

February 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:

- The “Biggest Little Talent Show” took place on January 16th. What great fun! Pastor Ralph was our Master of Ceremonies. He did a fine job introducing our cast, and in creating an imaginative program guide. The show’s talent began with a humorous reading by Robert, followed by a ‘three-person’ quartet consisting of Barbara, Mary and Don (4th member went missing). Up next was Pastor Ralph with a hilarious comedy routine, assisted by his lovely wife, Sherry. Then, in came Sonny as herself, followed by her ‘Coleen’ character as a Beatnik. She led a short sing-along; then our other Ralph led in a wonderful sing-along of “Amazing Grace”. We were discovering more talent as things moved on... Jason kept us wondering about his mystery performance; so when he stood up and led us all with a hymn of praise, we were all delighted. What a nice voice! After a moment or so, the trio of Jason, Claude and Ginny stepped onto the stage, overwhelming us with their square dancing talents, and visual music props. Our finale was a playful Savannah and Shay singing, while performing hand-rhythm-clapping. Savannah did a back bend and back flip. Wah-la! Finito! Our very first talent show was a huge success.
- Dollie had her shoulder surgery in December. As we see, she is recovering nicely, and right on schedule. Her therapy has begun, and when she’s ready, she will be involved in “The Truth Project”, beginning soon. Please continue to keep her in your prayers through the healing process.
- Please take the time to carefully read through our church “Prayer Request” sheet (particularly the back page in blue print). If you have requested prayer for yourself or for someone else, and your prayer requests have been fulfilled, please let Sonny know, so she can remove them from the list. We need to clear the resolved ones out periodically, in order to make room for the new needs as they arise. Thank you for taking the time!
- Our food pantry has been serving those in need for quite some time. Thank you for continually replenishing the food necessary to minister to others. As times have gotten more difficult, we are in constant need of more dry and canned goods, and basic household products. When you bring in food, please check the expiration dates. If you need food, there is a supply laid out each week in the foyer underneath our materials table. Take what you need, as you have need. For those, who are able, please continue to bring in supplies. May God continue to bless all! (Matthew 5:42) *“Give to him that asketh thee, and from him that would borrow of thee turn not thou away.”*





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



**“The answer is not ‘*what you think or feel*’ ...  
but what God has revealed.”**

Many people need answers to some very fundamental but very important questions. You may not have all the answers; but you may have the answer that someone desperately needs. If that sounds like a big responsibility, it is! It is also a great opportunity. Here is what I am talking about.

- (1 Pet 3:15-16 NIV) .... Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect, {16} keeping a clear conscience, so that those who speak maliciously against your good behavior in Christ may be ashamed of their slander.

Let us break it down. ‘Always be prepared’ means we have to know what we believe and why we believe it. The answer is not *what you think or feel* ... but what God has revealed. The people we are talking about is everyone, but with a restriction. The restriction is that they ask you to give an answer. We know people are inclined to tune us out if, we start telling them things they are not interested in. Be alert. The questions are sometimes implied. For example: “You are always so happy. I wish I was like that.” There is a question in that statement begging for an answer.

The rest of this passage reminds me of the Golden Rule, “Do to others as you would have them do to you.” In addition, Proverbs tells us, “A gentle answer turns away wrath, but a harsh word stirs up anger.” Clearly, if we want to be heard and our message accepted, how we present our answer is nearly as important as the answer itself.

You have received the good news of Christ. It saved your life. Now be prepared to save the life of another. You have something worth more than gold. Share it. “Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have.” You freely received a blessing. Now, freely *give a blessing*. Be prepared.

