



## Camp Au Sable Cooking Show Continues with Second Season

**G**RAYLING, MI—Food can change lives. It can heal, injure, make or break someone's health. It's a major part of our health message.

On that principle, the collaborative efforts of Camp Cuisine, a food ministry operated at Camp Au Sable by Chef Miguel Larcher and the 13<sup>th</sup> Street church in Cadillac, Michigan, has born fruit: an online cooking show, titled "Home Cooking with Chef Miguel Larcher."

The cooking show was introduced out of necessity. Pastor Robert Benson, pastor of the 13<sup>th</sup> Street church, envisioned hosting a cooking class in

his church and inviting the surrounding community to attend. But with Northern Michigan's COVID-19 case numbers surging in early 2021, Benson was concerned about planning in-person events. He shared his vision of an online cooking class with Larcher, a former restaurateur and food service director at Camp Au Sable.

Larcher is not new to the idea of cooking classes. He was born in Fort-de-France, Martinique, and was trained in vegetarian cuisine in France. Larcher has served in many restaurants and universities throughout France, Germany and the United States. Prior to coming to Michigan, he owned the Garden

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Grill Café in Wichita, Kansas. He has conducted numerous cooking classes all over the United States and abroad, including South Africa and Botswana, and often receives requests to present at churches across Michigan. With Larcher on board, they launched their first season of "Home Cooking" in February.

By Jim Micheff,  
President



*“The real issue was over authority. God’s claim on them was above Pharaoh’s. By letting the Israelites go worship as God directed, Pharaoh would be recognizing the authority of the Hebrew’s God and this he refused to do.”*

## WHAT DO YOU FEAR?

What do you fear? What challenges are you facing? There is one challenge that all of us share and that is the pandemic. COVID has been the source of sorrow, pain and tears. It is also surrounded by chaos, misinformation and the absence of a universally accepted source(s) for truth.

The confusion surrounding the prescribed solution of masks, isolation and vaccines, accompanied by mandates, adds to the uncertainty of the future. For many years there has been an attack on the credibility of those in positions of authority. Occupations such as ministers, judges, doctors, nurses, teachers, policemen or politicians were at one time looked upon as trusted authorities for guidance and security in times of uncertainty. We have reached the point however, where no one trusts anyone anymore and “men’s hearts are failing them for fear and the expectations of those things which are coming on the earth.”<sup>1</sup> Fear is a cruel motivator and seems to be the impetus behind many of the things we are experiencing.

Thankfully God has foreseen all of the challenges the pandemic brings and has sent us this message. *“We have nothing to fear for the future, except as we shall forget the way the Lord has led us, and*

*His teaching in our past history.”*<sup>2</sup>

I can’t think of a time where God demonstrated His power and presence to lead more visibly than when He bought Israel out of Egypt. It was so widely known by the surrounding nations that, years later, the Philistines recalled the hardening of the Egyptians’ and Pharaoh’s hearts toward Israel’s God.

Under God’s direction, Moses had asked Pharaoh to let the Israelites go into the desert to worship their God. It was a reasonable request, because the animal sacrifices required were not possible in Egypt.

The real issue was over authority. God’s claim on them was above Pharaoh’s. By letting the Israelites go worship as God directed, Pharaoh would be recognizing the authority of the Hebrew’s God and this he refused to do. His response was, “Who is the Lord that I should obey His voice and let the people go?” In the events that followed, God demonstrated supreme authority over Egypt as well as the Hebrews. Pharaoh represents all those who are in rebellion to God and refuse to acknowledge Him as the source of all authority.

The Hebrews had expected to obtain their freedom without any special

trial of their faith or any real suffering or hardship. They didn’t realize it, but they were not ready to receive the deliverance God had promised. They had little faith in God and were unwilling to patiently endure their afflictions until He should see fit to work for them.

