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BE STILL
AND
KNOW
— THAT I AM —
GOD

SPIRITUAL REFLECTIONS FROM
SOUTHERN ADVENTIST UNIVERSITY

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Please enjoy this collection of inspirational thoughts and beautiful nature representing Southern Adventist University and our surroundings. May it bring you closer to our Savior as we await His soon return.

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God speaks to His children in many ways.

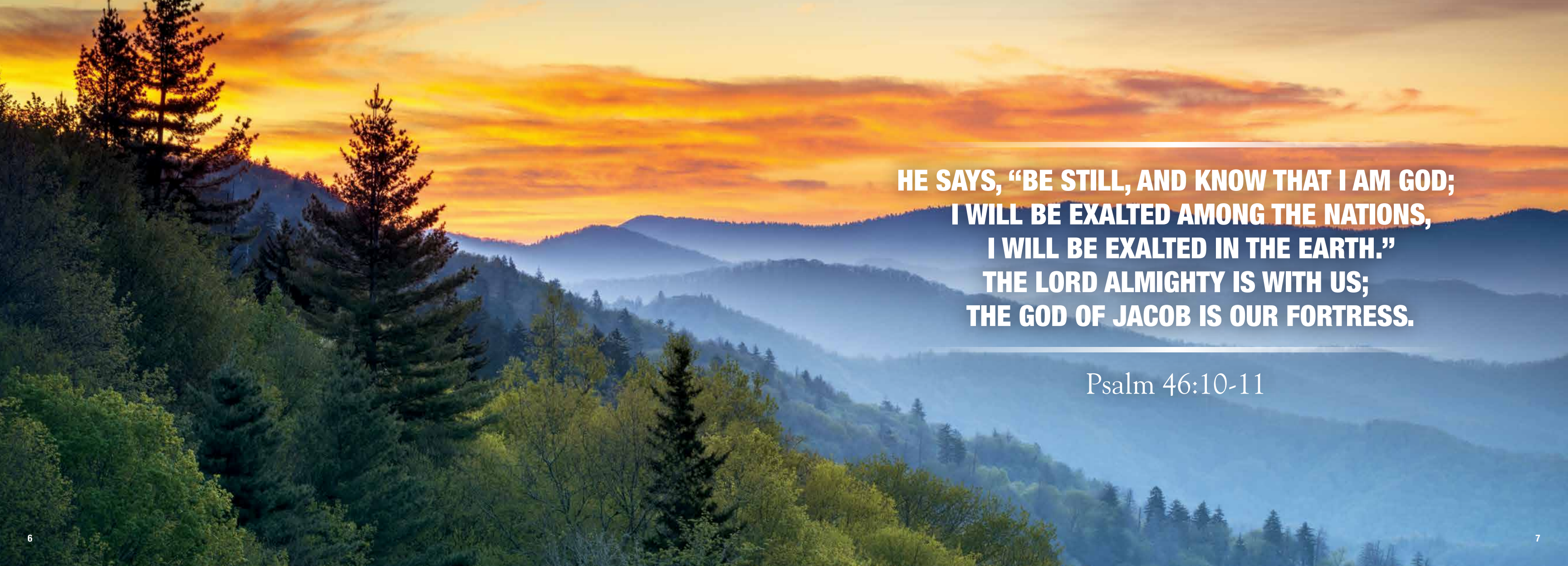
We read the biblical stories of God communicating audibly to Abraham, Elijah, Moses, and others, and if you're anything like me, you feel a twinge of jealousy. We wish for the clarity of His words spoken directly to us. Yet God is not silent. His written Word, which is of inestimable worth, speaks across the centuries, as relevant today as when the verses were first penned. Additionally, as Martin Luther once said, "God writes the gospel not in the Bible alone, but on trees and flowers and clouds and stars."

In crashing storms and silvery starlight, in the delicate honey bee and the playful river otter, God speaks. Nature is full of His handiwork, along with special messages that He intends for us. He also finds other ways to communicate, if we will only stop long enough to listen. In an increasingly hectic world, I challenge you to accept His call to "Be still, and know that I am God."



David Smith, *president*

David Smith



**HE SAYS, “BE STILL, AND KNOW THAT I AM GOD;
I WILL BE EXALTED AMONG THE NATIONS,
I WILL BE EXALTED IN THE EARTH.”
THE LORD ALMIGHTY IS WITH US;
THE GOD OF JACOB IS OUR FORTRESS.**

Psalm 46:10-11



Magnolias: Beautiful Resilience

With large white blossoms the size of dinner plates, the magnificent southern magnolia tree is the unofficial symbol of the South. Growing to a height of up to 80 feet with a branch spread of 40 feet, its leaves are a deep glossy green and, like its blossoms, give off a citrusy scent when crushed.

For all its beauty, the southern magnolia is unexpectedly resilient. When hurricanes and other foul weather pummel every building and living thing in their paths, the magnolia has a significantly low rate of damage. It is also

resistant to most diseases and pests. As an added bonus, its bark has been used as an herbal remedy for anxiety, asthma, malaria, and rheumatism.

Another remedy for our fear and anxiety is the Bible. Sometimes it quietly whispers God's love, while other times it practically shouts His fierce protection. His Word gives us resilience in the face of this world's danger and disease.

"Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand" (Ephesians 6:13).

Connecting With Purpose

By Natalia López-Thismón, assistant professor, School of Journalism and Communication

Since I am the classic example of a “people person,” I always accept opportunities to connect with others and be a part of their lives, even for just a moment. In March, I had the opportunity to travel to El Salvador as a sponsor on a Southern mission trip as we partnered with Adventist Development and Relief Agency. Being the only fluent Spanish and English speaker on that trip, I took on the role of translator for our group.

Our team of 17 Southern employees and students served with a pop-up medical clinic, where we saw more than 500 patients in just one week. It was fulfilling to be able to connect with so many people and help them voice their ailments to the students and doctor who provided them with medical care.


In all my travels, I have learned that kids are kids, all over the world. My time in El Salvador reminded me of this, as children crowded around me to look at

photos on my phone. I love connecting with kids because God speaks through their honesty, sincerity, and kindness. I saw this especially through Mateo, a little boy about 8 years old, whom I met at the Vacation Bible School program we held at the local Seventh-day Adventist church.

We enjoyed singing together about Jesus, and he loved listening to the story of David and Goliath. On the last day of VBS, Mateo bounced up and asked, “Same time tomorrow?” Telling him that it was our last day was heartbreaking, but knowing that we had planted a desire for him to continue learning about Jesus filled me with joy.

God used my longing for human connection and spoke to me through the children. He reminded me to have a heart of simplicity and to come to Him as a child, open to learning and ready to receive His love.





**SPLENDOR AND MAJESTY ARE
BEFORE HIM; STRENGTH AND JOY
ARE IN HIS DWELLING PLACE.**

1 Chronicles 16:27



Great Blue Heron: Profoundly Patient

In a world of “now,” of instant 24/7 everything, there is hardly a want that cannot immediately be met. Great blue herons, however, are not part of the on-demand crush. They have no meal delivery program to sign up for in exchange for \$59.99. Instead, the long-legged bird waits oh-so-patiently, carefully stalking its prey in the shallow water. When a frog, fish, or other potential meal makes a miscalculation, the heron’s patience is rewarded as it

delivers a swift, fatal blow with its bill.

Now more than ever in this fast-paced life, practicing patience is important. Parents spend countless moments coaching their children to wait instead of screaming “Now! Now! Now!” God also coaches us—His children—to wait: “Yet the LORD longs to be gracious to you; therefore He will rise up to show you compassion. For the LORD is a God of justice. Blessed are all who wait for Him!” (Isaiah 30:18).



BUT ASK THE ANIMALS, AND THEY WILL TEACH YOU, OR THE BIRDS IN THE SKY, AND THEY WILL TELL YOU; OR SPEAK TO THE EARTH, AND IT WILL TEACH YOU, OR LET THE FISH IN THE SEA INFORM YOU. WHICH OF ALL THESE DOES NOT KNOW THAT THE HAND OF THE LORD HAS DONE THIS? IN HIS HAND IS THE LIFE OF EVERY CREATURE AND THE BREATH OF ALL MANKIND.

Job 12:7-10

I Will Praise You in This Storm

By Rachel Beaver, 2019 public relations graduate

It was the end of the second week of my summer internship in Charlotte, North Carolina, and after finishing work at 6 p.m., I began a long five-and-a-half-hour drive home to Tennessee for the weekend.

The trip back and forth to Charlotte through the mountains is usually incredibly beautiful, but not that night. That night, the mountains were covered in a torrential downpour that had me driving completely blind. The backroads were narrow, curvy, and pitch black with all the rain. All I could do was drive slowly and watch the lights on the car in front of me, but they eventually turned

off, leaving me to fend for myself.

To keep myself awake, I listened to an audio book, but I was so afraid, and it was so difficult to see, that I finally turned it off and found myself singing the song “Praise You in This Storm” by Casting Crowns. After that song, I sang another and another, with prayers in between songs. I did this for a while, and it wasn’t long until the rain began to calm and I could see again.

I thanked the Lord for clearing the rain and continued on. After a few minutes, my exhaustion caught up to me again, and I decided to turn on my entertainment again. Not even a minute

later, the downpour returned. I said aloud, “Okay, okay, Lord, I get it!” and I turned the book off. Almost as soon as I did, the rain stopped again. I spent the last three hours of the drive home just talking to God. I spoke to Him and He spoke to me, and we just spent time together.

I truly believe that God has a sense of humor sometimes. In quieting the storm, He got my full attention and wanted me to know that this was His time. He also wanted me to know that even through my fear, He is greater than any storm I might face in my life. He will always be there to clear the way and help me find my way home.



The SonRise Resurrection Pageant on Southern's campus features moving depictions of the final days of Christ's life.

Jesus Paid It All

Seventh-day Adventist
Hymnal, #184

I hear the Savior say,
“Thy strength indeed is small;
Child of weakness, watch and pray,
Find in Me thine all in all.”

Refrain:

Jesus paid it all,
All to Him I owe;
Sin had left a crimson stain;
He washed it white as snow.

