

"HEAVENLY HERALD" NEWSLETTER

Church of God 7th Day

1150 NE 9th St., Grants Pass, OR 97526

541-479-2440

www.sabbathfellowshipofgrantspass.org

11:00 am Bible Study

11:15am Children's Sabbath School

12:00 pm Worship Service & Sermon

1:15pm Potluck Open to the Community

WELCOME

to the

"Biggest Little Church in Town"

Pastor Ralph Orton, Ministering

Asst. Pastor Shawn McCool, Ministering

Sherry Orton, Bible Study

Jason & Darla Slawson, Youth Ministries

January 2012 EDITION

CHURCH NEWS:

Our church directory will be finished by Jan. 28th. It has been a long time coming it seems and somehow fallen by the wayside, but it will be a nice directory. Rest assured that it will only be given out to our church members and will not be put on the internet. As personal information seems to be less and less secure these days. Please turn in your directory information sheets to Nadia by Jan. 7th.

Don't forget to pull out any hidden talents that you may have for our Talent Show on Jan, 21st. Everything can be a talent; reading scriptures, poems, riddles or singing a song maybe playing an instrument and in the past we have had performances of all different kinds. Every year we have a fun time with it and each year it seems to get better and better and we expect the same this year. Hope to see you there!

We will be having a yard sale and a bake sale at the same time. This will be happening in late May or early June. So start saving up your odds and ends. The proceeds will go to our Helping Hands Ministry fund, which is now empty. If you would like to make a donation to this Ministry please write Helping Hands on your offering envelope.

Our congregation always jumps in to help out in every avenue of our church. Now I am calling on any of you to submit an article that you like and think our congregation would enjoy also or you can write an article for our Newsletter. Each month we have a full page and sometimes more available so if you give it to (Nadia) by the third Sabbath of each month it can be in there the next month. This would be greatly appreciated.

We are going to start up our Pray and Play again. The fourth Sabbath of each month we have our Prayer Meeting. Now we will also be having church game time after Prayer Meeting so, plan on staying and having some extra fun with your church family if possible.

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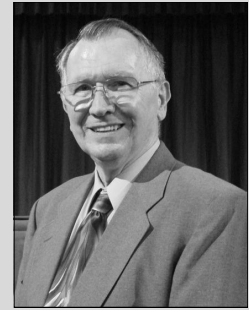
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UNITY OF BELIEF

**DIVERSITY OF
UNDERSTANDING**

ONE IN CHRIST

**PASTOR RALPH'S
NOTES OF ENCOURAGEMENT**



“ Who Is to Blame?”

Many of us remember the 1960s when it was loudly proclaimed, “there are no absolutes.” Now, superficially, this seems right — but it’s not. “There is a way that seemeth right unto a man, but the end thereof are the ways of death” (Prov 16:25). Contrary to popular belief, there is not an exception to every rule. Although the Bible teaches the uncertainty of many events, “I returned, and saw under the sun, that the race is not to the swift, nor the battle to the strong, neither yet bread to the wise, nor yet riches to men of understanding, nor yet favour to men of skill; but time and chance happeneth to them all” (Eccl 9:11), it also teaches the certainty of God’s moral principles and the inevitability of justice, “For God shall bring every work into judgment, with every secret thing, whether it be good, or whether it be evil” (Eccl 12:14). Justice will be accomplished, either now or later. In their zeal to rationalize their behavior it was necessary to do away with absolutes, and so they proclaimed, “God is dead.” Eventually, the majority of God’s people learned the response that clearly exposed the proclaimers’ error, “Are you absolutely sure there are no absolutes?”

Today’s sophisticates are trying to accomplish the same thing but with a new twist. By the way, did you know “sophisticated” has the meanings of deceptive, misleading and worldly-wise? Remember when people were amused by the obviously false claim, “The devil made me do it,” as if the sinner had no choice. That claim, in a new guise, is being made today by many doctors, attorneys, politicians, social workers, and clergy to name a few. Let me illustrate. If I have a drinking problem am I really to blame? According to many of today’s leaders I am not; I simply have a genetic deficiency. If I am homosexual, is it of my choosing? No, of course not, I was born that way. It’s a matter of genetics. Keep an eye on the news and you will see example after example. You see it’s the same old thing. All aberrant behavior was justified in the 1960s because there were no absolutes, so of course people had to, “Do their own thing.” Today aberrant behavior is justified because there is no choice; people are captives of their genes. WRONG! God has chosen affliction for his people because, “. . . when I called, no one answered, when I spoke they did not listen; but they did what was evil in my eyes, and chose that in which I did not delight” (Isa 66:4).

Now don’t misunderstand. We are influenced by the physical, and sometimes very dramatically. But it is simply wrong to excuse all aberrant behavior as if there were no choice. God is not dead! We do have free will, and we are responsible for our choices. We don’t need to explain away our sins. We need to turn away from our sins (repent) and accept the One who can forgive them. We need to avoid sophisticated arguments and accept the “. . . redemption that is in Christ Jesus” (Rom 3:24).

