

# connection ▼

The Newsletter of Seventh-day Adventist Kinship International, Inc. Vol. 32 No. 8 Oct./Nov. 2008

A Look Behind the Scenes  
*The Making of Connection*

European Kinship  
Meeting, Germany

Kampmeeting  
Australian Style



SDA Kinship Int.  
Board Meeting

A Visit to  
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News

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 International Growth and Development: Floyd Pönitz

## REGIONAL COORDINATORS, USA

Region 1 (ME, NH, VT, MA, RI, CT, NY, PA, DE, NJ): David Thaxton and Catherine Taylor, [region1@sdakinship.org](mailto:region1@sdakinship.org)  
 Region 2 (MD, VA, WV, NC, SC): Yolanda Elliott, [region2@sdakinship.org](mailto:region2@sdakinship.org)  
 Region 3 (TN, AL, MS, GA, SC, FL): [region3@sdakinship.org](mailto:region3@sdakinship.org)  
 Region 4 (MN, IA, MO, WI, MI, IL, IN, OH, KY): [region4@sdakinship.org](mailto:region4@sdakinship.org)  
 Region 5 (AK, KS, LA, OK, TX): Floyd Pönitz, [region5@sdakinship.org](mailto:region5@sdakinship.org)  
 Region 6 (ND, SD, NE, WY, UT, CO, NM): [region6@sdakinship.org](mailto:region6@sdakinship.org)  
 Region 7 (AL, WA, OR, ID, MT): [region7@sdakinship.org](mailto:region7@sdakinship.org)  
 Region 8 (NV, HI, CA zip 93600+): Obed Vazquez-Ortiz, [region8@sdakinship.org](mailto:region8@sdakinship.org)  
 Region 9 (AZ, CA zip 93599-): [region9@sdakinship.org](mailto:region9@sdakinship.org)

## AFFILIATED INTERNATIONAL REGION COORDINATORS

Australia-New Zealand: Noel Thorpe, [info@sdakinshipaustralia.org](mailto:info@sdakinshipaustralia.org)  
 Brazil: Itamar Matos de Souza, [matoso25@yahoo.com.br](mailto:matoso25@yahoo.com.br)  
 Canada: Jerry McKay, [ba360@ncf.ca](mailto:ba360@ncf.ca)  
 Central & South America: Alexander Gomez Pasco, [alexgpasco@yahoo.com](mailto:alexgpasco@yahoo.com)  
 Europe: Ruud Kieboom, [kinship@xs4all.nl](mailto:kinship@xs4all.nl)  
 Germany: Roy Raetzer, [roy@raetzer-botha.de](mailto:roy@raetzer-botha.de)  
 United Kingdom & Eire, Mike Lewis, [kinship\\_uk@scotmagic.co.uk](mailto:kinship_uk@scotmagic.co.uk)  
 Philippines: Jonathan Coo, [cancer108@hotmail.com](mailto:cancer108@hotmail.com)

## OTHER COORDINATORS

Intersex: Carolyn Parsons, [intersex@sdakinship.org](mailto:intersex@sdakinship.org)  
 Transgender/Transsexual: Sandra Hoffecker, [transgender@sdakinship.org](mailto:transgender@sdakinship.org)  
 Older Adults: Ren Reynolds, [olderadult@sdakinship.org](mailto:olderadult@sdakinship.org)  
 IMRU? (Young Adults Under 30): Ruben López, [imru@sdakinship.org](mailto:imru@sdakinship.org)  
 Webmaster: Linda Wright, [webadmin@sdakinship.org](mailto:webadmin@sdakinship.org)

## WHO WE ARE...

Seventh-day Adventist Kinship International, Inc. is a nonprofit support organization. We minister to the spiritual, emotional, social and physical well-being of current and former Seventh-day Adventists who are lesbian, gay, bisexual, transgender and intersex individuals and their families and friends. Kinship facilitates and promotes the understanding and affirmation of LGBTI Adventists among themselves and within the Seventh-day Adventist community through education, advocacy and reconciliation. Kinship is an organization which supports the advance of human rights for all people.

Founded in 1976 the organization was incorporated in 1981 and is recognized as a 501(c)(3) non profit organization in the United States. Kinship has a board made up of thirteen officers. There are also regional and population coordinators in specific areas. The current list of members and friends includes approximately 1,550 people in more than forty-three countries.

SDA Kinship believes the Bible does not condemn or even mention homosexuality as a sexual orientation. Ellen G. White does not parallel any of the Bible texts that are used to condemn homosexuals. Most of the anguish imposed upon God's children who grow up as LGBTI has its roots in the misunderstanding of what the Bible says.

