

"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

1:00 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

November 2011 EDITION

CHURCH NEWS:

We are having our IN-DEPTH PROPHECY BIBLE STUDY, by Sherman Parker it started on Tues. Oct. 4th from 7-9pm and it will be ongoing each Tues. at the same time. We have had some good discussions and a lot of interaction. Please feel free to come and join in on the fun of listening and telling your own thoughts. *We will also be having on the third Sabbath of each month a prophecy study at 2:30pm.*

We advertised for our HELPING HANDS outreach on Oct. 1st 2-4pm and we had quite a few people and families come for clothes and personal items. Please keep this ministry in your prayers, so we can continue to help our community. Any donations, please mark your envelopes *Helping Hands*.

Our baptisms were wonderful, we not only had one, we had two. Tom and Israel both got baptized on Oct. 15th at YMCA. They got their certificates and new lives. There were family members and church family members to show their support. Tom and Israel wanted to let everyone know how much they appreciated you being there, during this special ceremony.

We have posted a list of foods that we need donated for our Thanksgiving baskets. The sign is on the wall between the offering table and the copier with a box under it. Please make an X in the box so others will know what you are donating and please bring the full amount in the line that you have marked. We need all donations by Nov. 19th. Thank you.

We will be having our Church Thanksgiving Diner on Nov 19th. More details to come.

Congratulations to Shawn he has received his pastor's license. He has been working toward that for sometime now. Shawn has and will continue assisting Pastor Ralph with the pastor duties.

Congratulations to Jason and Darla Slawson, who are now our new youth ministry leaders.

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UNITY OF BELIEF

**DIVERSITY OF
UNDERSTANDING**

ONE IN CHRIST

**PASTOR RALPH'S
NOTES OF ENCOURAGEMENT**



“Let’s be sure we put the give in Thanksgiving!”

I must be having a lot of fun because time is sure going by fast! November. Really?

My favorite part of November has to be Thanksgiving. And what a perfect time of the year for Thanksgiving because we have nearly an entire year to look back on and give thanks for. Give thanks; let’s put the emphasis on the giving this year. We have so very much to give. As a church we will be giving to four low-income families the makings of a traditional Thanksgiving dinner. That’s good but just the beginning. We can give hope to those that seem hopeless. We can give a smile to those that need a smile. We can give the message of faith and the love of God to those that are in despair. We can direct people to the way to an eternal life in a kingdom where there are no more tears or sorrow or dying when they feel there is nothing worth living for. We can give a hug or a touch of encouragement. We can give an ear and listen when someone needs to vent or share. We have so much to give and the more important things we have to give don’t cost anything but perhaps a little time and a loving heart.

Our church literature often says, “Serving God, Family, and Community.” The order is important and consider this. We serve God by serving our family. We serve our community when we serve our family. You can see how important family is and you can see how important it is to have a servant’s heart. Stop for a moment and think about this. We serve ourselves when we serve others. Like the song says, “If you want to be great in God’s kingdom, learn to be a servant of all.”

(Mark 9:35-37 NIV) Sitting down, Jesus called the Twelve and said, "If anyone wants to be first, he must be the very last, and the servant of all." {36} He took a little child and had him stand among them. Taking him in his arms, he said to them, {37} "Whoever welcomes one of these little children in my name welcomes me; and whoever welcomes me does not welcome me but the one who sent me."

So the point I am trying to make is simply this. Let’s be sure we put the give in Thanksgiving. Talk is cheap, actions speak louder than words, and by their fruit you will know them. By their fruit you will know the people of Jesus, the King. We are blessed. Give thanks to God!

Pleased to be yours in Christ,

Pastor Ralph

Church of God 7th Day Newsletter
November Edition 2011

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
Vickie Rest, Culinary Supervisor

UPCOMING EVENTS & COMMUNITY ACTIVITIES

Women's Luncheon 2nd Friday of each month. The next meeting will be on November 11, 12:00 pm at the "Train Depot" close to were the old DMV used to be.

Family Movie Matinee: Nov. 5th at 2:30 pm in the sanctuary following the potluck. The movie is titled, "The Widow's Might. The Dove Foundation says this Faith-based movie is an amazing classic black hat/white hat tale of heroism. Hope to see you there!

Helping Hands: Will be open Nov 5th & Nov 19th at 2:00pm - 2:30pm to give out coats, clothes and personal items .

Bible Forum: November 12th at 2:30 pm in the sanctuary following the potluck.