Pleased to be yours in Christ,
Pastor Ralph

Church of God 7th Day Newsletter
January Edition 2012

In Weekly Service:

Pastor Ralph Orton, Minister/ Pastor
Sherry Orton, Bible Study Instructor
Shawn McCool, Asst. Pastor
Jason and Darla Slawson, Youth Ministries

Nadia, Music Coordinator
Donna Parker, Prayer & Praise Requests
Sherman Parker, Scripture Reading
Vicky Rest, Culinary Supervisor

UPCOMING EVENTS & COMMUNITY ACTIVITIES

Women's Luncheon 2nd Friday of each month. The next luncheon will be on Jan. 13th, 12:00 pm at the "Phò Sur Vietnamese Restaurant" *Next to Diamond in the Northern part of Grants Pass.*

Family Movie Matinee: Jan. 7th at 2:30 pm in the sanctuary following the fellowship meal. The movie is titled, *Miracle of the Widow*. "How long do God's promises endure?" This is said to be a story that will grip your heart and has a surprising ending.

Helping Hands: Will be open Jan. 7th and 21st at 2:00pm - 2:30pm to give out coats, clothes and personal items.

Bible Forum: Jan. 14th at 2:30 pm in the sanctuary following the fellowship meal.

Prophecy Bible Study: 3rd Sabbath of each month at 2:30pm after fellowship meal. This month it will be canceled due to our **Talent show** on Jan 21st. Hope to see you there.

Prayer Meeting: Jan. 28th at 2:30 pm following the fellowship meal after prayer meeting, we will have game time, which is always a lot of fun.

Women's Luncheon Update

The Dec. 9th luncheon was held at noon at the *Taco Loco's*. The ladies luncheon is held on the **2nd Friday of each month**. In attendance this month were Vickie, Nadia, Barbara and Shawna. They had a great time. Vickie won the pot! Lucky girl! Lots to share, as sisters in the Lord. As for **Jan 13th**, the ladies have decided to meet at "Phò Sur Vietnamese Restaurant"; but, for **Feb.**, our luncheon will be held at Papa Café and BBQ in Grants Pass.

Perhaps, you and a guest or two can join us on Jan. 13th, or at any of our gatherings. It's a standing invitation and the first time is free.

If you need information, call the office at 541-479-2440.



√ **JOBS OFFERED**
√ **WORK NEEDED**



Count the items listed for the Helping Hands Ministry Needs list. Write it on a piece of paper, with your name, put it in the monthly newsletter drawing box for a prize, by Jan. 21st.

In this economy, we need to work together to make certain that no one is lacking; so let's make sure we make our need for jobs known. By the same token, if you are fortunate enough to be able to offer a job to someone, then advertise it here.

Free land! If you have free land (an acre or so), or know of somebody who can donate their land, please contact Pastor Ralph at 541-479-2440, as we are in need of a church building site, or even a small church.

Brandon is looking for work hopefully something with a regular schedule but, will take odd jobs. 541-295-1130

Luke is looking for work, painting, carpentry, work cutting, lawn work, has done a little of everything.

No job to small or too big, just call 541-218-6876.

(room for more ads here) Call with your ad info. 541-479-2440



“SHERRY’S MESSAGE”

Hands

Back in the fifteenth century, in a tiny village near Nuremberg, lived a family with eighteen children. Eighteen! In order merely to keep food on the table for this mob, the father and head of the household, a goldsmith by profession, worked almost eighteen hours a day at his trade and any other paying chore he could find in the neighborhood. Despite their seemingly hopeless condition, two of Albrecht Durer the Elder's children had a dream. They both wanted to pursue their talent for art, but they knew full well that their father would never be financially able to send either of them to Nuremberg to study at the Academy.

After many long discussions at night in their crowded bed, the two boys finally worked out a pact. They would toss a coin. The loser would go down into the nearby mines and, with his earnings, support his brother while he attended the academy. Then, when that brother who won the toss completed his studies, in four years, he would support the other brother at the academy, either with sales of his artwork or, if necessary, by laboring in the mines.

They tossed a coin on a Sunday morning after church. Albrecht Durer won the toss and went off to Nuremberg. Albert went down into the dangerous mines and for the next four years, financed his brother, whose work at the academy was almost an immediate sensation. Albrecht's etchings, his woodcuts, and his oils were far better than those of most of his professors, and by the time he graduated, he was beginning to earn considerable fees for his commissioned works.

When the young artist returned to his village, the Durer family held a festive dinner on their lawn to celebrate Albrecht's triumphant homecoming. After a long and memorable meal, punctuated with music and laughter, Albrecht rose from his honored position at the head of the table to drink a toast to his beloved brother for the years of sacrifice that had enabled Albrecht to fulfill his ambition. His closing words were, "And now, Albert, blessed brother of mine, now it is your turn. Now you can go to Nuremberg to pursue your dream, and I will take care of you."

All heads turned in eager expectation to the far end of the table where Albert sat, tears streaming down his pale face, shaking his lowered head from side to side while he sobbed and repeated, over and over, "No...no no ...no."

Finally, Albert rose and wiped the tears from his cheeks. He glanced down the long table at the faces he loved, and then, holding his hands close to his right cheek, he said softly, "No, brother. I cannot go to Nuremberg. It is too late for me. Look ... look what four years in the mines have done to my hands! The bones in every finger have been smashed at least once, and lately I have been suffering from arthritis so badly in my right hand that I cannot even hold a glass to return your toast, much less make delicate lines on parchment or canvas with a pen or a brush. No, brother for me it is too late."