## SUPPORT KINSHIP

Kinship operates primarily on contributions from its members and friends. Help us reach out to more LGBTI Adventists by making a tax-deductible donation to SDA Kinship International. Please send your check or money order to the address below or donate securely online at [sdakinship.org](http://sdakinship.org). (You can also donate using your Visa or MasterCard by contacting [treasurer@sdakinship.org](mailto:treasurer@sdakinship.org). You will be phoned so that you can give your credit card information in a safe manner.)

SDA Kinship, PO Box 69, Tillamook, OR 97141, USA  
 or visit SDA Kinship's website at:  
[www.sdakinship.org](http://www.sdakinship.org).





## From the Editor

### Behind the Scenes

*Unless you have edited or produced a newsletter, the general vagaries and adventures might not be something you have experienced. Even though we are a volunteer organization, our team works very hard to make sure the Connection arrives in your computer or at your address regularly. August seemed like amonth of events that ...well, I am about to describe them. I generally put the monthly issue together on the last week of the previous month or the very first days of the month we are due to be published. This summer I ended up working ten to thirteen hours a day at the wonderful summer program our child and family agency has developed. When I got home at night, I mowed sections of our two-acre lawn, fed the dogs and fell asleep. The week I had a break from our adventures, my wife Karen came down with diverticulitis. She was on clear liquids and bed rest for ten days. I enjoyed having the chance to spend extra time with my beloved and I am very glad she is feeling better. But, the Connection was running even later than usual. Computers ate proofed copies we cyber sent across the Atlantic to Ruud. We had to correct mistakes later than the time we normally send our work to Doolittle's Printserve. When we did get the Connection to the printers it was on the week that Doolittle's moved their entire printing business across town. The work took them three days longer than usual. I thought I could pick up the finished copies on Friday so I could prepare them for mailing over the U.S. Labor Day long weekend, but the person who usually does the folding had gotten another part-time job and forgot to come in. I was pretty certain at this point that you were going to get the August issue just in time for Christmas. I thought, okay, on September 2 I will pick up whatever copies are done and just mail as many issues as I can before I leave for European Kinship Meeting on September 3. They still were not folded. Now, here is the reason why I am telling you the story. One of the staff people at Doolittle's was heading home when she found out about my dilemma. She turned around and spent two hours past her salaried workday getting these ready by 6 PM, at no extra cost. That was nice but I knew I was tired, had to pack and had not gotten my house ready to be left alone for two weeks. I was in grateful, exhausted, almost hopeless tears. My little Seventh-day Adventist Church mid-week Bible study group was coming over. I ran home, getting there five minutes after the first person had arrived and put snacks on the table. The members of the group looked at my boxes of Connections and envelopes, looked at each other and said, "Tonight, we are not studying Revelation; we are stuffing and sealing these envelopes!" In three hours, the normally eight-hour task was done and the boxes were in my car ready to go to the post office the next day. The relatively on-time arrival of that issue to you occurred because people who are not lesbian, gay, bisexual, transgender or intersex went out of their way in kindness. It was my small miracle of love. Because it touched your life, even in a small way, I wanted to share it with you. This issue is packed. We bring you pictures from European Kinship Meeting. We bring you a report from the Australian Kinship Kamp-meeting. We are sharing the work done at the autumn Board Meeting. We bring you a report from Ron Lawson on his visit "down under." We begin a series on health-related topics. We've got some suggestions by Michele O'Mara on ways to improve your relationships. And...we have "A String too Short to Save."*

**Catherine**

S

You are my friend  
when you can guard  
my failure, challenge  
my thought and  
celebrate my  
success.

-Unknown

s

Friendship is always  
a sweet  
responsibility; never  
an opportunity

-Kahlil Kabran

s

The line separating  
good and evil passes  
not through states,  
nor between political  
parties either--but  
right through every  
human heart.

-Alexsandr  
Solzhenitsyn

s

If you don't' like  
change, think of the  
beauty of autumn.

-Anonymous

s

Silent gratitude isn't  
much good to  
anyone.

-Gladys Browyn  
Stern

s

Those who thank  
God much are the  
truly wealthy.

-Albert Schweitzer

# European Kinship Meeting 2008

*Bremen, Germany*

*September 5-8*



Left to right

Standing: Floyd, Jeff, Klaus, Jørgen, Nomi, Ingemar, Reino, David, Werner, Joachim, Elodie, Stefan

Sitting : Mike, Catherine, Melanie, Ruud, Kees, Frieder, Frieder's wife

As always, we came from several countries: Germany, of course, the Netherlands, Spain, France, the United States, Scotland, Sweden, Finland, and Denmark. Stefan, Joachim and their Seventh-day Adventist congregation were gracious hosts. The church had the facilities for and welcomed Kinshippers who wanted to camp on their premises. The church also offered their bistro where we all could eat, their sanctuary where we met to worship and a remarkable art show. Joachim and Stefan told us their church welcomed us to their worship service and we rolled that into our program.