Prophecy Bible Study: 3rd Sabbath of each month at 2:30pm after potluck. It will be led by Sherman Parker. Hope to see you there

Prayer Meeting: November 26th at 2:30 pm following the potluck.

Our Church Thanksgiving dinner: Will be after the church service on Nov. 19th

Women's Luncheon Update

The October 14th luncheon was held at noon at *Applebee's*. The ladies luncheon is held on the **2nd Friday of each month**. In attendance this month were Vickie R., Nadia, Odessa, Shawna and Israella . Nadia won the pot. Lucky girl! They had a great time. Lots to share, as sisters in the Lord. As for **November 11th**, the ladies have decided to meet at **The Train Depot**; but, the December luncheon will be held at *Taco Loco's* in Grants Pass.

Perhaps, you and a guest or two can join us on November 11th, 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



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.
541-295-1177

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”

This is part 2 of a 3
Part series

ISRAEL'S MINDSET FREE OR SLAVE MENTALITY

After the death of Joseph, there arose a new king over Egypt who knew not Joseph (Exodus 1:8), and who regarded with no friendly feelings the strange community with alien rites and traditions. This group of people had grown from seventy (Genesis 46:27) to approximately two million. He viewed with alarm their rapid increase and feared they might ally themselves with an enemy and fight against his own people (Exodus 1:3-4). Therefore, day after day their lives were made bitter with hard bondage. But the more they were afflicted, the more this strange people grew and multiplied and waxed exceedingly Exodus 1:12-14). Joseph died, being a hundred and ten years old (Genesis 50:26). So you can see, there were generations of time between Joseph's friendship with that Pharaoh and this now new King. And all that time, and for who knows how long after Joseph's death, the Israelites had the best of the land and ate of the fat of the land (Genesis 46:18).

THE NEW KING:

Exodus 1:8 "Now there arose a new king over Egypt, who did not know Joseph. V9 And he said to his people, "Behold, the people of Israel are too many and too mighty for us VI0 Come, let us deal shrewdly with them... V12 And the Egyptians were in dread of the people of Israel."

Exodus 1:15 "Then the king of Egypt said to the Hebrew midwives...V2 ...if it is son, you shall kill him; but if it is a daughter, she shall live..."

It does not say how long the king oppressed them. It definitely started before Moses was born, as they were killing boy babies at the time of his birth (Exodus 1:16). Moses was forty years old when he killed the Egyptian (Exodus 2:11); and fled in fear to the land of Mid'ian (Exodus 2:14-15) and stayed another forty years. What we know for sure is, the oppression lasted over eighty years. How many years before that is anyones guess. I am including an additional article written by Bryan T. Huie. Although I am inclined in favor of his findings, you will have to study it out for yourself.

COMING OUT OF EGYPT:

God sent nine grievous plagues on the land of Egypt. First the plague of the rivers turning to blood, then frogs, lice, flies, sores on the cattle, then on the people, then hail, locust, and darkness that covered the whole land. And with the last plague of darkness covering the land, the enraged Pharaoh told Moses to see his face no more. What Pharaoh refuses to believe, was that along with that darkness, came the tenth plague, and the awful climax of God's judgment: Extending from the first-born of the throne to the first-born of the captives in the dungeon, and all the first-born of the cattle (Exodus 12:29). Until the night that Christ was born, this was the most momentous night in the history of mankind.

Suddenly there arose a great cry, a long wail of woe, a tidal wave of lamentation. Parents stirred uneasily and called for their sons, only to find that they were cold in death. Everywhere there was the cry of death. A moan of anguish went up to Egypt's skies.



Puzzle This

The gas attendant had a brother who got married.
What relation was the gas station attendant to the brother who got married?
“Brother “ is not the answer.

Explanation:

This puzzle is very simply stated and yet stumps those who have not heard it before, because the reader tends to make the implicit assumption about the gender — in this case that’s the gas station attendant is a man.

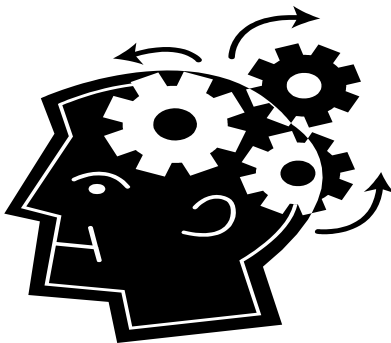
Brain Use:

This puzzle touches on analytical function like abstract reasoning hypothesis testing, and implicit assumptions residing in your frontal lobes, as well as you creativity in finding novel solutions to problems and emotional memory.

