

Friday, March 6, 2026

THE WEST WEEKLY

#6

CARLISLE SDA CHURCH HOSTS HEALTH FAIR IN RED BANK, ST. ELIZABETH

PHOTO HIGHLIGHTS

Highlights of Westmoreland Convention held on February 28, 2026, at the Seventh-day Adventist Church, Footprints.

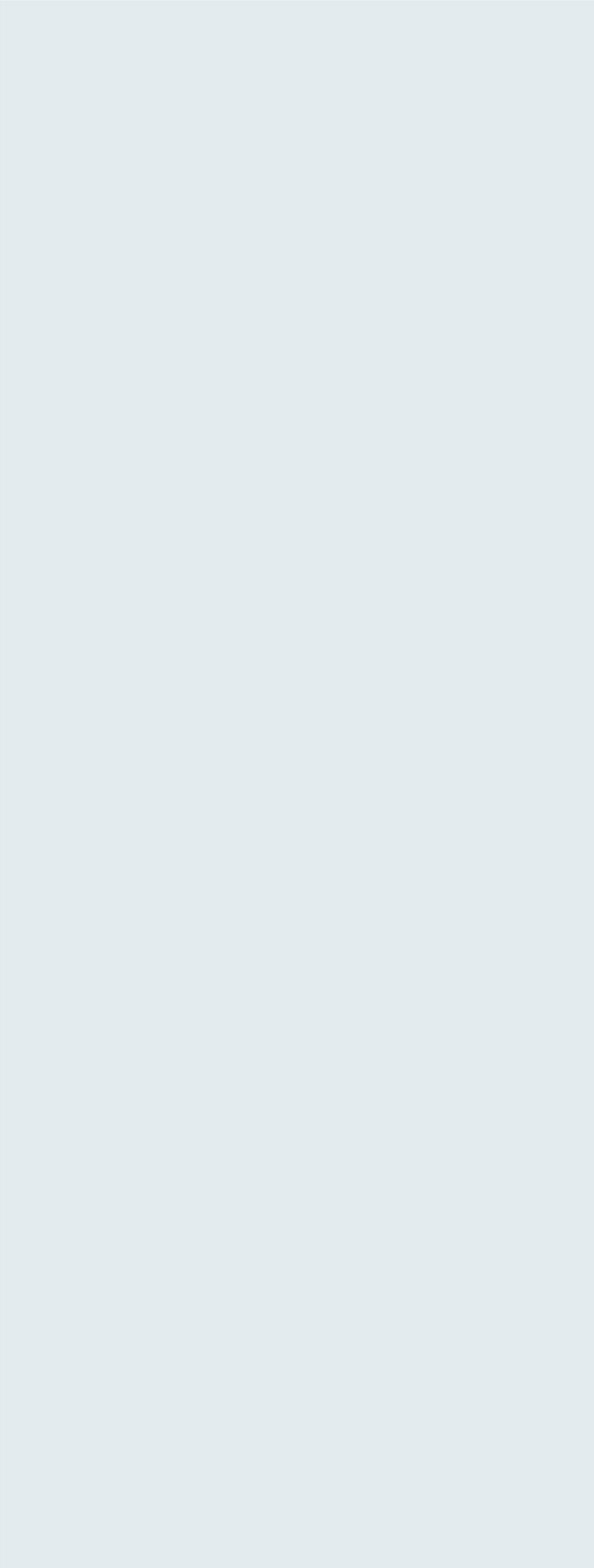


CARLISLE SDA CHURCH HOSTS HEALTH FAIR IN RED BANK, ST. ELIZABETH

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CARLISLE SDA CHURCH HOSTS HEALTH FAIR IN RED BANK, ST. ELIZABETH



Red Bank, St. Elizabeth

Over 70 residents of Red Bank and neighbouring communities in St. Elizabeth turned out on Wednesday, February 18, 2026, for an informative Health Fair hosted by the Seventh-day Adventist Church, Carlisle. Held at Rowe's the event promoted wellness, preventive care and access to essential health services. The health fair was a collaborative effort between the Carlisle Church, the Junction Health Centre, the Three Angels Pharmacy Mobile Clinic, the National Council on Drug Abuse, the Public Education Department of the St. Elizabeth Public Health Department and the Ministry of Health. The health fair was open to residents of all ages and offered free screenings, educational sessions, and wellness resources throughout the day, including blood pressure and glucose checks, cholesterol testing and HIV Tests.