Lord, now indeed I find
Thy power, and Thine alone,
Can change the leper's spots
And melt the heart of stone.

And when before the throne
I stand in Him complete,
I'll lay my trophies down,
All down at Jesus' feet.

Honey Bee: Faithful to the End

Each honey bee lives only a few short months and, in that time, performs such small tasks that she may never see the product of her toil. However, without her labor, the colony as a whole would cease to exist.

In the spring and summer months, honey bees flit from flower to flower gathering nectar and pollen, harvesting sustenance for the colony while pollinating the food we eat. Yet this quintessential “bee job” isn’t where the story begins. Honey bees do not begin their lives and immediately start exploring your flower garden. In fact, once you see a bee foraging, it is actually

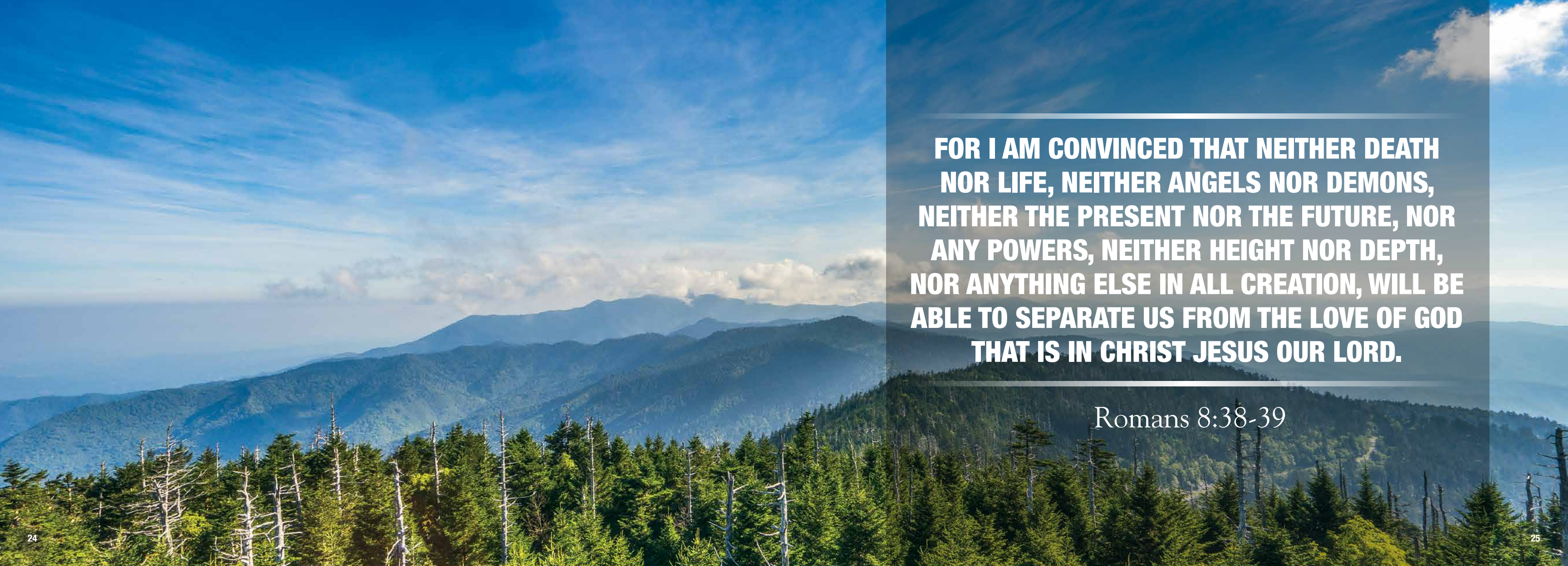
performing its last duty before death.

Immediately after birth, a young worker bee holds a series of unglamorous—but essential—jobs. From nurse to undertaker, from personal heating and cooling agent of the queen to hive guard, the tasks performed by each bee are crucial to the life and health of the entire community.

Honey bees are good role models of King Solomon’s advice, “Whatever your hand finds to do, do it with all your might” (Ecclesiastes 9:10).

While not everyone is given an exciting role in this life, each one is important to the Creator.





**FOR I AM CONVINCED THAT NEITHER DEATH
NOR LIFE, NEITHER ANGELS NOR DEMONS,
NEITHER THE PRESENT NOR THE FUTURE, NOR
ANY POWERS, NEITHER HEIGHT NOR DEPTH,
NOR ANYTHING ELSE IN ALL CREATION, WILL BE
ABLE TO SEPARATE US FROM THE LOVE OF GOD
THAT IS IN CHRIST JESUS OUR LORD.**

Romans 8:38-39

Time to Recharge

By Jennifer Carter, Christian Service Program director

Volunteer opportunities, committee meetings, appointments, committee meetings, cooking and cleaning, committee meetings, walking the dog, committee meetings ... In our fast-paced world, it's so important to have a way to recharge and stay connected to God.

For my husband, Glenn, this is accomplished through nature. I love spending time with him while walking or hiking, canoeing, camping, and going on the occasional backpacking trip (just nothing to do with heights).

All of these activities definitely bring me peace and closeness to God, but they are not my first choice for recharging. What I really enjoy is being surrounded by people. That is why I love my job! I get to talk with students on a daily basis and guide them toward

volunteer opportunities that may help them find their calling. I also get to meet community partners and send students to volunteer at their organizations.

Even though I enjoy nature and spending time with my husband, it is not the way I recharge. For that, my special time is Sabbath during Merge, a multicultural student-led worship service on campus. I love to see our young people take charge and get involved! This energetic service is a time to fellowship and get to know students on a deeper spiritual and personal level.

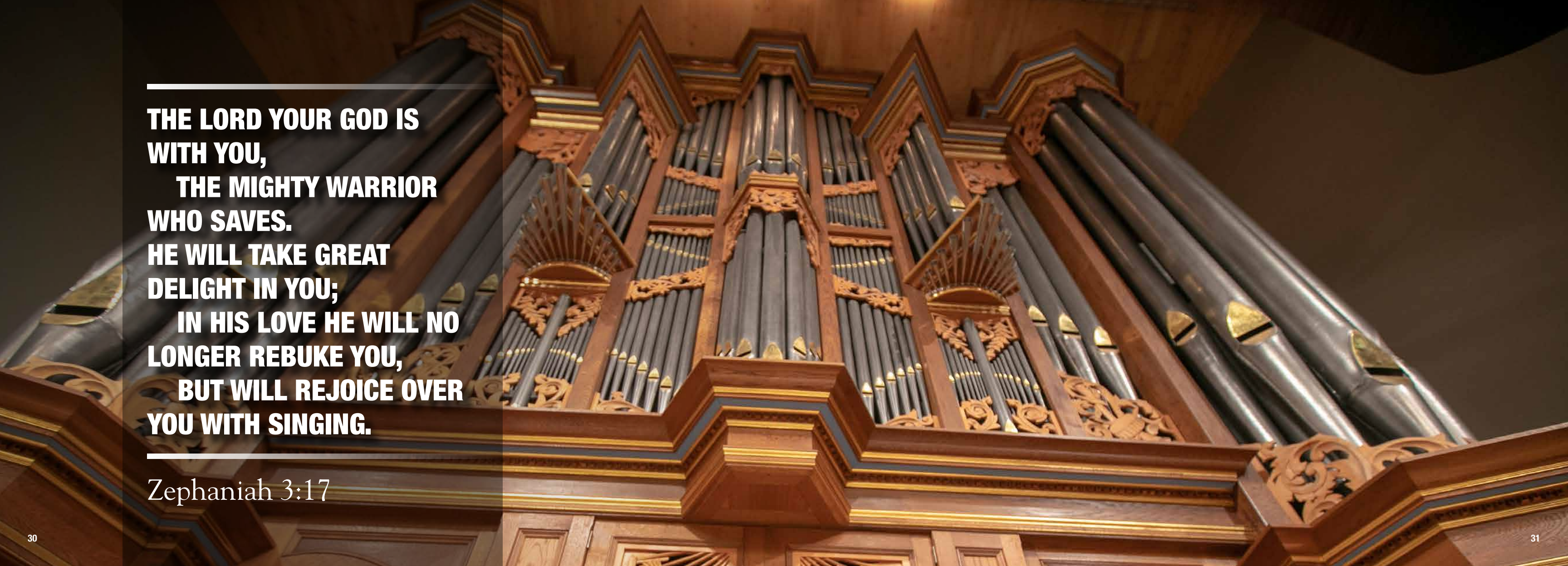
For me, the highlight is the amazing music. Some songs are happy and upbeat, giving us energy, while others are deeper, leading us to pause and reflect. When everyone joins in, I just feel myself being uplifted. Every time, I know I will leave recharged and filled with the Holy Spirit.





**READING ABOUT NATURE IS FINE, BUT IF A PERSON
WALKS IN THE WOODS AND LISTENS CAREFULLY, HE
CAN LEARN MORE THAN WHAT IS IN BOOKS, FOR
THEY SPEAK WITH THE VOICE OF GOD.**

George Washington Carver



**THE LORD YOUR GOD IS
WITH YOU,
THE MIGHTY WARRIOR
WHO SAVES.
HE WILL TAKE GREAT
DELIGHT IN YOU;
IN HIS LOVE HE WILL NO
LONGER REBUKE YOU,
BUT WILL REJOICE OVER
YOU WITH SINGING.**

Zephaniah 3:17



White-Tailed Deer: Safe in the Stillness

Curled on the forest floor, young fawns wait nearly motionless for their mothers to return from foraging, sometimes for hours at a time. Unlike human babies and toddlers who—to their parents' chagrin—seem to have no volume control and cannot sit still for two moments strung together, God gave the white-tailed deer an impressive ability for stillness.

Additionally, their sensory system is adept at rapidly identifying danger. Having eyes on the sides of their heads gives these deer a staggering 310-degree field of view, perfect for catching the slight movement of a hungry coyote.

