

# “HEAVENLY HERALD” NEWSLETTER

## Church of God 7th Day

1150 NE 9th St., Grants Pass, OR 97526  
541.479.2440

[www.sabbathfellowshipofgrantspass.org](http://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  
Pastor Rich Foreman, Assistant Pastor  
Sherry Orton, Bible Study



*April 2011 EDITION*

## CHURCH NEWS:

- It's time to get serious about our church directory. Most of you have been given forms to fill out with the information you would like to have included in the directory; but, some of you have not returned them, as yet. Please submit those to Sonny as soon as possible, so the directory can be completed. *Time's a wastin'!* Also, those wanting to have a photo taken for the directory need to connect with Sonny. Wear a big smile for your photo op, but only if you want us to smile when we look at it.
- Once again, we had the privilege of welcoming *Pregnancy Care Center* for a presentation on March 19th. Board member, Ron Strom, took time out from his busy schedule to speak to our congregation about the ministry they are doing for the valley, advocating for unborn children and their parents, to allow unborn fetuses to come to full-term by avoiding abortions. This ministry is vital to all unborn children and their parents. Without this type of outreach, millions of children would never have the opportunity to be born. Please support the Center by turning in your baby bottles to Pastor Ralph with as much change or dollars as each of you can afford to give. Without your help, this ministry would not exist! Thank you so very much for helping to save lives!
- Our church family will be remembering the Lord's Supper on April 17th. We will have our traditional light meal at 7:00 pm in the cafeteria at the church. Pastor Ralph will read from the Word about the original Lord's Supper beginning with Exodus and ending with the Lord's Supper in the gospels; then, we will prayerfully partake in the unleavened bread and the fruit of the vine.

Following this portion of the service, we will be excused to go into separate rooms (males in one room, and females in another) to serve one another through the washing of each other's feet. This is a tremendous blessing, which teaches us about the love that Christ Jesus has for us, and how service is a rewarding act of kindness. During our time apart, each group will enjoy a private worship time, while praying for one another. When both groups come back together, it's a time to share the joy which we have each experienced. Laughter and song-singing is usually the end result before we go on our way for the night. For those who are unable to join us, please remember the Lord's Supper wherever you might be that evening. Also, Numbers 9:1-13 allows for a second Passover to be celebrated on the evening of May 17th. Please speak with Pastor Ralph, if you are interested in this. May God bless you all!





**PASTOR RALPH'S  
NOTES OF ENCOURAGEMENT**



**“Happy New Year!”**

Happy New Year! That's right, Happy New Year - based on the calendar as given by God. (Exo 12:1-11 NIV), ***The LORD said to Moses and Aaron in Egypt, {2} "This month (the month of Passover) is to be for you the first month, the first month of your year.***

Actually, April 5<sup>th</sup> will be the first day of the New Year based on the Hebrew Calendar. It's called Nisan 1 on that Calendar; and, the 14<sup>th</sup> of that same month is the remembrance of the Lord's Supper, which was a Passover meal. Some people think the idea for April Fools day is related to people being reluctant to accept the change from spring to winter as the beginning of a new year; but that's another story. Anyway, Passover, or the Lord's Supper, will be observed on the evening of April 17<sup>th</sup> which is the beginning of Nisan 14 and the day given according to the Bible.

(Lev 23:4-5 NIV) ***"These are the Lord's appointed feasts, the sacred assemblies you are to proclaim at their appointed times: {5} The Lord's Passover begins at twilight on the fourteenth day of the first month.***

It's a perfect time for a new year. Trees are budding. Grass is growing. Birds are singing. The weather is beginning to get warmer; and, the days are getting longer. Spring has sprung and life is good! (Spring officially began on March 20) It's also a time for spring cleaning, putting away winter clothes and bringing out our summer gear. Barbecues, rafting, vacations, and visits to/from grandma are part of what we look forward to. Now is also a great time to renew our commitment to walking in faith. Faith is much more than simply believing.

(James 2:16-22 NIV) ***If one of you says to him, "Go, I wish you well; keep warm and well fed," but does nothing about his physical needs, what good is it? {17} In the same way, faith by itself, if it is not accompanied by action, is dead. {18} But someone will say, "You have faith; I have deeds." Show me your faith without deeds, and I will show you my faith by what I do. {19} You believe that there is one God. Good! Even the demons believe that--and shudder. {20} You foolish man, do you want evidence that faith without deeds is useless? {21} Was not our ancestor Abraham considered righteous for what he did when he offered his son Isaac on the altar? {22} You see that his faith and his actions were working together, and his faith was made complete by what he did.***

And so, let us be revived as we begin this next year. Let us not *talk* a good game; but rather, let us *play* a good game. We are not a church of spectators. We are a church of participants. Let us not grow weary of doing good. Let us persevere, until we hear these words, ***“Well done good and faithful servant.”***

Pleased to be yours in Christ,

Pastor Ralph

Church of God 7th Day Newsletter  
April Edition 2011

**In Weekly Service:**

**Pastor Ralph Orton, Minister/ Pastor  
Pastor Rich Foreman, Asst. Pastor  
Sherry Orton, Bible Study Instructor**

**Gale Andrews/Tom Dalgliesh, Door Greeters  
Dollie Newstrand, Prayer & Praise Requests  
Sonny van Kempen, Scripture Reading**

# UPCOMING EVENTS & COMMUNITY ACTIVITIES

**Women's Luncheon** 3rd Friday of each month. The next meeting will be on April 15th, 12:00 pm at "Leo's" located at 1201 Rogue River Highway, GP, across from Caveman Bowling.