Answer to puzzle:

The gas station attendant was the sister of her brother, who got married

Submitted by: Vickie Rest



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

Dear God:

So far today I’ve done alright, I haven’t gossiped or lost my temper.

I haven’t been greedy or grumpy or nasty or selfish or overindulgent. And I’m very thankful for that.

In a few minutes, I’m going to get out of bed and from then on, I’m probably going to need a lot of help!

Amen

Recipe of the Month

“Baked Sliced Apples”

Submitted by: Vickie Rest



Ingredients: 4 cups of peeled sliced apples **use apples that cook up well such as: fuji or Jona Gold**
3 tablespoons sugar a sprinkle of cinnamon 1 Tablespoon maple syrup
Whip Cream **as desire**

Find verse of the month and write it on a piece of paper, with your name and put it in the monthly newsletter drawing box for a prize, by Nov. 19th. You could be a winner. Good luck!

Directions: Make sure your apples taste good raw, if they don't they won't taste good cooked.

Put apple slices in a glass bowl, sprinkle the sugar on top, add the cinnamon
Bake in microwave oven for 5 minutes on high heat. Adjust the time for your microwave and how many apples you are doing.

Start with 5 minutes, then test for doneness with a fork. When done, remove and mix, so the sugar coats well all the apple pieces. Add maple syrup to taste, about 1 Tablespoon.

Serve with whip cream on top, or with vanilla ice cream on the side.

Serves: 1 to 2



GARDEN or HOUSEHOLD TIPS



Household Uses For Baking Soda

*Resource: Tipnut.
Submitted by: Odessa Parker*

Stovetop A Mess? Generously sprinkle baking soda around the top of stove then spray hot water (boiling hot if possible) over it all—enough to dissolve baking soda without making it run all over. Let soak for about 30 minutes then scrub clean. Source: 8 Cleaning Tips For Crusty Stove Tops.

Crusty Roasting Pan Fix: Clean crusty roasting pans by sprinkling pan generously with baking soda, pour hot water over top about an inch or two deep and soak for a couple hours. Try boiling for a few minutes first if the mess is bad.

Coffee Mug Stains: Remove stains from coffee mugs by wiping mug with a wet cloth then rub the inside of the mug with baking soda. If the stains are stubborn, soak overnight in hot water and baking soda. Source: How To Remove Coffee & Tea Stains From Mugs.

Bathtub Miracle Paste: Make a cleaning paste with baking soda and bleach then apply to wet sponge to scrub off grime when wiping the tub down. **Sink Scrub:** Clean a stainless steel sink by sprinkling baking soda around the sink and scrubbing it down with a damp sponge.

Remove Sticky Goo Left Behind By Stickers & Labels: Use a mix of baking soda and water (mix into a paste). Rub gently into the goo, then wipe off with a warm wet cloth. Source: 25 Helpful Items To Remove Sticky Adhesive Goo.

Microwave Cleaner: Got the grungy microwave blues? Clean it up quickly & easily by adding a couple teaspoons of baking soda to a bowl of water and place in microwave. Heat for 3 – 5 minutes, depending how hard the crud is really stuck on. When microwave stops, keep the door closed to give the moisture and steam the heated bowl of water generated time to work. Remove bowl (careful, it's hot) and take a moist, warm cloth to the inside of the microwave. The crud bits should wipe off easily. The added baking soda will act as a deodorizer. If you're brave, you can use the hot baking soda water to clean the insides of the microwave, but be careful—it is HOT water. Use a thick sponge and make sure to keep water away from your fingertips. You could also add a splash or two of cold water to bring the temperature down.

**PRAISE GOD FOR
HIS GRACE IN HEARING &
ANSWERING OUR
PETITIONS IN PRAYER!**
For 'Prayer Chain' requests,
call Nadia 541-474-3938

New Prayer Requests

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

Odessa: for her new home without having to pay for it,

Al: Getting to church today, seemed like Satan was trying everything to keep him from getting here

Mary: That her friend Mikie got to come to church today

Nadia: Thankful for the healing she received, for her kidneys

Barbara: Thankful to be back home safe and had a wonderful time

Al: Thankful about all the healing that are happening within his family

Nadia: That half of what they have prayed for has been answered.

