



## Rest, Restore, & Refocus



Ron Norman

**R**est, restore, and refocus – for me, those three words capture the impact the Retired Workers’ Retreat had on me this spring.

### *Rest:*

“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls” (Matthew 11:28–29 NIV).

The Cedar Springs Christian Retreat Center in Sumas, Washington, is a beautiful place to find rest and relaxation. I came from a busy schedule working more than 50 hours a week and found the perfect place and space to slow down and rest. The walking paths, comfortable lounging areas, and little hideaways provided the opportunity to pause, take in the peaceful beauty of God’s creation, and meditate on His Word. To

sit in the quiet of early morning sunrises and afternoon free time offered the opportunity to rest and provided just what I needed.

### *Restore:*

“He leads me beside still waters. He restores my soul” (Psalm 23:2–3 ESV).

“Restore to me the joy of your salvation and grant me a willing spirit, to sustain me” (Psalm 51:12 NIV).

Coupled with this rest came a restoration of my soul and spirit. The fellowship of good friends energized and encouraged me to allow the Spirit of God to bring renewal to my own life as a believer and follower of Jesus. In addition, listening to the testimonies of others – many who’d traveled this road of retirement longer than I have – provided a new sense of possibility and opportunity as I viewed the future ahead.

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## Home to Glory

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**Rev. David A. Sems (Colonel, USAF, Ret.)**—October 14, 2017 (81) in Greenville, South Carolina. After graduating high school, David enlisted in the US Air Force and served four years. He later received a bachelor of science in business administration from Dyke College in Ohio and then graduated with a master of divinity from North American Baptist Seminary in 1967 before pursuing graduate studies at Pittsburgh Theological Seminary. He served as a USAF chaplain in Arkansas, Japan, Texas, North Dakota, Korea, Washington D.C., Germany, and Illinois. The last seven years, he served as pastoral associate for the older adult's ministry at Westminster Presbyterian Church. He will be interred at Arlington National Cemetery with full military honors. Condolences may be sent to Carolyn Sems at 407 Milstead Way, Greenville, SC 29615.

**Dr. Ernie Zimbelman**—January 28 (91) in Sioux Falls, South Dakota. Ernie was born near Anamoose, North Dakota, the eighth son of Carl and Katie (Kessler) Zimbelman. Ernie met Dorothy Wolitarsky at a Christian summer camp, and they were married in Turtle Lake, North Dakota, on September 1, 1949. Ernie's education included a bachelor of arts degree from Baylor University, a master of arts degree from University of California, Berkeley, and a doctorate in education from University of Oregon, as well as further education at North American Baptist Seminary and Pepperdine University. Much of Ernie's life was spent faithfully serving students and clients—teaching at public schools in the US, serving as a ministry educator in Cameroon,

working with Rosemead Counseling Services, spending time as a professor at Rosemead Graduate School of Psychology and supervisor at Fuller Graduate School of Psychology, opening Sioux Falls Psychological Services, and starting the Master of Arts in Counseling program at Sioux Falls Seminary. Ernie is survived by his wife, Dorothy; three sons; five grandchildren; one brother; and two sisters. You can reach Dorothy at [Dorothy@Zimbelman.net](mailto:Dorothy@Zimbelman.net).

**Lorraine Lillian (DeBoer) Fritzke**—March 12 (10 days short of age 87) in Beaverton, Oregon, after a seven-month battle with various strokes. Lorraine was born to Leonard and Jeanette Poppen DeBoer and raised on a dairy farm in Corona, South Dakota. She married Bernard Fritzke on August 1, 1951, and they were blessed with two sons, Mark and Dean. Bernie and Lorraine served in pastoral and church planting ministries for the NAB Conference. Lorraine was the secretary in the missions department of the NAB for six years. They retired to Oregon and were very involved with various ministries until Bernie passed away suddenly in June 2016. Lorraine's services were held at Bethany Baptist Church in Portland, Oregon, on May 12. You can contact Mark Fritzke at [MAFritzke@aol.com](mailto:MAFritzke@aol.com) or Dean and Leslie Fritzke at [dlfritzke@frontier.com](mailto:dlfritzke@frontier.com). Memorial gifts can go to the NAB's Minister's Relief and Retirement Fund.

