leon-Guerrero treasures quiet time to sing and play music in worship to God.

Favorite Bible Verse

Wes Welch
junior theology major

“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.” Jeremiah 29:11

Did You Know? Sabbath Trail Planned for Campus

Southern increased its geographic footprint by nearly 25 percent as donors recently transferred 258 acres on Bauxite Ridge to the university, a gift worth several million dollars.

The property, located on the east side of campus opposite White Oak Mountain, was a contribution from two alumni. Their children attended Southern, and their grandchildren currently attend.

Plans for the acreage include a new trail system that will offer something different from the Biology Trail—a network of paths extending up White Oak Mountain. While the Biology Trail offers hikers and cyclists quite the challenge—including a black dia-



The Collegedale Church can be seen in the distance from this location on the proposed Sabbath Trail.

mond level of difficulty in some areas—the new trails will be gentler.

Of greater distinction will be the spiritual emphasis placed on Bauxite Ridge. Southern administrators are working on details of the Sabbath Trail, a one-mile loop that will trace the history of Sabbath from creation to the new earth. Its design

will be based on a trail by the same name at the Washington Seventh-day Adventist Church in New Hampshire. In addition to the Sabbath Trail, Bauxite Ridge will have ten miles of trails.

Construction on the new trails is expected to begin by 2015.

~ by Rachael Hankins



Ask The President

With Gordon Bietz



Question: What opportunities does Southern make available to my student to help him stay spiritually strong?

At Southern, we strive to create an atmosphere that not only encourages student camaraderie, but also spiritual unity and growth. Students have many options on campus to help them maintain and grow their relationship with God.

Campus Ministries offers many different Sabbath School options for students, such as the Breakfast Club, Brazilian, and Pre-Med Sabbath Schools.

Additionally, Brotherhood is a student-led men's Bible study that meets every Friday night in Talge Hall. Every semester a new theme is selected, but the main message remains—these students are men of God. The women's residence hall has a parallel group, Sisterhood, that also meets Friday evenings in Thatcher Hall.

To encourage students to get involved in a spiritual setting they feel comfortable in, we have created the LifeGroup program. Every year, students who desire to

join a Bible study group may sign up for a LifeGroup that best meets their schedule. Students create a variety of these groups, meeting at different times in different ways to best meet the needs of the students.

There are several outlets students can participate in individually to strengthen their spiritual walk. The Soul Workout Challenge was new this fall, and 170 students signed up to exercise daily and memorize 14 Bible verses over the course of a month. The Daniel Fast, a diet based on solely water, fruits, and vegetables for 28 days, gives students a chance each spring to witness God's perfect plan and how the body and mind are connected.

The spiritual wellbeing of our students is one of our top priorities at Southern, and through the many ever-growing ministries and resources available, we are doing our utmost to enhance each and every student's spiritual journey.

Staff Profile:

Brennon Kirstein, Chaplain

As chaplain of Southern, it's Brennon Kirstein's job to oversee the Campus Ministries team, give general pastoral care to students, and ensure that his door is always open to them.

Kirstein's desire to work in the ministry began after years working in summer camps and spending time abroad as a student missionary. He went on to be a youth pastor, then got a call from Southern to be chaplain for the university.

During his interview, Gordon Bietz, president, asked Kirstein what the spiritual master plan for the school should be. Kirstein decided Psalm 1:1-3 was a good model:

"Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers, but whose delight is in the law of the Lord, and who meditates on his law day and night. That person is like a tree

planted by streams of water, which yields its fruit in season and whose leaf does not wither—whatever they do prospers."

Kirstein implemented the concept of the tree at Southern. The roots represent students' independent devotion, the trunk is corporate worship, the branches represent LifeGroups, small student-led Bible study groups, and the leaves represent the local outreach ministries coordinated by Campus Ministries.

"We want the students to have a lifetime of service, and we have four years to jumpstart and inspire that," Kirstein said.

Becoming a parent has shifted his focus to his family and provided an opportunity for him to model those priorities to students, demonstrating the importance of God and family. He hopes students will model their priorities in a similar fashion.

