

August 2010 Edition

# “HEAVENLY HERALD” NEWSLETTER

Pastor Ralph Orton, Ministering  
Sherry Orton, Bible Study

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”*



## CHURCH NEWS:

- Saturday, August 14th is our annual church *“Picnic in the Park”*, which is taking place again this year at the Pavillion Gazebo at Riverside Park in Grants Pass. We look forward to embracing the community as an outreach for Christ. We are offering a barbecue, drinks and a few goodies for all to enjoy. Our music for the afternoon will be Herm Wyatt, a well-known local musician, who performs Christian and easy listening love songs. Remember to put your best foot forward in this event. This is another opportunity to shine for Jesus!
- We have so much for which to be thankful! We’re blessed with many brothers and sisters, who enjoy working and helping out when others are in need. There’s always a cheerful smile that’s present in at least one of our members, most of the time in *all* of our members. We don’t always have to agree on everything; but we do have a desire to agree. That’s more than many can say. God is blessing us in abundance in the knowledge that we love one another, as He has commanded.
- Remember to lift one another up in prayer, as we have had a variety of mishaps and illnesses that have been reported recently. If you know of any brother or sister who is in need of prayer, give them a call or take them aside and ask if they would like prayer, or if they need anything that you can provide. We are members of one body, the body of Christ. Praise God for His goodness and mercy in these tumultuous times. Greet one another with a holy kiss, a hug, or even a kind word. You will be blessed.
- *Please remember to keep our Food Pantry and “Helping Hands” ministry in your prayers, as we are always in need of dry goods, canned goods, or household personal products (i.e. **toothpaste, soap, shampoo, paper towels, toilet paper, kleenex, dish soap, cleanser, etc.**). Please see Pastor Ralph with your contributions of any of these items; and your financial help is always appreciated. If you are in need of help, please see Pastor Ralph. Your conversation will be held in the highest confidence. May God continue to bless you all.*





**PASTOR RALPH'S**  
**NOTES OF ENCOURAGEMENT**



**“ACCEPTING GOD’S TIMING”**

Well here it is, time for another note from the Pastor. Time... what a strange concept time is. Time is such a constant thing ... or is it? Einstein declared: It varies as a function of speed. Maybe he’s right; but time also seemingly varies with circumstances other than speed. Time moved so much slower when I was a kid than it does now that I am in my senior years. Time sometimes moves quickly when I am enjoying myself and very slowly when I am experiencing a difficult circumstance. And here is a thought to ponder: although the clock may say we both have seen an hour go by (the exact same hour), your hour may be much longer or shorter than mine!

Often times, one person’s short time is another person’s long time. And just what is a long time? It could be ten minutes of holding your breath or living 100 years or 6,000 years since creation. It could even be the 10 seconds you waited for the phone to be answered. So, what does this have to do with anything? What’s the point? Simply this, time as we perceive it, is quite arbitrary. In retrospect, time often is perceived much differently than it was perceived while an event was happening. Well then, what is the “Truth” about time?

- (Gen 1:1 NIV) **In the beginning God created the heavens and the earth.**
- (John 1:1-2 NIV) **In the beginning was the Word, and the Word was with God, and the Word was God. {2} He was with God in the beginning.**

“In the beginning” refers to a time we would call about 6,000 years ago; and yet, that was simply our beginning, not the beginning of God. Six thousand years may seem like a long time, but it is not even a drop in the bucket compared to eternity!

- (2 Pet 3:8-9 NIV) **But do not forget this one thing, dear friends: With the Lord a day is like a thousand years, and a thousand years are like a day. {9} The Lord is not slow in keeping his promise, as some understand slowness. He is patient with you, not wanting anyone to perish, but everyone to come to repentance.**
- (Eccl 3:11 NIV) **He has made everything beautiful in its time. He has also set eternity in the hearts of men; yet they cannot fathom what God has done from beginning to end.**

The truth is, we have a very feeble understanding of time.; but that doesn’t keep us from passing judgment on God’s timing from time to time. Perhaps, it’s time to learn to accept our limited capabilities, and quit questioning God about His! His timing is perfect, always.

Pleased to be Yours in Christ,

Pastor Ralph

**In Weekly Service:**

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

**Tom Dalgiesch, Door Greeter**  
**Dollie Newstrand, Prayer & Praise Requests**  
**Diana Hirschman, Scripture Reading**

## UPCOMING EVENTS & COMMUNITY ACTIVITIES

**Wednesday Evening Bible Studies**, led by Pastor Ralph Orton. Class is on break until further notice.

**Women's Luncheon** 3rd Wednesday of each month. Meeting on August 18th, 12:00 pm at "The Sizzler" located at the north end of town in the Radio Shack/Diamond plaza in Grants Pass.

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

**Family Movie Matinee:** August 7th at 2:30 pm in the sanctuary following the potluck. The movie is titled, "Love's Unending Legacy".

