
“God wants us to do much more praying and much less talking. The threshold of heaven is flooded with the light of His glory, and He will let this light shine into the heart of everyone who will stand in right relation to Him”
(*Testimonies*, vol 7, p. 183).



TYPELINE



Walk Your Way to a Healthier Lifestyle

When it comes to weight loss, activity is essential to obtaining results and supporting a healthy lifestyle. Regular physical activity can produce long-term health benefits and is a key component in the fight against overweight and obesity. Now is the perfect time to learn how easy it is to get started.

Go for the goal

Set a tangible goal and write it down with a date to reach it, in order to stay accountable.

Evolution versus revolution

Evolve into a fitness routine; don't give your body a reason to revolt. Start slow and increase your activity from there.

Switch to manual

Bypassing everyday conveniences can help a person move more. Take the stairs. Climb the escalator. Park your car far away and walk.

Get fit with friends and family

Gather a group of friends and set a time to walk or run each week. The commitment provides a built-in source of accountability and can make it more fun.

Visit a Weight Watchers meeting for additional support. To find a meeting location near you visit www.weightwatchers.com or call 800-651-6000.—
Courtesy ARAcontent.



Bookstore Special Hours

The bookstore will be closed from 11:30 until 1:30 on Tuesday, July 7. We apologize for

any inconvenience and ask that you please plan accordingly. Thank you!

Tips for a Powerful Life

- ◆ Make time to pray and meditate. They provide us with daily fuel for our busy lives.
- ◆ Spend time with people over the age of 70 and under the age of 6.
- ◆ Dream more while you are awake.
- ◆ Eat more foods that grow on trees and plants and eat less food that is manufactured.
- ◆ Clear clutter from your house, your car, and your desk, and let new and flowing energy into your life.

For Your Calendar

Chapel Programs

June

29 Heather Quintana,
Vibrant Life Day

July

6 no chapel, holiday

Sunset in Hagerstown

June

26 8:43 p.m.

July

3 8:42 p.m.

10 8:40 p.m.

17 8:36 p.m.

2009 Holidays

Independence Day—Monday,
July 6

Labor Day—Monday, Sep-
tember 7

Thanksgiving Day—
Thursday, November 26*

Christmas Day—Thursday,
December 24

*Workdays for the week of
Thanksgiving are Sunday,
November 22, through Tues-
day, November 24.

Yard Sale Benefits Pathfinders

Check out the Willow Brook SDA Church yard sale on Friday, June 26, and Sunday, June 28. Open from 9:00 a.m. to 4:00 p.m. both days. You may find just the item you

need. Funds raised help the Pathfinder Club get to Oshkosh for the Courage to Stand Pathfinder Camporee.

PromisedLand Quartet in Concert at Martinsburg

The Martinsburg SDA Church invites you to join them for a vespers concert featuring the PromisedLand Quartet. The concert will be held on Sabbath, June 27, at 7:30 p.m. at the

church, located at 2407 Delmar Orchard Road, Martinsburg, West Virginia. For further information, contact Gary Lee, Periodical Shipping.

Lost and Found

Did you know that the reception desk holds our lost and found items? Items waiting for their owners are: a white scarf with black polka dots, a pair of child's gloves that are blue with pink flowers and red hearts, a

hard blue glass case holder with snap closure, and a gray Eddie Bauer water container. Claim your items at the front desk by July 7. After that date, items will be donated to ACTS 9, our local Community Services center.

Farmers Market Coming!

The Mission Committee is making plans for this summer's Farmers Market to begin in mid-July. Bring in your extra garden produce or home-baked treats to help raise funds for Mission Committee. Funds are regularly used to aid Review and Herald

employees and people in our local churches, and for various projects in the community.



Blood Drive on July 14

Participate in the next blood drive right here on July 14 from 10:00 a.m. to 3:30 p.m.

Please call Human Resources at ext. 4015 or ext. 4025 to schedule your appointment. You can help save a life.

U.S. Military Bands Perform at HCC



The Hagerstown Community College Alumni Association presents its fifth annual Red, White, and Blue Amphitheater Concert Series 2009.

