

"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
12:00 pm Worship Service & Sermon
1:00 Potluck Open to the Community

WELCOME
to the
"Biggest Little Church in Town"

Pastor Ralph Orton, Ministering
Sherry Orton, Bible Study
Shawn McCool, Youth Ministries

July 2011 EDITION

CHURCH NEWS:

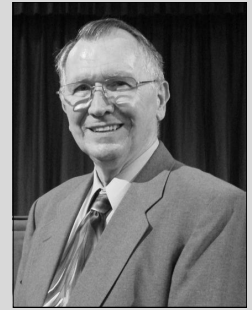
- The Hanly Farms trip was a great success!! It was a beautiful day, a little warm wind and some overcast made it just right. There were twenty people that came and eight of them were children. We fed chickens, went on a hay ride, ate fresh churned butter on crackers and even watched a comedy pioneer show. The children did that and much more. There were all different kinds of crafts at tables all around the area, which all were included in the price of just \$4.00 and adults were free, who could ask for anything better? It was a wonderful day of refreshing fellowship among brethren and a lot of fun!
- Our Vacation Bible School was REMARKABLE! As you know our church has been talking about having a Vacation Bible school for about three years and the youth leaders at that time, said it was just not possible. Since the youth leadership has changed this year, within the last two months and WHAM!, it has happened. We must remember with God involved in anything you do, it is possible. The new youth leadership put a fleece out to the Lord and it was answered and the Lord gave our church a room for the children to meet in and even gave it to us free of charge. Praise God!
We handed out around 600 door hangers and flyers. With God's leading and our own initiative we had a very good VBS. This was our first one and it was a very interesting week, from bathroom lines to playing Bible bingo and everything in between. We've prayed together, read together, ate together, sang together, played together and yes even some argued together. When it comes to fellowship. Yes, that is what we **all** had this week and made some new friends too. We explored new things also, like missionary stories and how to find a book, chapter and verse in the Bible. We also have an understanding of why we get baptized and what it symbolizes and if we ask God for anything He hears us and is there for us. **'If we ask anything according to His will, He heareth us' 1 John 5:14 (KJV)**. Our VBS graduation was on July 2nd the children and parents were all there, we had an overflowing room, people were standing outside of the room and some in the foyer. We had children volunteering to say their memory verses in the graduation program, more than we needed, they all wanted to do something and their singing was heavenly. The picture slide show was great as well, showing some things that we did during the week. We all thanked God for what He did. *See page 4 for VBS graduating class photo*
- Shawn preached his sermon series on June 25th & July 2nd on Kings (1st part) and Priests (2nd part). He has us thinking as a Christian Church, what has happened to the old ways of where people should be acting as in the early church and what has happened to the laying on of hands for more than just healing. Let's be sure to support and encourage him as God leads him.

UNITY OF BELIEF

**DIVERSITY OF
UNDERSTANDING**

ONE IN CHRIST

**PASTOR RALPH'S
NOTES OF ENCOURAGEMENT**



“After letting God do his pruning, we see there can be great possibilities where there was not before. Praise God!”

Wow! It's been an interesting time for the Church. God did some pruning and pruning is a good thing. (John 15:1-2 NIV) "I am the true vine, and my Father is the gardener. {2} He cuts off every branch in me that bears no fruit, while every branch that does bear fruit he prunes so that it will be even more fruitful. And the, "True Vine" is becoming even more fruitful. After years of talking about having a Vacation Bible School we are actually having one. It will be held from Monday, June 27 through Friday July 1 here in the children's Sabbath School room. Graduation will be on Sabbath, July 2. Remarkable what a little pruning can accomplish.

More fruit can be seen in the Children's Sabbath Room. Go take a look. When God answers prayer He does it in mighty and unexpected ways. St. Jude's donated that beautifully decorated room for free even though they had been offered thirty dollars. What a blessing! And the mural you see there was even better than the one we had planned to paint ourselves. Checkout the Church sign in front of the building and you will see we have a Youth Ministry headed up by Shawn with very capable help from Nadia. Expect to hear more kids on Sabbath.

But wait, that's not all! Monday July 4th, Independence day we will have a fireworks display in the Church parking lot. There will be music, food, socializing, a drawing for a \$25 gas card, plus a second drawing for a \$25 Wal-Mart card as well as a third drawing for a \$25 Taprock Northwest Grill gift card. And, of course, fireworks! The barbecue begins at 7:30 and the fireworks at 9:00 to 9:30.

Door hangers and flyers have been distributed throughout the neighborhood for these events so we are expecting a good turnout.

As good as these things are they are only the opening of the door. We are expecting to see many more baptisms this coming year and significant growth in membership as we focus on discipleship. (Mat 28:19-20 NIV) Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, {20} and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age."