**Bible Forum:** August 14th: Postponed to accommodate the church "**Picnic in the Park**". See front cover for detail.

**Pray 'n Play:** August 21st at 2:30 pm following the potluck.

**Prayer Meeting:** August 28th at 2:30 pm following the potluck.

### Women's Luncheon Update:

The July luncheon was to be held at noon on the 21st at the Sizzler. Unfortunately, the luncheon was canceled, due to a variety of personal circumstances, which required mending, care-giving and work increase. Some of the situations for the ladies are already improving; so next month should prove to be more relaxing time of fellowship. Perhaps, you and a guest or two can join us on August 18th, or at any of our gatherings. It's a standing invitation. If you need directions, call the office at 541-479-2440.

*Just stop by and join in the fun!*



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

**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. 479-2440



**“THE GREATEST THING  
I HAVE LEARNED”**

**“SHERRY’S  
MESSAGE”**

The greatest thing I have learned in life, is that there is a direct correlation between the things that batter my soul, body and mind, and my victory; is how fast I pray, get out of the way, and deploy God to do my battles in life.

It is in prayer I find strength for life. Each day has its ordeals; and at times, we wonder if we will survive them. There comes a time in the life of each of us when everything crumbles at our feet. All the supports upon which we’re accustomed to – wealth, possessions, friends, and relatives – slip away into nothingness. When death takes loved ones, a void opens in our lives that nothing seems to fill. The petty thoughts we have, the small talk we indulge in, the day-by-day routine of our habits, sleeping and eating, working and playing, suddenly appear cheap and unworthy.

When failure is our lot, and that upon which we had set our hearts, that for which we had labored long and hoped for fervently is lost to us – a love unrequited, a child turned wayward, a friend untrue, a promise broken – despair settles upon us. A cloud of helplessness and bitterness envelops us. A foreboding threatens to take the taste of the joy of living from our mouths; and we sink beyond the helpful words of friends and the bright light of the Son into the dark misery of our own heart – alone – forsaken – broken – defeated.

At times of death, failure or despair, when we can turn to no one else, for no one else understands, no one else seems to care, no one else will really listen ----- **Turn to God.** Break forth into prayer. Comfort will come. He’s been there all along with His hands extended, waiting for you to rush to Him, waiting to wrap His arms of love around you and whisper to you ----

*‘My child, what took you so long? I’ll carry you over all your life’s fears.  
Hold tight to my hand as you walk through life, for I will never let you fall.  
Always I’ll catch you. What took you so long to turn to Me?’*

My prayer: Lord, in times of distress, help me to run to You first. You are my protection amid life’s storms. Thank You for Your sovereign protection and Your faithfulness. Thank You, that You revealed Yourself to me. I desire no other. How thankful I am that I know You. Truly You are the God of peace. How glad I am that You go before me and I need not trust in my hands, my abilities or my strength for my defense. My life is put into Your hands; and I have all the help I need. How I praise You! Knowing You is the greatest joy of my life. I trust You above all else. I thank You for Your great love, and Your mercies I see new each day.

How grateful I am for the assurance of Your presence. I need not worry about the future, or others opinion of me; for I know that You will be always with me. Through You, I push back all my enemies; and through Your name I triumph. My righteousness is all because You are alive inside of me.

I ask forgiveness when I struggle against Your perfect will, and thank You for Your unfailing love towards me. How I love You – Praise Your name forever. Thank You, that no matter where I am – You are there – and reign as King.



The Spirit and the bride say, "Come." And let the one who hears say, "Come." And let the one who is thirsty come; let the one who wishes take the water of life without cost. Revelation 22:17

Life is demanding; and sometimes we forget the promises that God has made concerning our welfare. He promises that He will provide all that we need, and we are not to worry about anything (Matt. 6:25-54). He has our best interest at heart. Claim the promises of God. Lean not on your own understanding (Proverbs 3:5-8). Lean into the arms of our Father, who wants to comfort us. There, we will always find rest (Matt. 11:28-30).

The *"Truth Project"* is almost underway! Sherry is finishing the current Bible study soon; and Pastor Rich introduced the "Truth Project" on July 17th by sharing a video lecture asking: "Why did Jesus come into the world?" The answer given, was that He came into the world to testify to the Truth. The follow-up question asked of the class was, "What is truth?" We were left, at that point in the lecture, to ponder the question. This video was an excellent way to begin an enticement to think outside of the box. From what we have seen so far, this series promises to challenge our comfort zones, cause us to think beyond our present-day limitations, and explore a more expansive connection to our Creator. Time will tell what each of us will learn along the way.

**CALLING ALL VOLUNTEERS!!!**  
**WE NEED HELP ...**  
**HELP!!!**  
**VOLUNTEERS ARE NEEDED FOR THE**  
**UPCOMING "PICNIC IN THE PARK".**  
**CALL SONNY, IF YOU CAN HELP.**  
**541-660-3134**

**"Lend a Hand" Ministry**  
All of us have needed a little help from time to time; and, we have most assuredly appreciated that help when it has been offered. Let's join together, as a church body, and reach out to our brothers and sisters in Christ, as well as, those outside of the church, who need a little help.  
If you have a need, or know of someone who has a need of a few helping hands, please let Pastor Ralph 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!

