



Friday Edition

Penn-Del Tips

The official newsletter of the American Baptist Men of Pennsylvania and Delaware

Visit us on the web at www.abmopad.org

Welcome to our 54th Annual Retreat!

In the name of our gracious Lord and Savior, Jesus Christ, the board of managers wishes to welcome you to the 54th Annual ABMOPAD Retreat! We have a lot in store for you this year, with several workshops, awesome music and a first-rate, dynamic speaker.

Our theme for this year's retreat is "Seek First the Kingdom of God and His Righteousness". We must always seek first God's kingdom and his will in our lives. If we always "turn our eyes on Jesus" we have a better chance of making the correct decision. Remember that you are often the only example of a Christian that some people will see. Are you setting a good example?

Rev. Robert Santilli, our keynote speaker for this weekend, has been an American Baptist pastor for over 40 years and has been working with International Ministries as a full time volunteer since his retirement in 2002. Please take a moment to read his bio in your retreat booklet and also make a point to welcome Bob to

the retreat.

The Kilikpo family consisting of Yeka, Yah and Kou have returned to bless us with their music. Their blend of guitar and A cappella harmonies mixed with powerful lyrics is sure to bless us all. After coming from Liberia via the Ivory Coast several years ago, the Kilikpo's live in Allentown and attend Calvary Baptist Church where they are active in ministry. They are joined this weekend by their mother, Betsy and Kou's husband Miles along with their young daughter. Please greet the Kilikpo's and welcome them with open arms.

Richie Shive also returns this year to lead our praise and worship music. You may recall that Richie had brought us the special music for our last two retreats. Richie currently attends Liberty University. Welcome back Richie!

Please be sure to read your retreat booklet and keep it available as a reference. It not only contains the

schedule of events, but the booklet also has information about our speaker, layman of the year and much, much more!

Make sure you welcome our first time attendees. They can be recognized by the red dot on their name badge. Shake their hand, tell them you are glad they are here.

Special welcome to our youth. Bob Sterling has prepared an exciting program for you. We hope you enjoy yourselves and come back again next year!

Finally, the board of managers is so pleased that you have decided to attend this year. We know that everyone has limited resources of time, energy and finances and we truly are grateful that you have chosen to spend some of those resources with us this weekend. We promise that you will not be disappointed and pray that you will prayerfully consider returning next year with a friend!

Have a great weekend!

Layman of the Year Nominations

Be a friend to a friend and nominate a brother in Christ for Layman of the Year. Any layman can be nominated, just look for the requirements outlined in the program book and complete the application found in the back of the book. Place it in the retreat evaluation box at check out area, or mail it to:

Robert R. McQue Sr.
21301 Ann's Choice Way
Warminster, PA 18974

Please include enough information for the committee to make a decision. Thank you!



Booster Club Update

Booster Call Number 52 was issued to purchase computer systems for the Baptist Seminary in Cameroon, Africa. Since we are all in the computer age, we know how access to computer equipment can enhance education. Our donation will help provide ministers to carry the Gospel of Christ to the people of Africa. The Board of

Managers anticipated a donation totaling \$5,000. Our receipts to date are over \$3300. Our current request asks for a donation minimum of \$10.00. Many are donating more. If you would like to contribute to this cause you can do so this weekend by seeking out a board member. To date, ABMOPAD boosters have raised over \$230,000! Well done!

Please be sure to silence your cell phones and pagers during sessions.



A few housekeeping items . . .

- This year, all six meals are included with your retreat registration (Friday dinner, Saturday breakfast, lunch and dinner and Sunday Breakfast and Lunch).
- Lost room keys will cost **YOU** \$40 each. If you lose your key, please report it at the registration desk immediately. Also, if you find a key, please turn it in immediately.
- Don't lose your meal card. They are not replaceable and you need it to eat. These cards are also required to gain entrance to the dormitories.
- This year we have bottled water available in limited supply at the registration desk. They will be supplied at a rate of one per person per evening. Please be sure to recycle the bottle when finished.
- All men who are participating in any part of the evening or Sunday morning programs need to meet with Howard Dade at the side of the stage 15 minutes prior to the session.
- Please use only the back doors to enter and leave the general session room. Constantly opening and closing the side doors is a disruption to the program.
- If you are wearing any kind of hat or cap, please be sure to remove it during times of prayer and communion.
- Quiet time begins at 11:00 P.M.—You may stay up late if you wish, but please keep the noise to a minimum so as not to disturb others who may be trying to sleep.
- Remember to have a parking permit tag on your car. These are available at the registration desk.
- The Heiges Field House pool will be open from 1 to 5 P.M. on Friday and Noon to 5 P.M. Saturday.
- The weather report for this weekend is for mid to upper 80's with possible scattered thunderstorms on Saturday. Please make sure you drink plenty of fluids when spending time outside (especially during the recreation period).
- The Etter Health Center across from the Seavers Apartments is open for medical emergencies.
- Above all, please have a good time and come back next year (and bring a friend, too)!

Newsletter Submissions

The Penn-Del Tips will be available as you enter Kriner Dining Hall on Saturday and Sunday mornings .

If you have something you would like to add to the next morning's edition, please write it down and give it to a board member by 6:00 P.M.

From the Editor

I love to eat. I've always loved to eat. As I grew older and experimented with more foods, my tastes have expanded to the point where there is not much I won't try. When I was in high school, I was an athlete. I ran cross-country and track, played soccer and basketball and was always out playing pickup games of baseball or softball. As a 17 year old boy with that kind of activity, I was able to eat pretty much anything I wanted. I can recall eating two sausage lovers pizza's one night and actually being down in weight the next day. Now that I'm older and my metabolism has slowed down with decreased activity, I can no longer eat like that. I often do, though. As a result, by anyone's measure, I'm in the "obese" category. I still maintain a level of activity—I walk and I ride an exercise bike. I also coach and play softball. However, in order to truly take off the weight and keep it off, you have to eat right along with exercise. There are many diets out there these days; low-carb, high fiber, MUFA, vegetarian, etc. They all work to an extent. In the short term, it is relatively easy to take off 20 or 30 pounds. Keeping it off though, requires what is often referred to as a "life change". In order to be healthy, I have to permanently adjust my eating habits as well as get a consistent regimen of exercise.

It is the same when one accepts Jesus Christ as his Savior. In his letter to the Romans, the Apostle Paul says, "Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will." When we come to Christ, we must go through a life change and no longer be like our former selves, slaves to sin. We must become victors over sin and approach every situation with an eye towards God's glory! A Christian may love to live, be he also lives to love.

Both of the scenarios described above take discipline, whether for losing weight or for losing sin. You need discipline to eat right and exercise and you need discipline to pray and read your bible every day.

It's easier to lose weight when you have a "diet buddy" - somebody who will be with you and help you along. The great news is that we don't have to take our spiritual journey alone either. Jesus Christ has promised that he will be along side of us the entire way. His yoke is easy, and his burden is light. If you have not already made that life change, please prayerfully consider it this weekend. There are many men here who will be glad to speak and pray with you about your decision.