Mary for her step daughter Lulu in her fight against cancer and for her son, Tom he is going astray

Donna restore hands to normal

For Gale as she is at a crossroads and feels so-so as to which direction to go forward **also** that she has a relationship with

God that is unmistakable as to it's source

For Paul and Michele, who are new in town, to get jobs

Lee that Tanya and her children return to the Lord

Bryan that Dennis Meeks finds work

Nadia For Tricia & the personal things going on in her life, that they will turn out ok, **also** for Cody who got shot in military

For Casey *he is a vet* & his wife Gypsy, that they will come to the Lord

Lee: For his friend Amelia, she terminal cancer also, for God to protect that Pastor in Iran, from being killed and prayer for Lee's children

Pastor Ralph: For the situation with Sherry and her mother and for Sherry at headquarters, it is an unspoken prayer

Mikie: To find a job

Nadia: For Sherry's safe travels

Barbara: Pray for all the people that couldn't make it here today

Sherman: Donna's depression

Mary: For the Lord to be with the McClean family, that is the lady Mikki worked for, she passed away Oct 21st

Pastor Ralph: Safe travels for him and Sherry and that they can leave the day they want to come home on and that the Lord steps in and takes care of an unspoken request also.

Nadia: Unspoken request

Brandon: Pray for the homeless and the people that live near our borders and the countries of Iran, Iraq, Indonesia, Ireland, Russia, and Afghanistan

"How it will be"

You shall have no other God's before me. Why did Jesus start with this one? When we put other gods before Him this is like spitting in the face of your best friend. The Israelites had this test in the desert. They were down there partying with their new gold god, when the real God was right up the mountain. God sent Moses down to deal with them, he broke the stone tablets containing the ten commandments but did not sin. He tore down their false god which then grounded up and threw into the water and made them drink it.

God did it again with Gideon when He had him tear down the idol of Baal. Gideon's father told the people, after his son tore down the idol of Baal, to let their god defend himself. How a Baal god does that I do not know, for what can a false and dumb god do in its own defense.

There's the story of Elijah. Elijah went in unto the king and tells him, by the True God I am shutting up the heavens so that they will not give rain, because of your sin of putting another god before the real one. God first showed Elijah that He would take care of him, even while He was penalizing the wrong doers. Plus, God blessed others who fed and supported Elijah. This is a story that we will have to go through ourselves in the future. Choose you this day, whom you will serve. We can't ride the fence on this one.

Another is a story of Shadrach, Meshach, and Abednego, where they were commanded to bow down or die. The test is who will we worship, everyone will have to make this decision. Are we ready to get our heads chopped off, for what we believe? They stood up and said you might as well throw us into the furnace, because they were not going to change their minds. We are not promised that we will live through it, just that we will have salvation on the other side. Then there's Daniel, he didn't hide who he believed in even when he could. What was the price that he could have paid? Dinner for hungry lions!

Everyone gets tested! For at least three and a half years at the end of time, those that will not accept the mark will not be able to buy food, sell products or even go to church.

What the other side has going for it may seem like a good deal, till you hear the rest of the story. They get tormented for five months, they get blood for water and really they lose everything too.

The beast power that is set up at the end time, takes in the whole world. There really is nowhere to hide, unless God sends you to a place to be safe. How will we know where to run? We will have God telling us, we will hear or we will die. So we must know His voice. Sometimes we don't spend enough time learning how to listen; we should be in that free school now.

The world will be divided into ten units, run by seven leaders, they will have a lot to contend with, volcanoes, earthquakes, asteroids and first too much sun and then not enough. Just like Elijah we will be blamed for all these problems. Don't look for things to get better or taken care of, we will be taken care of but not at all pampered.

The test we go through now is just training for what we have coming. Rome rides on the back of this creature as the harlot, but the beast will get tired of her and burn her down. Think it through, we were once told that the little horn was Rome but this can't be Rome because it is part of the beast that burns her down.

Watch around Israel, that is where you will see the most prophecy being fulfilled. We are in it, but only on the sidelines. Countries that are not mentioned in the Bible need to pay attention. They may be asteroid landing pads. Earthquakes measuring nine in magnitude is small, compared to what we may face in the future. Two hundred foot tidal waves may become common.