Join me in prayer as we see just how the Lord will lead us from here. It's not clear just where we are going or how we will get there. But clearly, God is in control and now we are ready to follow. Hold on it's going to be a great trip.

Pleased to be yours in Christ,

Pastor Ralph

Church of God 7th Day Newsletter
July Edition 2011

In Weekly Service:

**Pastor Ralph Orton, Minister/ Pastor
Sherry Orton, Bible Study Instructor
Shawn McCool, Youth Ministries**

**Jason Slawson, Door Greeter
Donna Parker, Prayer & Praise Requests
Sherman Parker, Scripture Reading**

UPCOMING EVENTS & COMMUNITY ACTIVITIES

Women's Luncheon 3rd Friday of each month. The next meeting will be on July 15th, 12:00 pm at "Casa Flores" next to the McDonald's that is across from Fred Meyers on Park Way.

Christian Music Jam: 1st Friday of each month at "The Grange" on Redwood Avenue, 6:00 pm.

Family Movie Matinee: July 2nd at 2:30 pm in the sanctuary following the potluck. The movie is titled, "What if?" It's a great movie that gets you thinking. Have you ever wondered what if you had made different choices, how your life would have been different? If so, then this is the movie for you. It has something for everyone in this movie. Hope to see you there!

Bible Forum: July 9th at 2:30 pm in the sanctuary following the potluck.

Prayer Meeting: July 23th at 2:30 pm following the potluck.

Vacation Bible School (VBS): June 27th-July 1st from 10:00 am - 1:00 pm located at the church site.

VBS Graduation: July 2nd during Sabbath School time held inside the sanctuary.

Women's Luncheon Update

The June 17th luncheon was held at noon at *Sizzler's*. The ladies luncheon is held on the **3rd Friday of each month**. In attendance this month were Vickie R., Odessa, Mary, Nikki, Sherry, Nadia and Yeshaya. They had a great time. Lots to share, as sisters in the Lord. Nikki won the 'pot'. Lucky girl. "As for July 15th, the ladies have decided to meet at **Casa Flores**; but, the August luncheon will be held at **La Fajita** in Grants Pass.

Perhaps, you and a guest or two can join us on July 15th, or at any of our gatherings. It's a standing invitation. If you need information, call the office at 541-479-2440.

Just stop by and join in the fun!



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.

Noah, Nadia's son: is looking for handyman work, carpet cleaning, fencing, gardening, mowing, moving you name it he will try it. Please call at 541-474-3938.

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.

(room for more ads here) Call with your ad info. 541.479.2440



“SHERRY’S MESSAGE”

Note: Please save Part I in this edition, and add Part II in the August edition.

GOD’S PRINCIPLES Vs. MAN’S PRINCIPLES”

Part 1 of a 2-Part Series

How To Reap Spiritual Benefits Now

.The principles of God’s kingdom does not make sense to our natural minds. For instance – the Bible says – to be first, we must be last ----- to lead – you must serve ----- if you want more – give away what you have.

God’s ways are almost always opposite of man’s ways – and I can promise you – they are not the popular ways.

I want you to understand today – that there is a kingdom you can not see. – It is a secret kingdom. – In every kingdom there are certain rules and regulations – governing that kingdom. – You have to follow those rules – in order to reap the benefits of that kingdom.

If you want to reap the benefits – of the kingdom of God – then you have to learn what the kingdom rules – and guidelines are – and then make up your mind – that you are going to follow them.

The problem with a lot of people is – they are in God’s kingdom – through the new birth – but they never really reap the kingdom benefits --- because they won’t follow the guidelines. – and a lot of times ----- it’s because they don’t make sense to our natural minds.

Proverbs 16:25 says – ‘There is a way that seems right unto man – but the end of that way is death.’

How many of you know someone right now ---- that they think they’ve got it all together – They think they are the coolest – most hip thing there is? – And yet - you look at them – and see – they are going straight down hill. ----- And if you told them that ----- they would not believe you – They absolutely would not believe you.

There is a kingdom – another realm - that you can live in – that’s just as real as this world ----- Except – it is invisible – and you can’t see it. --- It’s called the kingdom of God.

Do you know that Jesus spent most of his time – teaching about the kingdom and how to operate in it? – Some of you are going to have some decisions – you are going to have to make today – because all I can do – is tell you what’s available in the kingdom – and how you can tap into it – But – you are still free – and God will not make you do anything. – It’s up to you.

Note: This is a 2-part series



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



VBS GRADUATING CLASS OF 2011 WITH TEACHERS

Father's Day

Every year we give out flowers to all the females in attendance, for Mother's day. Well this year we didn't want to forget the fathers, so each male in attendance received a writing pen that looks like a fish, eyes, tail and all. That also has the verse of Matthew 4:19 on it as well. Follow me, and I will make you fishers of men



Isn't it cute?
Hope all you fathers had a happy and blessed Father's Day.