(By comparison, humans have only 114 degrees of truly usable vision.) The deer's innate senses of sight, sound, and smell work together to keep them from harm. For a fawn, failure to follow instinct—or its mother's bidding—would be a dangerous lesson in obedience.

In Philippians, Paul gives guidance for avoiding spiritual harm: "Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things" (4:8). Honing our vision through this lens widens our own angle of view to sense danger to the soul.

Give Tomorrow the Day Off

By Christian Bunch, Student Missions director

Over Spring Break I had three plans: visit my brother, camp on the beach, and visit my parents. I left Southern late one evening and drove until I reached my brother's house in Orlando, Florida. We had a great time, but throughout the weekend I kept thinking about how fun it was going to be to camp on the beach.

On Monday I left Orlando and drove to Anastasia State Park in St. Augustine. It was everything I hoped it would be. Again, I had a great time, but I frequently thought about seeing my parents.

I left St. Augustine, and a few hours later I was home with my family. Pure bliss! That is, until I started thinking about coming back to work and finishing the school year.

When I was in college, all I could think about after Spring Break was “when finals are over, THEN life will be good.”

Even now, I spend spring dreaming about summer, and when I get to summer, unfortunately the cycle of planning for the next season consumes my thoughts and energies. You get the idea. I've planned my life in such a way that I can never fully experience joy until tomorrow, and it's exhausting.

Of course we have to plan. We've got bills to pay, responsibilities to fulfill, and people to see. The future is unknown, so we try to control it. But in our attempt to limit the anxieties of tomorrow, we might overlook the joy of today.

Whether we like it or not, life can only be lived one day at a time. Whatever circumstance you find yourself in, today is the Father's gift to you—the birds keep singing and the heavens always declare the glory of God. You and I are dearly loved by a Friend who knows the future, so take a breath and smell the roses.



This Is My Father's World


Seventh-day Adventist
Hymnal, #92

This is my Father's world,
And to my listening ears,
All nature sings, and round me rings
The music of the spheres.
This is my Father's world;
I rest me in the thought
Of rocks and trees, of skies and seas;
His hand the wonders wrought.

This is my Father's world,
The birds their carols raise;
The morning light, the lily white,
Declare their Maker's praise.
This is my Father's world;
He shines in all that's fair;
In the rustling grass I hear Him pass,
He speaks to me everywhere.

This is my Father's world,
O let me ne'er forget
That though the wrong seems oft so strong,
God is the Ruler yet.
This is my Father's world;
Why should my heart be sad?
The Lord is King; let the heavens ring!
God reigns; let the earth be glad.



A close-up photograph of numerous pink flowers, possibly from a clover or similar plant, with green leaves. The flowers are in various stages of bloom, some showing individual petals. The background is slightly blurred, creating a soft, natural setting.

**PRAYER IS THE OPENING OF THE HEART TO GOD
AS TO A FRIEND. NOT THAT IT IS NECESSARY IN
ORDER TO MAKE KNOWN TO GOD WHAT WE ARE,
BUT IN ORDER TO ENABLE US TO RECEIVE HIM.**

Ellen G. White



Eastern Bluebird: Unexpected Caregiver

With a bright orange breast and vivid blue back, the eastern bluebird catches the eye as it perches on phone lines and fence posts across Tennessee and much of the Eastern United States. From this vantage point, the little songbird can spot a tasty insect more than 60 feet away. This skill helps feed the multiple broods of offspring that a bluebird couple will produce each year. In this, the parents sometimes have unexpected help; bluebirds are one of only a few bird species worldwide in which

juvenile birds have been observed feeding and nurturing their younger siblings. On rare occasions, bluebirds will even care for babies unrelated to them or from a different species.

The instinct to care for one another is noted throughout nature, a behavior placed there by a God who cares for each of His creations and calls us to follow His example.

“Be devoted to one another in love. Honor one another above yourselves” (Romans 12:10).

Moments of Providence

By Braam Oberholster, DBA, professor, School of Business

As an enthusiastic and serious nature photographer, I have learned to wait patiently for hours at a place where wildlife is likely to be active or for the right light to illuminate a landscape. It may be sitting near a waterhole in the dusty, dry flats of Namibia looking for oryx; hiding by an eastern bluebird's nest; or waiting for the perfect mix of morning light on an autumn Appalachian landscape. I wait for the moment.

It is not idle waiting. It is time I connect with God, to observe and learn from His second book—the natural world. I take note of the insects

scrambling around, the interaction of air movements on plant and animal life, the pattern naturally emerging from footprints in the sand. Being still, yet alert, I engage in a conversation with God. We talk about my life, about His creation, about my purpose, about His Kingdom. These are divine appointments often followed by an opportunity to capture a moment of Providence in a photographic exposure.

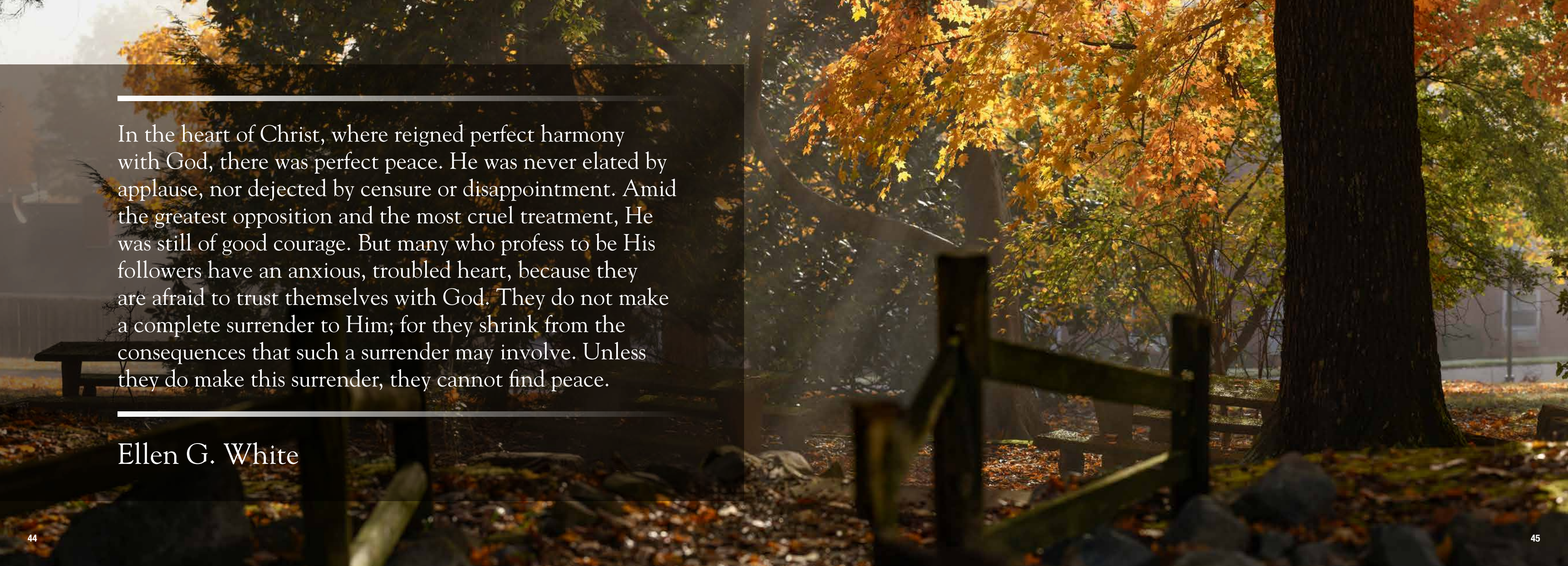
Personal experiences such as this have taught me that communion with God allows for Him to reveal Himself in the life experiences of my students and myself. I have incorporated this mindset

into my role as learning facilitator by developing the habit of arriving in the classroom 10 to 15 minutes before class starts. This gives me time to pause in silent prayer near the seats that will soon be filled with learners.

I call on God's wisdom to help me discover explanations, activities, and illustrations that will resonate with my students. I pray about known personal challenges students face and about God's perspective on their future roles in building His Kingdom.

This sets the stage for influential moments of Providence in the lives of students at Southern.





In the heart of Christ, where reigned perfect harmony with God, there was perfect peace. He was never elated by applause, nor dejected by censure or disappointment. Amid the greatest opposition and the most cruel treatment, He was still of good courage. But many who profess to be His followers have an anxious, troubled heart, because they are afraid to trust themselves with God. They do not make a complete surrender to Him; for they shrink from the consequences that such a surrender may involve. Unless they do make this surrender, they cannot find peace.

Ellen G. White



I Sing the Mighty Power of God

Seventh-day Adventist
Hymnal, #88

I sing the mighty power of God,
That made the mountains rise,
That spread the flowing seas abroad,
And built the lofty skies;
I sing the wisdom that ordained
The sun to rule the day;
The moon shines full at His command,
And all the stars obey.

I sing the goodness of the Lord,
That filled the earth with food;
He formed the creatures with His word,
And then pronounced them good.
Lord, how Thy wonders are displayed
Where'er I turn my eye!
If I survey the ground I tread,
Or gaze upon the sky!

There's not a plant or flower below,
But makes Thy glories known;
And clouds arise, and tempests blow,
By order from Thy throne.
Creatures that borrow life from Thee
Are subject to Thy care;
There's not a place where we can flee,
But God is present there.

Be With Me

By Stephanie Guster, senior diversity adviser

The idea of stillness has never been part of my story; it more closely resembles the U.S. Army slogan, “Be all you can be.” Be the top student. Be a volunteer. Be on multiple committees. Be involved in community service. Be part of a mission trip. Be the mission trip leader. Be on the VBS team. Be on the board. Be earnest. Be effective. Be successful. Be accomplished. Be the best.

The temptation to be part of everything competes against God’s call for me to “be still.” But as a dutiful wife, attentive mother, involved church member, and concerned teacher, I have asked myself, what does it mean to be still? Is stillness the opposite of busyness? Is it the antidote to constant motion and activity? Is stillness what

my heavenly Father foreknew would be needed for me to really experience His presence?