Concerts are free and open to the public. Concerts may be subject to change by the U.S. military groups. HCC Amphitheater is located near the ARCC.

Monday, June 29, 2009, 6:00 p.m.—U.S. Air Force National Guard Band of the Mid-Atlantic

Tuesday, July 7, 2009, 6:00 p.m.—U.S. Air Force Band of Flight

Sunday, August 16, 2009, 4:00 p.m.—U.S. Navy Country Current

Sunday, August 23, 2009, 4:00 p.m.—U.S. Marine Band

Red Cross Offers First Aid and CPR Classes

The American Red Cross of Washington County offers first aid and CPR classes at 1131 Conrad Court, Hagerstown, Maryland. To register for any class, please call 301-739-0717, ext. 0, or visit www.redcrosswcmd.org.

- ◆ Standard First Aid with CPR/AED—Adult
- ◆ CPR/AED—Adult
- ◆ Standard First Aid
- ◆ CPR/AED—Infant and Child

Marketplace

For sale: Murray push lawn mower in good condition, runs well, new blade and spark plug, \$45. Call ext. 4038 or 301-2223-4322.

Real estate nugget—great news! First-time homebuyers qualifying for an \$8,000 tax credit may now use it immediately for a down payment on a home.

Attention, Frederick County and Frederick City employees who would like to be first-time homebuyers—this is HUGE! Grant money is available toward down payment AND closing costs up to \$25,000! For more information, call Marie Petrelis, RE/MAX 100, 301-644-5970, or visit www.MDhome4u.com or contact her at mariep@remax.net. Share with family or friends who would qualify for either.

For sale: Graco car seat and stroller combo, excellent condition, originally \$250, asking \$150 obo. Graco car seat swing, excellent condition, regularly \$50, asking \$30 obo; Graco swing in excellent condition, originally \$130, asking \$80 obo. Booster seat and tray, originally \$50, asking \$30 obo. Black aluminum day bed with trundle, \$400 obo. Contact Nick Bejarano for more information at ext. 4007 or 240-818-8349.

For rent: Bethany Beach vacation cottage, 3 bedrooms (1 bedroom on main floor), 2 decks, fully equipped kitchen, outdoor shower, clean, modern, sleeps 8, plenty of parking and parking pass, reasonable rates. Call Jodi Onoffrey at 703-532-3844.

Realtor available: Duane Olson has been involved with real estate for more than seven years, is licensed in Maryland, Pennsylvania, and West Virginia, and works out of the Hagerstown and Frederick offices of Mackintosh Realtors. Call 301-790-1700 or visit www.duaneolson.com, which offers 13 language options. Will travel north to Shippenburg, Pennsylvania, west to Cumberland, Maryland, south to the Virginia line, and east to Silver Spring, Maryland.

For sale: Miracle keyboard, old but never used, comes with teaching cartridge that works on Nintendo game system, \$50 obo. See Gary Lee, Periodical Shipping, or Robin Lee, Plant Services.

For sale: WWII newspaper headlines. Are you a history buff? Do you enjoy reading what happened from the newspapers of the day? Please contact Richard Singer at 304-274-3347.

June Birthdays

- 24 Francie Freeman
- 27 Ana Marques
- 28 Jason Diggs

July Birthdays

- 1 Sherry Strickland
- 2 Ron Brauer
- 3 Devin Jeffers
- 3 Jonathan Smith
- 4 Nathaniel Erb
- 7 Dale Burgess
- 9 Hope Gipe
- 9 Doug Sayles
- 10 Lynnette Adams
- 10 Victoria Dye
- 10 Vivian Dye
- 11 Brian Smith
- 13 Stan Hannum
- 13 Washington Johnson
- 15 Lance Strickland
- 16 Ray Hickman
- 18 Mewa Singh
- 19 Bill Tymeson
- 20 Genia Blumenberg



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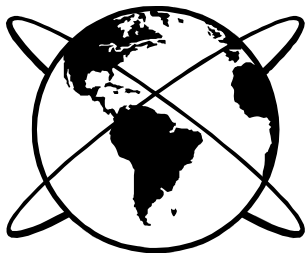
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Submissions of articles and advertisements are accepted for consideration and must be made in writing. Submissions are due on the Monday before publication day.