Many were content to remain in bondage rather than meet difficulties. They wanted to be freed from forced labor but the habits of some had become so much like the Egyptians that they would have been happy to remain in Egypt. Because of this, the Lord did not deliver them by the first demonstration of His power before Pharaoh. He overruled events to more fully develop and expose the tyrannical spirit of the Egyptian king and to reveal Himself to His people.

Under Satan’s delusions the pagan priests mimicked the first two plagues, but God did not permit them to deceive Pharaoh any longer. Each plague grew in severity until the last and final plague – slaying the firstborn. Pharaoh finally recognized God’s authority and was anxious to rid Egypt of these Israelites.

At Moses’ direction, the Israelites claimed compensation for their unpaid slave labor and the Egyptians were all too eager to be freed from their

presence to refuse them. This was no longer just a 3-day trip to worship their God! They were not coming back. Everything was turned upside down. They were treated with respect and given whatever they wanted.

In their excitement, the Israelites didn't think about the details or logistics of how and where they were going. After all, they had the manifestation of God's presence with the cloud by day and pillar of fire by night to guide them.

The direct route to Canaan led through the land of the Philistines. The Israelites were poorly prepared to encounter that powerful and warlike people. Israel had little knowledge of God and little faith in Him, and they would have become terrified and disheartened had they come into direct contact with them. They were unarmed and unaccustomed to war, and their spirits were depressed by long bondage. They had the defeated mindset of slaves.

In leading them by the Red Sea, the Lord revealed Himself as a God of compassion, as well as of judgment. God who knows all things, intentionally led them to a place with no escape. God had demonstrated His power and ability to take care of them and now He would test them by providing an opportunity to exercise their faith in Him. They were completely dependent on Him – only He could deliver them.

Someone spotted the Egyptian army in hot pursuit. Pharaoh had decided to take back his slaves. Instead of trusting God, whose visible presence was with them, Israel exhibited the attitude of defeated slaves and fear overcame them. They failed the test. In desperation the terrified leaders ran to Moses and bitterly blamed him for putting them in this vulnerable position. Because Moses had followed God's directions, he had no fear of Pharaoh or his army. Moses' reaction was a direct reflection of his relationship with God, "Stand still and see the salvation of the Lord," and, with complete trust in God, he added, "The Lord will fight for you, and you shall hold your peace."<sup>3</sup>

God's plans know no haste or delay. At God's appointed time, the cloud moved between the Israelites and Egyptians. The Egyptians, unable to proceed, postponed the attack to the next day. The Israelites did not remain inactive while the Lord brought about their deliverance. They prepared to move forward and, as they did, they witnessed the mighty power of God. Moses stretched out his rod, the sea parted, and Israel was able to go over on dry ground.

**Every Monday morning**, the Michigan Conference staff meets for worship and prayer. Here is the list for the following dates. Please join us as we pray for these churches and ministries.



**NOVEMBER 4**

Battle Creek Tabernacle  
**Pastor Rob Benardo**  
Battle Creek Academy

**NOVEMBER 8**

Battle Creek Korean  
**Pastor JinWon Lee**  
Battle Creek ACS  
Battle Creek Zomi  
**Pastor SB Cin**

**NOVEMBER 15**

Delton  
**Pastor Jeff Dowell**  
Hillsdale/Pittsford  
**Pastor Mario Reategui**

**NOVEMBER 22**

Burlington/Coldwater  
**Pastor Bayani Pastrana**  
Burlington ACS

**NOVEMBER 29**

Charlotte/Urbandale  
**Pastor Phillip Lee**  
Charlotte Adventist  
Christian School

**DECEMBER 4**

Detroit Metro  
Metropolitan Jr Academy  
Ann Arbor/Plymouth  
**Pastor Daniel Rodriguez**  
Plymouth ACS Center  
Ann Arbor Adventist  
Elementary

**DECEMBER 13**

Detroit Northwest  
Detroit Northwest Food Pantry  
Warren  
**Pastor Giancarlo deMiranda**  
Detroit Korean/Troy Korean Co  
**Pastor Bomki Kim**  
Belleville/Tecumseh  
**Pastor Nathaniel Oregon**