More than 450 years have passed. By now, Albrecht Durer's hundreds of masterful portraits, pen and silver-point sketches, watercolors, charcoals, woodcuts, and copper engravings hang in every great museum in the world, but the odds are great that you, like most people, are familiar with only one of Albrecht Durer's works. More than merely being familiar with it, you very well may have a reproduction hanging in your home or office.

One day, to pay homage to Albert for all that he had sacrificed, Albrecht Durer painstakingly drew his brother's abused hands with palms together and thin fingers stretched skyward. He called his powerful drawing simply "Hands," but the entire world almost immediately opened their hearts to his great masterpiece and re-named his tribute of love "The Praying Hands."

The Praying Hands, July 31, 1999



The Beloved Man
Spiritual Story by Paulo Coelho

A Siberian shaman asked God to show him a man that He loved. The Lord advised him to look for a certain farmer.

“What do you do to make the Lord love you so much?” the shaman asked the farmer when he found him.

“I say His name in the morning. I work all day and say His name before going to sleep. That’s all,” the farmer replied.

I think I found the wrong man, thought the shaman.

Just then the Lord appeared and said, “Fill a bowl with milk, go to town and then return. Without spilling a single drop.”

The shaman did so. On his return, the Lord wanted to know how many times he had thought of Him.

“How could I? I was worried not to spill the milk!”

“A simple bowl made you forget Me,” said the Lord, “and the farmer, with all his tasks, thinks of me twice a day.”

Psalm 37: 16 & 18 (KJV)

16] A little that a righteous man hath is better than the riches of many wicked;

[18] The LORD knoweth the days of the upright: and their inheritance shall be for ever

**HELPING HANDS MINISTRY
NEEDS LIST**
(most frequently requested items)

- | | |
|----------------------------|---------------------|
| Q-tips | Paper towels |
| Toilet paper | Wet Ones/Towelettes |
| Tooth paste | Tooth brushes |
| Spray bottles for water | Deodorant |
| 2-in-1 Shampoo/Conditioner | Combs |

“Lend a Hand” Ministry

If you have a need, or know of someone who has a need of a few extra hands, please let our pastor know what that request is, and when it needs to be done. He will inform the church, and get the ball rolling! Anyone, who can help on that particular day, just show up. You will be blessed!

**Funny
Bone
Alley**

A little boy opened the big and old family Bible with fascination, and looked at the old pages as he turned them. Suddenly, something fell out of the Bible, and he picked it up and looked at it closely. It was an old leaf from a tree that had been pressed between the pages.

'Momma, look what I found,' the boy called out.

'What have you got there, dear?' his mother asked.

With astonishment in the young boy's voice, he answered: 'I think it's Adam's suit!'



Recipe of the Month

“Roasted Squash with Almond and Cranberries”

Submitted by: Vickie Rest

Ingredients: 2 lbs. Butternut squash (peeled, seeded & cut into one inch chunks)
2lbs Carrots (peeled & cut into one inch chunks) 1/4 cup Olive oil 2tsp chopped fresh Thyme
1tsp garlic power 1tsp cumin salt & black ground pepper (to taste)
1 cup Almond slivers 1/2 cup dried cranberries (sweetened is fine) Zest of one lemon

Directions:

1. Heat the oven to 350 degrees 2. Line a rimmed baking sheet with foil (on the baking sheet, combined the squash and carrots) drizzle the oil over the vegetables, then use your hands to mix until evenly coated with oil
3. Sprinkle the Thyme, garlic powder and cumin over the squash and carrots, then mixed well.
Season with salt and pepper to taste.
4. Roast from 30—40 mins. Or until the vegetables are tender inside and lightly brown and crisp outside.
5. Add the almonds and cranberries, tossing them in well . 6. Then transfer to a serving bowl.
7. Top with lemon zest and then taste and adjust seasoning to taste.

Serves 8



GARDEN or HOUSEHOLD TIPS



Household Uses For Baking Soda

*Resource: Tipnut.
Submitted by: Odessa Parker*

Teapot Stain Buster: Fill a teapot with boiling water, squeeze the juice from a wedge of lemon (1/4 lemon) and toss in the peel, add 1/8 cup of baking soda. Soak overnight, wash well in the morning.

Fido Smelling A Little Off? Make a doggy deodorizer by mixing 1/2 cup baking soda with 2 cups water then soak 1 bandana (sized to fit dog). Dry bandana in the sun then tie around Fido's neck to help keep the odors at bay.

To Remove Odor From a Vase: Pour a solution of water and baking soda into the vase and let stand for several hours. Wash clean and odors should be gone, if not simply repeat the process.

Smelly Ashtrays Fix: Mix equal parts white sand and baking soda then pour mixture into ashtrays. This helps diffuse the odor from cigar and cigarette butts and it also helps mask the smoke in the air.

Grease Buildup On Range Hood: If the grease buildup inside the hood is especially thick, first make a thick paste of baking soda and water. Take a cloth wet with hot, soapy water and then scrub the grease with the paste in a circular motion—then wipe off as much as the grease as possible then rinse the cloth in a bucket of hot, soapy water. Reapply baking soda paste on the cloth and repeat until most of the grease has been removed. Once the majority of grease buildup has been removed—wash the unit with hot, soapy water to remove all traces of the baking soda paste and then clean with degreaser if needed. .