**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!

Letter From the Editor To the Readers

Hello, I am taking the reins back once again, as this newsletter's editor. I started this newsletter a few years back and then went traveling a bit. Sonny Van Kempen took the reins as editor at that time, until last month when she stepped down, as per her letter to you last month. Sonny did a wonderful job with this newsletter and I hope I can step in and do it half as well as she has done, in keeping it going. I hope you will enjoy each issue, as they will still be created to glorify the Lord Jesus Christ and edify His people. .

Our goal will be to edify you of things happening in the world around us, while waiting on our Lord and Savior to return. . How we all must be more like Christ and we will also be changing a few things around and adding a children's page .

With the help of the following people:

- Pastor Ralph Orton: *Pastor Ralph's Notes of Encouragement*
- Sherry Orton: *Sherry's Message*
- Donna Parker: *Health Tips*
- Shawn McCool: *Changes around the world, will it affect you?*
- Nadia: *Children's page*
- Donna Parker: *Praise & Prayer Requests*
- Vickie Rest: *Recipe of the month*
- Nadia: *Layout & Design/ Special Content*
- Robert Camelli: *Additional Health Tips*
- Odessa Parker: *Garden & Household Tips*

May God continue to guide each of us as we help others!

Recipe of the Month

"Is-It's"

Submitted by: Nadia, it's her family Recipe

Ingredients:

8 corn tortillas
1 1/2 c of grated cheese *any kind*
1 1/2 c of salsa *any kind*
6 eggs
2Tbsp of milk *any kind*
Olive oil

makes 4 servings
but they'll come back for more :)

Directions:

1. Scramble eggs with the milk and cook them, sit aside
2. Put enough oil in the frying pan to evenly coat the pan and turn heat on low
3. Put one tortilla in pan, then sprinkle 1Tbsp cheese on it
4. Put some cooked scrambled eggs on tortilla, enough to cover most of the middle of the tortilla
5. Put 1Tbsp of salsa on top of eggs *more if you like*
6. Sprinkle 1Tbsp cheese on top of eggs
7. Put another tortilla on top of all that and turn over, making sure, there is still enough oil to cook the other side and not burn it. *add a little more oil if needed*
8. Cook until brown and crisp on both sides



GARDEN or HOUSEHOLD TIPS



Stain & spot removal tips

*Resource: WG Sjoström Co.
Submitted by: Odessa Parker*

Red Wine Stains:

Immediately sprinkle stain with a lot of salt. Dunk in cold water and rub out stain before washing.

Collar Rings:

To remove stains from collars, rub heavily with chalk, which will absorb oil. Several applications may be required. Launder as usual.

Chewing Gum Removal:

Try a dry cleaning solvent. Or apply ice to the spot and scrape off.

Removing Gum From Hair:

Apply petroleum jelly or peanut butter to the spot and work through the hair.

Blood Stains:

Apply meat tenderizer to stained area. Add warm water to make a paste. Wait 15 to 30 minutes and sponge with cool water. Pre-soaking may be necessary before laundering.

Ball Point Ink Stains:

Spray hair spray on the stain, then rub with clean dry cloth. The ink should disappear. Repeat, if not removed. This method works especially well on polyesters.

Mildew Stains:

Soak in a solution of 1 teaspoon of bleach per quart of water, or sponge with vinegar.

Rug Stain Remover:

Use foamy shaving cream to remove spots from rugs.

Paint remover For Skin: Baby oil will remove most oil-based from skin.

PRAISE GOD FOR HIS GRACE IN HEARING & ANSWERING OUR PETITIONS IN PRAYER!

For 'Prayer Chain' requests, call Nadia 541-474-3938

Please 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 lead 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

Ralph, God's leading as pastor; **Sherry**, health issues to be resolved quickly; God to use her in a powerful way; God's leading in Bible study

Johnny, God's leading; **Michael**, strength in the Lord; **Cris**, strength in the Lord; **Nicole**, to turn back to God wholeheartedly;

Rochelle, healing; guidance, comfort, encouragement & ability to forgive; **Dave**, deliverance from addiction

Jasmine, to come to God; improvement of family relationships

Vickie, God's touch & complete healing; encouragement

Erik, good quality of life; God to be glorified in his healing

St. Jude's Church, blessings & growth in the Lord; for a good relationship with us; blessings for **Tom's** family & ministry

Danelle & Tom, God's leading in job change, surrendered lives to the Lord; **Don**, gainful employment, good medical care & healing for elbow

Ken & Sandra, blessings in God's new direction for their lives

Marv, physical healing & strength; God to guide & preserve her abilities; **Judy**, complete surrender to God & away from any evil;

Tom, that God will give him a calm even temperament, peace & healing; **Ryan**, closeness to God as he serves in the military;

Scott, healing from terminal illness; **Buck**, healing for both knee replacements; **Larry**, knee problems; **George**, unspoken prayer

Edna, strength as she battles with Lymphoma; **Blossom Joy**, complete healing from cancer; **Julie**, God's leading

Sherry, physical healing; strength, courage, discernment & wisdom to make decisions that are pleasing to God; that no cancer be found

Ron, repentance & wholehearted return to the Lord

Sonny, blessings, complete healing, strength, endurance, courage & faith; that God will provide a good job to her; family to be closer to God & His will; rest & strength; that God will resolve the current threats to her to prevent further harm.