Be still. Be quiet. Be less worried. Be less determined. Be less stressed. Be less demanding of yourself. Be less demanding of others. Be motionless. Be patient. Be joy-filled. Be alone with Me. Be uninvolved. Be in one spot long enough for Me to speak to you for longer than two seconds. Be with Me.

With the advent of spring, I invest time in my garden. Some seeds I start indoors. Others, I put directly outside in the soil. The process of growth is facilitated by a lot of stillness. Although I could sit and watch the seed I’ve pushed gently into the dirt, I think the waiting would be painful for my personality type.

Instead, I carefully prepare the soil with nutrients, just the right moisture, and warmth from the sun or a grow lamp. Then I prayerfully wait.

I water daily and check constantly for growth. I get excited as the mystery of a still, motionless seed dying to itself somehow yields life and transforms into a tiny green sprout. It motivates me to water more faithfully, even multiple times in the same day. It inspires me to want to grow more myself. It challenges me to realize that perhaps the best growth does take place in stillness. Stillness nurtured by God’s never-ending love, which comes from those who sit under the warmth of His quiet presence, sacrificing the ongoing demands of this always-moving world and dying to self.



**EVERY GOOD AND PERFECT GIFT IS FROM ABOVE, COMING
DOWN FROM THE FATHER OF THE HEAVENLY LIGHTS, WHO
DOES NOT CHANGE LIKE SHIFTING SHADOWS.**

James 1:17

Fireflies: Brighter Together


When warm spring nights merge into early summer evenings, fireflies, or “lightning bugs,” begin a wondrous display of lights that blink low along grass lines and across open fields, celebrating the warmth of the season at hand.

The original glow stick, fireflies manufacture their own light through an internal chemical process that creates bioluminescence in a portion of the abdomen appropriately called the “lantern.” Usually observed as randomly blinking lights, in a few places—including the Smoky Mountains of Tennessee—a special variety of the

insect puts on a unique show. Called synchronous fireflies, they can control the flashing patterns of their lanterns to match that of fellow fireflies. Males unite to create a brighter, more impressive display than any individual could accomplish alone.

Though an adult firefly lives only 21 days, it shines its light mightily, uniting with his brothers around him in a glorious display of illuminated symphony. God asks us to be as radiant as the firefly, urging each of us to “let your light shine before others, that they may see your good deeds and glorify your Father in heaven” (Matthew 5:16).





**BEING CONFIDENT OF
THIS, THAT HE WHO
BEGAN A GOOD WORK IN
YOU WILL CARRY IT ON TO
COMPLETION UNTIL THE
DAY OF CHRIST JESUS.**

Philippians 1:6



God Sees the Sparrow

By Ryan Pierce, graphic design manager, Marketing and University Relations

He also sees the pine warbler, shown here. Not long ago, I watched helplessly as one of these gregarious beauties took a headlong flight into one of our windows, then fell motionless to the deck below. Fearing it was dead, I gently picked it up and realized it was only stunned. I could feel its rapid heartbeat and shallow breaths. As I held it softly, the bird slowly came back to its senses. I opened my hand, expecting my little patient to panic and take flight. But to my amazement,

it calmly stood there in my palm for several minutes, content to wait out its grogginess. As a lifelong bird watcher, I was thrilled to hold this tiny, beautiful creature. Weighing less than half an ounce, it felt impossibly small and fragile. Surely in God's hands I must feel as helpless as this little bird felt in mine.

And yet the Bible assures me that not a sparrow falls without His notice. I take great comfort in knowing that God's love extends to even the small and fragile. Including me.

**WHEN I CONSIDER YOUR HEAVENS,
THE WORK OF YOUR FINGERS,
THE MOON AND THE STARS,
WHICH YOU HAVE SET IN PLACE,
WHAT IS MANKIND THAT YOU ARE MINDFUL OF THEM,
HUMAN BEINGS THAT YOU CARE FOR THEM? ...
LORD, OUR LORD,
HOW MAJESTIC IS YOUR NAME
IN ALL THE EARTH!**

Psalm 8:3-4, 9

Fairest Lord Jesus

Seventh-day Adventist
Hymnal, #240

Fairest Lord Jesus, Ruler of all nature,
O thou of God and man the Son!
Thee will I cherish, Thee will I honor,
Thou art my glory, joy, and crown.

Fair are the meadows, fairer still the woodlands,
Robed in the blooming garb of spring;
Jesus is fairer, Jesus is purer,
Who makes the woeful heart to sing.

Fair is the sunshine, fairer still the moonlight,
And all the twinkling, starry host;
Jesus shines brighter, Jesus shines purer
Than all the angels heaven can boast.

Beautiful Savior, Lord of all the nations,
Son of God and Son of Man!
Glory and honor, praise, adoration,
Now and forevermore be Thine!





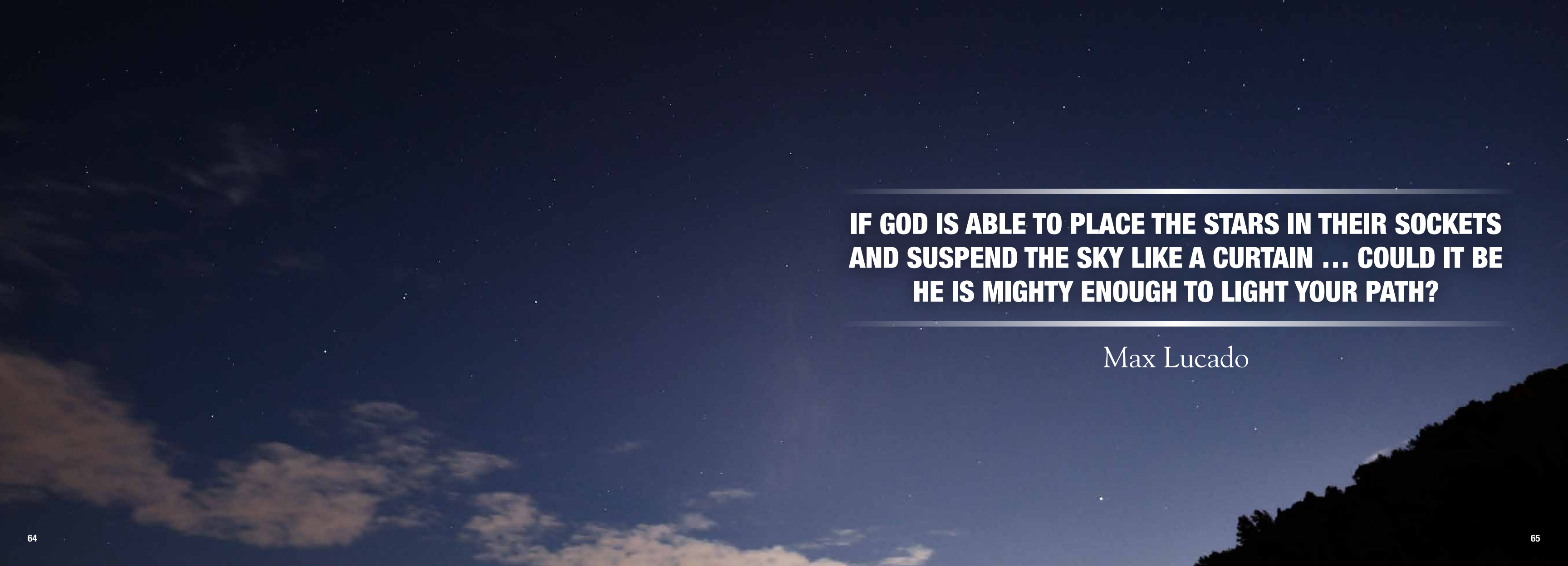
River Otter: Connection Beyond Words

Sliding, splashing, tumbling, and gliding smoothly through the water, the North American river otter epitomizes the word “fun.” In fact, playtime is an essential part of otters’ social structure, encompassing all ages. Beyond making them better hunters, otters’ “play” strengthens their bonds as a family group.

Equally important to otter society is communication. While not using words that we would recognize, they have a broad range of vocalizations from whistles

and buzzes to staccato chuckles, chirps, and growls. When threatened, an otter’s hair-raising scream can be heard up to 1.5 miles across the water, warning others of danger.

The Bible reminds us of the value of community and communication within the family of God: “And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, ... but encouraging one another—and all the more as you see the Day approaching” (Hebrews 10:24-25).



**IF GOD IS ABLE TO PLACE THE STARS IN THEIR SOCKETS
AND SUSPEND THE SKY LIKE A CURTAIN ... COULD IT BE
HE IS MIGHTY ENOUGH TO LIGHT YOUR PATH?**

Max Lucado



Peace After the Storm

By Carl Swafford, PhD, former Graduate Studies dean

Gliding through the cold water, our minds were fixed on the fading light and the ominous threat of an oncoming storm. I was a co-instructor for Southern's Outdoor Leadership class, and we were making our way through the Boundary Water Canoe Wilderness Area in Northern Minnesota. The main draw to this area is the ability to be alone with nature. Rarely in September do we see other canoe campers, but this fall proved to be an exception.

Rounding the corner of the lake, we could see that the last campsite was taken. Usually, we stop in the early afternoon to set camp, but today, every site was filled at the previous lake and now this one. Our only remaining choice was to portage to the next lake in hopes of finding an available spot.

A strong wind was blowing as the trail opened to the third lake. We put the canoes in the water and started paddling to the only site on that lake. As we rounded the corner, we saw that it was taken. The rain was beginning, and the wind was blowing harder. We had to get off the water fast. There was a small, flat area on the opposite shore just a few yards away. That would be our safe spot for the night and a shelter from the storm.

I have never paddled so fast in my life. Once on the beach, we had only enough time to put up a tarp before the rain started pounding us. The nine of us huddled in the driving rain as waves pounded the shore. The wind howled, tree branches cracked, and we saw rapid-fire flashes of lightning hit the island just a few yards in front of us.

That in itself was impressive, but the thundering repercussions of the blasts provided the real show. The concussions of the thunder blasts rippled through our bodies and then echoed off the hills surrounding us. As a special finale, "balls of fire" rolled out of each strike. One blast after another, we witnessed one of nature's most spectacular pyrotechnic shows.