**DECEMBER 20**

Cherry Hill/Farmington  
**Pastor Luke Penrod**  
Cherry Hill Food Pantry  
Detroit Romanian/Monroe/  
Oakwood  
**Pastor Jarod Thomas**  
Detroit Romanian  
**Pastor Justin Lupu**

Detroit Oakwood Food Pantry  
Oakwood Jr Academy

**DECEMBER 27**

Brighton/Lakes Area Co  
**Pastor Steve Schefka**  
Ann Arbor Korean  
**Pastor Hyunho Suh**  
Troy  
**Pastor Steven Conway**  
Troy ACS Center  
Troy Adventist Academy  
Troy Adventist PreSchool

God lifted the cloud and allowed the Egyptians to see Israel crossing on dry ground. They chose to pursue. Stupidity and blood thirstiness urged them forward into danger. God gave them a choice; they didn't have to pursue. Willingly forgetting the judgments of God so recently experienced, and infatuated with confidence in themselves, they defied to the last the God of Israel.

The entire army shared the attitude of the king, and once they made the commitment to pursue the Israelites through the Red Sea, God rendered judgment on them. The cloud of darkness changed into a pillar of fire. Lightning and

*(continued on page 6)*



# Faith Over Fear

By Judy Klein

“Pastor Mario Reategui was preparing to reopen the Hillsdale church and his phone rang. Staviski was on the line. She explained that she wanted to come to church, but was the church even open?”

When the coronavirus pandemic hit in late 2019, Janelle Staviski says, “My life was turned upside down.” Staviski is a mental health provider. During quarantine, she began treating patients virtually, something many people didn’t like. In addition, her husband was sent home from work during the pandemic, shaking their financial security. Staviski has three children and she was scared. How were she and her husband going to take care of them? “I had very real worries,” she says.

Staviski’s husband was raised Adventist and she talked to him about her fears. As he began telling her about events at the end of the world, she felt out of control. But, instead of spiraling into fear, Staviski says, “I started praying.”

Prayer works. Staviski no longer felt alone, for in the middle of the pandemic, despite the fear, God drew her closer. “All I had to do was trust,” she explains, “it’s so simple and so hard at the same time.” This trust led her to reach out to a church—specifically, the Hillsdale Seventh-day Adventist Church.

Staviski remembered her husband’s family, who was Adventist. She always felt safe with them. When she was growing up, she periodically went to church, but no one there spoke about the end of the world... and she knew that Adventists *looked forward* to the Second Coming, instead of dreading the event. There was an “aura of comfort,” and she called the local Adventist church.

Pastor Mario Reategui was preparing to reopen the Hillsdale church and his phone rang. Staviski was on the line. She explained that she wanted to come to church, but was the church even open? Reategui explained that yes, they were reopening, and explained the COVID protocol, such as optional masks and separated pews. Staviski ended the phone call by saying that she would see him on Saturday.

Dismissing the phone call, Reategui thought, “I don’t think she’s going to come.” He explains that he had lost faith because so many people had called inquiring about the church—and never showed up. But God had other thoughts, thoughts that were higher than ours (Isaiah 55:9).

When Reategui came to church on

Sabbath, there was a woman he had never seen before, with three kids. It was Janelle Staviski. “This is what we need,” Reategui realized, “We are reopening again and... here [Janelle] is in church, ready to worship.”

Throughout the next year, Staviski’s attendance was “very faithful,” says Reategui. The members embraced and loved the family—and Staviski and her children became active in the congregation.

“The church has really blessed our lives,” comments Staviski. A year after her first visit, Staviski was baptized. She cites the pandemic as the reason for her journey towards God. “It was important for me to turn away from my fear and turn towards God,” she says.