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

**Family Movie Matinee:** April 2nd at 2:30 pm in the sanctuary following the potluck. The movie is titled, "Welcome To Paradise".

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

**"Sing-Along":** April 16th at 2:30 pm following the potluck. *Remember to bring your songbooks!*

**Prayer Meeting:** April 23rd at 2:30 pm following the potluck.

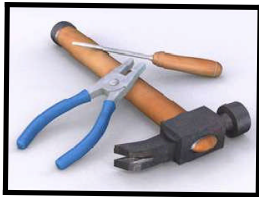
**Sermon by Pastor Rich:** April 30th.

**Women's Luncheon Update**

The March 18th luncheon was held at noon at 'The Sizzler'. In attendance were: Vicki R., Sherry and her friend Ralfina, Mary, Barbara, Nadia and her friend Shawna. It's always nice to see new faces. Nadia read Acts 2:44-47 as a scripture for the day; and, later won the money pot! The 7 who attended had a wonderful visit and have decided to meet at 'Leo's' next month in April! (The May meeting will be held at Applebee's Restaurant on Grants Pass Parkway at Agness, the stoplight before entering I-5.)

Perhaps, you and a guest or two can join us on April 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!*



√ **JOBS OFFERED**  
√ **WORK NEEDED**



*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.*

**Jason Poole:** Discount Carpet Cleaning / Handyman, no job too big or too small. 541.441.0366

**Valentine & Owings:** Home Improvement (all types): painting, lawn & garden, fencing, etc. Free estimates. 541-892.6886

**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.

**J.D. Firewood:** Madrone, Oak and Pine for sale, however you want it. 541.761.7057

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



## SHERRY'S MESSAGE

Note: Please save part 1, and add part II and part III in the May and June editions.

### "ABOUT THE BIBLE" Part 1 of a 3-Part Series

*The Bible is a library of 66 separate books with 30 to 40 authors.*

The Bible is a literary miracle. For no man ever received an order to compile the whole. Hebrews 1:1 relates that each book was written in disconnected fragments and unrelated portions by various individuals from every walk of life. 2 Peter 1:21 maintained under the most profound spiritual conviction that the "Word of the Lord came to them." The writing covered 1000 years for the inspired record grew slowly.

When Moses died, there were only five portions of the Bible written. Whether the book of Job was in written form at this time is not certain. Before King David died a few parchments had been added to the collection. These were written by such prophets as Samuel, Gad and Nathan. 1 Chron. 29:29, 2 Chron. 9:29 as well as many of David's own songs (Psalms). Later, Kings (Prov. 1:1; Isa. 38:9, 11; 2 Chron. 35:4), priests (Ezra 7:10) and prophets added their quota. Four hundred years before Christ the Old Testament canon was completed.

Only by contemplating the wide variety of writers, the period of time covered, the totally different circumstances, and the change in culture and education of each age, can a person appreciate the uniqueness of the Bible and the amazing unity. There is a three-fold unified theme. Genesis 1 begins with "In the beginning God." However, Revelation 21 and 22 describe a new heaven and earth. Between the first creation and the new heaven and earth there is a unified theme.

1. God – Gen 1 & 2

2. Man's fall - Genesis 6:5

3. God's work - Colossians 3:10

#### 1. GOD - Genesis Chapters 1 - 2

- The O.T. is full of a most exalted and majestic revelation of God. The great emphasis is the fact that He is:
- A living God - Ex. 3:14
- The "I" of - Ex. 20:2, 5
- Man is God's image with personality - Gen. 1:6
- From God's own "breath" - Gen. 2:7
- Moses is described as a man whom the Lord Knew face to face - Deut. 34:10
- David is described as " ... bundle of life" with the Lord his God - 1 Sam. 25:29
- David loved the living God - Psa. 18:1
- Like all the O.T. prophets - personal fellowship with God Psa. 18:16-19
- God revealed in O.T. is all powerful - Gen. Chapter 1
- God revealed in O.T. is of unassailable Holiness - Isa. 6:3; John 17:11; Rev. 4:8
- God revealed in O.T. is of unfailing justice - Gen. 18:25
- God revealed in O.T. is of tender compassion - Psa. 103:4
- God revealed in O.T. is of mercy, goodness - Deut. 1:30-31
- God revealed in O.T. is of kindness - Isa. 49:15-16; 51:12

\* *Note: Article continues in upcoming issues.*



*O the depth of the riches both of the wisdom and knowledge of God! how unsearchable are his judgments, and his ways past finding out! For who hath known the mind of the Lord? or who hath been his counsellor? Or who hath first given to him, and it shall be recompensed unto him again? For of him, and through him, and to him, are all things: to whom be glory for ever. Amen. Romans 11:33-36*