I looked around to see if everyone was safe, and we were. None of us had ever before seen such a display of nature's power. I'll never forget the sight, the sound, and especially the smell of the ozone. Finally, the air cleared and all was calm. The sky closed around with total darkness. We had weathered the storm. Now the light of the stars filled the sky. The peace of the fall night was another promise that God was with us.


Downy Woodpecker: Endlessly Adaptable

Cute, adaptable, and hardy, a downy woodpecker is at ease in nearly any environment. This little North American bird makes its year-round home as far south as the Florida Keys and as far north as Alaska, including most areas in between (minus a few desert regions). It also enjoys a wide variety of food, ensuring it can always find something to eat—fruit, seeds,

insects, and just about any food they find from backyard feeders—regardless of where it lives.

“I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through Him who gives me strength” (Philippians 4:12-13).





**ONE GENERATION COMMENDS YOUR
WORKS TO ANOTHER;
THEY TELL OF YOUR MIGHTY ACTS.
THEY SPEAK OF THE GLORIOUS
SPLENDOR OF YOUR MAJESTY—
AND I WILL MEDITATE ON YOUR
WONDERFUL WORKS.**

Psalm 145:4-5



Southern's Sabbath Trail provides an opportunity to reflect on God's gift of the Sabbath to humanity.

On His Path

By Christine Moniyung, PhD, professor, School of Nursing

I used to be a nursing professor at a secular college in Tennessee. I loved that job; I had great colleagues and wonderful students. I was even on track to receive tenure. To the average person, a job like that would be one to hold onto forever. It seemed like I had everything figured out, but I couldn't help feeling that there was something missing.


Outwardly all was as it should be, but my heart could not find peace without the ability to fully share and teach my spiritual values to my students. Prayer was not allowed in the classroom, and I could not share with my students the spiritual aspects of nursing that are important to me.

So I turned to God, praying, "Lead me where You want me to go." I had my

doubts about leaving that job, and it made me very sad to leave my students, but I see teaching nursing as my mission, and I wanted to be in a place where I was free to do that. The verse, "Be still, and know that I am God" (Psalm 46:10), challenged me to trust Him.

And the Lord answered my prayers, leading me to my current position at Southern. I'm now able to teach in an environment where I can share my faith with students and also encourage them to make their faith a central part of their nursing careers. It has made teaching more meaningful to me.

God has a plan for each and every one of us. We can put our trust in Him and know that He will put us on the path we're meant to take.

A large flock of birds, possibly terns, is captured in flight against a clear blue sky. The birds are silhouetted, showing their characteristic wing shapes and forked tails. They are scattered across the frame, with a higher concentration in the lower half. The sky has a subtle gradient, being lighter near the horizon and darker at the top.

**THE PROMISES OF GOD SOAR HIGHER THAN
WE COULD HAVE IMAGINED, GO DEEPER
THAN WE COULD HAVE HOPED, AND LAST
LONGER THAN WE CAN ENVISION.**

David Packer

Southern Flying Squirrel: Stealth Ecologist

One of the common yet least recognized inhabitants in the southern United States is the southern flying squirrel. Coming out of its cozy nest only at night, this squirrel can “fly” (technically glide) for up to 90 feet, even making 90-degree turns in the air.

Though mostly unseen, this recluse has a valuable impact on the ecosystem. As it feeds on tree buds and wood-burrowing insects, it stimulates new

growth. As it buries seeds and nuts, saving them to snack on later, it plants new forests.

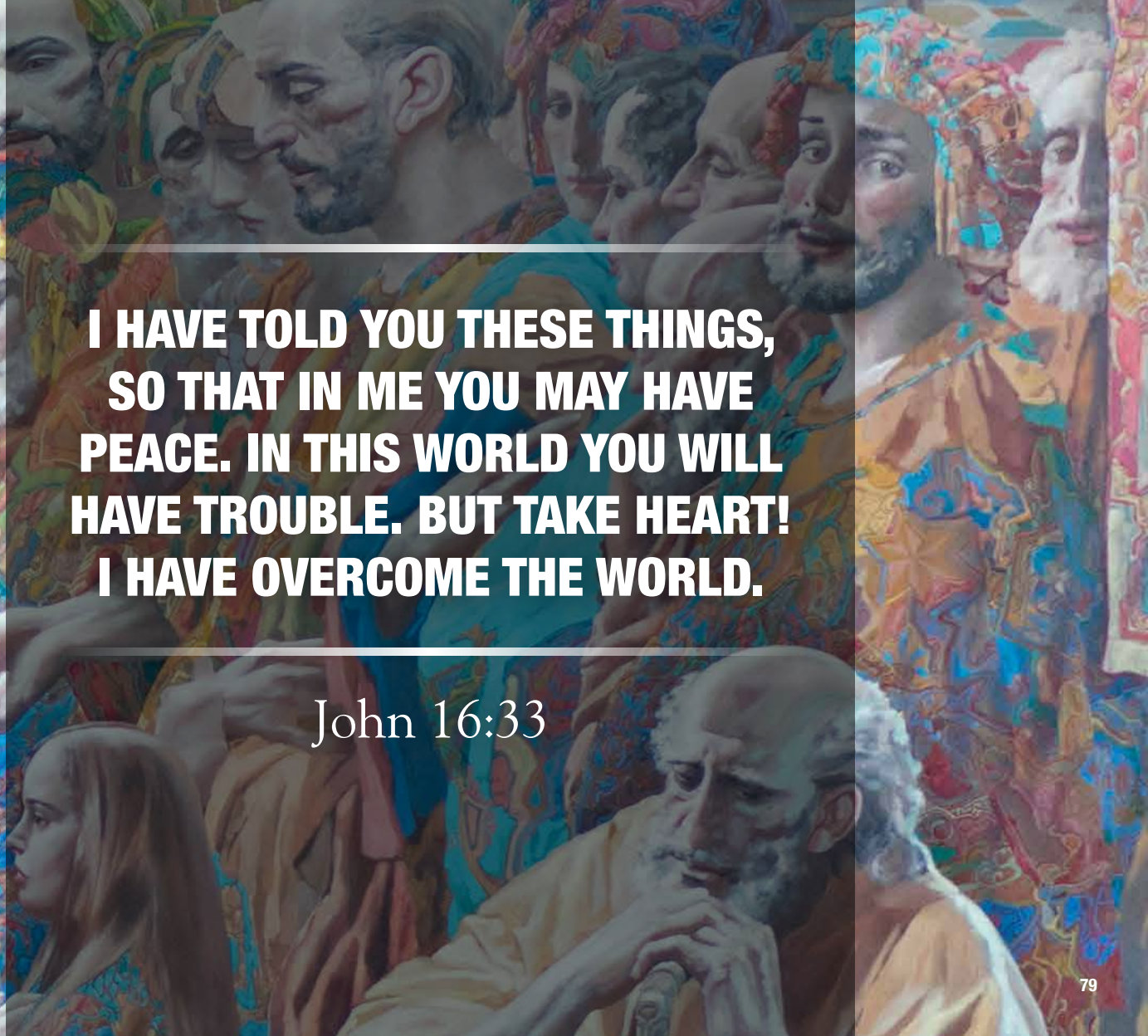
Like the squirrel, each and every creature—ourselves included—has a job to do, and if done faithfully, the Master will say, “Well done, good and faithful servant! You have been faithful with a few things; I will put you in charge of many things. Come and share your master’s happiness!” (Matthew 25:21).





**I HAVE TOLD YOU THESE THINGS,
SO THAT IN ME YOU MAY HAVE
PEACE. IN THIS WORLD YOU WILL
HAVE TROUBLE. BUT TAKE HEART!
I HAVE OVERCOME THE WORLD.**

John 16:33





The Still Small Voice

By Kathy Goddard, associate professor, English Department

My fingers fly across my keyboard, prepping a new idea for a group activity. Plenty of time, I think to myself, with class in 40 minutes. Then a student steps into my office. It is, after all, my designated office hours.

She looks stressed.

Finishing the sentence I'm typing, I wonder, *How long this will take?*

Without fanfare, a still small voice sends a rapid-fire message: "This morning you consecrated this day to Me. You gave Me your plans. Did you mean it?"

I close my laptop and smile at her. Expecting that she needs help with her latest writing assignment, I say, "Please, sit down" and motion to a chair. "How can I help you?"

"I take my MCAT this month. I'm not sure I will make it into medical school."

"Worried?" I ask.

"Yes. I can't sleep."

I ask questions and listen. I share a favorite promise: "Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus" (Philippians 4:6-7). I share that Paul was in prison when he wrote these words, and we discuss what Paul could have been worried about. Together we dig more deeply into the words and phrases, and eventually, I ask her: "How can I pray for you?"

When I walk into my class, without a new activity, I feel a calm peace that this, too, is on His agenda for today.

Flowering Dogwood: Nourishing the Land

Like the southern magnolia, the flowering dogwood is special beyond its celebrity status for producing gorgeous floral displays and serving as a herald of spring wherever it blooms. In fact, the most valuable asset of a flowering dogwood may be what it gives back to the forest. As a deciduous tree, its leaves and small branches shed and decompose in autumn, as other trees do; however, the dogwood leaf litter

composts faster, enriching the soil with nutrients from its calcium-rich leaves. This makes it a popular planting choice for land rehabilitation efforts.

We are also called to enrich those around us as the “salt of the earth” (Matthew 5:13). Just like salt enhances the flavor of food, even making bitter food taste sweet when used in the right amounts, sharing God’s love improves the lives of those around us.



A close-up photograph of a person's hands, wearing a light blue shirt, gently holding a yellow and black butterfly. The butterfly's wings are spread, showing a delicate pattern of black veins and spots on a yellow background. The background is a soft-focus outdoor scene with green foliage and brown earth.

**I HAVE HELD MANY THINGS
IN MY HANDS, AND I HAVE
LOST THEM ALL;**

**BUT WHATEVER I HAVE
PLACED IN GOD'S HANDS,
THAT I STILL POSSESS.**

Martin Luther

A Rice-Field Intervention

By Jared Powrie, 2019 computing graduate

During my first six months as a student missionary in Indonesia, in addition to my mission responsibilities, I took online classes. Since the office where I worked was the only place with internet, I would do my schoolwork there after hours and then catch a motorbike ride back to my dormitory, which took about 15 minutes.