**The Patriot Act increases the governments surveillance powers in four areas**  
The Patriot Act increases the governments surveillance powers in four areas:  
1. Records searches. It expands the government's ability to look at records on an individual's activity being held by a third parties. (Section 215)  
2. Secret searches. It expands the government's ability to search private property without notice to the owner. (Section 213)  
3. Intelligence searches. It expands a narrow exception to the Fourth Amendment that had been created for the collection of foreign intelligence information (Section 218).  
4. "Trap and trace" searches. It expands another Fourth Amendment exception for spying that collects "addressing" information about the origin and destination of communications, as opposed to the content (Section 214).



**CHRISTIAN, EASY LISTENING  
& LOVE SONGS BY  
HERM WYATT**

**FREE**  
**“Family Picnic in the Park”**

**Riverside Park**  
**Saturday, August 14th**  
**11:00 am - 3:00 pm**  
**(at the Pavilion Gazebo nearest  
the playground & bathrooms)**

All you need is yourself, your family, a  
few friends & a blanket (if you like),  
or come alone!

**Church of God 7th Day**

is inviting you to join us for a relaxing day of fun,  
games & barbecue. You need not do anything but  
enjoy yourself. Door prizes for the lucky winners!

**We hope to see you there!**

**“Pecking Orders In Marriage” (Joke)**

Three men were talking one morning at a small café. After speaking for awhile, they all discovered that they had one thing in common: They were all about to be married. The first man (from Connecticut) was going to be married in two weeks. The second man (from Nebraska) was going to be married in three months; and the third man (from Oregon) would be married in six months. After a few coffees and a lot of discussion, they agreed that they were definitely going to be the ‘Man of the House’ in their marriages, and weren’t going to take a back seat to the wife; so they formulated a plan. Here’s how it went.

*The first day of married life, each man would talk to his new bride about her role in the marriage. She was to clean the house, mow the lawns, take out the garbage, cook, pay the bills, wash the car, serve him his dinner in his recliner, massage his back, draw his bathwater, make nice with his mother, do the shopping, and any other thing he wanted her to do in addition. If she didn’t agree with him the first day, then he would lay the law down to her on the second day; and if she still refused to agree, then he would take control!*

Well, this sounded like a great plan! So ...

The first man (from Connecticut) married his wife after the two weeks passed, and on the first day of marriage, he sat down with her to have a talk about her role in the marriage. At first, she didn’t react very well; but on the second day when he laid down the law, she seemed okay with it. On the third day, he took control, and she responded beautifully! Success!

The second man (from Nebraska) married his wife after the three months had passed. On the first day of marriage, he sat her down to talk with her about her role in the marriage. She did not react well at all. On the second day, he laid down the law, and she took it rather well. On the third day, he took control. She accepted his direction and behaved excellently! He was a happy man.

After six months had passed, the third man (from Oregon) married his wife. On the first day, he spoke to her about her role in their marriage. She ignored him. On the second day, he lays down the law and she doesn’t respond to him at all; so, on the third day, he really lays down the law in no uncertain terms. She *refuses* to obey him! After a couple of days had passed, he was able to see out of his right eye a little, and he can use his left arm, so he can do the dishes. He’s a happy man ... right?

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

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

July 24, 2010

Please pray for:

**Our Church Congregation**, unity in Christ.

**Our Church Building**, that God will bless us with free land to build His church upon, or a church building and land of our own.

**Seeds Planted**, for the Lord.

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

**Christians Around the World**, preparation for the coming of our Lord; and protection from the enemy.

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

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

**Children of the World**, to come out of the world and accept Jesus as Lord, safety from sexual predators and other perpetrators.

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

**All Families**, for marriages to be held together in unity in Christ.

**Homeless**, for shelter, food & healing; and that they will know God's love & the love of others.

**Our Thoughts**, that God will guard our thoughts & He will put a protective hedge around us.

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

**Women of our church**, healing and renewed strength.

**Ralph**, for God's leading; for **Sherry**, as she teaches Bible studies, asthma and throat ulcers; continued strength and ability in caring for Don; **Johnny** needs God's leading; **Michael**, strength in the Lord; **Ray & Jan**, need help coping; **Chris**, strength in the Lord; **Rochelle**, for help, guidance & comfort, and ability to forgive; **Dave**, deliverance from addiction; **Nicole**, to turn back to God wholeheartedly; **Mary**, renewed in strength & wisdom in her walk with the Lord; **Don**, continued recovery; **Ralph & Sherry** for wisdom and endurance while dealing with family issues & to help solve them.

**Eric**, a good quality of life; and that God is glorified in his healing.

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

**Rich & Dollie's Ministry**, Dollie's continued healing; **All of Dollie's children & grandchildren**, repentance; **Phil**, to turn to the Lord; **Lori**, complete healing; **Don**, to find gainful employment; **Angel & family**, healing and comfort.