Musty Books Fix: For books that got damp or are musty, sprinkle baking soda on the pages and allow time to air out. If there's mildew on the paper you can rub the baking soda into the spots and lay out to bleach in the sun.

Cleaning Cake & Pie Pan Edges: Dip a raw potato into baking soda to scrub the rusted corners and edges of cake and pie pans. You could also try using baking soda with a few drops of lemon juice.

Mattress Freshener: When stripping the beds down for laundry, freshen up the mattress by sprinkling a thin layer of baking soda directly on top of the mattress. Leave sit for a few hours then vacuum the powder up.

Cheap & Natural Carpet Freshener: Sprinkle carpets with baking soda and leave sit for a few hours then vacuum up. Your carpets will smell noticeably fresher.

**PRAISE GOD FOR
HIS GRACE IN HEARING &
ANSWERING OUR
PETITIONS IN PRAYER!**
For 'Prayer Chain' requests,
call 541-479-2440

Continuous Pray for: **Our Church Congregation**, unity in Christ; God will guard our thoughts & put a protective hedge around us; a deep hunger for God's Word; healing for those who are ill; Outreach Ministries; that God will bless us with our own building or land to build upon; the Holy Spirit to leads

us in every area of our lives

Church Leaders, (Worldwide) God's wisdom & a hunger for His Word

Seeds Planted Worldwide, for the Lord

World Leaders, will seek God's counsel; Christians will have a burden to pray for them

Missionaries & Christians Around the World, to be prepared for the Lord's coming; protection from the enemy; to know God's Word

Military Troops & Wounded Soldiers, God's protection & provision

Natural Disasters, God's healing, strength & recovery

Attorney Generals, that all 50 Attorney Generals will stick to what they originally said

Israel & the Middle East, for peace & the return of our Messiah

Healing Room Ministries, blessings as they grow internationally & locally; inception of 24/7 prayers

ACTS Magazine (& Staff) & General Council, a one-year commitment to pray daily for these

Christian Businesses, those struggling in this economy

Children of the World, to come out of the world & accept Jesus as Lord; safety from sexual predators & other perpetrators

Teens, will turn to God & have hope; prevention of suicide; pregnant teens will make informed choices

All Families, for marriages to be held together in unity in Christ; all to be ready for Christ's return

Lost Loved Ones, that they will turn their lives over to God

Homeless & All Who Are Having Hard Times, shelter, food & healing; to feel God's love & the love of others; peace in their heart & mind

Godly Sorrow, as repentance leads to salvation

New Praises

Pastor for answered prayers and God's goodness.

Barbara for moving song service and to sing from the White House lawn.

Al for answered prayer, having his two tier organ.

Nadia for her doctor not accepting her kidney healing and giving a bad prognosis and the Specialist saying there is nothing wrong.

Barbara that she is uplifted, blessed and has a positive outlook. She loves Philippians 4:8 Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever

is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

Nadia for the freedom to worship.

Luke that our God is awesome and worthy of all praise.

New Prayer Requests

Sherman for mission, stolen money, forgive man who stole it and pray that he sees Jesus.

Sherry for safe travel for her daughter.

Nadia's gifts stolen, that heart of thief is convicted.

Pastor for Brandon and Mary.

Al wants help for an operation and someone to nurse his son.

Odessa for her great grandson is sick and has no blood platelets.

Carol for her husband who has cancer and an unspoken prayer.

Donna for Mikki to have a good visit with her daughter, for those homeless, hurting and for our wounded warriors.

Sherman for his friend in the hospital suffering from pneumonia and dying from cancer.

Al to lift up to God the unknown soldiers and those wounded or killed.

Luke for clearance to get the job for which he's applied and to get full custody of Miriam.

Pastor for soldiers coming home from the war in Iraq, for our nation, for leaders on all levels and for revival in the churches.

Brandon for the working poor and for the small people.

"How it will be"

So when you see in the Holy Place, the Abomination that causes desolation, spoken of by Daniel-- what is being said here in Matthew 24:15 first Jesus is telling you that this bad thing will be in the future --when? Where it is taking place and in the Holy place, in Jerusalem. This tells of nothing in the past. Did the Romans desecrate it in A.D. 70? No! Why not? Dead things might, pigs and rats might, it was that many times. The first commandant in the Old Testament is of prime importance. Would you let some jerk impersonating you, in your house? A number of versions even tell you where to look. The text says in Daniel 9:27; 11:31; 12:11. The context of none of these would indicate Jerusalem in A.D. 70.