Here are they that keep the commandments, especially the one about thou shall have no other gods before the only one.



by: *Sherman Parker*



8 Tips to Stop Procrastinating

How many times each day do you try to work yourself up to tackle some undesirable task? If you're like me – several. Nothing is more exhausting than the task that is never started, so I've come up with some tricks to use on myself, to prod myself to get started:

1. Put yourself in jail. If I feel pressure to jump in and finish something in a rush, and therefore can't bear to start, sometimes I put myself in jail. If you're in jail, you have all the time in the world. You have no reason to hurry, no reason to cut corners or to try to do too many things at once. You can slow down, concentrate. You can take the time to get every single detail right.
2. Ask for help. This is one of my most useful Secrets of Adulthood. Why is this so hard? I have no idea. But whenever I have trouble getting started because I don't know exactly what to do, and I ask for help, I'm amazed at how much it...helps.
3. Remember: most decisions don't require extensive research. I often get paralyzed by my inability to make a decision, but by reminding myself that often, one choice just isn't that much different from another choice, I can get started. Also, I try to identify a knowledgeable person, and just follow whatever that person does.
4. Take a baby step. If you feel yourself dismayed at the prospect of the chain of awful tasks that you have to accomplish, just take one step today. Tomorrow, take the next step. The forward motion is encouraging, and before long, you'll probably find yourself speeding toward completion. In the same vein...
5. Suffer for 15 minutes. You can do anything for fifteen minutes, and fifteen minutes, day after day, adds up surprisingly fast. That's how I finally dug myself out of my crushing (if virtual) load of digital photos. Fifteen minutes at a time.
6. Do it first thing in the morning. The night before, vow to yourself to do the dreaded task. Get everything ready -- any phone numbers of information you need, files assembled, everything ready to go. And the next day, at the first possible moment – as soon as you walk into work, or when the office opens, or whenever – just do it. Don't allow yourself to reflect or procrastinate. This is particularly true of exercise. If you think you'll be tempted to skip, try to work out in the morning.
7. Protect yourself from interruption. How often have you finally steeled yourself to start some difficult project, only to be interrupted the minute you get going? This makes a hard task much harder. Carve out some time to work.
8. Remember, work can be one of the most pernicious forms of procrastination. Don't kid yourself.

Note: Pay attention to the amount of time you spend working on tasks you dislike. No one enjoys getting invasive medical tests or preparing tax returns, but if you feel like your life consists of nothing but going from one dreaded chore to the next, you might be better off figuring out a way to avoid some of those tasks altogether.

I'm very good at making myself do things I don't want to do, and while this is an enormous help in many situations, it has also allowed me to go down some dead ends in my career. The fact is, you're unlikely to be happy or successful when every aspect of your life or job feels like a big drag. Don't accuse yourself of being lazy or being a procrastinator, but ask – what's making this so difficult? The fact that you're finding it hard to make yourself do something is a sign that maybe you should be doing something else.

On the other hand, novelty and challenge, as uncomfortable as they can be, do bring happiness. The chore that feels onerous today may give you a huge boost of satisfaction tomorrow, when it's behind you. Keep that in mind, too.

** 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.*

Napolitano: Homeland Security Dept. Allows Illegals to Work

The Department of Homeland Security has a policy of allowing some illegal aliens to work in the United States, confirmed agency head Janet Napolitano, [reports CNSNews.com](http://reports.CNSNews.com).

“Prosecutorial discretion” gives the agency leeway, Napolitano told the Senate Judiciary Committee on Wednesday.

“According to the information from your department, some individuals who are given relief will obtain work authorizations. So people with no right to be in the country will be allowed to work here. Is that correct?” asked Sen. Charles Grassley, R-Iowa.

Napolitano said a policy allowing illegals to work has been in place since 1986, but did not name the policy. CNS News points out that late President Ronald Reagan signed into law the Simpson-Mazzoli Act that year, which allowed illegal aliens who had entered the United States before Jan. 1, 1982, to request a change of work status. It is unclear whether or not Napolitano was referring to this legislation or how it would apply to current cases.

Napolitano defended current policy, saying that the administration removed a record number of illegals from the country in fiscal 2011, just shy of the maximum 400,000 individuals Congress allows the administration to deport. A cap is necessary, she explained, because it costs up to \$30,000 to deport a single alien.

Grassley and Sen. Jeff Sessions, R-Ala., accused the secretary of inflating deportation data.

“I’m told that [Immigration and Customs Enforcement] carried over from last year 19,000 removals and they’re counting them this year, and it’s sort of a gimmick to making the removals look higher than they are,” said Sessions.