Oreda, strength & healing

Terry, Shalii & family, healing in their marriage, blessings on their family & business

Matt, God's guidance & peace; freedom from addictions; to be a positive role model for his children

Isaac, God to remove his hurt & anger & bless him with joy

Grady & Kendall, financial blessings & peace in their lives

Terry, healing, strength & perseverance

Vera, confusion to be lifted; healing of her body, mind, heart & spirit; that no cancer will be found

David, continued healing of his brain & substance dependency & for normalcy

Andres, delivery from substance abuse; strength in his recovery to not relapse

Diana, peace in the Lord; complete healing; desire & ability to exercise; see & hear from her family; wisdom in current situation;

Keith, repentance, forgiveness & awareness of what God is saying to him; **Joel & Kalen**, protection; **Cody**, healing & comfort;

Diana's children, grandchildren & great-grandchildren, unity; love for the Lord; good examples to follow; see God's leading & to respond;

Jack & family, strength in the Lord; unspoken prayer;

Pete, Bill, George, John, Charlie & Cheryl, conviction & complete surrender to the Lord

Nicole & Cristelle, healing, peace, comfort & strength

Chris & family, healing, blessing & comfort

Christina & family, healing & comfort in the loss of their daughter

Patricia, Sonny, Larry, Rita, Ron, all in need of jobs that are compatible with each one's needs

Dan & Suzanne, God's leading for spiritual direction; strength as they endure financial problems

Adrian, delivery from his affliction with Autism

Nehemiah, healing & well-being; guidance in his marriage; that he will take his medicines daily

Keith, a job, physical healing;

Vicky, complete healing & provision for all her needs

Janie, healing from cancer & problems with son; **Kyle & wife**, God's guidance as they sell their home; **Dick**, continued healing;
Cheryl, Jason & Children, guidance as a family; **Sierra**, healing from Spina Bifida; **Floyd**, healing of tumor;
John, God's leading in cancer outreach ministry; **Jerry**, God's provisions in his life; **Erma, Dean, Neal & Fred**, physical healing;
Ed, healing from fall; **Regie & Delma**, healing & leading as they deal with dementia
Leona & family, peace & comfort from death of Lee
Dwayne, physical healing
Brandon, healing of muscular issues & a continuing witness for the Lord
Barbara, healing of arthritis in her hands; strength for her to be a stronger worker for Christ; further growth; recovery from ordeal with dogs
Don, continued guidance, spiritual clarity & growth in Jesus; healing of blood clots & lungs; protection for children & a reunion with them
healthier relationship as mother & son; God's leading in new relationship he is in; **Bill**, physical healing from heart problems
Mario, deliverance from the enemy
Kathy & Ken, strength, leading & healing; their family to know the Lord; **Jeanie's family**, peace, comfort & strength;
Wilma, peace & comfort with the loss of one of her legs below the knee; **John**, delivery from alcoholism & healing of his liver;
Holly, needs Jesus; **Rebecca**, physical healing of her heart; **Roy**, for God to prepare him
Brett, to stay one with God; faith to continue to grow & strengthen; God's protection
Joseph, Cody & Casey, God's leading & protection
Mike, God's guidance, clarity & conviction; return to church
Steven, clarity, strength & conviction in God's leading; family unity; sale of house; physical healing
Susan, healing from Leukemia; healing from fear & lack of trust in God
Gale, family; healing in relationships; God's peace & comfort; physical healing; unspoken request; better academic abilities
delivery of her neighbor from gossiping; **Basil, Veronica & Justina** will come to the Lord; **Veronica & husband's**, marriage;
Shane, healing, to walk again; **Patricia**, peace & comfort as she deals with emotional turmoil; **Jean**, healing from breast cancer
Justina, complete healing; **Ken**, peace & comfort with the loss of his wife; **Galen**, healing from car accident
Dan, guidance in the Truth; comfort in the Lord; help with ISSA
Lenav, physical healing; to draw close to the Lord
Wayne, comfort & strength; to stay faithful to the Lord
Jacob, needs prayer
Darla, healing & comfort
Germaine & Family, strength, peace & comfort as Germaine deals with pancreatic cancer
Angela, to be blessed with a job; continued healing; family unity & joy to return
Roger & Donna, blessing; healing of Donna's leg
Nadia, continued healing & mercy; normal kidney function; Holy Spirits leading in every area of life; **Israel**, God's guidance & peace; **Grandchildren**, change in their living condition; **Noah, Nikki & family**, the Lord's leading in their lives
Luke, God's help in becoming debt free, to be safe while in Alaska and fishing there.
Judy, help from God as she goes through lung disease & the death of her husband
Tony, God's peace, comfort & leading & provision
Agnes, God's will for the job offer
Elisa, God's comfort; a protective hedge around her guarding her against the enemy
Sherman, healing (sinuses, lungs & back); salvation for his sons
Donna, continued healing for foot; that she will always hear God's voice; prayer for her son & family; salvation for her two sisters
Victoria & Matt, peace in dealing with mental health issue
Jessica, remission of cancer
Mark, the Lord's blessing on upcoming dental work
Kim, Cole, Linda & Joe, God's blessings & leading
Don, recovery from knee replacement surgery
Dee Dee's daughter & man involved in accident- complete healing
Jennifer, Sandi, Ted & Carol, peace & comfort as they go to different job locations
Charlene's complete recovery from disease that attacked her heart and **James** her husband shoulder that got hurt at work, to be healed
Sherman Praise for the press he got
Prayer for those who left
Mary Prayer for her step daughter Lulu in her fight against cancer
Pastor Praise for being able to get things done
Prayer for Sherry's surgery to be easier than the last one
Prayer that Tikah heals from cyst removal and doesn't get anymore
Prayer that Don returns
Nadia Prayer for blessings, strength and getting well quickly
Sherry Honor task Tuesday.
Donna Prayer to restore hands to normal
Barbara Prayer for Brandon's safe return
Pastor Praise for those who help with VBS and more
Prayer for Sherri's recovery
Nadia Praise for the freedom to worship
Prayer for lost loved ones