**Susan B. Anthony**, whose face is on a U.S. dollar coin and whose statue is in the U.S. Capitol Rotunda, died MARCH 13, 1906. Raised a Quaker, her father owned a cotton mill and refused to buy cotton from farmers who owned slaves. Susan B. Anthony's religious upbringing instilled in her the concept that every one is equal before God and motivated her to crusade for freedom for slaves and a woman's right to vote. Opposing liquor, drunkenness and abortion, Susan encountered mobs, armed threats, objects thrown at her and was hung in effigy. After the Civil War, Susan B. Anthony worked hard for the passage of the 13th, 14th and 15th Amendments. She succeeded in having women admitted to the University of Rochester and was arrested for voting in the 1872 Presidential Election. Fourteen years after her death, women won the right to vote. Quoted in *The Revolution*, July 1869, Susan B. Anthony stated: "I deplore the horrible crime of child-murder...No matter what the motive, love of ease, or a desire to save from suffering the unborn innocent, the woman is awfully guilty who commits the deed. It will burden her conscience in life, it will burden her soul in death; but oh! Thrice guilty is he who...drove her to the desperation which impels her to the crime."

Americanminute.com / March 13, 2011

\* Note: All content not necessarily the views of Church of God 7th Day

Laugh more. Love more.

Enjoy life more abundantly.

Try to fixate more on the positive things in life, and less on the negative. God has given us all that we could ever want or need by providing for us in His creation. Concentrate on all that He has 'given' to us. It is enough. **HE IS ENOUGH!**

### "Lend a Hand" Ministry

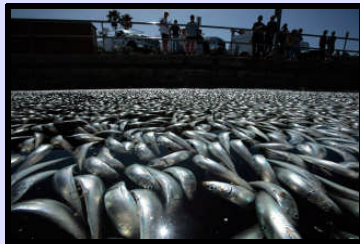
**If you have a need, or know of someone who has a need of a few extra hands, please let one of our pastors know what that request is, and when it needs to be done. He will inform the church, and get the ball rolling! Anyone, who can help on that particular day, just show up. You will be blessed!**

### A BIT OF HUMOR

- Q. This myasthenia gravis, does it affect your memory at all?
- A. Yes. I forget.
- Q. You forget? Can you give us an example of something that you've forgot then?
- \*\*\*\*\*
- Q. How old is your son, the one living with you?
- A. Thirty-eight or thirty-five, I can't remember which.
- Q. How long has he lived with you?
- A. Forty-five years.
- \*\*\*\*\*
- Q. Now doctor, isn't it true that when a person dies in his sleep, he doesn't know about it until the next morning?
- A. Did you actually pass the bar exam?
- \*\*\*\*\*
- Q. The youngest son, the twenty-year old, how old is he?
- \*\*\*\*\*
- Q. Were you present when your picture was taken?
- \*\*\*\*\*
- Q. Can you describe the individual?
- A. He was about medium height and had a beard.
- Q. Was this a male or a female?

**Why pass on an opportunity to do good?  
Why not stop for a moment or two to help  
your fellow man ... or woman ... or child  
... or animal ... or plant ... or ... ?  
Whoever or whatever has a need, and you  
can help, just take that extra moment and  
do what is right. Help out whenever you  
can. You will most definitely reap what  
you sow!  
May God bless all who do His will with a  
willing and happy heart!**

**Some of the dead fish at King Harbor Marina in Redondo Beach, Calif., are seen Tuesday. The fish were a foot thick in areas, one official said.**



*And the third part of the creatures which were in the sea, and had life, died; and the third part of the ships were destroyed. Rev. 8:9*

LOS ANGELES — Sardines and other small fish in the hundreds of thousands washed up dead overnight in the harbor area of Redondo Beach, Calif., just south of Los Angeles, puzzling authorities and triggering a cleanup effort.

NPR officials scramble to contain damage caused by the release of a videotape that showed an executive criticizing Tea Party supporters by calling them "racist."

Local television news footage showed the mass of dead fish, said by a police spokesman to be about a foot deep on the surface, choking the waters in and around dozens of private boat slips in the King Harbor Marina.

Biologists have tentatively concluded that the fish died from oxygen deprivation after being driven by a storm into a closed-off pier area, California Department of Fish and Game spokesman Andrew Hughan told Reuters. "It looks like they just swam in the wrong direction and ended up in a corner of the pier that doesn't have any free-flowing oxygen in it," Hughan said. "There's nothing that appears to be out of sorts, no oil sheen no chemicals, no sign of any kind of illegal activity," Hughan said. "As one fisherman just told me, this is natural selection." Hughan said such incidents were rare but not unheard of.

While biologists investigated, authorities were beginning the job of removing the fish from the water, using buckets and nets. A skip loader then carried them to big trash bins. Officials initially estimated there were millions of fish, but Fish and Game roughly estimated about a million.

City officials estimated the cleanup would cost \$100,000. Fire Chief Dan Madrigal said the fish would be taken to a landfill specializing in organic materials.

On the water, nature was tackling the problem in other ways. "The seals are gorging themselves," Hughan said. Large groups of other fish could be seen nibbling at the floating mats of dead creatures. "The sea's going to recycle everything. It's the whole circle-of-life thing," Hughan said.