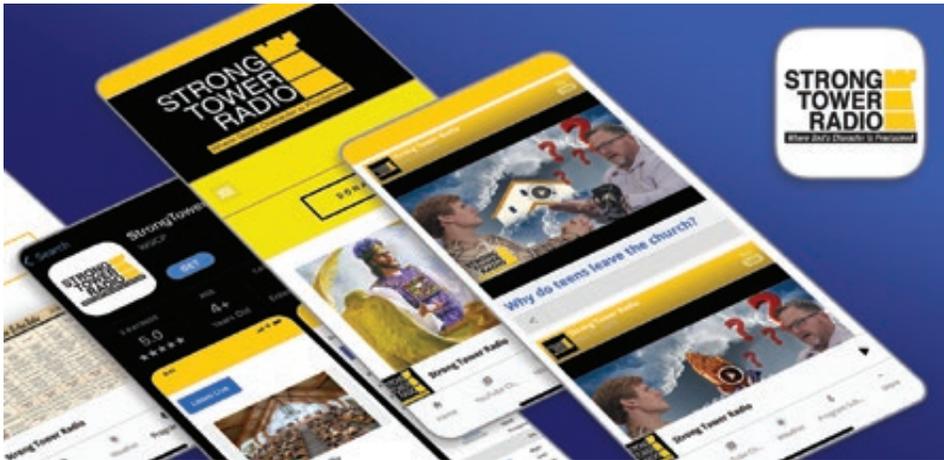
Staviski brought her children, but Reategui noticed her husband never came—his back was injured and he was unable to attend. After Staviski’s baptism, the Hillsdale church prayed hard for her husband, and one Sabbath Staviski’s husband, Jerrod, came to church and sat down in the pew next to her. “God healed him from his back problems and he came to church,” Staviski says.

By exercising her faith, Staviski has done amazing things for her family, and is making a difference in her church. “It is very difficult for me to explain in words what God did for this family,” says Reategui.

When speaking about her story,

Staviski says, “It’s a huge message that we need to relinquish control and let [God] do what He does.” Relinquishing control is a lot easier said than done, she admits. If she had let her fear control her she wouldn’t have come to church and given her life to God.

Let Staviski’s story inspire us that “God has not given us a spirit of fear, but of power, and of love, and of a sound mind” (1 Timothy 1:7), and may we move onward with power, showing the world the difference we can make when we exert our faith and make it a reality in our lives.



“This year, with Strong Tower Radio’s (STR) new Android and iPhone apps, I am introducing others to STR. With the free smartphone app, it’s so easy to lead people around the globe to your favorite radio station.”

## Snowbird Witnessing

At autumn’s equinox, the southern and northern hemispheres trade places in receiving light and warmth from the sun, which results in a seasonal change. Each year, my husband and I join groups of people who head south for the winter. Some call this “snow-birding.” While contemplating our annual migration southward, I mentally and physically begin packing for our trip. My conscience is stirred, however, to do more for the Lord to help disseminate the light of His glory anywhere and everywhere I go.

I have realized that witnessing is more than what we do for Jesus but, rather, who we are in Christ. True Christians can’t help but witness about the One we love and desire to serve! We have experienced multiple encounters that happen without us even having witnessing on our minds. People have approached us in various

venues—on the street, in the grocery store, in a department or tire store, in our neighborhood, at prayer meeting, and even the church parking lot—to ask questions that lead to spiritual discourse and/or opportunities to share God’s health message, or requests for Bible study.

When people seek something better, they see something in you (which is Christ abiding within) that draws them! They want to have what sets you apart, to know what you know that makes you stand out from others. Truly, the Holy Spirit is at work on the hearts of people today. As the Scripture says, “The harvest is plentiful, but...” (Matt. 9:37).

Of the many witnessing activities you can engage in, here are some we are doing: giving Bible studies, handing out food to the community at church, distributing literature along with

Strong Tower Radio (STR) promo cards and/or bookmarks, offering rides to those without transportation, putting GLOW tracts in strategic locations, sending cards or making phone calls that encourage others, praying for them, or simply offering a helping hand where needed.

