

Trinity Life Bible College

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Ministry in Malaysia,

By Suzanne Jozwiack

Special Interest:

- ❖ If you missed all or part of Orientation, there will be a make-up session on Saturday, September 8. Contact the registration office for more information.
- ❖ If you are thinking about adding a class you must attend that class this first week of the quarter – whether you are registered or not.

Reaching out to God's children. Scripturally, that is to be one of our main jobs as a Christian. One TLBC student had the opportunity to do just that at the end of the last school year – on the other side of the world! In her own words, Suzanne Jozwiack shares about this life-impacting journey.

"The only part of the trip that I did not like was the long flights and the humidity. My team originated out of Illinois, so to get to Malaysia, we flew from Chicago to LAX (4 hours), from LAX to Taipei (18 hours), and from Taipei to Malaysia (4 hours). On top of that, we had about a 2-hour drive to where we were staying. Regardless, I think that the end results of the trip made the flights all worth it. Overall, the

trip went so well, I did not want to come home. Several of my teammates and I were even talking about staying for another week or two.

"We worked at two different church camps operating a children's ministry. Each camp was three days and two nights. The first camp was in a city called Port Dixon. We were at a hotel practically on the beach. The other girls on my team and I would get up in the morning and watch the moonset and the sunrise off the ocean. Sometimes we watched the sunset, too, if we weren't doing ministry until late.

"The second camp was in a city called Melaka. The hotel we stayed at was very nice, something like a 4 or 5 star hotel. We were blessed to be able to stay there because that's where the . . .

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Welcome Back, by Tana Colburn

It is a great new school year and we are excited to welcome you to Trinity Life Bible College – both new and returning students. For some of you this is a return to the familiar as you step back into the routine of balancing classes, studying and living. For others, this might be a daunting prospect, filled with the unknown, new faces, new experiences and new challenges. Don't let that worry you. We are all brothers and sisters in Christ, and the faculty and staff are here to help YOU succeed.

There are a few things I'd like to remind you of: balance, time management, physical health, emotional and relationship health and, most importantly, putting God first.

You may say, "I'm going to Bible College, surely that shows I'm putting God first in my life." You'll get no argument from me; but are your day-to-day actions reflecting that commitment? When you are studying biblical principles and reading scripture and commentary every day for coursework, it's easy to let that take the place of your personal, one-on-one, devotional time with God. That's what I mean by remembering to put Him first.

Spend time with Him everyday. You will come away refreshed, and full of energy to tackle those pesky homework assignments and term papers.

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“Early Runner” Inspires Leap of Faith in Evolution,

by Andrew Johnson



Eocursor image showing skeletal fossils
Copyright Scott Hartman /
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Frontier, www.sflorg.com

JUNE 2007, KAROO BASIN, SOUTH AFRICA - A team lead by Dr. David Norman found a new species of dinosaur in South Africa. The new dinosaur has received the name *Eocursor parvus* (ey-oh-cursor par-vus), which means “Little Early Runner.” The dinosaur is estimated to be less than a meter long. Its long hind legs give the impression that this animal was quick on its feet, hence its name. The fossil specimen was taken to the Sedgwick Museum of Earth Sciences in Cambridge to be prepared and studied. The museum issued a press release (June 13, 2007), the headline of which declared: ***Eocursor, a 200 Million year old missing link!*** *Eocursor* is thought to be “one of the earliest ornithischian dinosaurs known to date.” Being such an early representative of the order Ornithischia, this dinosaur is believed to be “in a sense a prototype from which evolved the much grander...and better-known herbivorous animals such as *Iguanodon*, *Triceratops*, and *Stegosaurus*.”

One thing of note in the press release is the careful wording. This dinosaur appears to be a prototype “in a sense.” This dinosaur supposedly represents “one of” the earliest ornithischian dinosaurs. The museum did not issue a strong statement like “This dinosaur is a prototype” or that this dinosaur “is the earliest ornithischian.” Yet the headline of the release leaps to the conclusion that this very incomplete skeleton of a small bird-hipped dinosaur is a missing link. However, in their statement they can only say “in a sense” and “one of the earliest” because they don’t know with absolute certainty that this is a missing link. Yet the release uses typical rhetoric, saying that this fossil provides new insight into the origin and early evolution of dinosaurs. In other words, despite what little information gained from the fossil, the paleontologists hold firm to the faith (in evolution) and anticipate that this fossil will prove to be a missing link...in a sense.

Healthy Student Living, *Adapted for the Chronicle by T. Colburn.*

Balancing the different areas of your life sounds simple, but this task is probably one of the biggest challenges you will face. You will find that you are being pulled in many different directions. To be a successful student you will need to switch gears from one subject to the next and then go from studying to having fun. Too much studying may create stress; too much fun will get in the way of your goals.

Time management is the key to keeping up with the demands of college. Staying organized by creating a schedule will greatly reduce stress.

Positive social connections are a must. Keep an eye on new relationships that take up a lot of your time. It’s okay to say “yes” to activities that will build your sense of community at school. At the same time, allow yourself permission to also say “no” and turn down some offers.

Family is your second most important support, next to your faith. However, there are times when they create additional stress. It’s difficult to focus on school when there is a family crisis at home. If you’re married or have children, try and have an extended family or friends support system in place to help share the burden when crises arise. If you are a single adult, let your parents and siblings know you still love and care for them, but that college must be your priority right now.