*Reuters and The Associated Press contributed to this report. msnbc.com news services updated 3/8/2011 6:57:21 PM ET 2011-03-08T23:57:21*

This article is only one of many, which 'seemingly' lines up with end-time prophecy in the Bible. I think we can all agree, that the world has gone crazy! We're witnessing history unfold, as scripture is being lived out through great earthquakes, wars and rumors of wars, masses of fish mysteriously dying, masses of birds falling from the skies in various locations worldwide *reasons unexplained*, wild storms and strange phenomenon never seen before, upheaval in the middle east that is escalating, rumors of cells of terrorists in the U.S., poverty worldwide, famine, climate changes detrimental to regions worldwide, infestations, crippling inflation, disease on the rampage, escalating unrest, governments overthrown by rebels and terrorists, and so on ... The question that begs to be asked is: "If all of these signs are indeed the beginning of the end, what are we as individuals going to do about it?"

Fear is not of the Lord. In Matthew 24:6-8, Jesus speaks to His disciples, and says, ***"And ye shall hear of wars and rumours of wars: see that ye be not troubled: for all these things must come to pass, but the end is not yet. For nation shall rise against nation, and kingdom against kingdom: and there shall be famines, and pestilences, and earthquakes, in divers places. All these are the beginning of sorrows."*** We have some choices to make. They can be difficult choices, if you don't know our Lord and Savior, Jesus Christ. Without Him, fear will overwhelm you, because you have no real hope. You will likely perish with the earth and all that is in it. On the up side, when you have accepted Christ as your Lord and Savior, you place your life in His hands. He promises in Hebrews 13:5, "... I will never fail you nor forsake you." He is our assurance of a better life after this one has passed away. Christ promises in John 14:2-4, ***"In my Father's house are many mansions: if it were not so, I would have told you. I go to prepare a place for you. And if I go and prepare a place for you, I will come again, and receive you unto myself; that where I am, there ye may be also. And whither I go ye know, and the way ye know."*** If you have no peace in these frightening times, and want assurance of a better life to come, surrender your heart to the One Who Created you. Rest in His loving arms today, and begin anew with the hope that lies only in Him. May God guide you to His heavenly throne. Peace be unto you.

written by Sonny C. van Kempen

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

For 'Prayer Chain' requests, call Mary 541-582-1620

March 26, 2011

**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 sick; Outreach Ministries; and that God will bless us with our own church building or land to build upon

**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 Bussinesses**, 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; feel God's love & the love of others; and that they will have peace in their hearts & minds

**Godly Sorrow**, as repentance leads to salvation

**Ralph**, God's leading as pastor; **Sherry**, health issues to be resolved quickly; asthma & throat ulcers; 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

**Vickie**, to receive 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

**Rich & Dollie's Ministry**, children's Sabbath School; Outreach Ministry Event; Camp ministry; **Dollie**, complete healing;

**Dollie's children & grandchildren**, repentance; **Kylie**, a heart open to hearing & obeying God; healing for broken wrist; **Danelle & Tom**, God's leading in the job change, and surrendered lives to the Lord; **Don**, to find gainful employment, good medical care, and healing for elbow

**Mary**, physical strength, healing from arthritis, God to guide & preserve her abilities; **Larry**, knee problems; **George**, unspoken prayer

**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

**Sonny**, blessings & complete healing, strength & endurance on her job, courage & faith, and God's leading in Scripture Reading time; God's blessing on weekly Bible readings

**Rolf**, complete healing; to return to the Lord; **Patricia**, complete healing, strength & that God would use her current situation for His glory; to return to the Lord; one good job

**Edna**, strength as she battles with Lymphoma; **Blossom Joy**, complete healing from cancer

**Sherry**, strength, courage, discernment & wisdom to make decisions that are pleasing to God; **Ron**, repentance & wholehearted return to the Lord

**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 mind, heart & spirit

**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 & respond positively to God's leading;

**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

**Dude**, little boy who needs continued healing of his heart; success in upcoming heart surgery

**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

**Claude**, to be God's witness to the people He has placed in his path; homeless due to foreclosures; ability to reach those thinking suicide;

**Ginny**, continued healing; God to watch over all her family; **Verl & Patty**, unspoken prayer; **Keith**, a job, physical healing;

**Vicky**, complete healing & provision for all her needs; **Edith**, physical healing; **Jim**, for a calmness; **Loretta**, healing of her left hip, better

health, peace & comfort; patience & compassion for husband; **Barry & Heather**, God's leading & to raise their child in the church; **Barry**,

physical healing; **Jay**, healing; **Janie**, healing from cancer & problems with son; **Kyle & wife**, 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 a fall; **Regie & Delma**, healing & leading as they deal with dementia; **Leonta & family**, peace & comfort from death of Lee

**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; **Don**, continued guidance,

spiritual clarity & growth in Jesus; healing of blood clots & lungs; protection for Tovah & Smiles & a reunion with them; healthier relation

ship as mother & son; God's leading in new relationship he is in; **Bill**, physical healing from heart problems

**Jason**, God's joy in his life and for God to open his eyes & ears to Him, a white-hot light for God; **Drake**, delivery from alcohol;

**Ron**, commitment in Christ; **Brandon**, help through hard times; **Jen**, find the Lord; **Donna**, healing/comfort in her last days; **Mario**, deliver

ance from the enemy

**Kathy & Ken**, strength, leading & healing; their family to know the Lord; **Jeanie's family**, peace, comfort & strength with her passing;

**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; her 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**, God's 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

