

February 2009 Edition

“HEAVENLY HERALD” NEWSLETTER



Pastor Ralph Orton, Ministering
Pastor Rich Foreman, Assistant Minister
Sherry Orton, Bible Study

Church of God 7th Day
1150 NE 9th St., Grants Pass, OR 97526
541.479.2440
www.sabbathfellowshipofgrantspass.org

11:00 am Bible Study
12:00 pm Worship Service & Sermon
1:00 Potluck Open to the Community



WELCOME TO OUR CHURCH

Church News:

- Hello everyone *waves*. I hope this newsletter finds everyone well and I want to thank everyone who donated an item to help with it. I appreciate it so very much. Remember to turn in items to be put in the newsletter by the third Sabbath of each month to Nadia. Examples are: church news, items small & large for sale, short insightful stories, gardening tips, funny stories, recipes, household tips (cleaning, spot removal, mechanical, etc.) your testimony of how you came to the Lord, and if you or someone you know needs work.
- Church congregation can also call 541 – 474 – 3938 to have their prayer requests put on the church prayer chain.
- We had our first ladies luncheon and it was GREAT! We talked, laughed and cried, thanks to all that got to attend. We will be having our next one Feb 11th, noon – 2:30 pm.
- We also have a **new mailing address**: P.O. Box 357, Merlin. OR 97532
- Our **Pray & Play** events are doing better than expected. We are getting a closer presence of the Lord, with our prayer time in one accord and our play time is getting to be quite a wonderful experience, having fun and bonding as a church body.
Jason ministry: Remember to call Jason by at least Friday before Sabbath to be put on the shuttle list to be picked up ...his number is: 541-441-0366.



PASTOR'S NOTES:

Scripture makes it clear that we, the Church, are considered the body of Christ.

(1 Cor 12:27 NIV) Now you are the body of Christ, and each one of you is a part of it.

I am happy to report, that I saw that body happy and healthy and working together, as it should. I am thinking now of the meeting we had at Sonny's home. In truth, just about any other time or place would be the same. The body of Christ is whole and in unity in our congregation. We are many, yet one. Scripture says it like this:

(Rom 12:4-5 NIV) Just as each of us has one body with many members, and these members do not all have the same function, {5} so in Christ we who are many form one body, and each member belongs to all the others.

As a Pastor, I am blessed. I have known other congregations where it might be said "the right hand doesn't know what the left hand is doing"; and so the body suffers. I have seen congregations where the mind and the heart are not in agreement, and so the body suffers. I have seen congregations where hope and faith are weak, and so the body suffers. As a Pastor, I am blessed. I don't see much of those kinds of body problems in our congregation. I see a body working together, playing together, eating together, and praying together. I see a body with hope and a willingness to step out in faith. I see a body seeking new and better ways to serve God, to serve family, and to serve all people. As a Pastor I am blessed. I thank God that I can be part of such a body. I will close this note with one more scripture.

(Psa 133:1 NIV) A song of ascents. Of David. How good and pleasant it is when brothers live together in unity!

As the body of Christ: We are blessed!

Your fellow servant in the Lord,

Ralph

Story for this month is by Sherry

“A VISION AND THANK YOU”

I sat down in an armchair, wearied with my days work. My toil had been severe and protracted. I was tired with my work; and, I soon lost myself in a sort of day dreamy state.

Suddenly a stranger entered the room, without any preliminary "knock." He carried about his person: measures, chemical agents, and implements, which gave him a very strange appearance.

The stranger came toward me, and extending his hand, said: "How is your zeal?"

I was pleased to hear these words, for I was quite well-pleased with my zeal, and doubted not that the stranger would smile when he learned of its proportions. Instantly, I perceived of it as a physical quantity and putting my hand into my bosom, I brought it forth and presented it to him for inspection.

He took it, and placing it in his scale, weighed it carefully. Then, I heard him say, "one hundred pounds." And he gave me a look of mingled sorrow and compassion. "May God save you", he said, and left the room handing me a note.

The note read as follows:

ANALYSIS OF ZEAL - SHERRY - JULY 1975 - A CANDIDATE FOR A CROWN OF GLORY

Weight in mass, 100 lbs.