Pleased to be yours in Christ,  
Pastor Ralph

**Isaiah 42:5-8** [5] “Thus saith God the LORD, he that created the heavens, and stretched them out; he that spread forth the earth, and that which cometh out of it; he that giveth breath unto the people upon it, and spirit to them that walk therein: [6] I the LORD have called thee in righteousness, and will hold thine hand, and will keep thee, and give thee for a covenant of the people, for a light of the Gentiles; [7] To open the blind eyes, to bring out the prisoners from the prison, and them that sit in darkness out of the prison house. [8] **I am the LORD: that is my name: ...**”

## 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 February 17th, 12:00 pm at "Ethereal Café" located at 208 SW "6th" St in Grants Pass next to the Kitchen Store between "G" & "H" Streets.  
**Christian Music Jam:** 1st Friday of each month at "The Grange" on Redwood Avenue, 6:00 pm.  
**Family Movie Matinee:** February 6th at 2:30 pm following the potluck in the sanctuary. The movie is entitled, "Luther" (*Martin Luther, Founder of the Lutheran Church & a leader of the Reformation*).  
**Bible Forum:** February 13th at 2:30 pm following the potluck. Bring a scripture that has impacted your life; and be prepared to share it, along with your story as to *how* it influenced your life.  
Discuss church calendar.  
**Church Business Meeting:** February 19th at 2:30 pm following the potluck.  
**Prayer Meeting:** February 26th at 2:20 pm following the potluck.

**Women's Luncheon Update:** On January 20th, our monthly luncheon was scheduled to meet at "Ethereal Café", located at 208 SW 6th Street.

Hopefully, you and a guest or two can join us next time. It's a standing invitation.

*Ethereal is a Christian business with the gift of hospitality.  
Stop by and introduce yourself sometime.*



*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.*

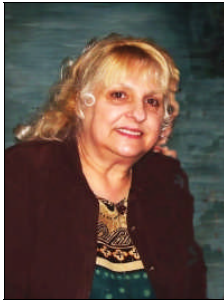
**Jason Poole:** Discount Carpet Cleaning / Handyman, no job too big or too small. 541.441.0366

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

**Free travel trailer needed.** Contact Jason Poole at 541-441-0366

(room for more ads here) Call with your ad info. 479-2440



## “SHERRY’S MESSAGE”

### “Genesis and Revelation”

Written by Sherry Orton

The Book of Revelation is divided into three parts:

1. Grace (Chapters 1-5)
2. Government (Chapters 6-19)
3. Glory (Chapters 20-22)

- In the **Old Testament**, Jesus was *for* the people!
- In the **Four Gospels**, Jesus was *with* the people!
- In the **Book of Acts**, Jesus was *in* the people!

- In the **Old Testament**, Jesus is seen in *Prophecy*!
- In the **Gospels**, He is seen in *History*!
- In the **Epistles**, He is seen in *Theology*!
- In **Revelation**, He is seen in *Glory*!

Some “Great Truths” that have their beginning in Genesis, and have their grand consummation in Revelation:

1. In Genesis, we find the origin of man;  
In Revelation, his ultimate destiny.
2. In Genesis, the origin of sin;  
In Revelation, the end of sin.
3. In Genesis, all things began;  
In Revelation, all things find their destination.
4. In Genesis, the first marriage;  
In Revelation, the last marriage.
5. In Genesis, Babylon, the ‘rebel city’, was built;  
In Revelation, Babylon, ‘the harlot system’ will be destroyed.
6. In Genesis, judgment was pronounced upon Satan;  
In Revelation, judgment will be sent upon Satan.
7. In Genesis, man fell;  
In Revelation, man will be lifted up.
8. In Genesis, we find the ‘Tree of Death’;  
In Revelation, we find the “Tree of Life”.
9. In Genesis, man was expelled from the garden;  
In Revelation, man will find an abundant entrance into the city of God.
10. In Genesis, man lost fellowship with God;  
In Revelation, man will find a new eternal relationship with God.
11. In Genesis, man lost paradise;  
In Revelation, man will find the ‘new’ paradise.
12. In Genesis, man lost peace with God;  
In Revelation, man finds new peace with God.
13. In Genesis, the beginning of the nations;  
In Revelation, the end of the nations.
14. In Genesis, the beginning of this world (this cosmos);  
In Revelation, this world (this cosmos) is destroyed; and the new world is set-up.

and ... We could go on noting the “Great Truths”, beginning in Genesis and finding their consummation in the Book of Revelation. I hope you take the time and search them out.