Fiber Helps With Constipation

Fill up your plate with foods like cherries, grapes, crunchy bell peppers, beans, whole grains, and nuts. Fiber-rich foods like these help digestion and keep you regular. Your body needs a recommended 20-35 grams of fiber daily. Fiber can also help keep weight gain, heart disease, blood sugar fluctuations, and hemorrhoids at bay.

Chew Gum to Fight Heartburn

Chewing gum may help relieve reflux and heartburn by stimulating the production of acid-neutralizing saliva. (Since peppermint can irritate heartburn, opt for other flavors.) Skip gum if it causes you to swallow air, which may lead to belching and bloating.

Stop Bloating and Heartburn With Small Meals

A great way to help prevent indigestion, bloating, heartburn, and other digestive health issues is to eat smaller, more frequent meals. And eat them more slowly. This avoids overloading your digestive system and helps shrink your stomach capacity, making you less likely to overeat.

Drink to Stop Constipation

Drinking fluids helps your body get rid of waste and prevent constipation. Fluids can be found in drinks like water and juices, but can also be found in foods. The advice of eight glasses of water a day is no longer considered a goal. Talk to your doctor about how much water is right for you.

Stress, Ulcers, and Constipation

Ever have an upset stomach due to nerves? That's because your brain and digestive system are connected. Stress can aggravate digestive problems like IBS and ulcers. Help control digestive health by controlling stress. Try physical activity, getting enough sleep, meditation, or relaxation.

Watch Your Diet for a Healthy Gut

Stay away from foods or limit ones that irritate your digestive problems. Some people have problems with gassy foods like beans and soda or fatty items like fried foods and cheese. For others, acidic foods like citrus, coffee, tea, and tomatoes can spell trouble.

When Should You See Your Doctor?

Talk to your doctor if digestive problems interfere with your daily life. Seek immediate medical help if you have problems swallowing, have episodes of choking, bloody or black vomit or stool, abdominal pain, or have lost a lot of weight. Digestive distress can point to conditions like food poisoning, gallstones, Crohn's disease, ulcers, IBS, or diverticulitis.

** 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.*

THE FBI CAN GO THROUGH YOUR TRASH

New rules are to be introduced allowing FBI agents to turn up the pressure on potential informants and delve into the backgrounds of more Americans.

Most significant are changes that will allow agents to search through trash and administer more lie detector tests as a way to tighten the screws on potential informants, reports The New York Times

Under rules now in place, agents can use those techniques only on suspects, but the new regulations mean can use such tactics to gather information that could then be used to persuade people to help the bureau investigate others.

Other changes to be detailed in a new edition of the FBI's Domestic Investigations and Operations Guide will allow agents to use more surveillance squads to follow targets and to search commercial and law enforcement databases without making a record of their investigations.

The bureau does not need permission to alter its manual so long as the changes fit within guidelines, FBI general counsel Valerie Caproni told The Times. She described the new rules as "more like fine-tuning than major changes."

Information gathered through a trash trawl could be useful for many reasons, such as determining whether the subject could pose a threat to agents, she said.