Of this, on analysis, there proves to be:	Bigotry	11 Parts
	Personal ambitions	22 Parts
	Love of praise	19 Parts
	Pride of denomination	15 Parts
	Pride of talent	14 Parts
	Love of authority	12 Parts
	Subtotal of wood, hay and stubble	93 Parts
	Love of God	4 Parts
	Love of man	3 Parts
	Subtotal of pure zeal	7 Parts
	Grand Total	100 Parts

I had become troubled at the manner of the stranger, and especially at his parting look; but, when I looked at the figures, my heart sank like lead in me.

I had once prayed to be saved from hell; but now I prayed to be saved from myself more fervently. I did not rest or pause until the refining fire came down and went through my heart, searching, probing, melting, burning, filling all its chambers with light and hallowing my whole heart to God.

When the toils of my pilgrimage shall be at an end, I shall kneel in heaven, at the feet of the Alchemist and bless Him for the revelation of that day.

Person to Person:

Valentine & Owings: Can do all types of home improvement work such as painting, lawn & garden, fencing, and much more. Free estimates. Call 541-892-6886.

Jason Poole: Handyman and jack-of-all-trades. No job too big or small. Call 541-441-0366.

Items for sale: None this month

FUNNY STORIES:

Dear God,

So far today, I've done all right. I haven't gossiped or lost my temper. I haven't been greedy or grumpy or nasty or selfish or over-indulgent. . . and, I'm very thankful for that; but God, in a few minutes, I'm going to get out of bed - and from then on, I'm probably going to need a lot more help! Amen

ADAM

Adam was walking around the Garden of Eden feeling very lonely and sorry for himself.

So, God asked Adam, "What is wrong with you"?

Adam said he didn't have anyone to be with or talk to; and God said He was going to give him a companion, and it would be a woman.

"This person will cook for you, clean house for you, wash your clothes and always agree with every decision you make." And that's not all. God continued. "She will bear your children and never ask you to get up in the middle of the night to look after them."

Adam's interest soared as God declared: "Furthermore, she will not nag you, and will always be the first to admit she was wrong when you have a disagreement. She will never say she has a headache and willfully give you love and tender care whenever needed."

Wow! Adam exclaimed to God. "What will a woman like this cost?"

God replied, "An arm and a leg."

Adam asked, "What can I get for a rib?"

As you know, the rest is history.

Household Health Tips:

Can "Energizer" Pills Keep You Going?

You may have wondered whether those pep pills sold in drugstores and health-food shops-with names like "Super" Energy Up, Endless Energy, and Pep- can really give you a boost. Don't count on it. Some of them do include herbs of botanicals that contain caffeine, such as guarana, kola, and mate, which deliver a jolt similar to a cup of coffee. Yet two of the most popular supplement ingredients - bee pollen and ginseng - haven't been proven to give the body more oomph. Worse, one herb known as ma-huang can cause high blood pressure, heart palpitations, or liver failure, so steer clear. Finally, don't be fooled by pills that feature B vitamins: they won't rev you up, and offer no nutritional benefits if you're already taking a multivitamin or eating a balanced diet.

Recipes:

Triple – Chocolate Cherry Bars

1 box of Betty Crocker Super Moist chocolate fudge cake mix.
1 can (21 oz) cherry pie filling
2 eggs beaten
½ bag (12 oz size) miniature semi-sweet chocolate chips (1 cup)
1 container Betty Crocker whipped chocolate frosting

Directions:

1. Heat oven to 350 degrees F. Grease 15 x 10 x 1 inch pan. Lightly flour.
2. In large bowl, mix dry cake mix, pie filling, eggs and chocolate chips with spoon. Pour into pan.
3. Bake 28 to 38 minutes or until toothpick inserted in center comes out clean.
4. Cool completely, about 1 hour: Frost with frosting. For bars, cut into 8 rows by 6 rows.

Makes 48 bars.

High Altitude (3500 – 6000 ft.: No change.

Corn Pudding

1 can of golden crushed corn
2 eggs slightly beaten
2 Tbs of flour
2 Tbs of sugar
1 cup milk
Salt and pepper *to taste* and lots of butter

Directions:

Mix all ingredients together, place in buttered casserole dish.
Bake in oven for one hour, at 350 degrees.



February Birthdays:

Jason , Feb. 7th
Nadia, Feb 22nd
Al , Feb. 23rd

Valentine's Day ..Where did it come from?