**"TURN YOUR EYES UPON JESUS. LOOK FULL IN HIS WONDERFUL FACE."** You know the song. It's such an inspirational thought. *Turn your eyes upon Jesus...* We can only imagine His glorious face, as He looks at us with eyes full of love, mercy and grace. Praise His glorious name — King of kings and Lord of lords, Majesty on most high, Holy One. He is Love. Jesus, Lamb of God!

**"SEEDS FOR THE HARVEST" (True Story)**  
written by Sonny van Kempen

Walking through the park, the old woman looked down the hill in the direction of the river. Along the beach, walked a young woman, her head hanging down as she strode slowly on the beach. There was something in the way she held herself, that gave her an air of sadness. The woman took a moment to pause and watch for a moment longer. After assessing the young woman, she made her way down the hill to the beach below; then carefully approached the young woman. She asked, "Are you okay? Is there something I can do for you?" The young woman was taken by surprise at the stranger's compassion, and began to reveal her burden. Her young son had been placed in jail, with a possible prison sentence ahead. She was distraught over her son's potentially ominous future.

As they stood together on the otherwise empty beach, the old woman put her arms around the stranger and began to pray for her and her son. Compassion goes a long way ... sometimes further than one can imagine.

Ten years later, after not seeing each other again, the two women reconnected at a health food store in a chance meeting. The younger woman remembered the elder's name, and spoke it as she approached her. The two embraced, and the younger spoke in a gentle voice, "Enyd, the day you comforted me beside the river, you planted hope in my heart. It changed my life. Thank you for your love and compassion." She then gave a testimony that warmed the old woman's heart. You see, she had accepted the Lord; and He had turned her life around. God led her to His truth about *all* ten commandments; and she was attending a Sabbatarian church. The elder (now 92), was amazed at her story, and explained that she had been a Christian her entire life; but recently was being led to seek more knowledge of the Sabbath teachings. They realized that this was no 'chance' meeting. It was divinely blessed. They attended their first Sabbath together that following week. Praise God!

*Seeds planted for the kingdom will yield fruit. It's not up to us to force others to accept Jesus. Our job is to love others, plant the seeds, and pray that the Holy Spirit will convict their hearts. Don't despair, if the seeds you are sowing do not produce fruit right away. God knows His children and He knows when the fruit is ripe for harvest!*

This recipe was given by a health educator. She said it is a natural approach to boost the immune system. Good for any flu including the Swine Flu, or a cold, or sinus infection. At the first sign of the flu take one cup of this every three or four hours until symptoms are gone.

**Nature's Flu Shot**

1. Juice of six fresh lemons
2. One bulb of garlic (it's anti-fungal, etc.)
3. One T honey (or agaves nectar if you are diabetic)
4. 1/2 t ground ginger
5. Pineapple juice

Place all ingredients in a blender and blend until smooth. Add enough pineapple juice to make one quart (32 oz., four cups) liquid. Refrigerate unused portions. Make fresh daily.

**Beverly John**  
Sept. 19, 2009  
from the Wildwood Health Center, Georgia

**An Unbelievable Misunderstanding!**

An elderly woman had just returned to her home from an evening of religious service when she was startled by an intruder. As she caught the man in the act of robbing her home of its valuables, she yelled, "Stop! - Acts 2:38! Turn from your sin!" The burglar stopped dead in his tracks. The woman calmly called the police and explained what she had done.

As the officer cuffed the man to take him in, he asked the burglar, "Why did you just stand there? All the old lady did was yell a scripture to you."

"Scripture?!" replied the burglar, "She said she had an AXE and two 38's!"