One change will tighten the FBI's rules. The decision to approve sending an informant to a religious service now will have to be authorized by a special agent in the field, rather than be delegated down the chain of command.

Michael German, a former FBI agent who now works as a lawyer for the American Civil Liberties Union, said the new rules will make it harder to detect abuse.

By Martin Gould @ NEWSMAX

Ron Paul: Is the Gold in Fort Knox Real?

So it's not a huge surprise that Paul has asked Obama administration officials to audit the content of the nation's 700,000 gold bars held in Fort Knox, according to an internal Treasury document obtained by CNBC. Talk has spread over the Internet that our government has secretly sold off the nation's gold supply and replaced it with metal bars that are merely painted gold. Ron Paul now wants Treasury Department and U.S. Mint officials to testify at a June 23 subcommittee hearing about the Fort Knox gold's authenticity. The Obama administration may not be too enthusiastic about his idea. The Treasury document says it would cost about \$15 million, requiring 400 workers to spend six months on the job. The Treasury's Office of the Inspector General audits the Mint once a year. Meanwhile, gold prices have bounced back from a three-week low amid concern about inflation.

. By Dan Weil @ MONEYNES

CHANGES AROUND THE WORLD, WILL IT AFFECT YOU?

submitted by: Shawn McCool

.Mexico Drug War Spills Across US Border

The Collapse of Mexico — Its Civil War Comes to America” discloses that the battle between ruthless Mexican drug cartels threatens to turn America’s southern neighbor into a failed nation-state — and has spilled deeper into U.S. territory than anyone has imagined.

The drug wars have claimed nearly 40,000 lives since 2006 in a nightmare of beheadings, mass graves, kidnappings, and endemic corruption at the highest levels of Mexican society, as cartels rake in an astronomical \$12 billion a year in illicit revenue

!Even a Government Accountability Office official concedes that the United States can prevent or interrupt illegal entry along only 129 miles of our 1,954-mile southern border

Fueled by a seemingly endless stream of money, the drug gangs appear to be growing more sophisticated with each passing month. In March, for example, illegals disguised as U.S. Marines, wearing desert camouflage uniforms and riding in a white van with military tags, tried to pass through the Campo checkpoint in California. Military uniforms seem appropriate considering that the cartels are believed to possess enough weapons to equip an army, including helicopters, armored vehicles, sniper rifles, shoulder-fired missiles, grenade launchers, and plastic explosives.

Nor are they content to ply their deadly trade only in North America. Cartel operatives were recently arrested in several overseas countries, a sure sign they're expanding their business abroad.

Some analysts worry the cartels may be interacting with Hezbollah, the terrorist organization nurtured by Iran and Syria.

Michael Braun, former chief of operations for the Drug Enforcement Agency, tells Newsmax, “Late last year, the Mexican federal police arrested an alleged Hezbollah cell head who was running a recruiting cell” along the U.S. border. According to Braun, the United States has already arrested a number of Hezbollah operatives it believes were smuggled into this country by the Mexican drug cartels.

Law officers have received alerts from intelligence sources warning that the cartels may start booby-trapping their loads with improvised explosive devices (IEDs), the bombs that terrorists use to devastating effect against American forces in Iraq and Afghanistan. That concern grew less abstract on Easter Sunday.

An IED was discovered along Highway 77 near Brownsville, Texas. It took police about three hours to “render the device safe,” and an investigation is underway. All this underlines the 911 Commission’s worst-case scenario: Terrorists sneaking across the southern border to launch an attack, possibly using WMD.

By Jim Meyers @ NEWSMAX

Are these some of the warnings that Jesus spoke of?

Prisoner for Christ; An Iranian Christian Rejoices in Suffering

No country in the Middle East has seen more Christians imprisoned in 2011 than in Iran. A recent report by Christian Solidarity Worldwide revealed that 254 Christians were arrested in more than thirty cities across the country since June 2010.

Nepal Defends Law Against Evangelism

Nepal's government has defended a proposed law that Christians say effectively bans evangelism and could lead to a crackdown on devoted believers.

Sudan Christians Concerned As Violence Spreads

Christians in Sudan expressed concern about their future as South Sudan's army said northern warplanes bombed its territory on Monday, June 13, following fighting in a tense border area.

Yemen Sees Second Anniversary Of Kidnapping Christians

Sunday, June 12, marked the second anniversary of the kidnappings of nine Christian foreigners in Yemen by suspected Muslim militants, but German and British investigators "were understood" to have ended "their active search" for those still missing, advocacy group Middle East Concern (MEC) said.

Nigeria Detains Alleged Militants Who Killed Pastor

Police in northern Nigeria have detained suspected Islamic militants who allegedly killed a Pentecostal pastor, his assistant, and at least 10 other people, Worthy News monitored Saturday, June 11.