In addition to wellness checks, community members attended health education sessions on topics such as mental health, facilitated by Counselling Psychologist at the Ministry of Health and Wellness, Mr. Gladstone Warner. Mr. David Brown also delivered a presentation on matters concerning drug abuse and prevention.

Representatives from the Ministry of Health & Wellness were present to answer questions about available services and how residents could connect with primary care providers in the parish.

"You don't need to wait until you're sick to visit a clinic," one health educator encouraged. "Prevention and regular check-ups are the best tools we have."



Residents from the Red Bank Community participating in the health fair. :: Photo credit: Nelisha Nash



Members of the organizing team and staff of the Three Angels Pharmacy Mobile Clinic at the health fair. :: Photo credit: Nelisha Nash

A special segment of the fair focused on women's health. Registered Nurse and Midwife also from the Ministry of Health and Wellness, Mrs. Trudian Facey-Edwards facilitated an engaging discussion on key issues affecting women's health and preventative measures that can reduce the risk of diseases such as breast and cervical cancer. Adventist books promoting the Church's health message were also on sale to patrons attending the event.



Registered Nurse and Midwife Mrs. Trudian Facey-Edwards addresses attendees during the women's health segment. :: Photo credit: Nelisha Nash

The leadership of the Seventh Day Adventist Church, Carlisle, expressed gratitude to all partners and volunteers who made the event possible, emphasizing the crucial role of community collaboration in improving overall health outcomes. Plans are already underway for additional outreach initiatives, with church leaders encouraging residents to remain informed and involved.

Seventh-day Adventist Church, Carlisle | Nelisha Nash
February 27, 2026

Click to view the Sabbath School Lesson Quarterly

Adult
Sabbath School
Bible Study Guide
Jan | Feb | Mar 2026

UNITING
HEAVEN AND EARTH

CHRIST

IN PHILIPPIANS
AND COLOSSIANS

WEST WEEKLY NEWSLETTER

Do you want to keep up with what is happening in our church? If you want to receive our weekly newsletter that features news, inspirational stories, videos, and more, sign up today.

PHOTO HIGHLIGHTS

Highlights of Westmoreland Convention held on February 28, 2026, at the Seventh-day Adventist Church, Footprints. Photo credit: Yelaina Lewis



[View more click here](#)

SAVANNA-LA-MAR HIGH SCHOOL RECEIVES \$25,000 USD DONATION



Right to Left :Dr. Valtricts Binns, Senior Pastor of the Ambassador Church, Pr. Glen Samuels, President, West Jamaica Conference, Pr. Stephen Drummond, Education Director, West Jamaica Conference, Francis Blythe, Principal, Savanna-la-Mar High School :: Photo credit: Contributed

In the wake of the devastation left by Hurricane Melissa, the spirit of resilience in Jamaica is being bolstered by a powerful alliance of faith, memory, and international generosity. At the recent Thanksgiving service for the late Dr. Lunette Wright, founder of the Savanna-la-Mar High School, the atmosphere shifted from solemn remembrance to tangible hope as a major donation was unveiled to help the institution rebuild.

The event served as a touching intersection of past and future. Addressing the congregation, Pastor Glen Samuels, President of the West Jamaica Conference, invoked the literary wisdom of Henry Wadsworth Longfellow to describe the enduring impact of the school's founder.

"When in 1838, Henry Wadsworth Longfellow penned these words, 'Lives of great persons do remind us We can make our lives sublime, and, in departing, leave behind us Footprints on the sands of time,' He must have been writing about Dr. Lunette Wright," Pr. Samuels remarked.

The "footprints" left by Dr. Wright have paved the way for a partnership between the West Jamaica Conference and the Ambassador Church of Seventh-day Adventists in Fort Lauderdale,

Florida. Through this "church of choice" connection, an international donor was identified to provide critical aid to Savanna-la-Mar High School during its most vulnerable hour.