CHANGES AROUND THE WORLD - WILL IT AFFECT YOU?

submitted by: **Pastor Shawn McCool**

FBI Arrests 5 With Maps, Photos of US Facilities

SAN ANTONIO — Five foreign men were arrested during a courthouse break-in early on Wednesday and police said they found photographs of public buildings, water systems and malls from various U.S. cities in their van.

The men, at least three of whom were in their 20s, will be questioned by a joint terrorism task force including the FBI and immigration authorities, officials said.

Bexar County spokeswoman Laura Jesse said three men were found inside the 120-year-old Bexar County Courthouse, a landmark in downtown San Antonio and two in a large recreational vehicle parked in front of the building. She said all five were Moroccans.

Inside the RV, officials say they found "photographs of infrastructure" including shopping malls, water systems, courthouses and other public buildings that they say were taken in cities across the United States.

"They got travel documents, parking passes, they have been all over the country," Police Captain Cris Andersen said.

"A lot of photographic equipment, a lot of documentation equipment (was) inside their vehicle."

"They are going to be held for interrogation by the FBI, Immigration and Customs Enforcement, and the joint terrorism task force," Andersen said.

San Antonio is home to three major military bases, and officials have notified them of the incident, and have told them to be on the lookout for any suspicious activity and vehicles.

A military intelligence convention is underway at the city's Convention Center several blocks away, with top intelligence officials including White House officials set to speak, but investigators didn't say whether there was any connection.

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Want to make a simple, ten-second check on the state of your health? Sneak a peek at your feet.

"You can detect everything from diabetes to nutritional deficiencies just by examining the feet," says Jane Andersen, DPM, president of the American Association of Women Podiatrists and a spokeswoman for the American Podiatric Medical Association. The lowly left and right provide plenty of insightful data: Together they contain a quarter of the body's bones, and each foot also has 33 joints; 100 tendons, muscles, and ligaments; and countless nerves and blood vessels that link all the way to the heart, spine, and brain. Unresolved foot problems can have unexpected consequences. Untreated pain often leads a person to move less and gain weight, for example, or to shift balance in unnatural ways, increasing the chance of falling and breaking a bone. So when the feet send one of these 18 warning messages, they mean business.

1. Red flag: Toenails with slightly sunken, spoon-shaped indentations **What it means:** Anemia (iron deficiency) often shows up as an unnatural, concave or spoonlike shape to the toes' nail beds, especially in moderate-to-severe cases. It's caused by not having enough hemoglobin, an iron-rich protein in the blood cells that transports oxygen. Internal bleeding (such as an ulcer) or heavy menstrual periods can trigger anemia. **More clues:** On fingers as well as toes, the skin and nail beds both appear pale. The nails may also be brittle, and feet may feel cold. Fatigue is the number-one sign of anemia, as are shortness of breath, dizziness when standing, and headache. **What to do:** A complete blood count is usually used to diagnose anemia. A physical exam may pinpoint a cause. First-step treatments include iron supplements and dietary changes to add iron and vitamin C (which speeds iron absorption).

2. Red flag: Hairless feet or toes **What it means:** Poor circulation, usually caused by vascular disease, can make hair disappear from the feet. When the heart loses the ability to pump enough blood to the extremities because of arteriosclerosis (commonly known as hardening of the arteries), the body has to prioritize its use. Hairy toes are, well, low on the totem pole. **More clues:** The reduced blood supply also makes it hard to feel a pulse in the feet. (Check the top of the foot or the inside of the ankle.) When you stand, your feet may be bright red or dusky; when elevated, they immediately pale. The skin is shiny. People with poor circulation tend to already know they have a cardiovascular condition (such as heart disease or a carotid artery) yet may not realize they have circulation trouble. **What to do:** Treating the underlying vascular issues can improve circulation. Toe hair seldom returns, but nobody complains much.

3. Red flag: Frequent foot cramping (charley horses) **What it means:** The sudden stab of a foot cramp -- basically, the hard contraction of a muscle -- can be triggered by fleeting circumstances such as exercise or dehydration. But if it happens often, your diet may lack sufficient calcium, potassium, or magnesium. Pregnant women in the third trimester are especially vulnerable thanks to increased blood volume and reduced circulation to the feet. **More clues:** Charley horses tend to rear up out of nowhere, often while you're just lying there. They can be a single sharp muscle spasm or come in waves. Either way, soreness can linger long afterward. **What to do:** Try to flex the foot and massage the painful area. You may also be able to relax the muscle by applying a cold pack or rubbing alcohol. To prevent cramps, stretch your feet before you go to bed. Then drink a glass of warm milk (for the calcium).