We don't know if you can tell from the pictures how remarkable the light is in this building. We don't know if you can tell how powerful the double helix spray-painted version of the Sistine Chapel is on one of their outside walls. We don't know if you can tell how much fun we had posing in front of the art work.

Joachim was our chef. He turned out delicious breakfasts that were a mix of German tradition and the quirks of our various requests. Our speakers, Klaus Schmitz from Berlin and Frieder Schmidt from Frankfurt, the president of the conference, were both thoughtful presenters. Mike Lewis ended our weekend

with a remarkable message that was a call to hope, commitment and energy. We will include it in a future *Connection*.

Sunday morning our wonderful guest pastor and church administrator helped us solidify ideas we had for creating a European Advisory Council. We picked a date. Mike found a place. From that planning meeting we will have a gathering of church pastors and officials from the Trans-European and Euro-African Divisions.

Play is a large part of EKM. Sunday afternoon we toured Bremen. We saw beautiful gardens and more remarkable artwork. We found great places to eat. We tried the carousel and slid down the slides. We wandered through the old town and tried to figure out the tricks of the street performers. We craned our necks at the beauty of the old cathedral. We posed with the "Street Musicians of Bremen."

Monday we left for our holiday in Wremen. There are ways we want to give you all the details so you will race to make your reservations for our Holiday next year. Our challenge is that it's very difficult to explain in words what the sun feels like on our faces in Bremerhaven. Or what it was like for Stefan to be kind enough to help us find baby shower gifts in a local mall. It's

impossible to let you know how wonderful the food smells when the various chefs are cooking. We didn't record the giggles of delighted and childlike adults who mucked across a kilometer of mud flats at low tide to find the receding North Sea. We can't describe what it's like to wake up in the morning and race across the levies to see the water or to wander up later, with multitudinous cameras, to see the sunset or moonrise. Ivan, Joachim and Stefan are prodigious photographers and we have strewn this issue with their work. We hope it is enough to share with you the joy with which we hope to draw you to next year! s CT



### Some reflections from Nomi

*I have some reflections on EKM in Bremen. You asked for an interview and I will give you some of my thoughts.*

*Often I have wondered how Heaven would be like. Probably I would play tennis without a winner. I play to win, so maybe I would eat chocolate and drink chocolate milk instead, and in a corner there would be space to breed crested budgerigars while friends came by. But now I know what Heaven is like; and if people like you and me shouldn't be there, I have no interest in being there.*

*I miss you folks. Joachim, you touched my heart when my husband Jørgen asked for pepper at breakfast and in our language confusion you brought him a big box of pepper. What Jørgen meant was bell pepper and you thought there were none left but came triumphing back with some. You cooked food for us as a skilled cook with a big smile while we were at meetings. Thank you so much.*

*You teased me, Ruud, so much it bubbled inside me, and we were back in our old days or golden days. It was great to meet you, Elodie, as a newcomer. Bring your fiancé next time. I asked Ruud how many women would come and I was happy to discover more would come. Not that I don't like men. Don't take me wrong. There are three in this house. I like to talk with women; like-minded is comforting. So women out there, come and enjoy the great fellowship we have! Those of you I haven't mentioned by name, I have valued talking with you and you made traces in my heart. Perhaps more than you know. Blessings to you all - Heaven was on earth! s*

**We aren't what we ought to be. We aren't what we're going to be. We aren't what we want to be.  
But, thank God, we aren't what we were.  
-Anonymous**



Michele O'Mara

# I'm Not Sorry

After diligently applying every stain removing chemical I could get my hands on, the red began to fade. Unfortunately, the puddle morphed into a larger pink circle. At this point I was certain that my newly designed pink carpet was not going to fit into Teresa's plans for our basement. After every attempt to right my wrong, there was only one thing left to do. I marched upstairs, confessed my mistake to Teresa and said: "I'm sorry."

**That's what we do when we make mistakes, right? We apologize.** When I apologize, it means, **I did something wrong** (like spilling paint on the carpet). I wish I hadn't. **I am not able to fix my mistake** (even after trying every product on the market today) and I'm sorry. It means, **I want to do better next time.**

**We apologize for behaviors - the things we do or don't do.** I didn't always understand the proper use of an apology. In fact, there was a time in my life that I apologized for everything. Someone would bump into me while I was minding my own business, in my own space, and I'd instinctively respond with, "Oops, I'm sorry."

The best lesson I got with apologies, though, came a couple of decades ago when my mom gently tugged me out of the closet with her questions. The first thing I said to her after confirming that yes, I am a lesbian, was, **"I am so sorry."** Her response taught me a very valuable lesson about when to NOT use this word. She said to me, **"You have done nothing wrong, you have nothing to apologize for."** (That, by the way, is not what she said when I wrecked her car).