First and foremost, though, know what you believe and why. Believe with conviction and live out your beliefs in your everyday life and you will be a witnessing magnet! Especially if, in prayer, you daily relinquish your time, efforts and energy to the Lord for His plans and purposes. Divine appointments will become a regular part of your life just as they have for us.

A few Christmases ago, I was abundantly grateful to God for the strength, energy, and endurance He had blessed me with. I wanted to give Him something of myself. As I prayed

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### **(Snowbird Witnessing)**

about the gift I wanted to give the Lord, the Spirit impressed me to share my strength, energy and endurance with those around me who lacked such blessings. After all, “Inasmuch as ye have done it unto one of the least of these ... ye have done it unto me” (Matt. 25:40).

I thought about all the talents and abilities I had and wrote them down. Drafting a Christmas letter to each of our church families in Florida, where we winter, I placed it in their Christmas card, offering my time and “gifts” in whatever way was within my sphere of capabilities. The church members were stunned! Once they understood that I was serious, requests started coming in for themselves and for others they knew, even non-members. Meeting peoples’ needs was Christ’s mode of operation and inspiration says, “Christ’s method alone will give true success in reaching the people... We need to come close to the people by personal effort... and greater results would be seen” (*Ministry of Healing*, p. 73).

This year, with Strong Tower Radio’s (STR) new Android

and iPhone apps, I am introducing others to STR, “Where God’s character is proclaimed!” With the free smartphone app, it’s so easy to lead people around the globe to your favorite radio station. They just download the app from their provider’s app store with a few steps or “stream it” on their laptop or desktop computer by typing STR.fm in the search engine box, click on the live-streaming button and voilà! They can immediately listen to life-changing truths and information—the best gift ever! It is the easiest witnessing possible. Don’t forget to carry STR promo cards and bookmarks to pass out everywhere. You will be glad you did!

Let’s remember that “snowbirds” can witness in their summer and winter nesting grounds or even while migrating. Follow the dictates of Matthew 5:14-16, and “brighten the corner where you are.”

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**By Rosemary Logsdon Smith,**  
Church Member

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### **(What Do You Fear?)**

thunder with heavy rain engulfed the army. The ground shook and their chariots had difficulty moving. In fear, the army tried to retreat but it was too late. Moses stretched out his rod and the pathway through the sea closed. The entire army fell under the judgment of God.

Israel’s reaction to this amazing deliverance is perhaps like ours when we experience a first-hand answer to our prayer of need. The people feared the Lord and believed God. In Proverbs 1:7, Solomon reminds us that the fear of the Lord is the beginning of knowledge. Israel was just learning to trust God. Their faith was dependent on sight! They needed miracles and divine manifestation; belief followed, but it was founded on sight. To trust God no further than our natural sight can see, is not faith. Faith connects the visible with the invisible.

Because Moses had obeyed the Lord in everything, fear had no power over him. His eyes were on God. True obedience is a form of love. Total, complete, absolute, surrender and

submission are words that help describe our love for God. The Bible is referring to this description when it says, “perfect love casts out fear.”<sup>4</sup> When we truly trust God in everything, knowing that nothing can happen to us outside of God’s will, then fear has no power over us.

Yes, it is true that COVID has caused frustration, division and even death. Throughout our lives each of us has experienced the constant miracle of God’s providence and power. Is it possible that, like the Israelites, our focus is on the perplexities of this earth rather than on Heaven’s assurances that remove fear from our hearts?