4. Red flag: A sore that won't heal on the bottom of the foot **What it means:** This is a major clue to diabetes. Elevated blood glucose levels lead to nerve damage in the feet -- which means that minor scrapes, cuts, or irritations caused by pressure or friction often go unnoticed, especially by someone who's unaware he has the disease. Untreated, these ulcers can lead to infection, even amputation. **More clues:** Oozing, foul-smelling cuts are especially suspect because they've probably been there awhile. Other symptoms of diabetes include persistent thirst, frequent urination, increased fatigue, blurry vision, extreme hunger, and weight loss. **What to do:** Get the ulcer treated immediately and see a doctor for a diabetes evaluation. Diabetics need to inspect their feet daily (older people or the obese should have someone do this for them) and see a healthcare professional every three months.

(More Red flags about feet in next months issue)

Scripture Readings For October

- Oct. 1 - Matthew 10:1 — 34**
Theme “The mission of the twelve.”
- Oct. 8 – Hebrews 4: 1—16**
Theme: “The promise of rest”
- Oct. 15 – Zechariah 7:1-14**
Theme: “Hearts of Stone”
- Oct. 22 - Isaiah 43: 1-28**
Theme: “God will redeem His people”



Parable of the Spoons by: Unknown

A holy man was having a conversation with the Lord one day and said, "Lord, I would like to know what Heaven and Hell are like." The Lord led the holy man to two doors.

The people sitting around the table were thin and sickly. They appeared to be famished. They were holding spoons with very long handles and each found it possible to reach into the pot of stew and take a spoonful, but because the handle was longer than their arms, they could not get the spoons back into their mouths. The holy man shuddered at the sight of their misery and suffering. The Lord said, "You have seen Hell.

They went to the next room and opened the door. It was exactly the same as the first one. There was the large round table with the large pot of stew which made the holy man's mouth water. The people were equipped with the same long-handled spoons, but here the people were well nourished and plump, laughing and talking

The holy man said, "I don't understand." "It is simple" said the Lord, "it requires but one skill. You see, they have learned to feed each other. While the greedy think only of themselves

As I read this it made me think, that God has given us the tools to teach about salvation but, have we really learned how to use them and do we even care to try to learn how to use them, to help others? **per., Nadia**

November ANNIVERSARIES
None

**HAPPY BIRTHDAY
&
HAPPY ANNIVERSARY!**



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

Stewart Whittemore	11/10
Robert Camelli	11/14
Pastor Ralph	11/20
Sherry Orton	11/27
Al O. Hoyt Jr.	11/27

Food for thought Stone and the Flower

by: Unknown

"You have hardened", said the flower, bending her petals downward toward the half stone at her roots. "These rains should have softened you, made you more fertile and receptive to the seeds of the fields; but no. You have accumulated minerals and have become more silent and full of calcium. Why do you stay here? Why do you resist the brook that gives us water?"

The stone said nothing

A number of clouds passed by, the sun set and the night arrived with an immense bronze-coloured freckled moon with acne scars upon her worn face and in this manner reflected down upon the silent stone which still had not fallen asleep. The flower, by now, had tucked-in her petals and slept profoundly, and at this time the stone began to answer:

"I stay here because your roots have made me yours. I stay here because it is no longer about my feeling the earth rather because I have become part of that which functions as a support of your stem which resists the wind and the rain. Everything changes, my sweet flower", said the stone, "but I stay here because love is that microscopic space between your feet and my salted skin. You would only be able to feel it if destiny were ever to separate the two of us."

The moon followed the fade of the stars. Dawn gave a yawn as the sun began to burn its horizon on the lower lip of the mouth of a new day. The flower awoke and extended her beautiful petals. "Good morning", she said, "I dreamt that you were singing to me. How foolish of me, don't you think?" The stone said nothing

This story is so great I thought because it shows to me, how God is with us. He is always by our side never leaving and He is our strength day and night no matter what might befall us. The only thing is, we have it better than in the story. God guides and talks to us, as in the story the stone only answered when the flower couldn't hear the answer. Isn't God GREAT?!

per., Nadia

“VERSE OF THE MONTH”

Psalms 26: 7

*[7] That I may publish with the voice of thanksgiving,
and tell of all thy wondrous works*