**Lynn**, who has a broken leg (healing).

**Mary**, physical strengthening, and healing from arthritis.

**Jeanie & Claude**, healing.

**George**, unspoken prayer.

**Tom**, that God will give him a calm, even temperament, peace & healing.

**Sonny**, blessings and complete healing; and strength & endurance on her job; to be able to stand while heartbreak is so near.

**Patricia & Rolf**, an unspoken prayer.

**Diana**, God to give her a desire & ability to exercise; complete healing; **Keith**, repentance; unity of all of Diana's adult children; unspoken prayer; grandchildren and great-grandchildren will really love the Lord, and that the 4 in Grants Pass will have better examples to follow; **Dee Dee** that her court appearance over her divorce will go well.

**Pete**, conviction and surrender to the Lord.

**Oreda**, strengthening from her heart surgery, and healing from her continuous coughing.

**Terry, Shalii & family**, blessings on their family and business.

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

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

**Grady & Kendall**, financial blessings and peace in their lives.

**Karen**, strength to fight lung cancer, and to accept God's leading.

**Larry & Rita**, that they will find full-time work.

**Terry**, for healing, strength & perseverance.

**Vera**, for healing, financial blessings & peace.

**Linda**, blessings.

**Sherry & Ron**, healing in their marriage; delivery for Ron from substance abuse; and for repentance.

**Tom**, that his health will hold up and he will be able to see his 3 grandchildren's marriages & his 2 great-grandchildren born.

**David**, continued healing of his brain & substance dependency; and for normalcy.

**Richard**, healing from his Parkinson's Disease, & the ability to cope.

**Andres**, delivery from alcoholism & drug abuse; and strength in his recovery to not relapse.

**Dude**, two year old boy who needs continued healing of his heart; success in his upcoming heart surgery.

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

**Adrian**, delivery from his affliction with Autism (young boy child).

**Valerie**, to have a better quality of life (leg issues).

**Patti Ann**, emotional healing & delivery and courage to face what lies ahead; **Rich**, peace.

**Nehemiah**, healing & well-being; guidance in his marriage; that he will take his medicines daily; and complete healing; resolve in the legal situation for in-laws.

**Claude**, God's blessings & guidance in the homeless ministry; **Emil**, recovery from a stroke; **Candee**, for well-being & blessings; **Ginny**, healing on her hearing, heart, bones, Fibromyalgia & other ailments; & for Ginny's family members; **Dick**, relief & healing, & successful plastic surgeries; **Valli**, God's leading, & safety while moving; **Verl & Patty** an unspoken prayer; **Vicky**, for healing of eyes & other ailments; and healing for her daughter; also for a friend who can help her to understand her life; **Floyd**, recovery from a heart attack; **Loretta**, healing of her left hip, restoration of health, and peace concerning the passing of her son; **Jim**, for a calmness.; **Barry & Heather**, for God's leading & to raise their child in the church; **Ginny's two granddaughters** healing; **Curt** healing from diabetes as his eyes are going bad; **Jay**, who can't walk well & needs healing; **Kim & Rachel**, healing; **Emma**, kidney problems; return of good health for Claude and Ginny; **Bev**, healing of her back; **Cheryl, Jason & Children**, healing & guidance as a family.

**Brandon**, healing of muscular issues and 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; safe travels throughout the summer, and safe return to Grants Pass; **Don**, continued guidance, spiritual clarity and growth in Jesus; healing of blood clots & lungs; protection for Tovah & Smiles, and a reunion with them; healthier relationship as mother & son;

**John**, healing.

**Jason**, will be hired on at Toyota, & he will have joy in his life & for God to open his eyes and ears to Him;

**Drake**, delivery from alcohol.

**Ron**, needs commitment in Christ.

**Kathy**, for return of good health & good breathing; for Ken & Kathy and their family to know the Lord; **Jeanie**, continued healing;

**Rebecca**, healing from the loss of her cat; **Louise**, comfort in the passing of her husband; **John**, delivery from alcoholism & healing of his liver; **Holly** needs Jesus; **Roy**, for God to prepare him.

**Brett**, to stay one with God, faith to continue to grow & strengthen, and for God's protection; and for Joey, Cody & Casey.

**Mike**, for God's guidance, strength & blessings.

**Tanner**, needs healing from the loss of a kidney (Brother Ralph requested prayer).

**Steven**, clarity, strength & conviction in God's leading; healing between him & family members; sale of his mom's house; **Susan**, healing from Leukemia; healing from fear & lack of trust in God.

**Gale**, better academic abilities; delivery of her neighbor from gossiping; that her children **Basil, Veronica & Justine** will come to the Lord and their marriage will be healed; **Judy**, suffering from Dementia and Alzheimers.

**Kathleen**, return to church.

**Cynthia Teresa**, who is in a Texas prison, that God will protect her from prison guards & lesbianism, and put a protective hedge around her. She needs courage, strength and hope.