Dr. Valtricts Binns, Senior Pastor of the Ambassador Church and a native of Lionel Town, Clarendon, returned to his home soil with more than just words of comfort. Following the destruction of Hurricane Melissa, Dr. Binns challenged his Florida congregation to raise \$100,000 USD to support recovery efforts in Jamaica. A portion of these funds, combined with a private donor's contribution focused on education, resulted in a direct gift to the school.

"The reason for me being here is to share the heavy load of rebuilding after hurricane Melissa," Dr. Binns stated. "We all share the burden, we all share the load, and whatever small part we can do as a congregation to lighten the burden that was created by this unexpected disaster, we'll do our part."

The \$25,000 USD (JA \$4 million) cheque presented during the service is only the beginning. Dr. Binns emphasized that the commitment to Jamaica's recovery is an "ongoing effort" aimed at ensuring children have a safe, stable environment to continue their education.

"It is a well that probably won't dry anytime soon," Dr. Binns promised, noting that the support will extend beyond school walls to the families most impacted by the storm.

As Savanna-la-Mar High School begins its journey of reconstruction, it does so with the reminder that while hurricanes may shift the sands of time, the foundations laid by visionary leaders and a supportive global community remain unshakable.

**Savanna-la-mar High School | Shantel Neal
March 05, 2026**

BOOK OF THE YEAR

WORDS OF HOPE
2026 Book of the Year

Timeless stories Jesus told, with practical lessons for everyday life.

Discover generosity, humility, forgiveness, and a hopeful way of living.

Drawing hearts closer to Christ, the true Light from above.

IADPA

WEST WEEKLY NEWSLETTER

Do you want to keep up with what is happening in our church? If you want to receive our weekly newsletter that features news, inspirational stories, videos, and more, sign up today.



Please click image to watch

NEWS FROM THE INTER-AMERICAN DIVISION

Structure Must Serve Mission, IAD Leaders Affirm

Group discussions highlight role clarity, facilitation, and stronger support for the local church.

Top Seventh-day Adventist administrators from across the Inter-American Division's (IAD) unions and local fields gathered in small discussion groups on March 2 to examine how the church's structure can better serve its prophetic mission.

Through 64 small-group discussions and real-time survey results, nearly 600 administrators evaluated the biblical and practical roles of the local church, conferences/missions, unions and division.



Leidy Martínez, treasurer of the East Dominican Conference participates in her discussion group on Mar. 2, 2026. [Photo: Daniel Gallardo/IAD]

"The Seventh-day Adventist Church was not organized to create layers of administration," said IAD President Pastor Abner De los Santos. "It was organized to advance a prophetic mission."

From its earliest days, he explained, organization was not about control but about preserving doctrinal unity, protecting mission and enabling the global proclamation of the Three Angels' Messages of Revelation 14.

"Our pioneers initially resisted formal organization," he said. "But without structure, ministers could not be credentialed properly, churches could not be protected from false teaching, resources could not be stewarded faithfully, and mission could not expand sustainably."



IAD President Pastor Abner De los Santos engages in dialogue during one of the 64 table discussions. [Photo: Daniel Gallardo/IAD]

Quoting 1 Corinthians 14:40 — “Let all things be done decently and in order,” De los Santos emphasized that order reflects God’s character. “Order is not bureaucracy,” he said. “It is faithfulness to a God of clarity and purpose.”

Roles Designed for Mission

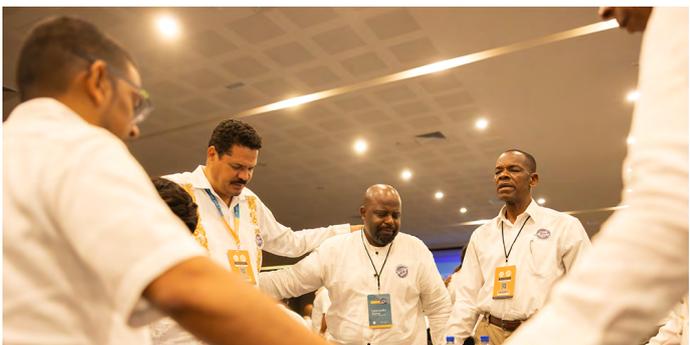
De los Santos explained that the church’s structure is designed so the local church remains the center of disciple-making; the conference or mission strengthens and supervises frontline ministry; the union provides regional coordination and leadership development; and the division connects regions to the global movement while safeguarding doctrinal unity under the General Conference.