We have not had a temple of God since then. All of these stories have a content of the end of time. We have to rebuild the temple and Jerusalem like in Daniel 9. To rebuild Jerusalem it first must be destroyed, soon! To rebuild the temple, the dome built on the temple site must be destroyed. When you see these things happen, it's time to tell the news people that this is the real thing. To be in context, Daniel 9 cannot be taught by any other religion the way they have been teaching it. It's all near future. II Thessalonians 2:3 spells it out but most have missed. Here is God's temple not being taken good care of but still God's temple. The man of lawlessness is here messing things up as usual. Who is this? Either Satan or one of the main supporters. He is doomed for destruction, but not yet. In verse 4 it says he will oppose and exalt himself over everything that is called God or is worshipped claiming to be God. Even Nebuchadnezzar didn't go this far, or did he? The priests of Baal didn't go this far and God had them killed. Daniel 12:1 At that time Michael, the great prince will stand up to oppose him. This is of the greatest distress. There is nothing that happened in the Dark Ages that compared to this. The *** had a time of trouble, granted. Did they have the Mark? No! Did it even cover the known world, no! In 12:10 many will be purified, made spotless and refined. All the refining I have been around has really been hot. You don't need to pray for patience. You need to pray for help, help to overcome in ALL things. Submit yourselves to God, resist the devil, and he will flee from you. Parable of the 10 virgins, they all had lamps. They were all asleep, some had Oil. What is this? Do I have the oil? Do you have the oil? Do I hear God's voice? Do you? Are you discouraged sometimes? Elijah was. World prophecy wise, Iran is next to go. The people on the news, our leaders in Washington will all discuss it. It's not a matter of if, only how. The question is how much do we destroy? Should we let Israel do it? Do we use nuclear war heads or not? Do we try to remake them into a sager country? I don't think we can because we started a cannon ball rolling and we have no way to stop it. The Bible as I see it doesn't put us in any picture after that unless the little horn comes from us or we are part of the composite 7 head 10 horn beast. This is starting to get sour in my belly. Revelation 10:10.

by: Sherman Parker



This is an on going series



“Are You in Control of Your Cholesterol?”

Treatment

If an individual's cholesterol is elevated, discussions with a physician should be scheduled to determine what course of treatment may be needed. Initial treatment for hypercholesterolemia usually requires dietary changes to reduce the intake of total fat, saturated fat, and cholesterol. Most health care professionals will recommend that a person's weight and height be proportionate. Further, experts counsel persons with elevated blood cholesterol levels to increase their intake of soluble fiber. Sources of soluble fiber include bran, foods containing whole grains and other sources of indigestible fiber such as lignin.

The reason for treating elevated cholesterol is to reduce an individual's risk of complications. If a diet low in cholesterol and saturated fats doesn't significantly reduce a person's cholesterol level, medication may be required. For every 1 percent reduction in cholesterol level, the risk of heart disease is reduced by 2 percent. It is also possible to partially reverse atherosclerosis that has already occurred by aggressively lowering cholesterol levels with diet and medications. Prescription drugs are available to help lower cholesterol levels in the blood. Niacin, cholestyramine, cholestipol, lovastatin, simvastatin, pravastatin, fluvastatin and gemfibrozil have all been approved for use in the United States as of 2001.

Alternative treatment

There are advocates of treatment using vitamins, minerals and antioxidant substances in relatively high amounts. These amounts generally exceed those provided by the Food and Drug Administration in its Minimum Daily Requirements (MDR). Advocates of such therapies also include increased levels of exercise, attaining an ideal body weight and increasing levels of fiber in one's diet.

Some people have advocated the use of garlic, soy and isoflavones to lower serum cholesterol levels.

Prognosis

The prognosis for persons is in direct proportion to their serum cholesterol levels. Persons with hypercholesterolemia are at high risk of dying from heart disease or stroke.

Many studies have looked at the relationship between elevated cholesterol levels, increased risk for heart attack and death. In one research investigation of relatively young males who had no known heart disease, cholesterol levels were measured and participants were followed for 6 years. During this time, all heart attacks and deaths that occurred among participants were recorded. As serum cholesterol levels increased, so did the risk of experiencing a fatal heart attack. The risk of a fatal heart attack was approximately five times higher among persons having cholesterol levels of 300 mg/dL or more compared to those with cholesterol levels below 200 mg/dL.

The Framingham Heart Study is an ongoing research effort. Cholesterol levels, smoking habits, heart attack rates, and deaths in the population of an entire town have been recorded for over 40 years. After 30 years, more than 85% of persons with cholesterol levels of 180 mg/dL or less were still alive; almost a third of those with cholesterol levels greater than 260 mg/dL had died.

Prevention

Experts suggest the following steps to maintain serum cholesterol within normal limits: an important component is to maintain a normal weight for height and reducing one's weight if it is inappropriate for height. Change dietary habits by reducing the amount of fat and cholesterol consumed. Avoid smoking by not starting or quitting if currently a smoker. Increase levels of fiber in the diet by including foods such as beans, raw fruits, whole grains and vegetables. It is important to exercise on a regular basis. Aerobic exercise is especially helpful in reducing serum cholesterol levels. Persons from families with a strong history of early heart attacks should be evaluated with a lipid screen. Proper diet, exercise and the use of effective drugs can reduce serum lipid levels.

Nutrition and cardiac experts offer the following suggestions: Purchase low-fat or fat-free dairy products such as milk, cheese, sour cream, and yogurt. Eat lean red meats, chicken without skin, and fish, reduce consumption of foods high in saturated fat such as French fries, avoid foods that are rich sources of cholesterol such as eggs, liver, cheese, and bacon. Eat smaller servings, keep a food journal and write down everything you eat every day

** The information published in these articles are not intended as a substitute for personal medical advice. Before making any decision regarding your health, please consult a physician or other qualified health-care practitioner.*

Reuters - The Ohio Senate on Wednesday suspended discussion of a controversial bill that would have banned abortions after the first fetal heartbeat was detected.