**Vic**, healing of kidney, leg problems, & skin cancer.

**Kathy**, unspoken prayer for her two sons.

**Jacob**, needs prayer.

**Those who are out sick**, for them to return to church healthy.

**Glenn**, prayers of remission of cancer for his father.

**Darla**, successful mastectomy & removal of lymph nodes; full recovery and healing

**Germaine & Family**, strength, peace and comfort as Germaine deals with pancreatic cancer.

**Angela**, to be blessed with a job; healing from her divorce; family unity and joy to return.

**David**, successful gallbladder surgery and complete healing to follow.

**Rocky**, healing.

**Ralph**, God's love, peace, comfort and meaning be manifested in his life.

**Roger & Donna**, healing for the bone in lower part of Donna's leg

**Nadia**, the captain of the boat to come to know the Lord





## HEALTH TIPS



### “Brain Health”

Offered by Ginny Sorensen

**Bolster brain health:** Part of successful aging includes maintaining neurological health. Although certain degenerative brain illnesses can strike anyone, keeping healthy habits offers some protection. Exercising regularly and eating a healthful diet helps the brain, as much as the rest of the body. Reading, doing crossword or Sudoku puzzles and learning a new skill (music, languages) all are beneficial, because they require the brain cells to “fire”. **Adjust your outlook.** Maintain a positive attitude, which is necessary for successful aging. It gives us the resolve to implement changes that’ll be beneficial.

*Tedd Mitchell, M.D., president and CEO of Dallas’ Cooper Clinic, writes HealthSmart every week.*

**Curcumin** is the one spice that can stop brain plaque from forming, putting the brakes on Alzheimers!

**Berry Protection:** Luscious-looking strawberries are more than just a tasty treat. Their antioxidants and anti-inflammatory polyphenolics help protect brain function as we grow older. Research at the Harvard School of Public Health also links two or more servings a week with reduced risk for cardiovascular disease. Other research finds that strawberries inhibit the oxidation of LDL (lousy) cholesterol, promote plaque stability, lower the risk of thrombosis, and improve vascular endothelial function.

Of all berries, strawberries and black raspberries show the most significant anticancer effects in cell studies; and strawberry extract exhibits anticancer activity in other investigations.

Fresh and plentiful this time of year, strawberries taste best at room temperature. Don’t wash them until you’re ready to eat them; and freeze any extra berries; so that you can enjoy this healthy fruit year-round. Whenever possible, buy organic, as conventional strawberries are high in toxic and persistent pesticides.

*\* Taken from “Your Power to Heal” magazine*

### “Artery Clearing”

**Grapes**, the one artery-clearing fruit juice so powerful that doctors are recommending it instead of drugs (with none of the dangerous side effects). Both purple and red grape juice have been shown to lower cholesterol. That’s probably because of nutrients in the grape skins, which work like an antioxidant to prevent LDL cholesterol from building up on your artery walls.



*\* 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.*

## Hawaii's Lingle Vetoes Same-Sex Unions

After deliberating for weeks, Hawaii's governor has vetoed a bill that would have permitted same-sex civil unions. Tuesday's veto came on the final day that Republican Governor Linda Lingle had to either sign or veto the contentious bill. The Hawaii Legislature had approved it in April. Had Lingle not vetoed it, the measure would have granted gay and lesbian couples the same rights and benefits that the state provides to married couples. It also would have made Hawaii one of six states that essentially grant the rights of marriage to same-sex couples without authorizing marriage itself. Five states and the District of Columbia permit same-sex marriage.

Nationline

## Argentina Legalizes Gay Marriage In Historic Vote

BUENOS AIRES, Argentina - Argentina legalized same-sex marriage today, becoming the first country in Latin America to grant gays and lesbians all the legal rights, responsibilities and protections that marriage brings to heterosexual couples. After a marathon debate, 33 lawmakers voted in favor, 27 were against it and 3 abstained in Argentina's Senate in a vote that ended after 4 am. Since the lower house already approved it, and President Cristina Fernandez is a strong supporter, it now becomes law as soon as it is published in the official bulletin. The law is sure to bring a wave of marriages by gays and lesbians who have increasingly found Buenos Aires to be more accepting than many other places in the region. The approval came despite a concerted campaign by the Roman Catholic Church and evangelical groups, which drew 60,000 people to march on Congress and urged parents in churches and schools to work against passage.

The world

## Egypt Is Go-Between For Sides In Mideast

Pressure intensified on Palestinian President Mahmoud Abbas to agree to direct talks with Israel as Egypt held separate back-to-back meetings with the two sides Sunday in search of a compromise. Abbas says he won't negotiate directly with Israeli prime Minister Benjamin Netanyahu unless Israel agrees to recognize its 1967 frontier as a basis for the borders of a future Palestinian state and accepts the deployment of an international force to guard them. Netanyahu has refused to be pinned down on a framework for negotiations. In an effort to sound out the prospects for a move to direct talks, Egyptian President Hosni Mubarak met with Abbas, Netanyahu and U.S. Mideast envoy George Mitchell separately Sunday in Cairo, Egypt has friendly ties with both Israel and Abbas' Palestinian Authority, and Cairo - like Washington - is pushing to narrow the divide between the two sides and coax them back to the negotiating table.