From left: Daniel Zúñiga, chief information officer; Hiram Ruiz, assistant to the IAD president; and Ivelisse Herrera, IAD treasurer, serve as moderators during group discussions on March 2, 2026. [Photo: Daniel Gallardo/IAD]

“Each level exists not for itself,” he said, “but for the mission.” He warned that when roles blur, tension grows.

“When structure becomes unclear, conferences feel constrained, churches feel over-directed, unions feel caught in the middle and divisions feel responsible for everything,” he said. “But when roles are clear, authority becomes service, oversight becomes protection, unity strengthens witnessing and mission accelerates.”



Church administrators pause for prayer during small-group discussions on day two of the leadership summit. [Photo: Daniel Gallardo/IAD]

Findings From Groups

During the exercise, leaders identified friction between local churches and conferences, and between conferences and unions. The discussions allowed administrators to name tensions candidly without assigning blame.

Responses showed that strategic planning and policy direction belong primarily at the division level; unions are called to facilitate and accompany the fields; conferences lead implementation and pastoral supervision; and the local church executes mission through discipleship.

Participants also acknowledged duplication in areas such as strategic planning, calendar coordination and oversight. Many noted excessive control at the union level, while fragmentation was most evident at the local church level.

In addressing structural tensions, leaders leaned toward preserving authority for doctrinal unity while favoring contextualization and empowerment in mission practice, signaling a desire for alignment that is biblically grounded and mission focused.



Pastor Abner De los Santos shares a moment with fellow leaders as he engages in dialogue during a small-group discussion focused on clarifying structural roles and mission alignment. [Photo: Daniel Gallardo/IAD]

Recurring themes included role clarity, simplification, evaluation and stronger alignment with the local church.

Strengthening Each Church Level

Reviewing the discussion questions, Hiram Ruiz, assistant to the IAD president, said the summit was designed to align a shared vision of work across all organizational levels.

“Both the strategic plan and the administration of policies and regulations correspond to the Inter-American Division,” Ruiz said. “That clarity helps establish a unified plan that flows from the division to the local church in implementation.”

He said the analysis also clarified the union’s role.



Hiram Ruiz, assistant to the IAD president, reviews key themes emerging from 64 group discussions during the leadership summit. [Photo: Daniel Gallardo/IAD]

"The union exists to facilitate the ministerial task," Ruiz explained. "An essential element is accompaniment," supporting and guiding conference and church leaders so initiatives remain aligned and mission driven.

The findings reinforced a central conviction said Ruiz: "every level must strengthen the one closest to members and communities."

A Shared Working Document

Pastor De los Santos emphasized that the discussions are shaping a working draft, not a final document.

"This document is not final," he said, inviting concise and thoughtful feedback to ensure shared ownership.

"We want it to be our document," he said, "one that clarifies roles, strengthens collaboration and facilitates mission at every level."



Pastor David Maldonado, president of the Gulf Mexican Conference, reflects during group discussions on strengthening structural clarity and reducing friction at the local church level. [Photo: Daniel Gallardo/IAD]

The draft will undergo further refinement before presentation to the executive committee.

"Our purpose is to facilitate the mission," De los Santos said. "Helping one another. Working together. Integrated, grounded in the Bible and focused on the mission."

Reflections From the Field

Pastor David Maldonado, president of the Gulf Mexican Conference, described the group dynamic as enriching.



Pastor Glen Samuels, president of the Jamaica Union, participates in dialogue during a session focused on aligning authority and autonomy within the church's structure. [Photo: Daniel Gallardo/IAD]

"Sharing with leaders from different countries and functions strengthened the dialogue," Maldonado said. "Without careful analysis, unclear roles create friction and unnecessary burdens for district pastors and local churches."

Reviewing the compiled responses affirmed for him that "in the multitude of counselors there is wisdom."

"It's not what I think the church needs," he said. "It's what the church collectively recognizes it needs."

Pastor Glen Samuels, president of the Jamaica Union, called the process innovative and inclusive.