As a father, Kirstein also feels a greater



Brennon Kirstein, chaplain for Southern, prays with a student after washing his feet during a servant leadership dedication program that helped re-open the President's Office after last year's renovations.

awareness of the burden to shape and mold the minds and characters of students on campus in the same manner he does with his children.

"It really brings that responsibility closer to home," Kirstein said.

~by Elizabeth Camps

Student Life: Renewal and AfterGlow

After a full week of classes, the Sabbath provides needed relief to students. Southern strives to make Sabbath special, with many opportunities to relax and commune with God in both intimate and larger fellowships. AfterGlow and Renewal are two of the most popular ways students do that.

AfterGlow is an optional, student-led worship taking place after vespers every Friday night. Students come and extend the Sabbath's welcome with music and singing.

"AfterGlow draws out the opening of the Sabbath and the spiritual connection that began at vespers so that you don't just go back to the dorm and go to bed," said Nicole Davis, freshman religious education major and student leader of AfterGlow.

On Sabbath morning a student-led wor-

ship service called Renewal is held in the Collegedale Church of Seventh-day Adventists. Brennon Kirstein, chaplain, conceived the idea for Renewal seven years ago when



he noticed that very few students attended the main campus church. Kirstein began working closely with School of Religion professor John Nixon, senior pastor for the church at the time, to create an environment that engaged the students more fully. Each week, the Renewal committee, headed by a student leader, works from a blank slate to create a program that offers innovative worship.

"We try to come up with different ways of worshiping," said Kaitlyn Verrill, junior pastoral care major. "For instance, we may do an interactive prayer or have a scripture reading in the form of a skit. These aren't

conventional worship aspects."

Though the service is student-led, it is open to all ages in the community.

"We want them to get involved in church here and wherever they may go after Southern, instead of just being involved in school events," Verrill said.

Kirstein believes that when students take over, worship becomes more special.

"Experience has proven that if students dream, own, and lead it, then it is a much more successful ministry," Kirstein said.

You can view the Renewal service streaming online every week at 11:30 a.m. eastern standard time at Southern's website.

~by Myron Maddon

Renewal Live Streaming

View the Renewal service every Sabbath at 11:30 a.m. by visiting southern.edu/streaming.

PO Box 370
Collegedale, Tennessee 37315
1.800.SOUTHERN
southern.edu

What is your favorite Sabbath memory?

“When my sisters and I were little, we would put on church for my parents, complete with felt boards and plays.”

*Kristel Stewart,
sophomore general studies major*

“When I was younger, my family would visit my grandparents and walk on the trails around their house.”

*Melissa Rivera,
senior global policy and service studies major*

“Eating Sabbath lunch with my family.”

*Bruna Barbosa,
freshman allied health major*

“The first time I brought my daughter to church.”

*Michael Butler,
senior theology major*

“We would spend all day at my old church: worship service, potluck, cleaning up, vespers, and then a social event to culminate the day.”

*Joseph Dobbs,
junior pastoral care major*

“Back home, every Sabbath, instead of waking up to my alarm clock, my parents would open my door and I would wake up to the Christian music they were playing.”

*Lisa Poirier,
senior music education major*

JANUARY

- 7 Classes Begin**
- 11 Student Association Midwinter Party**
- 16 I Cantori Tour Begins (16-20)**
- 18 Cardboard Boat Race**
Students team up to design and make a cardboard boat, then race it for as long as possible in the Iles P.E. Center pool.
- 27 Student Week of Prayer (27-31)**

FEBRUARY

- 2 Student Association Super Bowl Party**
- 8 Rees Series**
This event culminates the intramural basketball season with several men's and women's championship games in various leagues.
- 9 Symphony Orchestra Concerto Concert**
- 14 Mother/Daughter Weekend**
- 22 Black Christian Union Night**
- 28 Spring Break Begins (28-March 9)**

SPECIAL EVENT!

Mother/Daughter Weekend (February 14-16)

Mothers are invited to come join their daughters for a special weekend on campus created just for them. For more information, call 423.236.2814.