Being gay was not something I "did," it was something I was, it's something I am. I was apologizing for something I could *not make better*. There was no way for me to do "better next time."

I love painting. This works out pretty well because my partner, Teresa, loves decorating, and sometimes the same room must be painted several times, a different color, before we get it just right.

About six months ago I painted our entire basement. When I was done the walls were the color of a fresh warm cup of coffee with cream. I thought this looked pretty good. As it turns out, we needed to spice things up with a little red. Who knew? So we (as in Teresa) decided it was time to paint again.

This is where the story takes an unfortunate turn. While happily changing the walls to red, I managed to spill quite a big puddle (yes, puddle - not drop) of paint on our carpet. Red paint, by the way, is no friend of carpet - at all.

At the time, what I was sorry for was that I was a lesbian: a truth I fought for years, a truth that I worked hard to ignore, a truth I tried to "fix," to make go away.

My being gay was something that neither she, nor I, could change. Luckily for me, she never tried to change this, only I did.

**In time, I discovered that we cannot simultaneously love ourselves AND believe that who we are is fundamentally harmful to those we love.** Can you ever really be true to those you love if you are not true to yourself?



I hear men and women share so many reasons for not living their truth.

- "They (parents, siblings, friends) have enough stress to deal with, I don't need to add to it."
- "I don't want them to be bothered by this."
- "I can't do that to my parents, it would kill them."
- "It's selfish to burden them with my issues."

I hear these words as, "I am sorry for who I am and how my existence may affect you. Therefore, I will protect you from who I really am so that you do not have to be harmed by the truth of my existence." And, *"I don't have to bear the pain of believing I've disappointed you."* Living your life as though you were a mistake, as though you are not worthy, goes beyond believing you have DONE something wrong, it suggests you believe you ARE something wrong.

Thanks to my mom, I learned very early in my process that while I certainly have my own share of quirks and flaws for which I may need to apologize from time to time, being gay is not one of them. And as for our carpet, the very large pink circle downstairs serves as a great reminder to me that drop cloths just might be a great idea, like Teresa had suggested. **s**

# Visit to Australia

Ron Lawson

I am back home from Australia and finally recovering from ten days of jet lag. I would like to share a report of my visit with Kinship. I had been asked to speak there three times for different groups. Two of these dealt with topics where Kinship got a lot of mentions. The first was a faculty colloquium, where the organizer, a College Vice-President (what would once have been called Academic Dean) chose, "Adventists and AIDS," from a list of possible topics I gave her. The school has two graduate students who are interested in researching topics that relate to the topic. It was also relevant because it is now recognized that a huge AIDS epidemic is on its way in Papua New Guinea, where Adventism is both strong and prominent. I spoke about the refusal of the Adventist Church to address the epidemic in the U.S. because it was originally seen here as a gay disease. Then I talked about the slow and wrong-headed response in Africa. I also shared the ways in which the church response has changed in recent years as it realized how many Adventist pastors and administrators and their family members were dying of the disease. I then asked them to tell me what they knew about Adventist response to AIDS in Papua New Guinea. There was a lot of interest and conversational involvement from the audience.

The third meeting was in the home of Arthur Patrick, a retired but still-active faculty member. He asked that I speak about Adventists and homosexuality to a by-invitation-only audience. Fred, Kinship's volunteer Member Services Coordinator, had sent a case of the books over to Arthur so they would be available for purchase there. I originally thought that this would be an academic meeting, and had prepared to summarize my contribution to the book. However, when I got to Avondale, Arthur explained that the audience would include some closeted gays and lesbians, some parents of gays and lesbians who had recently come out with a bump, students concerned about and supportive of gay friends, the pastor of the college church, the college chaplain, the local Metropolitan Community Church pastor and some others who were clearly supportive. When I learned this, I decided to change my presentation, focusing on my own pilgrimage, which has, because of its timing, length and activism, encompassed pretty much all the topics I had planned to address, but in a much more personal way.



There were twenty-nine people present for the nearly three-hour meeting. Arthur did close it formally after the advertised ninety minutes, but no one left. Everyone chose to be in the conversation that followed. Both Arthur and I received many positive comments about our gathering. The college pastor and chaplain asked my advice about how they could change their church and college to make them more supportive of gays and lesbians. We sold fourteen copies of *Christianity and Homosexuality: Some Seventh-day Adventist Perspectives*. Wendy gave away the rest. It was wonderful to have the book while I was there—I saw plenty of evidence that it is having an impact there.

I met with Noel, Coordinator of Kinship Australia, when I was in Queensland. (He lives in a town where my parents owned a pineapple farm when I was a kid!) At his request, I was able to arrange for Arthur to speak at their Kampmeeting, which is described right after this letter. I discovered that one of their members is a guy who, when aged 11-12, sang in the kids choir I ran at Central Church in Brisbane back in the 1960s. I looked him up while there. (No, I did not lead him into perdition!) Noel also gave me the email address of a contact in Papua New Guinea. I wrote to him last week. He was so happy to hear from me! He feels very isolated.