## HOW POLITICS AFFECT CHRISTIANITY submitted by Claude Sorensen



## Oldest Writing In Jerusalem Discovered

Archaeologists said a newly discovered clay fragment from the 14th century B.C. is the oldest example of writing ever found in Jerusalem. Dig director, Eilat Mazar of Hebrew University said the 0.8-inch-long fragment bears an ancient form of writing known as Akkadian wedge script. It includes a partial text including the words "you", "them" and "later" and dates roughly four centuries before the Bible says King David ruled a Jewish kingdom from the city. Mazar said the fragment likely came from a royal court.

## Federal Judge Blocks Nebraska Abortion Law

A federal judge on Wednesday blocked a Nebraska law requiring mental health screenings for women seeking abortions because the measure could have made it impossible to get an abortion in the state. Judge Laurie Smith Camp also said the law would make physicians who perform abortions at risk of crippling lawsuits. She granted Planned Parenthood of the Heartland's request for an injunction against the measure, which was signed into law by Governor Dave Heineman, a Republican, in April and was to take effect today. The order will prevent the state from enforcing the law until the lawsuit challenging it is decided.

Also Wednesday, Missouri Governor Jay Nixon, a Democrat, allowed legislation to become law without his signature that requires abortion clinics to offer to let women view ultrasound images and listen to the heartbeats of their fetuses.

## Pope Benedict Says Celibacy A Sign Of Faith

Pope Benedict XVI defended celibacy for priests as a sign of faith at a rally Thursday that drew about 15,000 priests from around the world to Rome. Benedict didn't directly mention the clerical abuse scandal, but he referred to what he called "secondary scandals" that showed "our own insufficiencies and sins." Benedict's comments came during an evening vigil service in St. Peter's Square to mark the end of the Vatican's year of the priest - a year marred by revelations of hundreds of cases of clerical abuse and Vatican inaction to stop it. Benedict is to celebrate a final Mass today.

## Vatican Asks Court Not To Make Pope Testify In Sex Abuse Suit

LOUISVILLE, KY, - the Vatican is asking a federal judge to reject an attempt to question Pope Benedict XVI under oath in a Kentucky sex abuse lawsuit. Attorneys for the Roman Catholic church say there has been no evidence of a link to church officials in Rome.

The Arguments were filed Thursday in U.S. District Court in Louisville. They also say that forcing Benedict to give a deposition would violate international law.

The Kentucky lawsuit accuses the Vatican of orchestrating a cover-up of priests sexually abusing children throughout the U.S. Louisville Attorney William McMurry has asked to depose Benedict and other Vatican officials. McMurry has also asked that the Vatican turn over administrative documents and respond to questions related to the abuse scandal in the U.S.

Associated Press

**Recipe of the Month**  
*Egg Salad*  
*Salad I, by Margaret*



**Ingredients:**

- 8 eggs
- 1 tablespoon mayonnaise
- 2 tablespoons prepared Dijon-style mustard
- 1 teaspoon dried dill weed
- 1 teaspoon paprika
- 1/2 red onion, minced
- salt and pepper to taste

**Prep time:** 10 Min  
**Cook Time:** 15 Min  
**Ready In:** 25 Min

**Directions:**

1. Place eggs in a saucepan and cover with cold water. Bring water to a boil; cover, remove from heat, and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, peel and chop.
2. In a large bowl, combine the egg, mayonnaise, mustard, dill, paprika, onion and salt and pepper. Mash well with a fork or wooden spoon.
3. Serve on bread as a sandwich or over crisp lettuce as a salad.

**Nutritional Information**

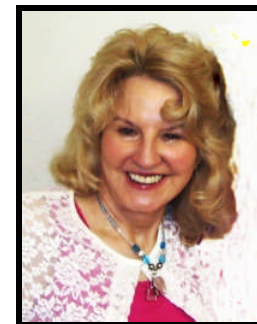
Amount Per Serving Calories: 183 | Total Fat: 12.8g | Cholesterol: 424mg

**Original Recipe Yield 4 servings**



**GARDEN or HOUSEHOLD TIPS**

Offered by Kathy Ogren



*“Facts on Honey and Cinnamon”,  
a multi-part series (part 2)*

Article continued from the July issue: *Weekly World News*, a magazine in Canada, in its issue dated 17 January, 1995 has given the following list of diseases that can be cured by honey and cinnamon as researched by western scientists.

**Heart Disease:** Make a paste of honey and cinnamon powder, apply on bread (instead of jelly and jam), and eat it regularly for breakfast. It reduces the cholesterol in the arteries and saves the patient from heart attack. Also, those who have already had an attack, if they do this process daily, they are kept miles away from the next attack. Regular use of the above process relieves loss of breath and strengthens the heart beat. In America and Canada, various nursing homes have treated patients successfully and have found that, as you age, the arteries and veins lose their flexibility and get clogged. Honey and cinnamon revitalize the arteries and veins.

\* Another hot tip in next month’s issue ... Stay tuned.