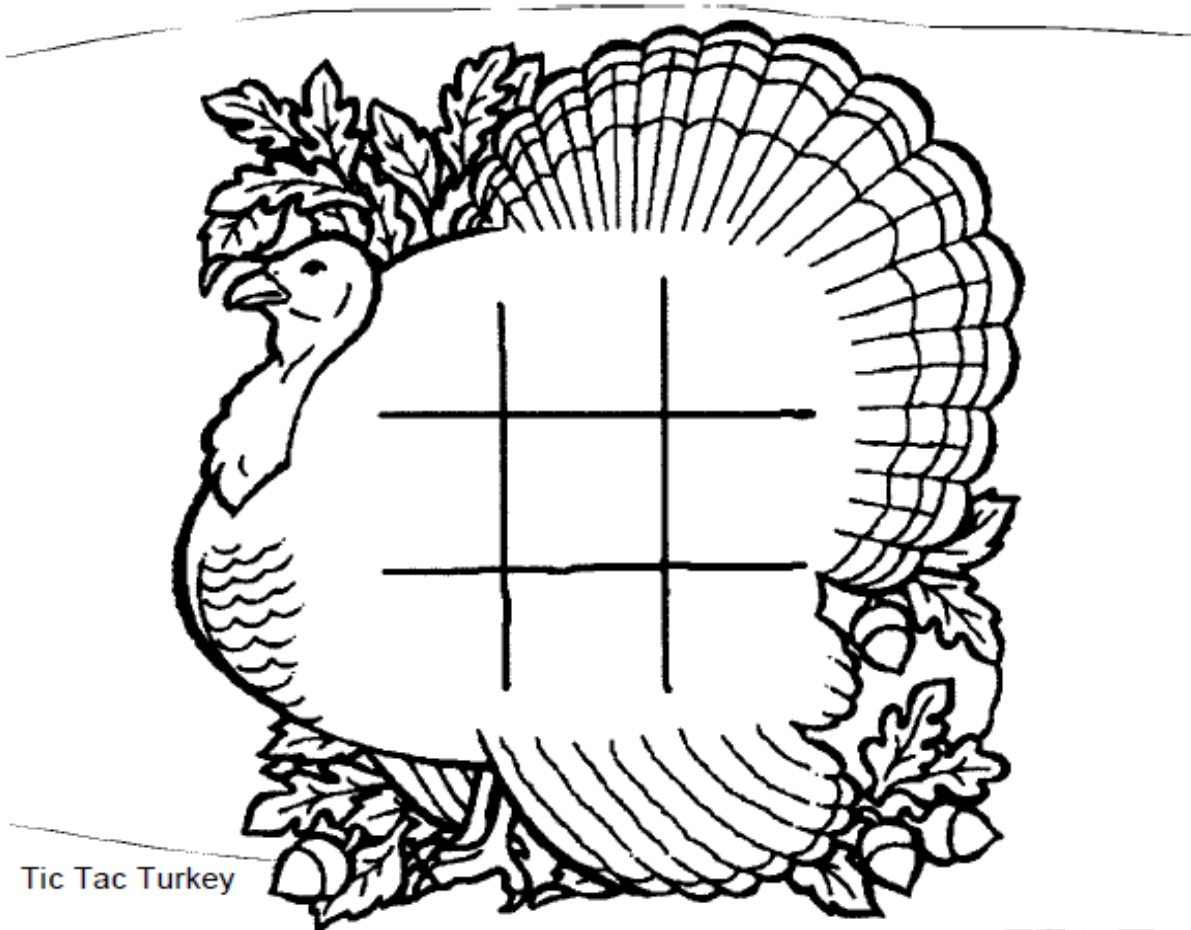
Psalms 26: 3-7

- [3] For Thy loving kindness is before mine eyes: and I have walked in Thy truth.
- [4] I have not sat with vain persons, neither will I go in with dissemblers.
- [5] I have hated the congregation of evil doers; and will not sit with the wicked.
- [6] I will wash mine hands in innocency: so will I compass Thine altar, O LORD:
- [7] That I may publish with the voice of thanksgiving, and tell of all thy wondrous works.
- [8] LORD, I have loved the habitation of thy house, and the place where Thine honour dwelleth

Memory Verse:
PSALM 136:1
GIVE THANKS TO
THE LORD



HAVE A HAPPY THANKSGIVING



Tic Tac Turkey



Cut out the corn and hats for game pieces

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.