Gilberto Delgadillo, executive secretary of the West Mexican Conference, speaks on behalf of his discussions group regarding how organizational roles can better support frontline ministry. [Photo: Daniel Gallardo/IAD]

"It gives the local church a voice," Samuels said. "When leaders feel heard, participation strengthens, even without full agreement."

He stressed the importance of documenting role clarity for future leaders. "Leaders come and go," he said. "Clarity must remain."

Gilberto Delgadillo, executive secretary of the West Mexican Conference, welcomed efforts to streamline expectations.

“Local churches often feel overloaded,” he said. “Sometimes the question is not what we will do, but what we will fail to accomplish.”



Kay White, executive secretary of the South Leeward Conference, follows the discussion as leaders consider flexibility and contextual sensitivity in mission planning. [Photo: Daniel Gallardo/IAD]

He added that when local churches help shape plans, they engage more fully in execution.

Kay White, executive secretary of the South Leeward Conference, said the discussions reflected real church realities.

“The results confirmed what many of us were already sensing,” White said.

She noted that discussion around annual calendars underscored the need for flexibility and cultural sensitivity.



Leaders from multiple countries across the Inter-American Division engage in prayer sessions during the discussion group segment on Mar. 2, 2026. [Photo: Daniel Gallardo/IAD]

“I now have a clearer understanding of my role as an administrator,” White said, “and I am committed to making the necessary adjustments to better advance the mission of my conference.”

White’s reflections echoed the broader purpose of the summit.

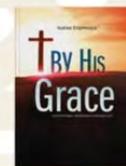
“We are not here to defend territory,” De los Santos said. “We are here to ask: What structure best serves the prophetic mission God has entrusted to this church?”

“Organization is not the goal,” he concluded. “Mission is the goal.”

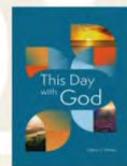
March 2, 2026 | Riviera Maya, Quintana Roo, Mexico | Libna Stevens, Inter-American Division News

DEVOTIONAL BOOKS

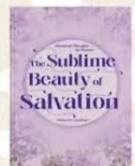
Adults



Evening



Women



Youth



Preschoolers



Children (5-9)



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WEST WEEKLY NEWSLETTER

Do you want to keep up with what is happening in our church? If you want to receive our weekly newsletter that features news, inspirational stories, videos, and more, sign up today.



JOB VACANCIES



West Jamaica Conference
of Seventh-day Adventists

Savanna-la-mar Preparatory School
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Qualifications:

Bachelor's Degree in Accounting,
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Experience:

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Skills:

Skills: Advance proficiency in microsoft excel and
database management

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FEBRUARY



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- Spanish Lecturer
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Now

Application Requirements

Send a single PDF or Word document to hr@ncu.edu.jm that includes:

- CV with all qualifications and experience
- Cover letter addressing your suitability for the role
- Three referees with complete contact information (name, email, address, phone)



CALENDAR OF MISSION 2026

March

- | | | | |
|--------|--|---------|---|
| 1 - 31 | CELEBRATIONS - Emphasis on Water | 22 | Prayer Breakfast - Solid Waste Management |
| 1 - 31 | Stewardship - Emphasis on Time | 21 - 28 | Youth Week of Prayer |
| 1 | Clerks, Auditors, Treasurers, Elders & Pastors' Workshop - St. Elizabeth | 28 | Convention - St. James |
| 1 | Communion with God - Hour of Prayer | 28 | Thirteenth (13th) Sabbath |
| 7 | Personal Ministries Day/ Women's Day of Prayer | 28 - 29 | Overnight Communication Workshop |
| 7 | Convention - St. Elizabeth | 30 | Children in Mission Baptism Day |
| 7 | Sabbath School R.E.A.C.H. - Reconnecting with Every Absent, Community or Homebound Member | 31 | Leadership Development Seminar - Administrators, Directors, Pastors, & Church Elders |
| 8 | Clerks, Auditors, Treasurers, Elders & Pastors' Workshop - Westmoreland | | |
| 8 | Women's Ministries Prayer Breakfast - Churches | | |
| 8 - 13 | IAD Week of Prayer for Primary and Secondary Schools | | |
| 10 | Executive Committee Meeting | | |
| 14 | Convention - Hanover | | |
| 14 | UNASSIGNED (St. James, Westmoreland, St. Elizabeth) | | |
| 21 | Global Youth & Children's Day/ Massive Distribution of the Missionary Book | | |
| 22 | Online Family Ministries Coordinator Seminar (NT) | | |