Arthur convinced the Avondale Adventist news sheet to publish a summary of my talk on AIDS. Noel tells me that the story he submitted to the RECORD, the official church publication in the South Pacific Division, about my meeting on Adventists and homosexuality has been published. **s**



## Australian Kampmeeting

David Coltheart

The annual SDA Kinship Australia Kampmeeting took place over the weekend of 3-5 October 2008 at Lismore, in northern New South Wales, a city of about 25,000 people located 700 km north of Sydney. Our meeting place was Invercauld House, the conference centre attached to the Southern Cross University. This place is set in beautiful bush land on the outskirts of Lismore. The seven of us who met for the weekend included Kinship members from Melbourne in the south, Sydney in the centre and the Sunshine Coast north of Brisbane. We all stayed in one large apartment near the university and enjoyed the fellowship created by a common spiritual heritage.

Friday evening I presented a devotional on the closing scenes in the life of Christ, taking lessons from the last three converts Jesus made on His way to the cross: Simon of Cyrene, the dying thief and the Roman centurion. Each Kinship member was given a large, rusty nail, representing our sin and guilt, which we then laid at the foot of the cross to represent the forgiveness provided by God's grace.

Sabbath morning, Dr Arthur Patrick, a retired lecturer from Avondale College, was our guest speaker. Though not part of Kinship, he expressed his personal desire to reach out to our community in an attempt to minister to the needs of GLBTI individuals. He reviewed the history of the church over the last 2000 years with regard to attitudes towards women, sexuality in general and homosexuality in particular. In looking at Seventh-day Adventist history, he suggested that the same attitudes prevail about the ordination of women, as do the attitudes towards GLBTI relationships. The same presuppositions, interpretative principles and often the same Bible texts are used in both cases. The people who oppose the one are generally also the same people who oppose the other. He reviewed the Adventist literature on GLBTI issues and also indicated some trends for the present and future.

After a splendid vegetarian lunch in the dining room overlooking the swimming pool and the surrounding bush, Ian, a representative from ACON came to speak with us. ACON used to stand for "Aids Council of New South Wales" but Ian explained that since AIDS is no longer the focus, the name has been changed and

ACON just stands alone now. The organization offers a much broader range of services including health education, counseling and lifestyle issues. He was due to talk for only half an hour, but after he warmed to us, and we warmed to him, he talked with us nearly two hours. Ian shared his own personal experience and we gained a better insight into the work of ACON.



To close the day, we watched the video about Christianity and homosexuality that is so popular now. Using interviews and location shooting, the documentary follows the story of five families from conservative Christian backgrounds and explores their respective problems and issues raised when one of their family members reveals their orientation. Not all the stories were happy, but that of Bishop Gene Robinson was particularly inspiring.



On Sunday we drove 50 km into the Nightcap Range National Park located behind Lismore. We visited the spectacular Minyon Falls that plunges over the 100-metre (300 feet) escarpment into a deep gorge surrounded by lush rain-forest. We walked along the track at the top of the waterfall and followed the creek into the dense bush. We ate a picnic lunch near the falls and enjoyed chatting before it was time to say goodbye and head for home. **s**

Rom Wilder

## A String too Short to Save

### To Rescue or be Rescued

*There she was, walking toward me, steady and calmly. At the other end of her leash was a nicely dressed woman in her late 50s.*

*"Your dog is beautiful," I commented to her.*

*"Thank you," she said, smiling the smile people get when they totally agree with you but are a little shy to say so.*

*"Have you had her since she was a baby?"*

*I queried, thinking how adorable little puppies are.*

*"No. She was in a shelter."*

*"Oh! A rescue dog. You rescued her!"*

*"Not really," she responded, with a tender voice.*

*"SHE rescued ME."*

*I nodded understandingly and said, "Sometimes when I am quietly working on something I can hear our lab breathing and I realize....."*

*"You're not alone!" she exclaimed, finishing my sentence for me.*

*If you go out for five minutes – to take out the trash or get the mail - you will be greeted on your return by enthusiasm humans use when greeting long-lost friends.*

*If I go to bed before my partner and am not quite asleep when she comes to bed, I'm aware she has entered the room because of the thump, thump, thump on the bed from that huge happiness barometer at the back end of our lab's 65-pound body.*

*In light of my conversation with the rescued woman, I think I must be a rescue person, rescued first by a big orange cat who was born at the dump and appears to have been trained to drink by a raccoon. Then I was rescued by a precious yellow lab. And most recently a sausage with four long springs where you'd expect legs to be, has rescued me. (A min-pin/rat terrier the vet thinks). She cracks me up every day with her antics!*