## *Scripture Readings For July*

**July 3 - Revised Schedule. No Scripture Reading.**

Theme: "N/A"

**July 10 - Hebrews 6:12**

Theme: "Inherit the Promise Through Faith & Patience"

**July 17 - Exodus 4:10**

Theme: "When God Asks Of You, Obey Him"

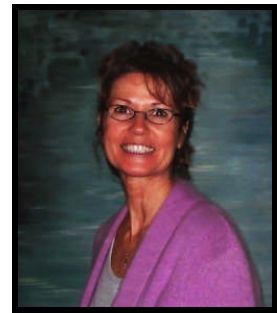
**July 24 - Jeremiah 9:8; Psalm 57:4**

Theme: "The Tongue Is Destructive"

**July 31 - Isaiah 40:31**

Theme: "Wait On the Lord"

## **Person of the Month**



**Sonny van Kempen**

Sonny was born in Bakersfield, CA as the youngest girl in a family of 12. She had 5 brothers (2 younger than she), and 4 older sisters. Her mom and dad were both Christians. Her mother kept a Sunday Sabbath; and her love of the Lord gave Sonny some solid groundwork in her personal walk with Jesus. Her mom passed on when Sonny was 13; so she became a sort of surrogate mother to her two younger brothers. Lots of hair-raising stories about their escapades ...

Sonny's favorite subjects in school were English, P.E. and Art. She was on the first string of most of the school's sports teams and earned a number of ribbons for her participation in track meets. A special trophy was awarded to her as the 'all around sports athlete' at the end of her senior year in high school. Her most prized awards were in the Arts. She was on student council, choir (including operettas), and received a scholarship to beauty college, where she attended long enough to know that was not the vocation for her. Sonny worked from age 2 with her family as "fruit trampers", and worked in the fields through grammar school. Until high school graduation, she worked in fruit packing houses; then shifted to retail sales, and later learned office skills. In Washington, she worked in the Pulp & Paper Industry placing executives throughout the U.S. and Canada, then the Lord blessed her with a daughter in 1980 at the end of her 10-year marriage.

In 1981, she remarried and had a son in 1982. During that marriage, she and her husband traveled extensively and had an 'all-American' family. Around 1991, she began teaching K-12 art classes as an Art Docent in the bay area, and continued through 2005 in Oregon (lots of opportunities through those years). Sonny attended college in Washington at Puget Sound College of the Bible, basic German at Canada College in the bay area of CA, art classes at Cabrillo College in Aptos, CA, studied the Art of Writing & Illustrating Children's Books at UC Santa Cruz, and attended commercial acting and modeling classes in San Francisco. In 1989, her one true love passed on, leaving her to raise her 8 & 10-year-old children alone.

Once her children were raised and on their own, Sonny began a new chapter in her life, by living a life-long dream as an artist and gallery owner. Her career included many fundraisers, as she was a Board of Directors member of the Grants Pass Museum of Art for several years, and a founding board member of the Southern Oregon Blues Society for the Rogue Valley. Lots of fundraising resulted from those two positions. In 2005, she left both boards and sold her business to come out of the political Arts arena and seek a closer walk with the Lord. In 2007, she was guided into the truth of the Sabbath, and has been seeking God's truth ever since.

*"Recalling some things from my past for this article was okay; but what matters to me now is looking forward to an eternity with our Lord Jesus. He is my focus, and I don't want to lose sight of what is truly important."*




**LOVE ....**  
*from the heart*  
**Pastor Rich Foreman & Dollie Newstrand**

**“A Prayer To the *LORD*”**

Only You are worthy to rule, to judge and to bring anything that You desire into this day. May Your name be held in the highest honor.

May Your kingdom come and Your will be done on this earth as it is in heaven. Blessed is our God. Blessed is He who comes in the name of the Lord, the God of Abraham, the God of Isaac, and the God of Jacob, Holy I Am that I Am, Jesus the Christ, only begotten Son of the Father. Blessed is our God, Who is coming back for His people. Blessed is our God, Who is coming back to establish His kingdom on this earth according to His word.

Give us, Father, our daily bread, the Bread of Heaven, to do our Father's will and be about our Father's business. Grant us that highest Bread from Your hand this day.

Forgive our sins, Father; for we sin greatly against You. May we find that place in Jesus' word that we go and sin no more. May we truly realize how much it cost You to forgive our sins, so that we would quickly forgive those who sin against us.

And lead us not into temptation, but deliver us from Satan, deliver us from the love of this world and its things. Deliver us from that sinful nature, which would rebel against You, which would try to steal Your honor, Your glory and Your authority for ourselves - that wicked nature, which would lie to You and try to walk in the lie that we don't need You, and that we know better than You what we need, when the truth is: everything we are and have is a gift to us from Your good and perfect and loving heart, from Your righteous and awesome and merciful hand held out to us.

Father in heaven, may we humbly accept Your gifts, but love You, The Giver, more than anything in life. You alone are worthy to be God.