Make time for yourself and continue to participate in the activities that you enjoy. College is also a time for finding new interests to explore.

Connect to campus life by finding ways to get involved on campus. Students who invest more have a more satisfying college experience.



More Tips on Meeting the College Challenge,

Adapted for the Chronicle by T. Colburn.

Staying healthy both emotionally and physically can be a challenge in college. The first step is to maintain a regular devotional time. This creates a strong relationship with God, and the results will trickle down into all other areas of your life.

- Recognize your strengths and identify your weaknesses. Remember, God works through our weaknesses—it's okay to have some.
- Get excited about even the smallest of accomplishments. Find the good in every day.
- Surround yourself with supportive people: like fellow students with positive attitudes and your professors!
- It's OKAY to make mistakes. Don't dwell on them—learn from them.
- Stress happens, when you're feeling overwhelmed STOP. Take a break, assess the situation, and try tackling the problem from another direction.
- Ask for help, it's not a crime.

- Organize your tasks by making a list and placing them in priority order.
- You are not in control – God is. So, stop worrying about things and just do the best you can.
- Get enough sleep. Give yourself time to relax and de-stress before bed and avoid caffeine at least 4-6 hours before bedtime.
- Eat for energy. That means a balance of lean protein, fruits and vegetables—limit carbs and sugars.
- Exercise—it improves memory, focus and concentration, all tools you need to succeed with your studies.
- Tips to reduce stress: talk to friends, keep a journal, pray, read the Bible, take deep breaths, take a walk outdoors, listen to music and take things one day at a time.

If you do start feeling stressed or overwhelmed, talk with your professor, your advisor, Pastor T or Prof. Colburn. They're there for YOU.



Malaysia, *continued from page 1*

... church camp was being held. The ministry we did involved running games, songs, puppet shows, skits, pantomimes, and teaching Bible lessons. Both camps had a theme of Faith; I thought that was very interesting, because the organization I went with is called Stepping Out In Faith. So, that was cool. At the first camp, we worked with children 4 to 14 years old. At the second camp, we worked with 4 to 12 year olds. The kids were so awesome. I miss all of their smiling faces.

"We also worked at a third camp, but it was not a church camp. A church did operate the camp, but it was a community outreach camp. The church was in the middle of a Muslim community, so we could not evangelize. We had to simply build relationships

and show the kids that we loved them. It was hard to talk about why we were there without mentioning God, but when we told them that we loved them, there were gasps in the room. At that camp, we worked with three different age groups back-to-back: 5 to 7 year olds, 8 to 9 year olds, and 10 to 12 year olds. We mostly ran games and crafts at that camp. In spite of not being able to speak about God, He still used us in great ways.

"During this trip, God revealed Himself to me in so many different ways. I have a new understanding and a new love of God that I probably wouldn't have if it weren't for this trip. This trip is one of the greatest things that ever happened to me."



*Friendship bracelets –
Friends forever!*

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Lessons in Life, by Regina Brett - The Plain Dealer, Cleveland, Ohio

With apologies to Ms. Brett, due to space limitations, some items were left out. The Editor.

1. Life isn't fair, but it's still good.
2. When in doubt, just take the next small step.
3. Life is too short to waste time hating anyone.
5. Pay off your credit cards every month.
6. You don't have to win every argument. Agree to disagree.
7. Cry with someone. It's more healing than crying alone.
8. It's OK to get angry with God. He can take it.
9. Save for retirement starting with your first paycheck.
10. When it comes to chocolate, resistance is futile.
11. Make peace with your past so it won't mess up the present.
12. It's OK to let your children see you cry.
13. Don't compare your life to others'. [Their path is not yours.]
14. If a relationship has to be a secret, you shouldn't be in it.
15. Everything can change in the blink of an eye. But don't worry; God never blinks.
17. You can get through anything if you stay put in today.
20. When it comes to going after what you love in life, don't take no for an answer.
21. Burn the candles, use the nice sheets, and wear your nicest things. Don't save them for a special occasion. Today is special.
22. Over-prepare, then go with the flow.
25. No one is in charge of your happiness except you.
26. Frame every so-called disaster with these words: "Will this matter in five years?"
27. Always choose life.
28. Forgive everyone everything.
29. What other people think of you is none of your business.
30. Time heals almost everything. Give time time.
31. However good or bad a situation is--it will change.
32. Your job won't take care of you when you are sick. Your friends will. Stay in touch.
33. Believe in miracles.
34. God loves you because of who God is, not because of anything you did or didn't do.
35. Whatever doesn't kill you really does make you stronger.
36. Growing old beats the alternative -- dying young.
37. Your children get only one childhood. Make it memorable.
38. Read the Psalms. They cover every human emotion.
39. Get out of the house every day. Miracles are waiting everywhere.
40. If we all threw our problems in a pile and saw everyone else's, we'd grab ours back.
41. Don't audit life. Show up and make the most of it now.
42. Get rid of anything that isn't useful, beautiful or joyful.
43. All that truly matters in the end is that you loved.
44. Envy is a waste of time. You already have all you need.
45. The best is yet to come.
46. No matter how you feel, get up, dress up and show up.
47. Take a deep breath. It calms the mind.
48. If you don't ask, you don't get.
50. Life isn't tied with a bow, but it's still a gift.

"Live simply, love generously, care deeply, speak kindly, leave the rest to God."