Every February, across the country, candy, flowers, and gifts are exchanged between loved ones, all in the name of St. Valentine. But who is this mysterious saint and why do we celebrate this holiday? The history of Valentine's Day -- and its patron saint -- is shrouded in mystery. But we do know that February has long been a month of romance. St. Valentine's Day, as we know it today, contains vestiges of both Christian and ancient Roman tradition. So, who was Saint Valentine and how did he become associated with this ancient rite? Today, the Catholic Church recognizes at least three different saints named Valentine or Valentinus, all of whom were martyred.

One legend contends that Valentine was a priest who served during the third century in Rome. When Emperor Claudius II decided that single men made better soldiers than those with wives and families, he outlawed marriage for young men -- his crop of potential soldiers. Valentine, realizing the injustice of the decree, defied Claudius and continued to perform marriages for young lovers in secret. When Valentine's actions were discovered, Claudius ordered that he be put to death.

Other stories suggest that Valentine may have been killed for attempting to help Christians escape harsh Roman prisons where they were often beaten and tortured.

According to one legend, Valentine actually sent the first 'valentine' greeting himself. While in prison, it is believed that Valentine fell in love with a young girl -- who may have been his jailor's daughter -- who visited him during his confinement. Before his death, it is alleged that he wrote her a letter, which he signed 'From your Valentine,' an expression that is still in use today. Although the truth behind the Valentine legends is murky, the stories certainly emphasize his appeal as a sympathetic, heroic, and, most importantly, romantic figure. It's no surprise that by the Middle Ages, Valentine was one of the most popular saints in England and France.

While some believe that Valentine's Day is celebrated in the middle of February to commemorate the anniversary of Valentine's death or burial -- which probably occurred around 270 A.D -- others claim that the Christian church may have decided to celebrate Valentine's feast day in the middle of February in an effort to 'christianize' celebrations of the pagan Lupercalia festival. In ancient Rome, February was the official beginning of spring and was considered a time for purification. Houses were ritually cleansed by sweeping them out and then sprinkling salt and a type of wheat called spelt throughout their interiors. Lupercalia, which began at the ides of February, February 15, was a fertility festival dedicated to Faunus, the Roman god of agriculture, as well as to the Roman founders Romulus and Remus.

To begin the festival, members of the Luperci, an order of Roman priests, would gather at the sacred cave where the infants Romulus and Remus, the founders of Rome, were believed to have been cared for by a she-wolf or lupa. The priests would then sacrifice a goat, for fertility, and a dog, for purification.

Continued next page ...

The boys then sliced the goat's hide into strips, dipped them in the sacrificial blood and took to the streets, gently slapping both women and fields of crops with the goat hide strips. Far from being fearful, Roman women welcomed being touched with the hides because it was believed the strips would make them more fertile in the coming year. Later in the day, according to legend, all the young women in the city would place their names in a big urn. The city's bachelors would then each choose a name out of the urn and become paired for the year with his chosen woman Pope Gelasius declared February 14 St. Valentine's Day around 498 A.D. The Roman 'lottery' system for romantic pairing was deemed un-Christian and outlawed. Later, during the Middle Ages, it was commonly believed in France and England that February 14 was the beginning of birds' mating season, which added to the idea that the middle of February -- Valentine's Day -- Should be a day for romance.

Memory

An older couple was having problems remembering things; so they decided to go to their doctor to get checked out. The doctor told them ,that they were physically okay, but might want to start writing things down and make notes to help them remember things. The couple thanked the Doctor and left.

Later that night, while watching TV, the old man got up from his chair and his wife asked, "Where are you going?"

He replied "To the kitchen." She asked, "Will you get me a bowl of ice cream?"

He replied "Sure."

Then she asked him, "Don't you think you should write it down, so you can remember it?"

He said, "No, I can remember that."

She replied, "Well I would like some strawberries and some whip cream on top. I know you will forget that. You should write that down."

With irritation in his voice, he said, "No I won't forget."

About 20 minutes later, he returned with a plate of bacon and eggs.

She stared at her plate for a moment and said, "See. I told you to write it down. You forgot my toast."

*** NOTE: This edition of the Heavenly Herald Newsletter has been updated to fit the new format and church location in February of 2011.**