**Dan**, guidance in the Truth; comfort in the Lord; help with ISSA

**Lenay**, physical healing; to draw close to the Lord

**Wayne**, comfort & strength as he deals with Char's passing; and to stay faithful to the Lord

**Cynthia Teresa**, God's protection for her from prison guards & lesbianism; courage, strength & hope

**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**, blessings; healing of Donna's leg

**Nadia**, continued healing & mercy; normal kidney function; **Israel**, God's guidance & peace; **Grandchildren**, change in their living condi

tions; **Noah, Nikki & family**, the Lord's leading in their lives; **Luke**, God's help in becoming debt-free, and remedying the legal situation

concerning his daughter; God to bless his engagement & all the practicalities involved

**Judy**, help from God as she goes through lung disease & the death of her husband

**Charla & family**, continued guidance & unity in Christ

**Alfred & Tami**, God's leading

**Patti Ann**, physical, emotional & spiritual healing

**Eliyah**, God's leading in his life

**Tony**, God's peace, comfort, leading & provision

**Agnes**, God's will for the job offer

**Elisa**, God's comfort; and a protective hedge around her guarding her against the enemy

**Sherman**, healing (sinuses, lungs & back); salvation for his sons

**Donna**, continued healing for foot; prayer for her son & family; salvation for her two sisters; all those unemployed

**Victoria & Matt**, peace in dealing with mental health issues

**Jessica**, remission of cancer

**Mark**, that God will make his dental work as easy as possible

**Don**, complete recovery from knee replacement surgery

**Dave**, his ministry in Arizona





## HEALTH TIPS



### “The Latest On Your Heart”

Offered by Ginny Sorensen

An estimated 81 million Americans—more than one in three adults—have some form of cardiovascular disease, such as high blood pressure, coronary heart disease or stroke. Researchers here and across the globe have been working to reveal risk factors, methods of detection and potential treatments to help keep your heart healthy. Here are some of the latest findings, plus a look at what scientists are working on for the future.

**Risk factors (new): Loud snoring, weight gain.** Studies at the University of Pittsburgh found that people who snore loudly are twice as likely to have metabolic syndrome—a cluster of conditions that increases your risk of heart disease, stroke and diabetes. And women who sleep more than 10 hours a night have a 63% increased risk of stroke compared with those who sleep seven hours, Harvard scientists add. Obesity is a known risk factor for cardiovascular disease, but new Danish research has gotten a little more specific: For every 8.8 pound weight gain, the risk for developing ischemic heart disease (caused by narrowed heart arteries, which reduce blood flow and oxygen and can lead to heart attack) increases by more than 50%.

**Future (Rheumatoid arthritis).** One year after you're diagnosed with rheumatoid arthritis (RA), your risk of heart attack increases by 60%, Swedish scientists have found. Though more research is needed to determine the link, experts say the findings show the importance of monitoring an RA patient's heart risk. The incidence of RA is on the rise; it afflicts an estimated 1.5 million Americans. RA occurs when your immune system mistakenly attacks the membranes lining your joints, causing pain, swelling and stiffness.

**Methods of Detection (new): Check your eyelids.** Cholesterol deposits on or around them may help predict cardiovascular risk, according to preliminary research presented at the American Heart Association's annual meeting. Danish scientists tracked nearly 13,000 patients and found that those with the condition—called xanthelasmata—has a significantly higher rate of heart attack and heart disease as they got older, and lower survival rate. The most surprising part: half of the patients had normal overall cholesterol levels, which suggests that other factors, such as capillary leaks, may lead to deposits and artery disease.

**Future: More sensitive blood tests.** A new version of a blood test typically used to help diagnose heart attacks may reveal heart disease before symptoms even start. The test looks for a protein called cardiac troponin T, which is released by injured heart muscles; the more sensitive version can detect protein levels 10 times lower than the standard lab tests. Two published studies found that people with detectable troponin T had significantly greater risk of developing heart failure or dying prematurely. Though more research is needed, the hope is the test can help find damage before it becomes advanced.

*Taken from “USA Weekend”, February 4-6, 2011*

### ***Brush your teeth and lower heart disease risk.***

Periodontal disease and cardiovascular disease aren't conditions to be taken lightly, but faced with a choice, most people would probably choose the former over the latter. Unfortunately, you may not have the choice if you ignore sound dental habits and brush less than two times a day. A recent study suggests that poor oral hygiene actually increases the risk of cardiovascular disease.

In the study, researchers surveyed more than 11,000 adult men and women (average age: 50 years) on their brushing habits and determined the prevalence of cardiovascular disease and levels of C-reactive protein and fibrinogen, high levels of which indicate a state of inflammation in the body. Results showed that in eight-plus years, there were a total of 555 cardiovascular events (170 of which were fatal), with events more likely to be experienced by participants who reported “never or rarely” brushing their teeth (30 percent high risk if brushing once daily, 70 percent higher risk if brushing less than once daily). Levels of C-reactive protein and fibrinogen were also high compared to those who reported better oral hygiene.

We're taught how to brush from an early age. But like many behaviors reinforced in our early years, they don't always translate into adulthood, at least not as consistently as they should (always washing your hands after going to the bathroom or before eating is another one). Take the time to brush your teeth—your teeth (and your heart) will thank you for it.