CONFERENCE EVENTS

MARCH



WEST JAMAICA CONFERENCE
presents a

WESTMORELAND

CLERKS, AUDITORS, TREASURERS, ELDERS & PASTORS' WORKSHOP

SUNDAY,
MAR

8 2026

Scan here to
Register



or visit westjamaica.org

VENUE:

Savanna-la-mar High School

STARTING: 9:00 AM

CONFERENCE EVENTS

FEBRUARY



West Jamaica Conference
invites you to

Convention 2026

Theme:

**GROUNDING IN THE BIBLE, FOCUSED ON
THE MISSION, RESTORING HOPE**

Starting @: 9:15 a.m.

CONVENTION SITES:

February
28

WESTMORELAND

**Seventh-day Adventist
Church, Footprints**
Westmoreland

March
7

ST. ELIZABETH

**Seventh-day Adventist
Church, Santa-Cruz**
Main Street, Santa Cruz
St. Elizabeth

March
14

HANOVER

Seventh-day Adventist, Lucea
Lucea, Hanover

March
28

ST. JAMES

**West Jamaica
Conference Auditorium**
St. James

Special invitation to all Church officers!

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For more info visit
westjamaica.org

YOUTH DEPARTMENT

MARCH



West Jamaica Conference
Youth Department



Community Impact

SPEAKERS



Pr. Kimoy Allen

St. Elizabeth
Main Site-Mountain Side



Pr. Owen Grant
Hanover

Main Site-Lucea (Keep Left)



Pr. Allan Green

Westmoreland
Main Site- Savanna-la-mar
(Independence Park)



Pr. Kristoff Hyman

St. James
Sam Sharpe Square-speaker

Join us: **MARCH 21ST, 2026 | 3:30pm**

COMMUNICATION DEPARTMENT

MARCH



West Jamaica Conference
& North Jamaica Conference
Communication Departments

Present

COMMUNICATION WORKSHOP

Connect. Collaborate. Create

GRAPHIC DESIGN



Jim Patterson

CINEMATOGRAPHY



Stefan Fiddler

AUDIO ENGINEERING



Gedon Grey



David Heron

VIDEO PRODUCTION



Hernel Latty

NEWS WRITING



Lawrie Henry

SOCIAL MEDIA



Kirk Campbell

PHOTO JOURNALISM



Nigel Coke

March 28-29

Starting @ 7:30pm

West Jamaica
Conference Auditorium

Cost
\$3500



Registration Required
westjamaica.org

EVENTS

FEBRUARY

THIS IS YOUR PERSONAL INVITATION TO THE



FOOTPRINTS OF HOPE

Evangelistic Series

With Pastor

GLEN O.
Samuels

President of West Jamaica Conference
& Speaker of Footprints of Hope
telecast on TVJ Sundays at 8:30am

UNDER THE BIG TENT



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- Focus on the Second Coming of Jesus
- Breaking Generation Curses
- Free Medical Clinics
- Intercessory Prayer for Deliverance

Starting:
**SATURDAY,
FEBRUARY**
☀️ 6:45 P.M.

7

WEEKNIGHTS
7:00PM
*EXCEPT
MONDAYS & FRIDAYS

SATURDAYS
**@ 9:00 A.M.
5:00 P.M.**

PASTORS OF PARTICIPATING CHURCHES:



PASTOR
FITZROY BAILEY



PASTOR
MICHAEL DIXON



PASTOR
OSRICK PAGE



PASTOR
GIOVANNI BROWN



PASTOR ROHAN
GOLDBOURNE

LIVE STREAMING ON:

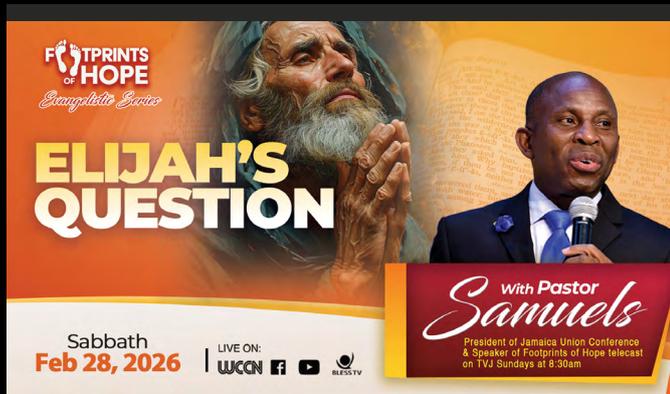


FOR MORE INFORMATION VISIT [HTTP://FOOTPRINTS.WESTJAMAICA.ORG](http://footprints.westjamaica.org)

IN CASE YOU MISSED IT...

FEBRUARY

Please click to view video content.



FOOTPRINTS OF HOPE
Evangelistic Series

ELIJAH'S QUESTION

With Pastor Samuels
President of Jamaica Union Conference & Speaker of Footprints of Hope telecast on TVJ Sundays at 9:30am

Sabbath **Feb 28, 2026** | LIVE ON: WCCN | Facebook | YouTube | BLESS TV

Online Worship Experience || Morning Session || Sabbath, February 28 2026



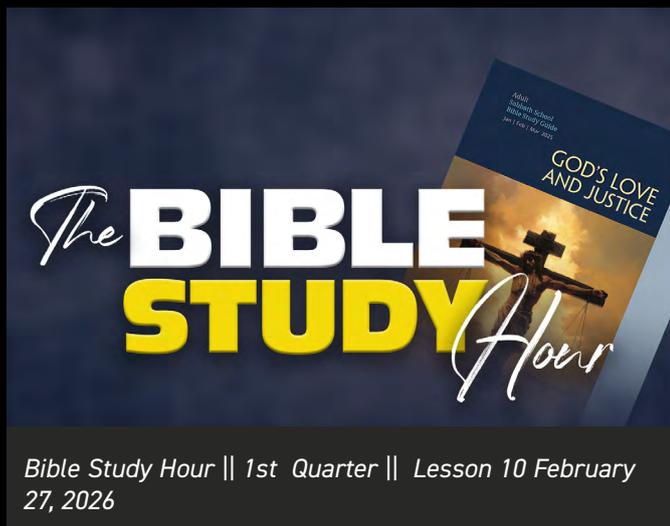
West Jamaica Conference of Seventh-day Adventists

Westmoreland Convention 2026

Theme: GROUNDED IN THE BIBLE, FOCUSED ON THE MISSION, RESTORING HOPE

Sabbath **February 28** | LIVE ON: WCCN | Facebook | YouTube | BLESS TV

OWE || Westmoreland Convention || Evening Session || Sabbath, February 28, 2026



The BIBLE STUDY Hour

GOD'S LOVE AND JUSTICE

Bible Study Hour || 1st Quarter || Lesson 10 February 27, 2026

Bible Study Hour || 1st Quarter || Lesson 10 February 27, 2026



GOD FIRST
WJC STEWARDSHIP MINISTRIES

Stewardship 360 || Playlist || 2026

Stewardship 360 || Playlist || 2026

4 TIPS FOR DIGITAL MISSIONARIES TO HELP BALANCE DIGITAL MEDIA AND SPIRITUAL HEALTH



“Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, ‘Come with me by yourselves to a quiet place and get some rest.’ So they went away by themselves in a boat to a solitary place.” – Mark 6:31-32 NIV”

For those of us who spend all day on social media working to further the gospel, it's important that we learn to safeguard our own spirituality, as well as develop a healthy work-life balance. Another way to frame this is to make sure you are fed spiritually before you minister to others.

This can be a huge challenge, because when you work for a religious organization, EVERYTHING seems important because of the eternal impact of the work. And there seems to be no end to the work that needs to be done. Those of us who have chosen this type of career are self-driven but also driven by the expectations (or perceived expectations) of others. How do we prioritize? How do we set boundaries that enable us to get the job done, while taking care of our own spiritual health?

We're not in this alone. God knows our limitations, and He doesn't want us to work so hard that we work ourselves away from Him—the relationship that matters most. This is why He has given us the Holy Spirit. After we've given it our all for the day and go home to rest, the Holy Spirit keeps working.