Written by Pastor Rich Foreman

**“VERSE OF THE MONTH”**  
*Psalm 57:7-11 [NAS]*  
*(King David is lifting up praise to God when he fled from Saul in the cave.)*



My heart is steadfast, O God, my heart is steadfast; I will sing, yes, I will sing praises! Awake, my glory! Awake, harp and lyre! I will awaken the dawn. I will give thanks to You, O Lord, among the peoples; I will sing praises to You among the nations. For Your lovingkindness is great to the heavens and Your truth to the clouds. Be exalted above the heavens, O God; let Your glory be above all the earth.

## **“ANGER, The Cost”**

### ***Anger . Resentment . Annoyance . Rage . Fury . Antagonism . Irritation***

These are all words of similar meaning as listed in the Thesaurus. Do any of these words describe your feelings toward anyone in your life? If so, you may have a problem approaching the throne of God with a clear conscience. Your walk with the Lord may have some serious blockages in your lines of communication. Shall we see what God’s word has to say about this?

My study Bible’s concordance (NAS) equates the word **’anger’** with indignation or wrath; and the word **’angry’** with ‘enraged’ or ‘indignant’. Are you suffering from any of these ill feelings toward your wife, husband, children, friends or family members? Is there a division inside your heart for anyone; or does your anger remain hidden, just burning like a fire being stoked by the other persons words or actions? Sometimes, anger can erupt without warning, because you’ve stored it away for so long. The resentment builds like a waiting volcano. What are you going to do about it?

God warns us about being close to an angry person in Proverb 22:24, *“Do not associate with a man given to anger; or go with a hot-tempered man, or you will learn his ways and find a snare for yourself”*. Proverbs 14:29 follows this warning, *“He who is slow to anger has great understanding, but he who is quick-tempered exalts folly”*. Are you quick to find fault with others and explode at them when they don’t meet your expectations? Do they really deserve your wrath?

Ephesians 4:26-27 says that we must, *“Be angry, and yet do not sin; do not let the sun go down on your anger, and do not give the devil an opportunity.”* Can you see that this angry business is serious. It can give Satan an opportunity to put a wedge between you and God Himself. There are consequences to being intolerant and antagonistic. Colossians 3:6-8 reads: *“For it is because of these things that the wrath of God will come upon the sons of disobedience, and in them you also once walked, when you were living in them. But now you also, put them all aside: anger, wrath, malice, slander, and abusive speech from our mouth”*. You see, God will not let us go unpunished for such actions, because they are in opposition to His command to **“LOVE ONE ANOTHER”**. When someone is irritating you, remember these words of wisdom found in James 1:19: *“This you know, my beloved brethren. But everyone must be quick to hear, slow to speak and slow to anger; for the anger of man does not achieve the righteousness of God”*.

I’ll ask you again. Have you been enraged or indignant lately? Proverbs 29:22 *“An angry man stirs up strife, and a hot-tempered man abounds in transgression”*. Jesus speaks of the severity of carrying anger in Matthew 5:22 *“But I say to you that everyone who is angry with his brother shall be guilty before the court; and whoever says to his brother ‘you good-for-nothing,’ shall be guilty before the supreme court; and whoever says, ‘You fool,’ shall be guilty enough to go into the fiery hell. Therefore if you are presenting your offering at the altar, and there remember that your brother has something against you, leave your offering there before the altar and go; first be reconciled to your brother, and then come and present your offering.”* You see, when we have resentment toward anyone, God wants us to right that wrong (even if you weren’t to blame) **BEFORE** you go to Him. Psalms 2:12 asserts a very important message. It reads, *“Do homage to the Son, that He not become angry, and you perish in the way, for His wrath may soon be kindled. How blessed are all who take refuge in Him!”* We truly are blessed that we serve a loving and forgiving God; therefore, go now. Don’t hesitate to humble yourself and go to that person (s) that you have harbored anger against. Make it right; then humble yourself before the Lord and ask for His forgiveness. *If we confess our sins, He is faithful and righteous to forgive us our sins and cleanse us from all unrighteousness* (I John 1:9).

**WHAT A MIGHTY GOD WE SERVE!**

# CONTENTS OF OUR NEWSLETTER



If you have items of interest that you would like to share with the rest of our congregation for the monthly newsletter, please gather them up during the month, and give them to Sonny on Sabbath. Make sure you get your golden tidbits in no later than the third week of each month. If you see a person's photo by an article, that's because that person has been invited to contribute to that category each month ongoing. Maybe you could give them short articles for their category from time to time. They most likely will share their spot.

Some items that might interest you, could be church history, current world events pertaining to the church in general, recipes, sewing tips, garden tips / household tips, spiritually inspired short stories (funny or serious), shared experiences you've had with other church members in our congregation (with their permission of course), personal writings, or writings from another author, your personal testimony, job requests or offers for our work-related ads, items for sale or trade, praises of thanksgiving and so on ...

Be creative! We'll look forward to reading all about it (whatever "it" might be). If our newsletter becomes too long, your item may appear in the next newsletter (if it isn't time-related). Thank you in advance for your contributions.

Please remember to pray for our brothers and sisters in Christ and all other requests submitted on our weekly "**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.

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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 for their content.