[www.toyourhealth.com](http://www.toyourhealth.com), October 2010

*\* 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.*

## Philadelphia Archdiocese Suspends 21 Priests

The Philadelphia Archdiocese suspended 21 priests who were named as child molestation suspects in a scathing grand jury report last month.

Cardinal Justin Rigali said the priests were removed from ministry while their cases are reviewed. The two-year grand jury investigation into priest abuse in the archdiocese resulted in charges against two priests, a former priest and a Catholic schoolteacher. They are accused of raping young boys, while a former high-ranking church official was accused of transferring problem priests without warning anyone of prior sex-abuse complaints.

## Global Food Prices Reach 20-year High

Global food prices are the highest in 20 years and could increase further because of rising oil prices stemming from the unrest in Libya and the Mideast, U.N. agency the Food and Agriculture Organization said in a statement. Skyrocketing food prices have been among the triggers for protests in Egypt, Tunisia and elsewhere, and raised fears of a repeat of food price crises in 2007 and 2008. The FAO said its food price index was up 2.2% last month, the highest level since January 1990.

## Europe Could See Higher Interest Rates

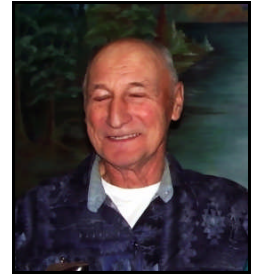
The European Central Bank's chief shocked markets by saying interest rates could be raised as soon as the next policy meeting in April—far earlier than expected—to fight inflation across the 17-nation eurozone. President Jean-Claude Trichet said an interest rate increase next month was “possible” though “not certain”.

## February Deficit Highest Ever For Single Month

WASHINGTON—The government ran the largest-ever budget deficit for a single month in February. The shortfall kept this year's annual deficit on pace to end as the biggest in U.S. history. The widening deficit reflects the impact of the tax-cut package President Barack Obama and congressional Republicans brokered in December. As a result, the nonpartisan Congressional Budget Office in January raised its estimate for the annual deficit from \$1.1 trillion to \$1.5 trillion. It said the tax cuts would add \$400 billion to this year's gap. The budget year ends September 30. The tax-cut package extended income tax cuts, reduced workers' Social Security taxes, extended unemployment benefits and accelerated business tax write-offs, among other steps. February's deficit of \$222.5 billion eclipsed last February's record by nearly \$2 billion. The full-year deficit would exceed 2009's record deficit of \$1.41 trillion. And it would mark the third straight year of \$1 trillion-plus deficits.

## HOW POLITICS AFFECT CHRISTIANITY

Submitted by  
Claude Sorensen



## Bahrain's King Declares State of Emergency

MANAMA, Bahrain—Bahrain's king imposed a three-month state of emergency today and gave the country's military chief wide authority to battle a pro-democracy uprising that has threatened the ruling monarchy and drawn in forces from around the Gulf. The martial law-style order—read on Bahrain state TV—comes a day after more than 1,000 Saudi-led troops arrived to help prop up the U.S.-backed regime in the first major cross-border action against the revolts that have erupted across the Arab world. A security official in Saudi Arabia said a Saudi sergeant was shot and killed by a protester today in Bahrain's capital, Manama. The emergency law statement said the head of Bahrain's armed forces has been authorized “to take necessary steps to restore national security.” Hours before the announcement, Bahrain's capital was in lockdown mode with stores and schools shuttered and main highways blocked by police.

- Associated Press

## Gadhafi Loyalists Shell Oil Port To Dislodge Rebels

BREGA, Libya—Moammar Gadhafi loyalists shelled around a key oil port today trying to dislodge rebels who have dug in and are struggling to regroup after their fighters were scattered in a heavy regime offensive. The rebels appeared to have a tenacious hold around the oil facilities at Ras Lanouf, taking refuge among the towering storage containers of crude oil and gas. Government forces stopped directing their fire at those positions, apparently to avoid blowing up the facility's infrastructure, according to fighters. Instead, the pro-Gadhafi troops, positioned in Ras Lanouf's residential about 10 miles east of the oil port across a barren desert no man's land, were raining rockets and shelling along the main coastal highway, targeting rebel vehicles trying to reinforce and bring supplies to the port, said Mohammed Gherani, a rebel fighter. The standoff in Ras Lanouf was an attempt by the rebels' ragtag force to halt a dramatic shift in the momentum of Libya's upheaval, which is shaping into a potential civil war.

## Federal Reserve Meets As Economic Risks Widen

WASHINGTON—The Federal Reserve meets today at a time of widening economic risks: higher oil and food prices; unemployment near 9 percent; crises in the Middle East and Japan. Threats at home and abroad have the potential to slow the U.S. economy, or heat up inflation. Or both. Chairman Ben Bernanke and his Federal Reserve colleagues will debate those risks at Tuesday's session. At the top of their agenda is whether to make any changes to the Fed's \$600 billion Treasury bond-purchase program, which is set to expire at the end of June. The bond purchases are intended to help the economy by keeping long-term interest rates down, encouraging spending and driving up stock prices. Economists think the Fed will agree today to maintain the pace and size of the bond purchases. But the risks the economy is facing will likely complicate Bernanke's efforts to forge consensus.