One evening, I had to stay late to work on a group class project; since we were on three different continents, 11 p.m. was the only time we could all meet. My friends back at the dorm had to take the motorbikes but said to call them when I was ready to be picked up. By 12:45 a.m., I had finished the project and had called everyone at the dormitory multiple times. Nobody was answering. At 1:55 a.m., I finally made the decision

to walk back to the dorm.

As I locked up and left the office, I realized for the first time just how dark and isolated our street was at night. Every rustle, every dog bark, every noise around me made me jump. I don't think I had ever appreciated just how useful a vehicle was until then. I passed the nearby shops, which were all dark and locked up. I passed the empty soccer field, with its swaying trees casting deep shadows. I walked through the alley that led to open rice fields—a quick 3-second ride on a motorbike but an eternity while walking. However, the scariest part of the journey was walking down the small road with huge rice fields on either side. There in the middle of this open plain, I realized how vulnerable and scared I was.

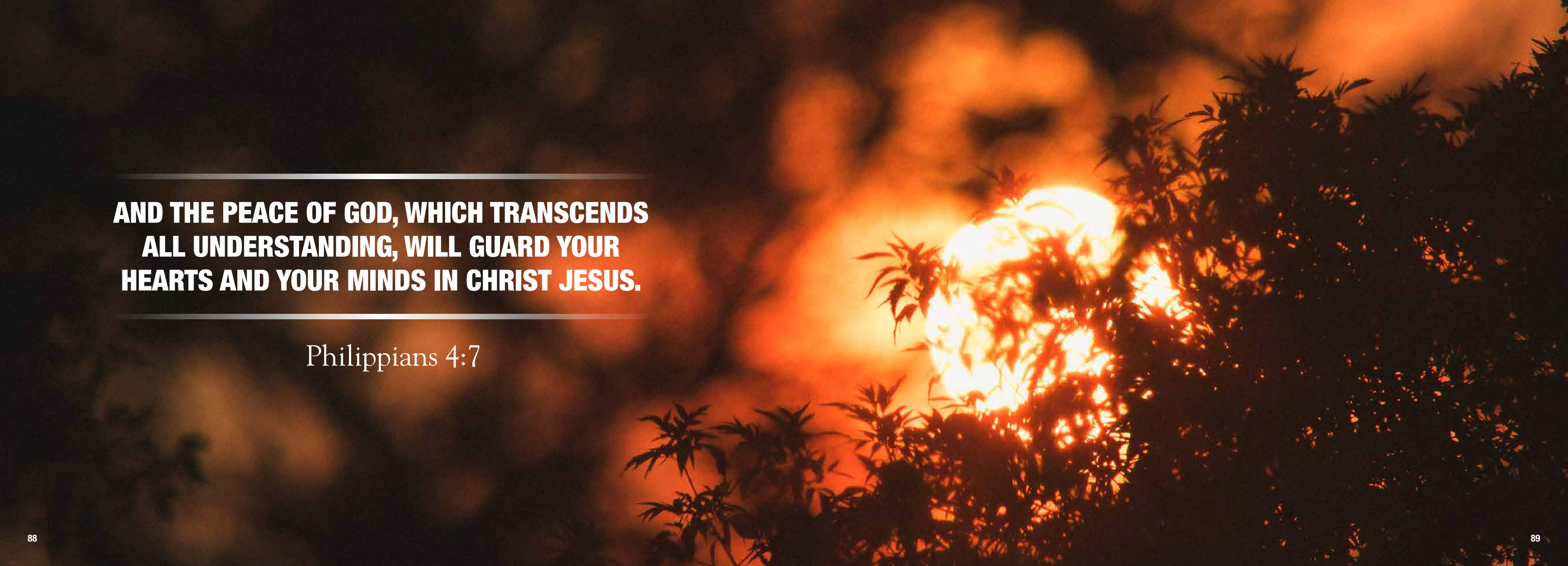
I had been praying the whole way,

even singing songs in my mind to help me make it through, but I was more fearful than I had ever been. I realized that it was because I wasn't putting my trust fully in God.

So, in the middle of the road, surrounded by hundreds of meters of rice fields and still only a third of the way home, I stopped and prayed that God would take away my fear, filling me with His peace and assurance. Then the craziest thing happened: immediately I felt at ease. Not just unafraid, but completely okay with anything that would happen for the remainder of the trip home. God granted me His peace.

Thanking God for watching over me, I continued the journey back, arriving at the dorm at 2:40 a.m. Safe. Calm. Knowing that God was with me.





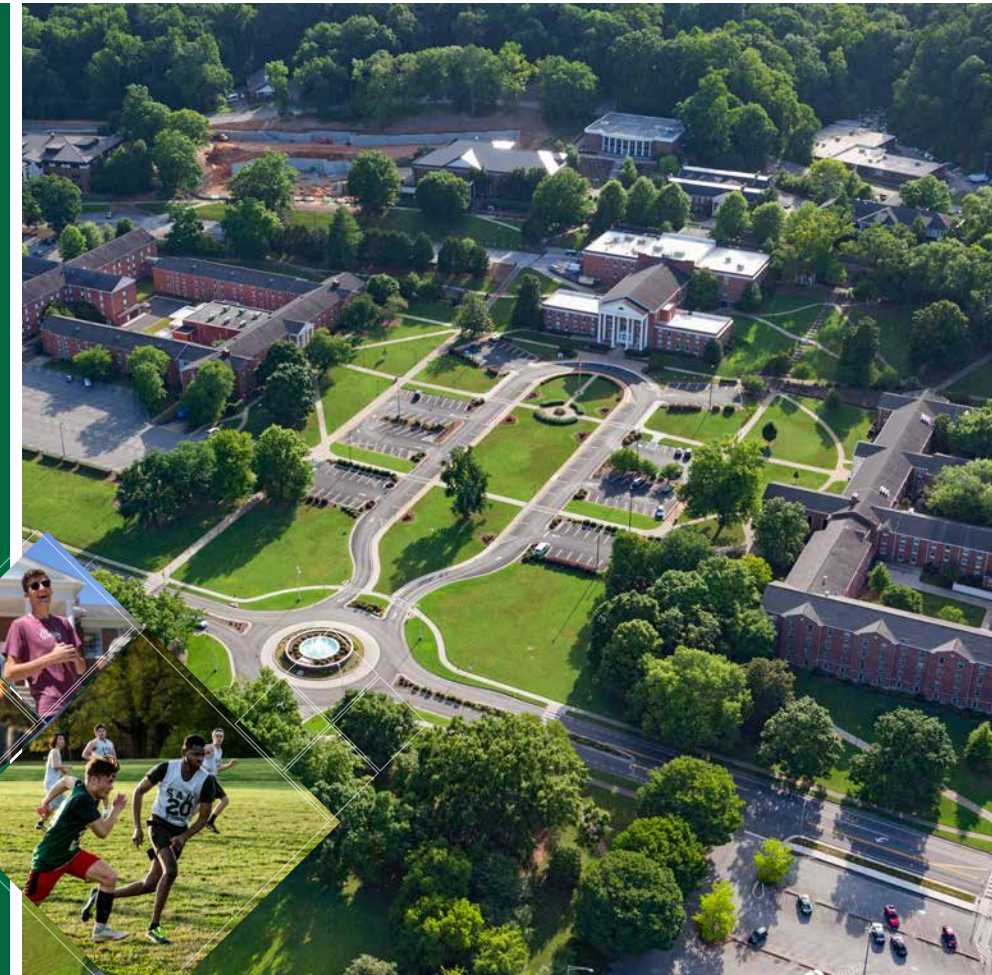
**AND THE PEACE OF GOD, WHICH TRANSCENDS
ALL UNDERSTANDING, WILL GUARD YOUR
HEARTS AND YOUR MINDS IN CHRIST JESUS.**

Philippians 4:7

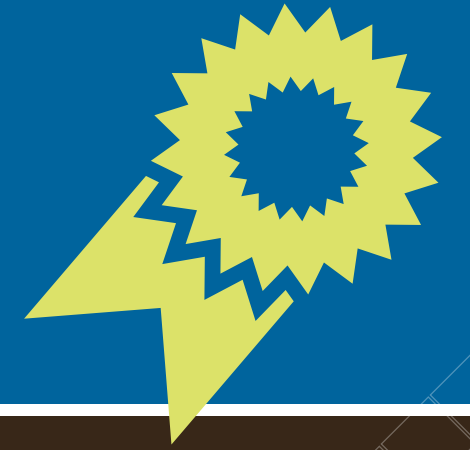
ABOUT SOUTHERN

Nestled in the Smoky Mountain foothills of Tennessee, Southern Adventist University is an excellent location for appreciating God's many creations with nearly 40 miles of nature trails, a cave, and natural rock-climbing walls right on campus. But while Southern is lovely, what makes it special is that **God is here**; we make sure that He is at the **center** of everything we do, from group prayer on the ball field to a **Christ-centered** approach in the classroom.

Located in Collegedale, Tennessee



Southern is the most ethnically diverse regional university in the South, according to U.S. News and World Report.



3,000

students are enrolled at Southern



30

countries are represented on campus

1,300

acres make up Southern's campus



800

acres are forested

1,200

students participate in LifeGroups (student-led small group Bible studies) each year

70

students serve as full-time missionaries each year

1,400

students and employees volunteer through Southern's Christian Service Program each year

CENTERED ON CHRIST

At Southern, our goal is to help students develop and grow a **personal** relationship with Christ. Students have the opportunity to explore their faith in a **safe environment**, asking hard questions and engaging in deep discussions both in and out of the classroom. Faculty and staff model Seventh-day Adventist beliefs while encouraging and supporting students wherever they are in their personal journeys. In addition to one-on-one mentoring, students can choose from numerous collective worship options, including student-led small groups, nightly residence hall worships, weekly vespers programs, and multiple church services on campus.