*They ask so little and give so much, those four legged, fur-covered creatures that many of us are fortunate enough to own – or be owned by. Their unconditional love rescues me over and over! **s***



## SDA Kinship International Board Meeting

September 2008

We now have people on our leadership team in California, Maryland, Den Haag in The Netherlands, Vermont, North Carolina, Washington, Oregon, Texas and New York (well, Bob commutes a lot). If you are someone who actually reads the second page of the *Connection* you will notice that we also have people who care deeply about this community and have functions that support our members in even more places of the world. We have three board meetings a year, one of them at Kampmeeting. We have begun to have regular phone calls in-between meetings, designed to cut across time zones, so that we can continue the work and the planning of Kinship. Those phone calls include Ruud being up at 3AM his time so that he can be part of the discussions. This kind of dedication exemplifies the group.

This autumn, our Board meeting was in Maryland at Yolanda's home. She had just finished renovations. There were boxes in the garage that had not been relocated to their permanent spots. Furniture had not been placed in the new sunroom. That was a good thing because there was room for two of us to camp out. On the second floor a large sofa, brand-new kitchen and spacious table were set up to make our stay comfortable. Isis designed a color-coded spreadsheet of the airport arrivals, departures and transportation needs. None of us waited long on the curb. Despite

the recession, despite concerns about U.S. elections issues, despite a wide variety of personalities, we all commented on and were grateful for the spirit of cooperation and gentleness that permeated the entire weekend of discussions.

Here are some of the highlights from our meeting.

- \* Membership Services was reorganized so that Fred Casey, our Volunteer Member Services Coordinator could have extra support. The Member Service Committee shared their proposal to have a wider variety of Kinship leaders to welcome new members as they join us.
- \* We are working to create more ways to promote *Christianity and Homosexuality: Some Seventh-day Adventist Perspectives*. Floyd Pönitz placed an advertisement in the *Southwestern Union Record*, church newsletter for Adventists in the Texas area. Region One sent a card describing the book and how to purchase it to every church administrator in the Bermuda, Northeastern, Northern New England, Southern New England, New York and Greater New York Conferences.
- \* Plans are under way for the development of an upgrade to a more easily accessible website. Jacquie Hegarty, our Director of Communications, also

described ways that the present website is being used to provide ongoing information about events happening in Kinship with issues with which Kinship is involved.

\* The International Growth and Development Committee presented plans for the first European Advisory Council to be held in Scotland in May with Adventist leadership from the Trans-European and Euro-African Divisions.

\* We decided to change the time of Kampmeeting next year to a four-day gathering in an effort to make it more affordable to more Kinship members.

\* We discussed how to do the most good with the finances that are available to us. Because of the world economic market there has been some decrease in donations. Because of the social issues going on in the world, there is more need. We were amazed at how much we were able to do with so few cutbacks.

**Speaking of Donations** – Many people have been affected by the turmoil in the world stock exchanges, the layoffs happening in employments arenas, decimated retirement plans, and fear in the banking world. Some of us may feel sad that we are not able to give as much as we would like. Some people believe if they cannot give a lot, they shouldn't make the effort. Even if you can only spare 6 pounds or 13 euros or 10 krona or 8 rupee or 20 pesos or 15 dollars or...you can help support the many ways that Kinship is working to improve the lives of lesbian, gay, bisexual, transgender and intersex people with Adventist backgrounds. You can make donations in a couple of ways. You can mail checks to our office at PO Box 69, Tillamook, Oregon 97141, USA or you can donate online with your credit card or debit card or by contacting our finance team at [treasurer@sdakinship.org](mailto:treasurer@sdakinship.org). We make a commitment to use the funds you trust to us with care. **s**

## Going Bananas?

Never put your banana in the refrigerator!!! Bananas contain three natural sugars: sucrose, fructose and glucose combined with fiber. A banana gives an instant, sustained and substantial boost of energy. Research has proven that just two bananas provide enough energy for a strenuous 90-minute workout.

\* **Depression:** According to a recent survey undertaken by MIND among people suffering from depression, many felt much better after eating a banana. This is because bananas contain tryptophan, a type of protein that the body converts into serotonin, known to make you relax, improve your mood and generally make you feel happier.

\* **PMS:** The vitamin B6 it contains regulates blood glucose levels, which can affect your mood.

\* **Anemia:** High in iron, bananas can stimulate the production of hemoglobin in the blood and so helps in cases of anemia.

\* **Blood Pressure:** This unique tropical fruit is extremely high in potassium yet low in salt, making it perfect to beat blood pressure. So much so, the Food and Drug Administration has just allowed the banana industry to make official claims for the fruit's ability to reduce

the risk of blood pressure and stroke.