Zimbabwe Anglicans Evicted From Churches and Homes

Anglicans in Zimbabwe are facing increasing levels of political violence in order to silence them ahead of local elections as the current regime forces their churches into a position of political compliance in order to continue to worship there.

Algerian Christians Continue to Worship Despite Government Order

The High Commissioner of police in Bejaia ordered all Christian churches closed, including places of worship still under construction; if not, the commissioner threatened "severe consequences and punishments" would result.

Egypt Detains Hundreds Of Eritrean Christians, Others Kidnapped

Hundreds of mainly Christian refugees from Eritrea are jailed or held by kidnapers in Egypt, where they face torture, beatings and sexual assault, according to Christian aid workers who contacted Worthy News.

Concerns Grow Over Tortured Iran Prisoner Fathi

The fate of an Iranian Christian prisoner remained unclear Friday, June 10, nearly nine months after he was detained by security forces as part of a reported government crackdown on devoted Christians in this strict Islamic nation.

Indonesia Urged To Halt "Increased Violence" Against Christians, Moderate Muslims

An international Christian rights group has expressed "grave concerns" about increased violence against Christians and other religious minorities in Indonesia and urged the government to tackle Islamic extremism.

Nepal Plans New Criminal Code Forbidding Evangelism

After abolishing Hinduism as its state religion, Nepal is now proposing a new criminal code forbidding a person from one faith to "convert a person, or abet him to change his religion."

Call to Ban Bible Bothers Pakistan's Christians

Pakistani Christians are troubled by a Bible ban from radical Muslim clerics whose own prophet had never outlawed it.

Iranian Persecution Increases Christianity's Appeal among Muslims

An increase in the arrest of Iranians converting from Islam reveals an abundant harvest resulting from evangelism by clandestine house churches in the Islamic state, according to Iranian Christian leaders.

China Detains House Church Alliance Official

Chinese authorities have detained a key official of an influential umbrella group of house churches in China as part of a wider crackdown on unauthorized worship in the country, rights activists and Chinese Christians said Thursday, June 2.

by: Christian Persecution/info

Scripture Readings For May

June 4 - ISAIAH 10:1—34

Theme “How God will take care of his people, from the wicked people.”

June 11- PSALMS 100:1 –5

Theme: ‘Showing how we should praise the Lord for everything.’

June 18- ISAIAH 58

Theme: ‘Right and wrong fasting’

June 25 - ISAIAH 66

Theme: ‘Judgment and hope for the future’

Early Fourth of July Celebrations

In the pre-Revolutionary years, colonists had held annual celebrations of the king's birthday, which traditionally included the ringing of bells, bonfires, processions and speechmaking. By contrast, during the summer of 1776 some colonists celebrated the birth of independence by holding mock funerals for King George III, as a way of symbolizing the end of the monarchy's hold on America and the triumph of liberty. Festivities including concerts, bonfires, parades and the firing of cannons and muskets usually accompanied the first public readings of the Declaration of Independence, beginning immediately after its adoption. Philadelphia held the first annual commemoration of independence on July 4, 1777, while Congress was still occupied with the ongoing war. George Washington issued double rations of rum to all his soldiers to mark the anniversary of independence in 1778, and in 1781, several months before the key American victory at Yorktown, Massachusetts became the first state to make July 4th an official state holiday. After the Revolutionary War, Americans continued to commemorate Independence Day every year, in celebrations that allowed the new nation's emerging political leaders to address citizens and create a feeling of unity. By the last decade of the 18th century, the two major political parties--Federalists and Democratic-Republicans--that had arisen began holding separate Independence Day celebrations in many large cities.

COOKING TIPS FOR VEGETABLES

Cauliflower will stay white by adding a small amount of milk or lemon juice to the cooking water.

Bake stuffed green peppers in a greased muffin tin.

Freeze fresh mushrooms by washing, drying and storing in plastic bags. When needed for a cooked dish, use without defrosting.

To preserved the vitamins when cooking vegetables, place them in water after it boils– not before.

Tomatoes will ripen if left out for a few days, stem up. Avoid placing them in direct sunlight, as it will make them soft. Add variety to vegetables by cooking them in chicken or beef stock.

Peel tomatoes by dipping them in boiling water for a few seconds. Remove and run under cold water.

Skins will peel off easily.

submitted by: Vickie Rest

**HAPPY BIRTHDAY
TO OUR
JULY
CHILDREN!**



**If we missed your birthday,
we're sorry.**

**Vicky Rest, July 24
Israel, July 29**

I'm Special

I'm special.. In all the world there's nobody like me.

Since the beginning of time, there has never been another person like me.

Nobody has my smile. Nobody has my eyes, my nose, my hair, my hands, my voice. I'm special. No one can be found who has my handwriting. Nobody anywhere has my taste for food or music or art. No one else sees things just as I do.