Part of encouraging a living, breathing Christianity is fostering a spirit of service. Southern provides many opportunities for students to be the hands and feet of Jesus, both in the local community and internationally.



“It is the work of true education ... to train the youth to be thinkers, and not mere reflectors of other men’s thought. Instead of confining their study to that which men have said or written, let students be directed to the sources of truth, to the vast fields opened for research in nature and revelation. Let them contemplate the great facts of duty and destiny, and the mind will expand and strengthen.”

- Ellen G. White, *Education*, p. 17

In the last five years,
6,920 people
in **14** countries
were baptized
following meetings held
by Southern’s Evangelistic
Resource Center.



**Approximately
300 Students**

serve as long- and short-term
missionaries to about **30**
countries each year.



PREPARING FOR LIFE

Some students enter university with a clear goal; others are still exploring options. Southern has something for everyone and offers a flexible system for general education courses, which allows students to take classes in a variety of potential career fields without extending the amount of time it takes to graduate. To maximize the university experience and accommodate different learning styles, we provide **hands-on learning** through international study tours, field trips, networking events on campus, internships, and on-campus jobs. For those looking for an extra academic challenge, our honors program, Southern Scholars, takes learning to the next level.

Southern also offers a wide range of **graduate studies programs**, designed for the working professional. Evening classes, multiweek intensive sessions, and online options help more individuals expand their career opportunities through these master's and doctoral degrees.



13:1
Student-Faculty Ratio

100+

Academic options, from
associate to doctoral
degrees



WE'D LOVE TO HAVE YOU JOIN US AND STUDY ONE OF THE FOLLOWING AREAS:

UNDERGRADUATE DEGREES

FOUR-YEAR DEGREES

Accounting
Animation
Archaeology
Art
Automotive Service Management
Biblical Studies
Biology*
Biophysics
Business Administration
Business-Public Relations
Chemistry*

Communication
Computer Information Systems
Computer Science
Computer Systems Administration
Construction Management
Corporate/Community Wellness Management
English*
Film Production
Finance
Fine Arts
French*
Graphic Design
Health, Physical Education, and Recreation*
Health Science
Health Services and Senior Living Administration
History*
International Development Studies
International Studies
Journalism
Liberal Arts Education
Management
Marketing
Mass Communication
Mathematics*
Medical Science
Medical Laboratory Science
Missions

Music
Music Education*
Nursing
Outdoor Emergency Services
Outdoor Leadership
Pastoral Care
Physics*
Psychology
Political Science
Public Relations
Public Relations-Business
Public Relations and Graphic Design
Religious Education*
Religious Studies
Social Work
Spanish*
Sports Studies
Theology

TWO-YEAR DEGREES

Accounting
Allied Health Pre-Dental Hygiene
Allied Health Pre-Nutrition and Dietetics
Allied Health Pre-Physical Therapy
Allied Health Pre-Speech Language
Pathology and Audiology
Automotive Service

Biology
Business Administration
Chemistry
Construction Management
Engineering Studies
Graphic Design
Media Technology
Nursing
Outdoor Leadership
Physical Therapist Assistant
Religion
Social Work
Vegetarian Culinary Arts

ONE-YEAR CERTIFICATES

Automotive Service Technician
Bible Worker
Vegetarian Culinary Arts

**Teaching licensure available*



GRADUATE DEGREES

SCHOOL OF BUSINESS

Master of Business Administration
Accounting
Finance
Healthcare Administration
Management
Marketing Management
Computer Information Systems

SCHOOL OF COMPUTING

Master of Science in Computer Science
Computer Science
Embedded Systems

SCHOOL OF EDUCATION AND PSYCHOLOGY

Master of Science in Counseling
Clinical Mental Health Counseling
School Counseling

Master of Science in Education
Instructional Leadership: Administration
Literacy Education
Outdoor Education

SCHOOL OF NURSING

Doctor of Nursing Practice
Acute Care – Adult/Gerontology NP
Acute Care Specialization
Lifestyle Medicine
MBA Healthcare Administration
Nurse Educator
Primary Care – Adult/Gerontology NP
Primary Care – Family NP
Primary Care – Psychiatric Mental Health NP

Master of Science in Nursing
Acute Care – Adult/Gerontology NP
Nurse Educator
Primary Care – Adult/Gerontology NP
Primary Care – Family NP
Primary Care – Psychiatric Mental Health NP

Master of Science in Nursing/Master of Business Administration (dual degree)

Post-Master's Certificate

SCHOOL OF RELIGION

Master of Arts
New Testament Studies
Old Testament Studies
Religious Studies

For more information, visit
southern.edu/graduatestudies.

Master of Ministry
Church Leadership and Management
Evangelism and Ministry
Biblical Counseling

SCHOOL OF SOCIAL WORK

Master of Social Work
Mental Health Practice in Social Work
School Social Work
Trauma and Emergency Management

Master of Social Work/Master of Business Administration (dual degree)



AFFORDABLE EDUCATION

Getting a college education is an **investment**. In addition to offering career preparation, it provides knowledge, relationships, and skills that last a lifetime! Research shows that compared to their Adventist peers at public universities, students who attend an Adventist university are much more likely to form a deep relationship with Jesus and a stronger commitment to their church while in college (to view the research, visit southern.edu/100reasons).

Private higher education has the reputation for being expensive, but Southern is **more affordable** than you probably think. For more details and to calculate your cost, visit southern.edu/tuition.

- More than **95% of freshmen** receive financial aid.
- Approximately **\$15 million** in Southern scholarships and grants are awarded to students each year, with additional assistance coming from outside sources.
- At least 50% of students are employed on campus, earning **\$5 million annually** toward tuition and other expenses.



International Students

We welcome students from around the world. In fact, there are more international students at Southern than ever before, representing more than 30 countries. While Southern does not currently offer any scholarship packages for international students, we suggest that those interested in attending speak with the leaders of their local church, conference office, or division office to inquire about sponsors who are willing to assist with financing education at Southern. Additionally, international students can work on campus for up to 20 hours per week to help offset their costs.

For more information, visit southern.edu/international.

Tuition and fees at Southern cost
39% LESS
than the national average for private colleges and universities in the United States.

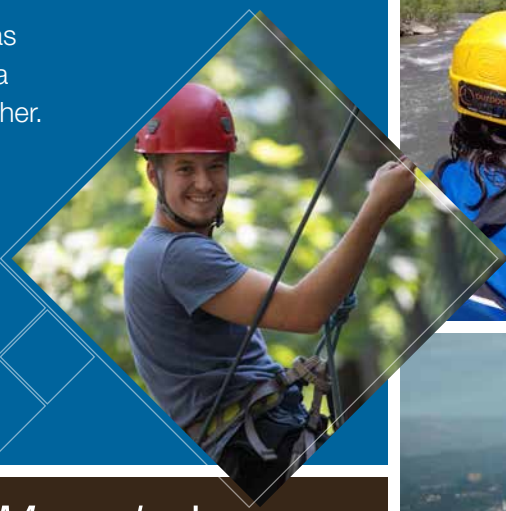


CLOSE TO EVERYTHING

Life at Southern isn't all about lectures and exams; we have fun, too! More than half of our students participate in intramural sports throughout the year, and there are more than 40 student-run organizations to choose from, including cultural clubs, hobby groups, pre-professional chapters, and much more. Just a short ride from campus, the mid-sized city of Chattanooga offers something for everyone. History buffs will enjoy visiting significant historic sites, while music lovers can find live musical events—including Chattanooga's professional orchestra—throughout the week. Art galleries, a minor-league baseball team, a vibrant local restaurant culture, farmers markets, one of the world's longest pedestrian bridges, and diverse shopping opportunities add to the fun.

For those who prefer to get out and enjoy nature, the nearby possibilities are endless. Soak up God's beautiful creation through whitewater rafting, paddle boarding, mountain biking, rock climbing, hang gliding, and miles of hiking trails.

As an added bonus, major metropolitan areas such as Atlanta, Georgia, and Nashville, Tennessee, are only a couple hours away, expanding your options even further. Southern really is close to everything.



OUTDOOR PARADISE

Rock climbing: Hard sandstone bluffs throughout the area put Chattanooga on the map for climbers nationwide, with more than 400 routes within an hour of the city.



Hiking: Within 15 minutes of Chattanooga, more than 150 miles of hiking trails wind through forests, rivers, and mountains, providing variety and stunning scenery. For the serious hiker, there's easy access to the entire eastern U.S. trail system, including the Appalachian Trail.



Mountain biking: More than 100 miles of singletrack in the surrounding mountains offer experienced cyclists a good ride, while off-road parks and greenways provide excellent leisure opportunities for a gentler experience.



Caving: The greater Chattanooga area is home to more than 7,000 caves, all within an hour of the city.



Water sports: Two of the nation's most beautiful whitewater rivers are nearby: the Hiwassee and the Ocoee. The Tennessee River, which runs through downtown, is a popular spot for stand-up paddleboarding and rowing, and its many tributaries make for a vast wonderland of water sports.



Chattanooga won *Outdoor Magazine's* **"Best Towns"** contest twice!



COME VISIT US!

By far the most interactive and insightful way to learn about Southern is by scheduling a campus visit. Here are several great options:

PreviewSouthern

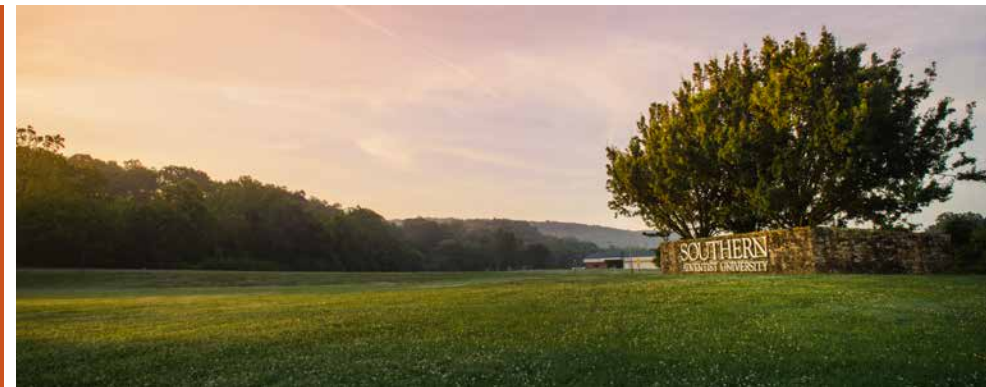
Join other prospective students and their families in finding your place at Southern. PreviewSouthern events were created for high school juniors and seniors, as well as prospective transfer students, who are ready to experience what Southern has to offer. Participants tour our beautiful campus, talk one-on-one with faculty, find out more about our multiple scholarship options, and visit downtown Chattanooga. Find out more or sign up at southern.edu/preview.