From: "Doris White" djw1937@otherside.com

## “Our Anchor”

Written by Sonny C. van Kempen



**Anchor yourself in the promises of God. Let Him be your captain, and follow His course. He created all things and set them in motion. It is His plan which will prevail, and none other. *Matthew 25:34 reads: “Then shall the King say unto them on his right hand, Come, ye blessed of my Father, inherit the kingdom prepared for you from the foundation of the world.”***

Under normal circumstances, when we’re children, we’re so trusting, innocently following instruction from our elders. As we travel through life, we can lose that innocent trust. We begin to question every thing and every one. We drift through one adventure after another—sometimes the victim, sometimes the cause. Somewhere along the way, we hit currents that take us to and fro. Life can be like those tumultuous white waters. Instead of avoiding them, we head right towards them. Full speed ahead.

When we’re engulfed in rough times, we shed our inhibitions and cry out to God for His help; but when the storm passes, we tend to forget what He has done to help us through. If only we could learn our lessons the first time around, and anchor ourselves in God’s promises! He promises to take care of our every need, *if* we trust in Him. There’s that word again ... ‘Trust’. Why is it so important to trust in God? Aside from Him we can do nothing, because without Him, we would never have been spoken into being. We breathe, because He breathed life into us (Gen. 2:7). We can do all of the things we do, *ONLY* because He allows us to do them. Must we continually try to be the captains of our own ships?

It only takes a split second of any fear-gripping experience to realize our vulnerability, and just how “not in control” we truly are. When a person survives such an experience, he or she is changed. There’s nothing like a reality check every now and then, to cause us to remember from whence we came. We came from dust; and one day we shall return to that dust (Gen. 3:19). Our only hope is in Christ Jesus, Who died and rose from that grave to sit at the right hand of God the Father, our Creator. What a glorious revelation! *HE HAS RISEN FROM THE DEAD, AND HE IS LORD!* Every knee *shall* bow; and every tongue *shall* confess that JESUS CHRIST IS LORD! (Philippians 2:10-11)

What a mighty God we serve! Make a choice to anchor your life in He Who knows all things, and He who desires all goodness for each and every one of us. In Luke 12:32, Jesus speaks this truth, “Fear not, little flock; for it is your Father’s good pleasure to give you the kingdom.” Praise God in the highest. Praise Him with the same passion of David in Psalm 31:19 “Oh how great is thy goodness, which thou hast laid up for them that fear thee; which thou hast wrought for them that trust in thee before the sons of men!” Anchor yourself in God Almighty and praise His name forevermore!

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**HEADS UP!** We are about to begin an exciting new series, most likely this February or March. The lecture series is called, “The Truth Project” and consists of 12 DVD sessions each (estimating about 50-55 minutes in length). When Dollie is more able, in her recovery from surgery, she will lead a half-hour discussion period, which will take place after each session. When the “Truth Project” begins, we will meet at 10:30 in the morning on Sabbath, rather than the 11:00 a.m. time we are currently holding. This will allow us the time needed to complete each session by noon; and we will then pick up our regular schedule from there.

When “The Truth Project” will begin, depends on how long it takes for the *current* Bible Study, which is taught by Sherry, to be completed. As we move closer to the close of the *current* Sabbath morning Bible Study, Pastor Ralph will begin announcing the date that the new series will start.

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

**Prayer Requests**

**January 23, 2010**

**For removal of prayer requests, or to request prayer, call 541-479-2440.**

**Please pray for:**

**Our Church Congregation**, for the Holy Spirit to unite us in love through Him.

**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**, that we will continue to plant seeds for the Lord; and those planted will yield good fruit.

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

**Christians Around the World**, to be aware of government restrictions & prepare for persecutions that lie ahead; safety for all missionaries; and that freedom of worship continues; unity of God's churches.

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

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

**Lost Loved Ones**, to find God.

**Children of the World**, that they will come to know Jesus, and be guided by His Holy Spirit

**Children**, safety from sexual predators and other perpetrators.

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

**All Families**, for marriages to be held together in unity through their faith in God.

**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**, which leads to repentance, as repentance leads to salvation; and for enlightenment in Christ.