Next publication date is July 16, 2009.
Submissions are due on July 13, 2009.

We're on the Web! Visit www.rhpa.org and click on the link for newsletters.



We serve the world.

New Product Highlights

Title: **The Sword of Denis Anwyck**

Author: **Maylan Schurch**

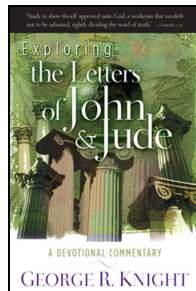
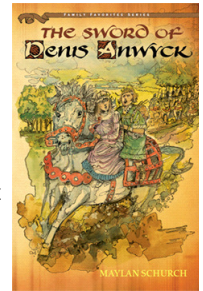
“Hey! Come back here!” shouted the steward.

“Into the blackness of the tunnel I dived. My right knee smashed against something hard and immediately grew warm with blood. Down the giant steps I scrambled, groping frantically in the darkness, my hands outstretched like the feelers of some frantic insect. Down, down, down.

“Up behind me I heard a hollow shouting. I hit a level place and forced myself to run, tripping in the absolute blackness, getting to my feet and running again...”

Thirteen-year-old Denis Anwyck lives in the Middle Ages, where knights joust with lance and sword, and Baron Mordred foments revolt against the king.

Finding himself swept into this maze of intrigue, Denis must brave the baron’s wrath, and even a cold-blooded betrayal by a close friend, in order to discover—with the help of a mysterious golden-haired girl—the startling truth about His Majesty.



Title: **Exploring the Letters of John and Jude**

Author: **George R. Knight**

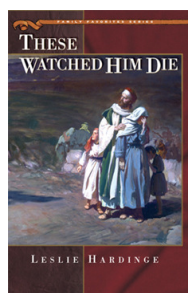
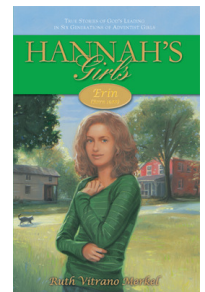
This user-friendly devotional commentary divides the entire text of these four letters into bite-sized passages using a new translation by the author. Each passage is followed by the exegetical meaning as well as the practical application for the lives of twenty-first-century believers. Small study groups and individuals alike will benefit from this format and better understand God’s timely and very personal message.

Title: **Hannah’s Girls: Erin (Born 1988)**

Author: **Ruth Vitrano Merkel**

Erin loves living in her family’s old farmhouse, even though there isn’t a place to swim and there aren’t any other kids living on Hathaway Road. She just hopes that something exciting or unusual will happen during her thirteenth summer. And it does! On a jaunt to the mailbox Erin meets rude, rhyming Rosemary, who is visiting her grouchy grandma for a few days.

This is Erin’s story—the sixth in a series of six true stories about Adventist girls: Ann, Marilla, Grace, Ruthie, Elaine, and Erin. Erin was born in 1988. When Erin was born, Grandmother Ruth wanted her to know that she was a sixth-generation Adventist, as well as a thirteenth-generation American girl whose ancestors helped to establish their country, the United States of America. But most of all she wanted Erin to know that her greatest heritage is that she is a child of the heavenly King—royalty indeed—and so are you!



Title: **These Watched Him Die**

Author: **Leslie Hardinge**

They were there that day—the Roman soldiers, the religious leaders, the disciples, the two thieves, and the crowds who had flocked to Jerusalem for Passover. They witnessed His execution, but each had come to the cross for different reasons. Some came full of hatred, some were impassive, but others watched in agony. You were there that day too. There in the shadow of the cross, all humanity stood represented. We had unanimously sentenced Him to death, and there at Golgotha we, the created ones, murdered our

Creator. Within these pages are the histories of those who watched Him die. And somewhere in these pages is your story.