In all of time there's been no one who laughs like me, no one who cries like me, and what makes me laugh and cry will never provoke identical laughter and tears from anybody else, ever.

No one reacts to any situation just as I would react. I'm special.

I'm the only one in all of creation who has my set of abilities. Oh, there will always be somebody who is better at one of the things I'm good at, but no one in the universe can reach the quality of my combination of talents, ideas, abilities and feelings. Like a room full of musical instruments, some may excel alone but none can match the symphony sound when all are played together. I'm a symphony.

Through all of eternity no one will ever look, talk, walk, think, or do like me. I'm special. I'm rare.

And in all rarity there is great value. Because of my great rare value, I need not attempt to imitate others. I will accept – celebrate — my differences.

I'm special. And I'm beginning to realize it's no accident that I'm special.

I'm beginning to see that God made me special for a very special purpose. He must have a job for me that no one else can do as well as I. Out of all the billions of applicants, only one is qualified, only one has the right combination of what it takes.

That one is me. Because ...I'm Special.

(Author Unknown)

“VERSE OF THE MONTH”

I Psalms 1:1-6 [KJV]

1] Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful

[1] Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful.

[2] But his delight is in the law of the LORD; and in his law doth he meditate day and night.

[3] And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season; his leaf also shall not wither; and whatsoever he doeth shall prosper.

[4] The ungodly are not so: but are like the chaff which the wind driveth away.

[5] Therefore the ungodly shall not stand in the judgment, nor sinners in the congregation of the righteous.

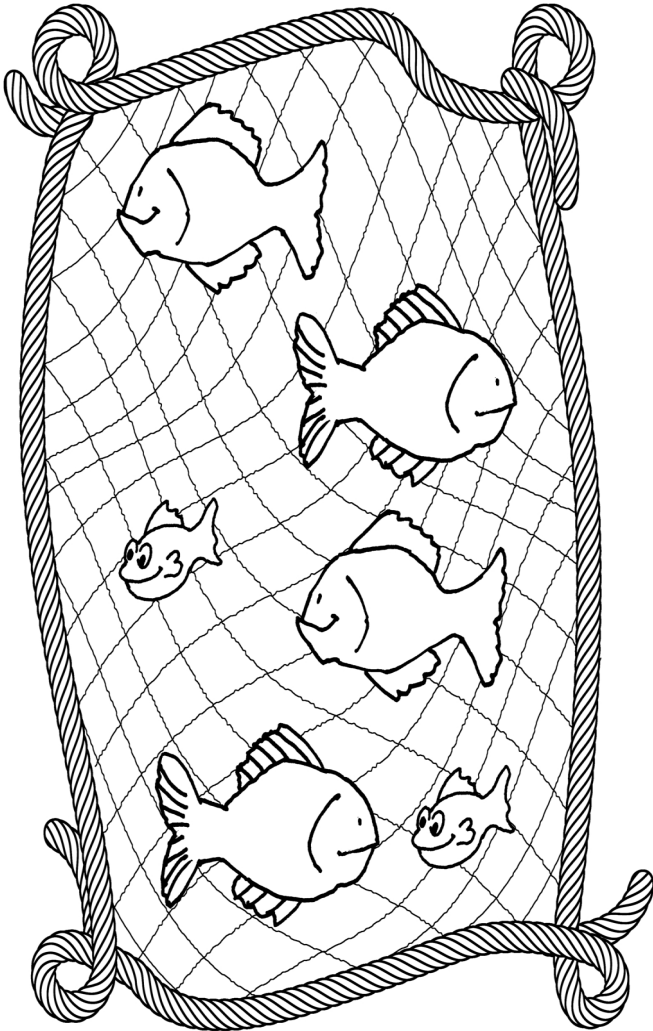
[6] For the LORD knoweth the way of the righteous: but the way of the ungodly shall perish

CHILDREN'S PAGE

Matthew 13:31-33, 44-52

**The kingdom of heaven
is like a net full of fish.**

Match the fish



Bible Quiz - God's Creation

1. Where in the scriptures is this story found?

2. In the _____ God created the heaven and the earth.
3. And ____ called the light Day, and the darkness he called Night. And the evening and the morning were the first day.
4. And God said, Let there be a firmament in the midst of the _____,
5. And God called the dry land _____;
6. And God made two great lights; the greater light to rule the day, and the lesser light to rule the _____; he made the stars also.
7. And God created great _____, and every living creature that moveth, which the waters brought forth abundantly,
8. And God said, Let us make man in ____ image, after ____ likeness:
9. And on the seventh day God ended his work which he had made; and he _____ on the seventh day from all his work which he had made.
10. And God saw every thing that he had made, and, behold, it was very _____.

Memory Verse For July- Genesis 1:31

**And God saw every thing that he had made, and, behold, it was very good.
And the evening and the morning were the sixth day**

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 or 541-474-3938 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.