**Mrs. Helen (Lohse) Tomlinson**—March 25 (91) while residing in Parkview Care Center in Portland, Oregon. Helen was born in Martin, South Dakota, on September 17, 1926, to Rev. and Mrs. Otto Lohse, pastors in the Dakota Association. Helen became a missionary with the NAB Spanish American Ministry in Del Norte, Colorado, from 1954 to 1963. She married Frank

Tomlinson and moved to Oxnard, California, where she spent many years working with the Spanish-speaking people in her local church. After her husband died, she retired and moved to the Baptist Manor in Portland, Oregon.

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## Let's Celebrate

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**Sing and Celebrate Cruise**—God's Volunteers / New Day alumni sponsored a cruise to the Mexican Riviera, February 10–17, to which alumni from Sioux Falls Seminary and Taylor College and Seminary were also invited. A wonderful group of eighty people signed up for the cruise on the *Ruby Princess*, which was a veritable feast of fellowship with many who had served in ministry for many years as pastors and missionaries and in various lay roles. In addition to group singing led by Ron Rogalski, choral singing was led by Warren Hoffman, Ted Faszler, and Edna Grenz, which culminated in a final concert on the ship in the afternoon of the final day of the cruise. Many tender and emotional moments were shared each day at sea as several participants had prepared reflections from their own life journey as it pertained to our theme, "Roots and New Shoots: Staying Grounded in a World of Change," introduced each day by Wayne Bibelheimer. In many ways, the destinations of the cruise were unimportant as everyone enjoyed the inspiration and encouragement.

**Don and Nancy Miller** celebrated their 60th wedding anniversary on April 15, 2018, with a gathering of fifty of their friends at their home. Don served churches in Wisconsin, Minnesota, and Oregon and served as vice president for Development at Sioux Falls Seminary. Upon retirement in 1993, he founded the global relief agency, Samaritan Ministries in Ukraine. In addition to being a pastor, humanitarian, and administrator, Don is a historian, genealogist, and author, having written fifteen books. Nancy is a retired middle school counselor, mentor, and teacher. In view of Don's challenging health issues, including congestive heart failure and kidney failure, Nancy now serves as executive director of the humanitarian work in Ukraine. Don and Nancy have been giving end of life workshops in the Portland area; their latest presentation can be viewed at <https://www.youtube.com/watch?v=tMs4KMAs-50>. You can contact them at [dnmiller@whiz.to](mailto:dnmiller@whiz.to).

**Rev. Kenneth and Esther Schumland** will celebrate their 61st wedding anniversary on December 25, 2018. You can send any greetings to their home at 1246 East Cactus Ave., Post Falls, Idaho 83854.

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## On the Move

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**Daphne and Amy Dunger** have moved from Brandon, South Dakota, to Sioux Falls. Their new address is 3900 Southeastern Ave., Apt. 304, Sioux Falls, SD 57103.

**Ella Sonnenberg**, wife of the late Joe Sonnenberg, has moved and can be reached at 1314-325 Drysdale Blvd., Kelowna, BC V1V 1P5 or at [ella.sonnenberg04@gmail.com](mailto:ella.sonnenberg04@gmail.com).



## *Refocus:*

“Set your minds on things above, not on earthly things” (Colossians 3:2 NIV).

“So do not fear, for I am with you; be not dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand” (Isaiah 41:10 NIV).

Rest plus restoration brought refocus. My mind drifted to what God might have me to do and give attention to in the days, months, and year that lay ahead. Tony Campos, field coordinator for Hispanics for Christ and pastor of Casa de Luz in Sacramento, California, was our missionary guest. His personal testimony challenged me with the question, “Is Christ enough for me?” He provided his personal experience in working with believers who were twenty years older than me and who were continuing to be fruitful. In addition, in several sessions Geoff

Hartt, co-founder of Hispanics for Christ and pastor at Stafford Christian Church in Wilsonville, Oregon, guided us through the disorientation, ambiguity, and transition that occurs in the lives of many missionaries and helped me see how this was occurring in my own life as I move into retirement and beyond. These men allowed me the freedom to refocus on what God was doing in my own life at this time and how He would continue to use me in service for Him.

Highlighted throughout our time together were opportunities for sharing how God had impacted our lives over the past year, plus great singing, special music, delicious meals, and a special time of communion and commitment. In addition, there was a blessed time of remembering and thanking God for loved ones and friends He had called to Himself over this past year. The Lord used this retreat to impact my life, spiritually, physically, and relationally. ■

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**This publication connects retired NAB workers with one another, with the NAB, and with God.**

Please let us know about your changes, celebrations, prayer concerns, particular interest in any area of conference ministry, and resources you have discovered to make senior life better.

**Send updates to Ron & Joan Stoller.**

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