The measure, known as House Bill 125, has already passed the Ohio House. If it became law, it would be the toughest restriction on abortions in the nation.

The American Civil Liberties Union said on December 6 it would sue if Ohio state lawmakers pass either that bill or another that would not allow Ohioans to buy coverage for abortion from new healthcare exchanges set up as part of the federal health care reform plan. Both, ACLU said, are unconstitutional.

Fear of expensive legal battles over the law may have prompted a wave of amendments by Senate backers to the bill. But the wording of the bill has split anti-abortion backers.

"Supporters of the bill delivered more than 20 amendments on Wednesday, asking us to make changes after months of deliberation in both the House and Senate," Ohio Senate President Tom Niehaus, a Republican, said in a statement.

"These eleventh hour revisions only serve to create more uncertainty about a very contentious issue. We've now heard hours of testimony that indicate a sharp disagreement within the pro-life community over the direction of this bill, and I believe our members need additional time to weigh the arguments. Therefore, I have asked the committee chairman to suspend hearings on the bill," Niehaus said.

"Our majority caucus is staunchly pro-life, and we will take every responsible step to advance the protection of unborn children," he added. "But we cannot move forward on a bill that has so far created more confusion than consensus."

Ohio Right to Life has not backed the heartbeat bill because they say the current makeup of the U.S. Supreme Court is not favorable to abortion opponents. This stand has caused divisions within the state's anti-abortion community.

Stephanie Krider, legislative affairs director at Ohio Right to Life, had testified to a state senate committee that the Court might actually use the heartbeat law to reaffirm Roe v. Wade and eliminate other restrictions on abortion.

"Let's not let emotion blind us from reality and let's make sure that we do not, unintentionally, do more harm than good," Krider said.

(Reporting by Jo Ingles. Editing by Peter Bohan)

CHANGES AROUND THE WORLD - WILL IT AFFECT YOU?

submitted by: Pastor Shawn McCool

Kazakhstan Christians Face Hardship After Presidential Poll, group says Kazakh Christians gathering without government approval were expected to face more punishments after officials said Kazakhstan's long-time President Nursultan Nazarbayev won Sunday's presidential poll.

Germany Jails Christian Parents Over Sex Education Row A Christian father spent another day in a German prison Saturday, March 26, after refusing to pay a fine for not allowing his children to attend government-run "sexual education" classes, his lawyers said.

Turkish Court Jails Officers Over Killings Christians A Turkish court on Monday, March 21, ordered five military officers and two civilians jailed as part of an investigation into the 2007 killings of three Christians at a Bible-publishing house.

Christians in Turkey Acquitted of 'Insulting Turkishness' After a lengthy legal battle, a Turkish judge acquitted two Christians of insulting Turkey and its people by spreading Christianity, but not without imposing a heavy fine for another unrelated charge.

NEWS WATCH: Experts Exhume Bodies of Romanian Dictator, Wife Forensic analysts have exhumed what are believed to be the bodies of late Romanian dictator Nicolae Ceausescu and his wife, Elena, who were executed in 1989. It comes after relatives raised doubts that the couple was really buried in Romania's capital Bucharest.

BREAKING NEWS: Pentecostal Pastor Shot Dead In Dagestan The pastor of the largest Pentecostal church in Russia's violent, mainly Muslim republic of Dagestan, has died after being shot in the head, in an apparent bid to intimidate converts from Islam, Christian rights activists and police said Friday, July 16.

Christians Worldwide Pray For Burma Thousands of Christians worldwide will unite in prayer for Burma next week as part of global day of prayer for the nation, organizers said.

HANOI, VIETNAM (Worthy News)-- A mob of men attacked leaders of a Baptist house church near Hanoi Sunday, seriously injuring a pastor and several others, including women and teenage children.

JOS, NIGERIA (Worthy News)-- Fulani Muslim herdsmen and soldiers killed at least 45 ethnic Berom Christians in Plateau state last week.

Are these thing that Jesus was warning us about?

Nation: U.S. Capitol Christmas Tree Pays Homage to Obama—But Not Jesus The 63-foot Sierra White Fir lighted at the U.S. Capitol Grounds on Dec. 6 as the official 2011 Capitol Christmas Tree

War on Christmas: Atheists Neutralizing Christianity? A Catholic civil rights group says that the attempt by atheist activists to remove nativity scenes and faith-related symbols from the public....

Pat Robertson Slams 'SNL' for 'Anti-Christian Bigotry' in Tebow Skit (VIDEO) Pat Robertson, host of "The 700 Club," has spoken out on behalf of Denver Broncos quarterback Tim Tebow, slamming NBC's "Saturday Night Live**Praise:** Report shows Christianity shifting to Africa Report shows Christianity shifting to Africa - Washington Post (blog)

National Security: Panetta: Iran will not be allowed nukes The U.S. Secretary of Defense said Monday night that Iran will not be allowed to develop a nuclear weapon.