As you think back on how God has led in the past, what is it that you fear today? As we face the uncertainty of the future, let us always remember, “If God be for us who can be against us?”<sup>5</sup>

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1 Luke 21:26.  
2 White, Ellen. G., *Selected Messages*, vol. 3, p. 162.  
3 Exodus 14:13-14.  
4 1 John 4:18.  
5 Romans 8:31

*(Camp Au Sable Cooking Show Continues with Second Season)*



*"The demonstrations, held monthly, have been well received by many across Michigan and the Lake Union."*

The demonstrations, held monthly, have been well received by many across Michigan and the Lake Union. Notably, several from the local community in Grayling and Cadillac have also tuned in. "We have cultivated a following that has a much broader region than what was originally anticipated when we first started planning!" exclaimed Benson. Each show features a different dish and health focus, with practical health lectures by Nadine Larcher, a student nurse practitioner, during the cooking intermission. "It's always exciting to see what we are going to do each month!" says Emily Graham, co-host and cooking student. "We have a lot of fun doing this and we hope our viewers have just as much fun."



At the beginning of each episode, Benson presents a lesson that relates to the spiritual aspect of health. "At the end of the day, if we aren't introducing people to a personal and saving relationship with the One who created our bodies for good health, we are wasting our time," Benson noted.

After a short summer hiatus, the show returned to live production for their second season on September 7th. "We're really excited to be back!" Larcher said, speaking for the rest of the production team. Breakfast courses are

planned for the first few episodes of this season, such as Larcher's famous scrambled breakfast tofu, roasted rosemary potatoes, and more.

You can find out more information about Camp

Cuisine or watch previous episodes of "Home Cooking" by visiting their website, [www.campcuisine.org](http://www.campcuisine.org). You can also find them on YouTube and Facebook. Their next live episodes are scheduled for November 2 and December 7 at 6:30pm EST.

**By Samuel Girven,**  
Associate Producer

## PASTORAL TRANSITIONS



**Grady Yonas** is the new pastor of the Gladwin and Marion churches. He previously served with CAMPUS in East Lansing, witnessing to students attending public universities.



**Steven Conway** is the new pastor of the Troy church. He served as pastor of the Detroit Northwest church prior to his new assignment.

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# MONTHLY CALENDAR

*Due to COVID-19, events on the schedule are subject to change.*

## NOVEMBER

- 5-7 Public Hi-C Retreat
- 12-14 Crystal Mountain Marriage Retreat
- 12-14 Personal Ministries – Camp Au Sable
- 14-16 Prayer & Fasting
- 24-25 Office Closed – Thanksgiving
- 30-Dec 2 New in Ministry

## DECEMBER

- 3-5 Office Staff Retreat
- 12 Lay Advisory Coordinating Committee
- 24-27 Office Closed – Christmas
- 29-Jan 1 GYC – Houston, TX

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## NATURE NUGGET

### Porcupine Quills

By Dr. Gordon Atkins,  
Camp Au Sable Naturalist

Photo By: Nolan Keyes

In addition to hair, porcupines have quills covering most of their body. If a predator comes too close and touches the quills, or worse, gets slapped by the porcupine's tail, the sharp quills penetrate the predator's skin. They are difficult to remove because of their backwards-facing barbs.

Interestingly, there is another use for porcupine quills! Indigenous Americans have used them to decorate traditional headbands, moccasins and jingle dresses. They cut off the sharp tips, dye the quills in a variety of natural colors and weave them together into colorful patterns (look up "quillwork" in Wikipedia).

One method for getting quills from a porcupine is to CAREFULLY cover it with a blanket. As the porcupine struggles to escape, quills get stuck in the blanket! I recently learned

from a jingle dressmaker that quills are not collected between April and the first frost of fall. During that time, the quills have water and other compounds inside them and will rot when woven together. The water helps the porcupine stay cool in the summer! During winter, the quills lose their water and the mostly hollow quills act as insulation. This third-largest rodent certainly has a few tricks up its quills!

Knowing when to do something, or when to wait to do something, is often crucial in our lives, as well. The Bible is full of examples of the right "time and season." So it is with God's answers to prayers. Because we are often impatient, we may not always appreciate God's timing. We must remember, however, that He always has our best eternal interests in mind.