\* **Brain Power:** 200 students at a Twickenham (Middlesex) school were helped through their exams this year by eating bananas at breakfast, break, and lunch in a bid to boost their brain power. Research has shown that the potassium-packed fruit can assist learning by making pupils more alert.

\* **Constipation:** High in fiber, bananas included in the diet can help restore normal bowel action, helping to overcome the problem without resorting to laxatives.

\* **Hangovers:** One of the quickest ways of curing a hangover is to make a banana milkshake, sweetened with honey. The banana calms the stomach and, with the help of the honey, builds up depleted blood sugar levels, while the milk soothes and re-hydrates your system.

\* **Heartburn:** Bananas have a natural antacid effect in the body, so if you suffer from heartburn, try eating a banana for soothing relief.

\* **Morning Sickness:** Snacking on bananas between meals helps to keep blood sugar levels up and avoid morning sickness.

\* **Mosquito bites:** Before reaching for the insect bite cream, try rubbing the affected area with the inside of a banana skin. Many people find it amazingly successful at reducing swelling and irritation.

\* **Nerves:** Bananas are high in B vitamins that help calm the nervous system.

\* **Overweight and at work?** Studies at the Institute of Psychology in Austria found pressure at work leads to gorging on comfort



food like chocolate. Looking at 5,000 hospital patients, researchers found the most obese were more likely to be in high-pressure jobs. The report concluded that, to avoid panic-induced food cravings, we need to control our blood sugar levels by snacking on high carbohydrate foods every two hours to keep levels steady.

\* **Ulcers:** The banana is used as the dietary food against intestinal disorders because of its soft texture and smoothness. It is the only raw fruit that can be eaten without distress in over-chronicler cases. It also neutralizes over-acidity and reduces irritation by coating the lining of the stomach.

\* **Temperature control:** Many other cultures see bananas as a "cooling" fruit that can lower both the physical and emotional temperature of expectant mothers. In Thailand, for example, pregnant women eat bananas to ensure their baby is born with a cool temperature.

\* **Seasonal Affective Disorder (SAD):** Bananas can help SAD sufferers because they contain the natural mood enhancer tryptophan.

\* **Smoking & Tobacco Use:** Bananas can also help people trying to give up smoking. The B6, B12 they contain, as well as the potassium and magnesium found in

them, help the body recover from the effects of nicotine withdrawal.

\* **Stress:** Potassium is a vital mineral, which helps normalize the heartbeat, sends oxygen to the brain and regulates your body's water balance. When we are stressed, our metabolic rate rises, thereby reducing our potassium levels. These can be rebalanced with the help of a high-potassium banana snack.

\* **Strokes:** According to research in *The New England Journal of Medicine*, eating bananas as part of a regular diet can cut the risk of death by strokes by as much as 40%!

\* **Warts:** Those keen on natural alternatives swear that if you want to kill off a wart, take a piece of banana skin and place it on the wart, with the yellow side out. Carefully hold the skin in place with a plaster or surgical tape!

\* **Nutrients:** When you compare it to an apple, it has four times the protein, twice the carbohydrate, three times the phosphorus, five times the vitamin A and iron, and twice the other vitamins and minerals. It is also rich in potassium and is one of the best value foods around. So maybe it's time to change that well-known phrase so that we say, "A banana a day keeps the doctor away!" s



*I saw this Public Service Announcement yesterday and today I saw some more information about it.*

*The Gay, Lesbian and Straight Education Network (GLSEN) has started a new campaign to get people to stop using "gay" as a pejorative. In each ad, some teenager refers to something stupid or lame as "gay" and get reeducated by someone. One ad features singer Hilary Duff and another features comedienne Wanda Sykes. All three are done very well. Check them out here: <http://www.thinkb4youspeak.com>*

- Rubin López

### Books:

*Christianity and Homosexuality:*

*Some Seventh-day Adventist Perspectives and*

*My Son, Beloved Stranger* can be ordered online at [www.sdagayperspectives.com](http://www.sdagayperspectives.com)

When faced with a challenge, look for a way, not a way out.

-David L. Weatherford

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### DVD:

*Open Heart, Open Hand* contains stories of three supportive Seventh-day Adventist parents of gay and lesbian children.

This DVD can be ordered online at [www.sdagayperspectives.com](http://www.sdagayperspectives.com)

Adversity causes some men to break; others to break records.

-William A. Ward

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**We would like to congratulate!** – Lori and Mary (known online as Maude and Mabel) are pleased to announce their marriage at their home in California.