North Korean Leader Kim Jong Il Dies; Young Son Takes Over Kim Jong Il, North Korea's longtime leader, has died at 69 of heart failure, state TV reported on Monday in a "special broadcast." North Korea Conducts Missile Test Hours After Announcing Death of Leader '**Hundreds' of North Korean Nuke Scientists in Iran** , South Korean media report

The alleged CIA agent caught in Iran on Saturday has been shown "confessing" to his "mission" on Iranian state television **Iran Warns** of Downing Other U.S. Drones in Its Skies

Russia curbs attempt to smuggle radioactive material into Iran Interfax news agency says radioactive sodium that can only be produced in a nuclear reactor apprehended at Moscow's Sheremetyevo airport in

US troops leave Iraq with 'heads high' Barack Obama marked the symbolic end of the conflict in Iraq on Wednesday with a politically sensitive speech that celebrated

Germany: Israel must refrain from new settlements??Germany: Israel must refrain from new settlements

Israel: ultra-Orthodox Jews still try to segregate and send women to the back of the bus Israel's political leaders and chief rabbis on Sunday condemned persistent efforts by ultra-Orthodox Jewish men to shunt Israeli women..

No sign U.S. has given Israel green light to strike Iran. Barak's entourage makes no comment on DM's meeting with Obama; it seems Washington will take the stance of the Arab countries and Turkey

Disputed Bridge to Jerusalem's Temple Mount Reopened Two days after the wooden and worn Moughrabi bridge leading to the Haram ash-Sharif (or Temple Mount) in Jerusalem was closed due to safety

NETANYAHU RECORDS VIDEO CHRISTMAS GREETING TO THE "CHRISTIAN CITIZENS OF ISRAEL This is worth watching. It's not often that you hear an Israeli Prime Minister mention the name of Jesus. But Netanyahu has

Netanyahu: We Won't Let Radicals Start a Religious War Regarding the recent riot in an army base, he said: "We will arrest the rioters, we will distance them and we will try them.

Scripture Readings For December

- Dec. 3 - Psalms 139:1-24
Theme "A Prayer Believing Heart"
- Dec.10- 1 Corinthians 14:1-7
Theme: "Prophecy and Tongues"
- Dec. 17 - 2 Corinthians 3:1 -18
Theme: "A Ministry of Glory "
- Dec. 24 - Isaiah 63:1-19
Theme: "Praise to the Lord"



Deaf, Blind and Hard-Hearted

There are three things that can prevent us from learning from the scriptures and gaining a more full understanding of God’s Word and the sayings of His son Jesus. Even his Disciples at the time had been reprimanded for their lack of understanding of what Jesus was trying to say and teach them. **Mark 8:15-18** tells us of an account where Jesus had to warn his disciples of staying hardhearted. When he told them to beware of the leaven of the Pharisees and of Herod they knew not what he spoke of, but instead thought that he was speaking about the lack of bread that they had forgotten to bring along with them. For us this is an important lesson to not harden our hearts for if we do we will fall into the same circumstance that the disciples fell into and that is the inability to grasp the words that Jesus is speaking to us. *Only those that are in the Kingdom of Heaven can truly see and understand the mysteries of God’s Kingdom.* Those that are without the Kingdom of God suffer from deafness and blindness to His Word. **Mark 4:11-13** plainly states exactly this. **Verse 11** he says to them that “unto you it is given to know the mystery of the Kingdom of God: but unto them that are without, all these things are done in parables”. Parables were given to hide the mysteries from those that would not seek after the Kingdom of God. Those that would take up that endeavor would have those mysteries revealed unto them. Those in the World that truly do not desire to search for and enter the Kingdom of Heaven will remain Deaf and Blind to the parables of Jesus and any other hidden secrets that are within the Living Word of God. **Matthew 13:13-17** points out in the beginning of **verse 15** that because of the wickedness of peoples hearts they would never be able to see nor hear. **Verse 14** states that they will not be able to understand nor perceive these things.

Let us cleanse our hearts and soften them so that we do not find ourselves outside the Kingdom Deaf and Blind to the truth.

Fellow Servant of the Lord,

Pastor Shawn



JANUARY ANNIVERSARIES
None

**HAPPY BIRTHDAY
&
HAPPY ANNIVERSARY!**



**If we missed your birthday
or anniversary, we’re sorry.**

**Sherman’s birthday was 12/17
and we are sorry we missed it.**

**January Birthdays
Brandon 1/27**

Food for thought. **JUST DO IT!** *Written by: Nadia*

Have you ever thought about it ? What Jesus is really saying in Luke 8:21 And he answered and said unto them, My mother and my brethren are these which hear the word of God, and **do it**. WoW! That really is a strong word to say about people. He would give up his own mother and brothers, if they are not **doing** what the word of God says.

When I read this, I thought about what people always say “God is love” and yes He does love us and wants all of us to make it to heaven but, we have to read God’s word and really live it, or we are not going to make it.

If you’re not in God’s word everyday you’re missing out! He is always teaching those who are searching and wanting to know more about Him and even if you have read the same scripture over and over and think, “Oh, I know what it says, there will be one day when you will read it and say wow! It says that, I have never seen that before.

Always stay teachable and He will reveal things that others have no idea about and it won’t be the same thing you have always heard before and yes when you try to share it others may think you crazy but, hey they even thought that Jesus was beside Himself (in other words crazy) because what He was teaching was so different and it was the truth and He died for teaching it.

I didn’t say it would be easy. Jesus even warned “If they hate me how much more will they hate you?” So that should tell us what we will have to face for our beliefs.