## Recipe Of the Month

**"Slow Cooker Corned Beef And Cabbage"**

[www.recipetips.com](http://www.recipetips.com)



### Ingredients:

3 pounds corned beef brisket  
5 medium potatoes, scrubbed, unpeeled, sliced into 1 inch chunks  
1 large onion - cut into wedges  
1 head of cabbage - cut into wedges  
4 cups apple juice  
1 cup brown sugar  
1 cup Dijon mustard

**Serving Description:** 1 slice of corned beef with a serving of cabbage and potatoes

Servings: 8

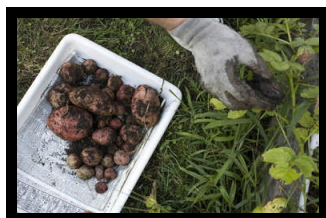
**Container:** large slow cooker

**Prep Time:** 10 minutes

**Cook Time:** 6 or more hours

### Directions:

- Place meat, potatoes, onion, and cabbage in a slow cooker.
- Sprinkle with the seasoning packet that came packaged with the corned beef.
- Combine apple juice, brown sugar, and mustard in a medium bowl.
- Pour over the vegetables and meat.
- Cover and cook on high for 6 to 6 1/2 hours or on low for 10 to 12 hours. The meat and vegetables should be very tender.
- Remove the meat and vegetables from the slow cooker.
- Thinly slice the meat across the grain and serve with the vegetables.
- Serve with crusty bread if desired.



## GARDEN or HOUSEHOLD TIPS

By Vern Nelson,  
Special To The Oregonian

## "How To Grow Potatoes"

**PREPARE SOIL:** Work in 3-4 inches of compost, shredded leaves or straw and 5-7 pounds of bone meal per 100 square feet.

**PREPARE A TOWER:** Cut a 13-foot length of fencing 4-5 feet high. Fencing with openings large enough to get your hand through will allow easy harvest of baby spuds. Bend each end of the fencing over to hold a length of heavy pipe that is 6-12 inches taller than the fence. Place a loop of wire over the top of the pipes to fasten them together.

**PLANT A TOWER:** The tower will have a 4-foot diameter. Plant five potatoes or pieces, then place the tower over them and drive pipes into the ground. Add mulch. As stems grow, add mulch until the tower is full.

**PLANT A FLAT BED:** Plant seed potatoes, with the eyes up, 4 inches deep and 12 inches apart in rows 12-24 inches apart. Cover with soil and continue to cover as the plant grows.

**HARVEST:** Mature potatoes are ready when the tops have died down. New potatoes can be harvested earlier, seven to eight weeks after planting. Leave potatoes in the soil for a couple of weeks after the tops have died down or been pruned off. The skins will have a chance to cure, and storage life will be increased.

**TIPS:** Use only certified virus-free seed potatoes. Rotate your potato bed to help prevent diseases and pests. Plant in full sun on well-drained soil, from three weeks before the last frost (generally April 15 in the Willamette Valley) through spring. Each seed potato or piece should have two to three eyes. Large potatoes can be cut and allowed to dry for a couple of days before planting.

## Scripture Readings For March

March 5 - I Corinthians 12:1-15

Theme: "By One Spirit We Are All Baptized Into One Body"

March 12 - Job 7:17-8:7

Theme: "Turn To God, Repent, And He Will Hear You"

March 19 - Psalm 31:19-24

Theme: "The Lord Preserves the Faithful"

March 26 - James 4:6-10

Theme: "Humble Yourself and He Will Lift You Up"

## Separation Of Church and State

Because of the very common usage of the "separation of church and state phrase," most people incorrectly think the phrase is in the constitution. The phrase "wall of separation between the church and the state" was originally coined by Thomas Jefferson in a letter to the Danbury Baptists on January 1, 1802.

... the additional supporting evidence below show conclusively that the concern that motivated the framers to include the establishment clause in the constitution was definitely not fear of the doctrinal religion of Christian Theism. It was understood that Christian Theism was the default state doctrinal religion. As opposed to being something to fear, it was something believed to be vital to the success of our government. Consequently, the framers feared a state denominational religion not a state doctrinal religion! Some additional evidences that indicate Christian Theism was the national doctrinal religion are listed below:

- Emblazoned over the Speaker of the House in the US Capitol are the words "In God We Trust."
- The Supreme Court building built in the 1930's has carvings of Moses and the Ten Commandments.
- God is mentioned in stone all over Washington D.C., on its monuments and buildings.
- As a nation, we have celebrated Christmas to commemorate the Savior's birth for centuries.
- Oaths in courtrooms have invoked God from the beginning.
- The founding fathers often quoted the Bible in their writings.
- Every president that has given an inaugural address has mentioned God in that speech.
- Prayers have been said at the swearing in of each president.
- Each president was sworn in on the Bible, saying the words, "So help me God."
- Our national anthem mentions God.
- The liberty bell has a Bible verse engraved on it.
- The original constitution of all 50 states mentions God.
- Chaplains have been in the public payroll from the very beginning.
- Our nations birth certificate, the Declaration of Independence, mentions God four times.
- The Bible was used as a textbook in the schools.