A Personalized Visit

Pick a time that is convenient for you and get a firsthand look at what it means to be a student at Southern. Go on a campus walk with a current student, try out our multiple food options in the Dining Hall, sit in on a class, and talk with a finance counselor about how it is possible for you to pay for college. Let us know through southern.edu/visit, and we'll set it up!

SmartStart

Save more than \$2,100 and discover what makes Southern so special with a free college course that starts in July. New students can take a three-credit-hour summer class without paying a penny of tuition. When the four-week session is over, most students decide to stay at Southern. To take advantage of this offer, visit southern.edu/apply to apply or find more information at southern.edu/smartstart.



MORE THAN 30

Seventh-day Adventist churches within 20 minutes of campus



1,200+

high school students visit Southern every year



WHAT SOUTHERN STANDS FOR

THE MISSION

Grounded in Jesus Christ and dedicated to the beliefs of the Seventh-day Adventist Church, we equip students to embrace biblical truth, embody academic and professional excellence, and pursue Spirit-filled lives of service.

THE VISION

Southern Adventist University's vision is to:

- Model the love of Jesus in every interaction.
- Invite each student into a saving relationship with Jesus.
- Inspire each student to engage with God's Church and the world through service and witness.
- Provide each student with an exceptional learning experience that equips them to thrive in a fluid, global job market.

CORE VALUES

As Southern Adventist University employees, we:

- Embrace the Seventh-day Adventist Church's Worldview and Fundamental Beliefs
- Love Others as God Loves Them
- Act with Integrity
- Live Prayerfully
- Serve Others Generously
- Follow God's Calling
- Pursue Excellence
- Exercise Responsible Stewardship
- Offer an Exceptional, Wholistic Learning Experience



SINCE 1892,
MORE THAN
59,000
STUDENTS HAVE
ATTENDED
SOUTHERN AND
GONE ON TO
IMPACT THE
WORLD.

Photo credits and captions

Cover:

Photo by Terry Henson
This peaceful field, where students can often be found relaxing in the sun, greets visitors as they arrive at Southern.

Page 4:

Photo by Terry Henson
Pockets of nature across Southern’s campus invite pause and reflection amidst the usual bustle of activity.

Pages 6-7:

Photo by iStockphoto.com/Dave Allen
Aptly named, the Smoky Mountains— not far from Southern—offer a natural wonderland for outdoor adventure.

Pages 8-9:

Photo by iStockphoto.com/magicflute002
The southern magnolia, prevalent throughout the South, is unfazed by a summer rainstorm.

Pages 10-11:

Photo by Colin Lee
Professor Natalia López-Thismón and Vacation Bible School student Mateo build crafts together in El Salvador.

Pages 12-13:

Photo by Terry Henson
God’s greatness is displayed in a bright Southern sunset.

Pages 14-15:

Photo by Terry Henson
A great blue heron waits on the bank of Southern’s Duck Pond, patiently watching for its next meal to swim by.

Pages 16-17:

Photo by Southern President David Smith
Spring flowers herald the arrival of hummingbirds to Tennessee, returning from their winter migration further South.

Pages 18-19:

Photo by Terry Henson
Summer storm clouds darken the sky, signaling man and beast to take cover.

Pages 20-21:

Photo by Calvin Serban
The SonRise Resurrection Pageant on Southern’s campus features moving depictions of the final days of Christ’s life.

Pages 22-23:

Photo by iStockphoto.com/DieterMeyrl
Though small, the honey bee plays a valuable role in both decorative and edible gardens, including Southern’s Thatcher Farm.

Pages 24-25:

Photo by iStock.com/JimSchemel
The view from Clingman’s Dome, the tallest peak in Great Smoky Mountains National Park, offers visitors an expansive vista.

Pages 26-27:

Photo by Ryan Pierce
Students, employees, and community members join together in praise during Merge, the gospel worship service held weekly in Southern’s Lynn Wood Chapel.

Pages 28-29:

Photo by Terry Henson
The warm colors of a Southern maple tree remind passersby of God’s creativity.

Pages 30-31:

Photo by Ryan Pierce
Southern’s Anton Heiller Memorial Organ fills the sanctuary of Collegedale Church of Seventh-day Adventists with awe-inspiring music.

Pages 32-33:

Photo by iStockphoto.com/nearandfar
White-tailed deer frequently wander Southern’s campus and the surrounding forests.

Pages 34-35:

Photo by iStockphoto.com/cturtletrax
The beauty of places such as the beach at Anastasia State Park in St. Augustine, Florida, can only be fully appreciated when the worries of tomorrow have been set aside.

Pages 36-37:

Photo by Ryan Pierce
Found at the center of campus, this fountain greets traffic that passes by Southern.

Pages 38-39:

Photo by Terry Henson
Wildflowers such as these offer an unplanned burst of color on Southern’s campus.

Pages 40-41:

Photo by iStockphoto.com/stanley45
Bluebirds, native to the Southeast, look after each other.

Pages 42-43:

Photo by Braam Oberholster
Patience pays off as Braam Oberholster, DBA, business professor, captures this graceful snowy egret at takeoff.

Pages 44-45:

Photo by Terry Henson
Quiet spots on campus invite students to spend time in nature studying, fellowshiping, or simply being still.

Pages 46-47:

Photo by iStockphoto.com/RichardBarrow
Fall Creek Falls State Park is a popular Sabbath-afternoon destination for students and employees.

Pages 48-49:

Photo by Terry Henson
Light illuminates this leaf’s veins, which provide structure and support while transporting water, nutrients, and energy to the rest of the plant—essential for growth.

Pages 50-51:

Photo by Ryan Pierce
The stained glass in the Gospel Chapel of the Collegedale Church of Seventh-day Adventists depicts the life of Christ.

Pages 52-53:

Photo by iStockphoto.com/tdub303
Synchronous fireflies gather for a light show in the Great Smoky Mountains National Park.

Pages 54-55:

Photo by Terry Henson
Silhouetted by the setting sun, the hills surrounding Southern give rise to the area’s nickname “Happy Valley.”

Pages 56-57:

Photo by Ryan Pierce
Though tiny, pine warblers add a touch of color to the forests surrounding Southern.

Pages 58-59:

Photo by Terry Henson
“God made two great lights—the greater light to govern the day and the lesser light to govern the night” (Genesis 1:16).

Pages 60-61:

Photo by Keyanna Shultz
A crisp fall morning invites Southern students to breathe deeply as they begin their day.

Pages 62-63:

Photo by iStock.com/Carol Hamilton
Playful North American river otters can be viewed up close at the Tennessee Aquarium, not far from Southern.

Pages 64-65:

Photo by Terry Henson
Once a month, the university’s Physics and Engineering Department hosts a star watch for anyone interested.

Pages 66-67:

Photo by iStockphoto.com/Doug Schweigert
The Boundary Waters Canoe Wilderness Area in Minnesota offers a pristine setting for Southern’s Outdoor Leadership program’s field trip.

Pages 68-69:

Photo by Braam Oberholster
Downy woodpeckers can be seen around Southern’s campus year-round.

Pages 70-71:

Photo by iStockphoto.com/MoreISO
Autumn is a spectacular time to visit the Great Smoky Mountains National Park.

Pages 72-73:

Photo by Terry Henson
Southern’s Sabbath Trail provides an opportunity to reflect on God’s gift of the Sabbath to humanity.

Pages 74-75:

Photo by Terry Henson
A flock—or murmuration—of starlings sweeps through the sky, their raucous chorus filling the evening air.

Pages 76-77:

Photo by iStockphoto.com/EEI_Tony
The reclusive flying squirrel is native to the forests of the South.

Pages 78-79:

Photo by Ryan Pierce
Painted by Daud Akhriev, *Wedding Feast of Cana* hangs in the Collegedale Church of Seventh-day Adventists.

Pages 80-81:

Photo by Ryan Pierce
Kathy Goddard, associate professor of English, opens each class with prayer.

Pages 82-83:

Photo by iStockphoto.com/igaguri_1
Flowering dogwood trees announce that spring has arrived on Southern’s campus.

Pages 84-85:

Photo by iStockphoto.com/Yana Tatevosian
Visitors to Chattanooga’s Tennessee Aquarium Butterfly Garden can interact with hundreds of strikingly beautiful butterflies.

Pages 86-87:

Photo by Ryan Pierce
Indonesian rice fields stretch for miles.

Pages 88-89:

Photo by Terry Henson
“From the rising of the sun to the place where it sets, the name of the LORD is to be praised” (Psalm 113:3).

Page 108:

Photo by iStockphoto.com/Sean Pavone
Cloudland Canyon, located 45 minutes from Southern in north Georgia, is a blaze of color in the Fall.

All the photos in this book represent Southern Adventist University and our surroundings.

A wide-angle photograph of a mountain valley during autumn. The foreground is filled with large, grey, moss-covered rocks and dense foliage in shades of red, orange, and yellow. The middle ground shows a deep valley with a river or stream winding through it, surrounded by forested hillsides. The background features more distant mountain peaks under a clear blue sky with a few wispy clouds. The overall scene is vibrant and majestic.

**THEY SPEAK OF THE GLORIOUS SPLENDOR OF
YOUR MAJESTY—AND I WILL MEDITATE ON
YOUR WONDERFUL WORKS.**

Psalm 145:5