**Women of our church**, healing and renewed strength in their daily lives.

**All People**, will come to know God's power as Lord before it's too late.

**Ralph**, for God's leading as pastor; **Sherry**, as she teaches Bible studies, healing of throat ulcers & asthma; **Michael**, strength in the Lord; **Ray & Jan**, need help as they are enduring difficulties.

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

**St. Jude's Church**, blessings & growth through the Holy Spirit; and for a good relationship with us.

**Tom**, for his family and ministry.

**Rich & Dollie's Ministry**, continued healing for Dollie and speedy healing from her surgery; Godly sorrow for her children;

**Phil**, to turn to the Lord; **Don**, to find gainful employment; **David**, who needs the Lord & healing; **Lori**, complete healing from her colon removal and upcoming surgeries; **Rich** a renewal of energy, rest & healing.

**George**, unspoken prayer.

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

**Sonny**, house sale in God's timing; healed shoulders & lower back area; & her neighborhood's safety.

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

**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**, for a calm spirit & joy in his life.

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

**Sue**, healing.

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

**Terry**, for healing, strength & perseverance, as he struggles from serious health issues.

**Vera**, for healing & peace; and the title and registration for her van.

**Linda**, will be blessed with a job in her field.

**Diana & her family**, peace & strength in recovering from the death of her dad.

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

**Carolla**, continued healing, and a better quality of life.

**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.

**Roy & Claudia**, that God will bless them with good jobs & give them peace.

**Marjean**, for healing from the death of her husband; and peace to return to her.

**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).

**Roy**, return of good health; **Valerie** to have a better quality of life (leg issues).

**Patti Ann**, healing of back, emotions & health issues; **Rich**, peace in his life & a good job.

**Nehemiah**, healing & well-being; blessings on his marriage; that God will help him to know he must continue to take his medicines .

**Claude**, God's blessings & guidance in his ministry with the homeless; **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 from cancer removals & plastic surgeries; **Valli**, God's leading; **Verl & Patty** an unspoken prayer; **Vicky**, for healing & 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.; **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; **Jerry & his family**, healing from the loss of his wife.

**Bob**, his safety in feeding the homeless.

**Brandon**, healing of muscular issues and a continuing witness for the Lord.

**Lindy**, back surgery, spiritual & physical healing; & for Savannah; Lindy's mother's depression to lift & recovery.

**Jason**, stability in a job & in his life; & he needs a travel trailer or apartment and tires for his truck.

**Rebecca**, strength and peace as she deals with her children and her life.

**Lindsay**, was diagnosed with cancer. He needs healing, peace & God's comfort; and for Dane & their family's peace.

**Christine**, healing from lupus.

**Lowell & Margie**, for their salvation; **Roger's family** will return to the Lord.

**Jerry**, family & church, healing from cancer & many other attacks.

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

**John**, delivery from alcoholism & healing of his liver.

**Robert & Barbara**, blessings and guidance in building their new marriage; and relief from Robert's back pain & healing; **Joe**, healing from a car accident; **Don**, continued guidance and growth in Jesus; protection for Tovah & Smiles, and a reunion with them; **Linda** being falsely accused of notary falsification.

**Ron**, to continue claiming his delivery from the vices of his past.

**Brett**, to stay one with God, and for his faith in God to continue to grow and remain strong; and for Joey, Cody & Casey.

**Freddie**, that God will impress upon him the necessity of remaining on his medications, as he has reached a suicidal point.

**Laura**, God's guidance & direction; **Charlie** deliverance from pain medicine; **Betty** needs healing.

**Jessie**, comfort, peace and healing for him and his family at the passing of his dad.

**Jennie Brashear**, continued healing from her heart issues, and release from the hospital.

**Richard & Gladys**, and family as they are enduring difficulties; **Rick**, delivery from alcohol; and strength as he is facing possible jail sentence.

