



FROM THE DESK OF THE PRESIDENT
RON AGUILERA

FYI (For Your Information...)

A weekly e-newsletter for employees and friends of the
Illinois Conference of Seventh-day Adventists



September 4, 2019



DEVOTIONAL THOUGHT

“Come to me, all who labor and are heavy laden, and I will give you rest.” Matthew 11:28 ESV

Last week, I shared this text with you in the context of Labor Day and the need for rest. This week, I want to focus on the need for proper sleep as a crucial “rest” habit. See, regardless of our daily demands, constraints, and pressures, the choices we make, the food we eat, the way we take care of our bodies, AND our sleep, all contribute to our health and well-being; physically, emotionally, and spiritually.

So, as you think about your sleep patterns, here are what experts say are a few reasons why adequate sleep is essential:

- **Memory and learning.** Sleep is critical for organizing and retaining information that has been studied.
- **Metabolism and weight control.** Inadequate sleep reduces the appetite-suppressing hormone, leptin, and increases the appetite-stimulating hormone, ghrelin.
- **Safety.** One hundred thousand auto accidents each year are attributed to drowsiness, resulting in 76,000 injuries and 1500 deaths.
- **Cardiovascular health.** Loss of sleep is associated with high blood pressure and heart rhythm abnormalities.

You get the idea. Sleep is important. How much sleep is enough? The answers vary, but the average sleep for an adult is between 7-9 hours for most people. How are you doing in this area? Is this a challenge given your current life rhythm? How is this affecting your time with God?

As you think about the rhythm of your life, prayerfully consider how you can best incorporate rest, especially sleep. We need it!



Seventh-day
Adventist® Church

ILLINOIS CONFERENCE

*Making healthy
disciple-making
churches*

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I KNOW SOMETHING GOOD ABOUT...

...the North Shore School. It has a new gym floor. Check it out! It looks good. Way to go, North Shore! Thanks for making this happen.



ILLINOIS CONFERENCE CHURCH HIGHLIGHT

Pastor Andres Flores reports that “Almost 7 seven years ago, a small group of young adults felt called by God to start a new Seventh-day Adventist Church in the city of Chicago. The conviction that Epic was a “church in the move,” drove the newly formed core group. We would go wherever God would lead us to reach those far away from God and establish a missional community in the city. Ever since the original Epic Church core group planted the first congregation in the city of Chicago and, by God’s grace, launched successfully a second core group that recently planted a second church in the city of Lombard. The vision was to create a relational community that nurtures followers of Christ who would mature to make new disciples of Jesus as part of their life-rhythm. The dream was, and still is, to make disciples who would plant churches guided by the Holy Spirit.” May God continue to bless, lead, and guide Epic church.



This past Sabbath, the Epic church celebrated its church status with a time of dedication and the ordination of three elders. I am praying for their leadership and continued growth.

NEWS

- ☞ **Town Hall Meetings are almost done.** We have been to four Town Hall meetings already, and I am looking forward to being at the last two tonight and tomorrow night. At our meetings, I have been sharing a Conference update, as well as talking about our next Camp Akita project. These town hall meetings are open to all Illinois Conference church members.
The last two are listed below.

Area 2 – All Nations SDA church (Bloomington/Normal). Wednesday, September 4th, 7 pm.
Area 3 – Princeton SDA church. Thursday, September 5th, 7 pm.

- ☞ **SAVE THE DATE.** The Illinois Conference 2019 annual Prayer Conference will take place at Camp Akita on October 4-6, 2019. The guest presenter this year will be Pastor Peter Neri. Pastor Neri is the Pastor of the Paradise Seventh-day Adventist Church in Las Vegas, Nevada.
- ☞ The Adventist Church’s most comprehensive one-volume Bible study resource has just extended its reach in a big way, according to an announcement by Andrea Luxton, president of Andrews University. On Thursday, September 5, the University will release for sale the long-awaited New International Version (NIV) of the landmark Andrews Study Bible. In addition, nearly 700 new students at Andrews will receive a complimentary copy from the University, continuing a tradition that began in 2011 but now takes place for the first time with the NIV.

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RESOURCES

Help! I'm a Parent - Ages 8-12 Book and DVD Set

These ten sessions will inspire and encourage parents, grandparents, and caregivers of tweens. Topics include screen time, healthy habits, peer pressure and bullying, and more. Help! I'm a Parent is ideal for use individually, as a couple, or in a group meeting in the home, church, or at a local church school. Purchase at: <https://tinyurl.com/yyg3bwx6>

DID YOU KNOW . . .

... that the Lombard SDA church is starting an online Bible Study today, September 4th, led by Pastor Beett. It will happen every Wednesday from 7:30-8:30 for the next eight weeks. The study will be on the Sermon on the Mount taught by Jesus in Matthew 5-7. You may invite anyone that is not a member of our church to participate as well. You can join the video conference call @ Link: <https://zoom.us/j/710431334>

“There are many ways of practicing the healing art, but there is only one way that heaven approves. God’s remedies are simple agencies of nature that will not tax or debilitate the system through their powerful properties. Pure air and water, cleanliness, a proper diet, purity of life, and a firm trust in God are remedies for the want of which thousands are dying.”

– Ellen G. White, *Testimonies Vol. 5*, p.443



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