He also doesn't want us to dive so deep into the mission field that we become corrupted by it. There's a lot of toxic conversations and content on social media, just like physical mission fields have their dangers and temptations. If the early missionaries of our church would have stayed away from the mission field because of the dangers, the Seventh-day Adventist Church would have never become a global movement. We must go where the people are and minister to their needs, while simultaneously guarding the avenues of our own heart.

HERE ARE 4 TIPS FOR DIGITAL MISSIONARIES TO HELP BALANCE DIGITAL MEDIA AND SPIRITUAL HEALTH:

- Guard the edges of your day. Start and end the day without social media. I can easily become consumed by social media; it's my job at least eight hours a day. If I don't set healthy boundaries for myself, the negative aspects of social media start to drag me down and prevent me from really resting. Rest can take many forms, but I cannot rest by spending hours on personal social media when I work all day on those same platforms. What many consider

pleasure, just feels like more work. When I'm not working, I consume media and information the old-fashioned way by reading magazines, books, etc. Also, in the morning, I make it a point to follow Jesus' example and begin with solitary prayer and Bible study...out of a physical Bible.

“Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.” – Mark 1:35 NIV

The peace of the morning really enables me to think clearly and connect with God. I know that the moment work begins, I will be connected on multiple platforms for at least eight hours, so this “analog” devotional time is sacred. When the day is done, I disconnect and again turn to print material, exercise, and face-to-face conversations to help me wind down. Staying connected online throughout the evening can disrupt your sleep and result in depression. If you browse social media to stave off loneliness and pain, you will find the exact opposite of what you're looking for.

- Secondly, structure your digital evangelism/discipleship and personal life like a missionary outpost center. A physical outpost center is a place outside of the city where you can get away from your daily work and connect personally with God. It's a missionary community that provides education, restoration, and preparation for work to be done in the city, where missionaries will return to win the people's trust and friendship with the intention of winning souls for Christ. Social media is a similar means of building bridges and relationships with people to create a positive influence within the community. Use the connective power of social media to share your faith and show your friends that you care about them. Social media is a center of influence for discipleship, and friend evangelism. But remember to maintain your outpost center, a distinctly separate part of your life to recalibrate, and then go back to your mission field stronger than ever. With social media, don't live there, and don't let your world be controlled by it.

“When duty calls us to this, we should be doubly watchful and prayerful, that, through the grace of Christ we may stand uncorrupted.” –Ellen G. White, Messages to Young People 419.1

- Third, Digital missionaries must have a clear purpose for getting on social media. My friend Dee Casper (Brand Evangelist, ARTV) asks us to treat social media like a post office. Your behavior at a typical post office is: enter, pick up mail, and drop off outgoing mail and/or packages. Most people don't hang out all day in a post office. That would be strange. If we go online with a plan, this helps prevent us from getting distracted from our original purpose and mission. Go on social media

to drop off some content, pick up some content, connect with your friends, and then leave. Don't move in. We've all had that

experience where we intend to watch one

video, and two hours later don't know how the time got away—never accomplishing what we actually set out to do.

- Fourth, when you're lonely and have nothing to do, don't try to fill the void by going online. It's like going grocery shopping when you're hungry. Temptation will always take you further than you want to go when you're vulnerable. Social media is a tool; don't let it use you. Go there to serve, not be served.

“We may be placed in trying positions, for many cannot have their surroundings what they would; but we should not voluntarily expose ourselves to influences that are unfavorable to the formation of Christian character.” – Ellen G. White, Messages to Young People 419.1

God has not called us to live in social media, but to influence people through social media. Our influence online can stretch much further than we imagine with the help of the Holy Spirit.

God has called us to use our digital influence for Him, whether that's an audience of four or 40,000. We plant the seeds; God grows the seeds. People pour out their hearts online. We can be there in their moments of crisis with love, hope, and truth. But in order for them to listen to us, we must carefully cultivate and use our digital influence purposefully.

By setting boundaries and sticking with them, we can be better equipped to help others. Share your personal tips for setting boundaries below

Jamie Jean Schneider Domm
Digital Strategist for the North American Division.

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