“We decided not to wait to see what happened to Proposition 8. We wanted to be legally acknowledged for the family that we have been for the last 13 years. We found a wonderful reverend. She liked our cats and they gave her their approval. She smoothed the way for a personal and spiritual ceremony. We exchanged vows in front of two close friends that had ‘tied the knot’ the week before. Two of the cats wandered around while the dogs whined from the bedroom. They would have been too involved. We appreciate the support from our Kinship family. Wish you all could have been there. No matter what happens we are a family.”  
- Lori and Mary. (M&M)



**Region 8** – Each year Pearl Pangkey swims to raise money to support cancer research. Even though she and Brenda live in Tennessee for now, they make the journey to Pearl’s home in northern California. This is Pearl’s report.

We had a wonderful weekend in the San Francisco Bay Area. My family (dad, sister Jackie and her family, brother Steve and his family) drove up from southern California. On Saturday, some of us went to Alcatraz and later met with the rest of the group at the Golden Gate Bridge. We even squeezed in a little time to fly a kite on Baker Beach. Andy (my brother-in-law) loves flying kites. This year he brought a really big kite. When I tried to fly it, it pulled me and dragged me on the sand!

On Sunday we all met at the Thai Temple in Berkeley and had brunch. We celebrated Jackie’s birthday with a yummy chocolate cake! After eating and visiting we made our way to Mills College in Oakland. Natalie and I had a great swim. She’s eight years old now and is a little stronger swimmer. We swam the mile in one hour and seven minutes! After the second lap Natalie looked at me and asked, “How many was that?” Poor girl got tired, but she kept on going. It helped that our cheerleaders made lots of noise and cheered us on! If you’d like to see pictures, go to [www.photobucket.com/pjpangkey](http://www.photobucket.com/pjpangkey). The newest albums are: *Fun in SF 2008* and *Swim A Mile 2008*.

**Linda Wright** sent us the following quote as she thought about the ways some Adventists treat their GLBTI church members.

*Satan has wrought with deceiving power, bringing in a multiplicity of errors that obscure the truth. Error cannot stand alone, and would soon become extinct if it did not fasten itself like a parasite upon the tree of truth. Error draws its life from the truth of God. The traditions of men, like floating germs, attach themselves to the truth of God, and men regard them as a part of the truth. –**Evangelism**, p.589*

#### Public Relations Cards:

These 4" X 10" rack cards have information on one side about our book, *Christianity and Homosexuality*, and can have Kinship regional information on the other side. They are perfect to have in any gathering place for LGBTI people, such as pride parades, or other public events. For more information you can contact us at [communications@sdakinship.org](mailto:communications@sdakinship.org).

**Why Should I Attend Kampmeeting 2009?** – Naveen Jonathan, Kampmeeting Coordinator

“Why should I attend Kampmeeting and especially Kampmeeting 2009?” was a question posed to me recently. I thought, “What a great question!” And I thought if one person had this question there are

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probably others who are thinking the same thing. So why should you attend Kampmeeting?

Kampmeeting is a time when we as LGBTI individuals with current and former roots in Seventh-day Adventism can come together and celebrate our faith, uniqueness and diversity. It's a time when we can fellowship and commune with our Creator through song, message, discussion, community and many other ways. It is also a time when we can make new friends, while renewing friendships with those individuals we have not seen in a year (or more!).

Why should you attend Kampmeeting 2009? There are many exciting reasons why you should. First, we are celebrating our 30th anniversary during this event and there will be a lot of special presentations, slide shows and moments from Kinship's history, past and present, that will be featured. We will also be featuring a variety of religious speakers and workshop presenters that will help us both spiritually and emotionally.

As part of our experience we will be taking time to learn how we can include the loving, supportive individuals in our lives. On Sabbath, July 18, we will be inviting our families and friends to our third annual "Family & Friends Day" event. This event has received popular ratings over the past two years, and we would like to continue its tradition this year. If you have family and friends that live close to the Seattle area or would be willing to travel to this event, please plan on inviting them. Ready-to-print invitations and more information will be available shortly on the Kampmeeting page of our website.

My hope as Kampmeeting Coordinator is that you join us for this wonderful celebration! For more questions and information, please feel free to email me at [kampmeeting@sdakinship.org](mailto:kampmeeting@sdakinship.org). Please also watch the SDA Kinship home page for updates and information as they become available.

I am looking forward to seeing all of you in Seattle, WA, July 15-19, 2009! s

## Leaflet:

Homosexuality: Can We Talk About It?  
in different languages can be printed  
from [www.kinnet.org/leaflet](http://www.kinnet.org/leaflet).

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Every blade of grass has an angel that bends over it  
and whispers, "Grow! Grow!"

-The Talmud

## Some more Impressions from Kampmeeting 2008





Hope to see you again next year!

## connection ▼

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Circulation : Fred Casey  
European editor : Ruud Kieboom  
Photography : Karen Wetherell, Pearl  
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Member of the Gay and Lesbian Press Association.

# Greetings from Bremen, Germany!



## European Kinship Meeting 2008