<http://www.allabouthistory.org/separation-of-church-and-state.htm>

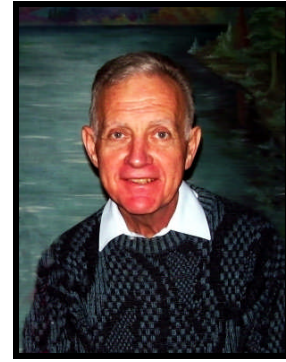
**HAPPY BIRTHDAY  
TO OUR  
APRIL  
CHILDREN,  
(or Canines)!**



**Tikah and Pinqui, April 26**

**If we missed your birthday,  
we're sorry.  
Happy Birthday!**

LOVE ....  
from the heart  
Written by Pastor Rich Foreman



### “The Finest Form of Worship”

What do you think of when you hear the word “*sacrifice*”? What do you think of when we talk about a sacrifice to God? Oswald Chambers said, “Sacrifice in the Bible means that we give to God the best we have, it is the finest form of worship. Sacrifice is not giving up things, but giving to God with joy the best we have.”

When I think about his words, I realize that most of my “*sacrifices*” to God have not been acceptable. They were either presented to Him without the joy that should have been there; or, they were not the best I had to give. Our “*sacrifices*” for God can easily become manifestations of our sin, rather than our love for Him.

The good news is that God does not give up on us. He loves us even when our behavior and “*sacrifices*” are not acceptable. He will always love us, as long as, we keep coming back to Him with a heart that truly wants to know Him. No matter how many times we fail, Jesus still wants to restore us to covenant relationship with Himself. Remember the Samaritan woman at the well in John chapter four? Even when Jesus knew that she had been divorced five times and was currently living in sin, He reached out to her to restore her for His Kingdom. And the good news is that she brought many other people to know that Jesus “*really is the saviour of the world.*”

Jesus gave the best He had to give, His perfect sinless life. He suffered a hideous death for us; and He did it “*for the joy set before Him.*” Any “*sacrifices*” we might make are nothing compared to what Jesus has done for us. Everything that we are and have comes from God. The very best we can sacrifice already belongs to Him. Let’s give Him the very best of what He has given us in the joy He truly wants us to know.

***“Therefore, I urge you, brothers, in view of God’s mercy, to offer your bodies as living sacrifices, holy and pleasing to God – this is your spiritual act of worship.” Romans 12:1***

### “VERSE OF THE MONTH”

***Romans 12:2-3 [KJV]***

**And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God. For I say, through the grace given unto me, to every man that is among you, not to think of himself more highly than he ought to think; but to think soberly, according as God hath dealt to every man the measure of faith.**

## *A little hard work never hurt anyone ...*

“Helping Hands” is a wonderful outreach for our church. Much of what has been done so far, is as a result of many helping hands in our church family, who have done an amazing job through hard work and diligence. It began a few years ago, with holiday baskets for Thanksgiving, then expanded to helping to clothe the homeless. Thus far, it has again expanded into a ministry, which includes a food pantry, clothing (adults, teens, children, toddlers and infants), some household goods, tote bags, shoes, an array of personal hygiene products and much more.



We are so pleased to be able to share the donations, which each of you has generously given. The photos in this article are representative of only a *few* volunteers who are keeping this ministry alive and well. Shawn, Nadia, Barbara and Sonny were having a wonderful afternoon, as they sorted through many boxes and bags of clothing, which they hung and organized for disbursement to people in need. Much work has been done by Pastor Ralph, Claude, Ginny, Mary, Jason, Dollie, Pastor Rich, Marjean, Charla, Al, and several others throughout the years. Each person has taken on the jobs that

were needed at that particular time, in order to build it into the blessing it has been and is becoming.

Your donations are a huge part of the success of our outreach; so, please continue to dig deep and bring in what you can afford. At this time, we have no need of further clothing. What a blessing to have an over-abundance! Some items that we will continue to need are personal hygiene products such as tooth paste, tooth brushes, deodorant, combs, and 2-in-1 Shampoo/Conditioner. Also needed are Q-tips, paper towels, toilet paper, Wet Ones towelettes, and spray bottles for water in summertime heat. Other items, which are always going to be needed are canned goods and other imperishable food items, and of course, much needed funding for purchasing the products which aren't readily available. Cash donations are also used to fund our Thanksgiving “Helping Hands” baskets that go out to our families in need each year.



We would like to continue to encourage each of you, who has a heart for helping others, to join in the fun, as we continue to serve the community. Our goal is to first serve those in our own church family, and then to branch out to others; so, if you have a personal need for yourself or for your family, then come to the “Helping Hands” room down the hall from the sanctuary, from 1:55–2:25 pm the first and third Saturdays of each month.

When you have contributions, please see Nadia, call the church at 541-479-2440, or bring your contributions to the church during Sabbath church hours (11:00 am—2:30 pm). If your contribution is in the form of funds, please mark your envelope “Helping Hands”, and place it inside the offering box inside the sanctuary.

We look forward to serving you and others, as we all work together to honor the One, Who provides for all of our needs. May God continue to bless you in your endeavors. Please continue to pray for this ministry and for our church family. We could never begin to count the multitudes of blessings that our Heavenly Father has bestowed upon us. He is so generous! **Praise His holy name!** Peace be with you.

Written by  
Sonny C. van Kempen

## 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 Sonny on any Sabbath, before Tuesday of the third week 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 maid-servant, 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

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 541.660.3134 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.