If you’re not teaching what is the popular teaching of the day some may even call you a radical, which my husband and I have been accused of but it’s only because if you live by what the Word of God says it is so different than how the world lives, they do think you’re a radical.

I guess because now days most Christians kind of blend in with the world and they seem to just tolerate most things but that is **not** what the scriptures say. We are to live in the world but not like the world.

When the world can’t tell that we are believers by our lifestyle, then we must step back and take a look at our lives, as the old saying goes that my grandmother used to say “live what you preach or get off the soap box.” The times we live in make anyone wonder “How long can our world go on this way?” Even nonbelievers are saying that.

We must know what the Word of God **really** says and not back down and let’s **do it** as Jesus said in Matthew 10:32-33 Whosoever therefore shall confess me before men, him will I confess also before my Father which is in heaven. But whosoever shall deny me before men, him will I also deny before my Father which is in heaven.

“VERSE OF THE MONTH”
Luke 8:21

[21] And he answered and said unto them, My mother and my brethren are these which hear the word of God, and do it.

Luke 8: 17—21

[[17] For nothing is secret, that shall not be made manifest; neither any thing hid, that shall not be known and come abroad.

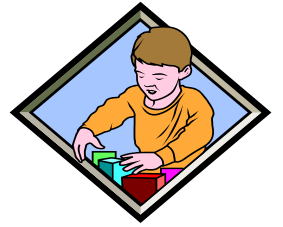
[18] Take heed therefore how ye hear: for whosoever hath, to him shall be given; and whosoever hath not, from him shall be taken even that which he seemeth to have.

[19] Then came to him his mother and his brethren, and could not come at him for the press.

[20] And it was told him by certain which said, Thy mother and thy brethren stand without, desiring to see thee.

[21] And he answered and said unto them, My mother and my brethren are these which hear the word of God, and do it.

Memory Verse: 1 Peter 5:
[4] And when the chief Shepherd shall appear, ye shall receive a crown of glory that fadeth not away.



G is for **Good Shepherd**

Write good shepherd above.

John 10:1-18 I am the good shepherd.

Connect the dot.

Color the picture of the boy shepherd and Jesus the good shepherd

www.calvarywilliamsport.com/kids/index.html

**Have fun with the coloring
and doing the dot to dot.**



CONTENT OF OUR NEWSLETTER

All writings are published to glorify our Lord and Savior, Christ Jesus. Inside, you will find writings of encouragement, church history, current world events which affect the church, hodge-podge page, calendar of events, recipes, garden / household tips, spiritually inspired short stories (funny or serious), personal Christian-based articles, writings from other authors, personal testimonies, job requests or offers for our work-related ads, items for sale or trade, praises of thanksgiving and prayer requests, health info, birthday wishes, and monthly scripture readings.

If you would like something published, please submit your ideas to Nadia by the third Sabbath of each month. Thank you for your contributions. May God bless you!

Exodus 20:1-17

- 1 And God spake all these words, saying,
- 2 I am the LORD thy God, which have brought thee out of the land of Egypt, out of the house of bondage.
- 3 Thou shalt have no other gods before me.
- 4 Thou shalt not make unto thee any graven image, or any likeness of any thing that is in heaven above, or that is in the earth beneath, or that is in the water under the earth:
- 5 Thou shalt not bow down thyself to them, nor serve them: for I the LORD thy God am a jealous God, visiting the iniquity of the fathers upon the children unto the third and fourth generation of them that hate me;
- 6 And showing mercy unto thousands of them that love me, and keep my commandments.
- 7 Thou shalt not take the name of the LORD thy God in vain; for the LORD will not hold him guiltless that taketh his name in vain.
- 8 Remember the sabbath day, to keep it holy.
- 9 Six days shalt thou labour, and do all thy work:
- 10 But the seventh day is the sabbath of the LORD thy God: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates:
- 11 For in six days the LORD made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore the LORD blessed the sabbath day, and hallowed it.
- 12 Honour thy father and thy mother: that thy days may be long upon the land which the LORD thy God giveth thee.
- 13 Thou shalt not kill.
- 14 Thou shalt not commit adultery.
- 15 Thou shalt not steal.
- 16 Thou shalt not bear false witness against thy neighbour.
- 17 Thou shalt not covet thy neighbour's house, thou shalt not covet thy neighbour's wife, nor his manservant, nor his maidservant, nor his ox, nor his ass, nor any thing that is thy neighbour's.

Please remember to pray for our brothers and sisters in Christ and all other requests submitted on our weekly ***“Praise & Prayer Requests”*** sheet. As we lift others up in prayer, be assured that God hears each and every prayer that we hold up to Him. When you have prayer requests that need to be addressed immediately, call 541-479-2440 to receive prayer on the ***“Prayer Chain”***. You may also ask our **elders to pray with you.**

When you need private counseling, you may contact Pastor Ralph Orton at 541-479-2440. His desire is to shepherd this flock. During our ***“Prayer & Praise”*** portion of the weekly Worship Service, we encourage you to speak your prayer requests, and they will be honored at that time.

The information and/or views as are expressed in this newsletter by individuals, are not necessarily the views of the Church of God 7th Day; and, therefore, the church is not to be held responsible or liable for their content.