**Zeldna**, for healing & blessings; and for her friend, Carol.

**Ruby**, as she deals with Alzheimer's. Pray for her peace.

**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.

**Mike**, for guidance of the Holy Spirit.

**Nadia**, complete healing from her diabetes & intestinal issues.

**David**, deliverance from drug abuse.

**Gary**, to stop abusing his girlfriend, Carla; and for her safety; **Trisha**, continued strength in the Lord.

**Steve & Mike**, delivery from alcoholism & other health issues.

**Tom**, healing and guidance.

**Tom**, continued healing.

**Kelly**, peace, comfort & healing from the loss of her husband, Michael.

**Jonathan & his parents**, lift them up.

**Don & John**, serious Rheumatoid Arthritis.

**Mike**, for God's guidance, strength & blessings; **Steve**, healing, delivery from alcoholism; and that he will know the Lord;

**Tom**, delivery from tobacco; **Grant**, healing & delivery.

**Joe & his family**, who lost his job, that he find another one; and for Asante's corporate VP.

**John**, needs steady work & a safe place to live.

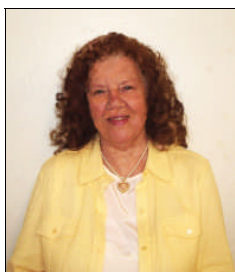
**Jackie**, for her peace.

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

**Toni**, comfort, strength and guidance in their family after her husband passed on.

**Tom & Charolette**, their family's salvation.

**Sam**, that he will return to the Lord; and that God will heal him of rectal cancer.



# HEALTH TIPS



## “The Thyroid Gland”

Offered by Ginny Sorensen

The thyroid gland is key for the proper function of our body. Unfortunately, many people have low thyroid function, which makes them tired, but there are many other symptoms, as well. These symptoms include:

- |   |  |
|---|--|
| Low body temperature                        | Bumps on the back of arms  |
| Feeling cold and having cold hands and feet | Yellow hands and skin from eating carrots & high beta carotene foods |
| Depression                                  | Hoarse voice / low speech  |
| Poor memory                                 | Weight gain  |
| Constipation                                | Facial hair growth   |
| Dry skin                                    | Swollen eye lids   |
| Easy bruising                               | Loss of hair on the scalp  |
| Heavy menstrual periods                     |  |

So, if you have these symptoms, get your thyroid checked today. Naturopathic medicine offers many therapies to support the thyroid gland; or, you may request to replace the thyroid hormone.

*For more information, or to schedule an appointment, call the Naturopathic Medical Clinic at 541-476-2916, or stop by at 1200 NE 7th Street, Grants Pass, OR.*

*\* The information published in this article is 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.*

### CLA: Conjugated Linoleic Acid

*This fatty acid is a known fat-eater and much, much more!*

Conjugated linoleic acid [CLA] is a naturally-occurring fatty acid that has been shown in research and clinical studies to reduce body fat; but this isn't the only benefit that CLA provides. Studies also show the fatty acid to improve muscle tone, improve nutrient usage and exhibit antioxidant activity; and that CLA supplemental diets may have a lower body fat percentage and a tendency to want to eat less. The studies also show that this fatty acid may effectively reduce the appetite by improving the way the body extracts more energy from less food, concluding that CLA is a potent regulator of body fat accumulation and retention.

New York cancer researchers recently disclosed that CLA keeps cancer cells from developing. “We believe they work by killing pre-malignant cells before they can reach the cancer stage”, explains research scientist Clement Lp, Ph.D.

CLA, 1000 mg—30 & 90 Capsules  
Vita Plus TM / Life Line USA, Inc.—Las Vegas, NV 89104—1-800-634-6747

\* These statements have not been evaluated by the Food and Drug Administration.



Offered by Robert Camelli



*\* The information published in this article is 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.*

## “THOU MUST WORSHIP ON SUNDAY”

*Dec. 1, 2009, was a historic day in  
Germany in more ways than one.*

The same day the Lisbon Treaty went into effect December 1, Germany’s Constitutional Court ruled that the nation’s capitol must, like the rest of the country, abide by the law instituting Sunday as a day “of rest from work and of spiritual improvement”.

Soon after World War II, Berlin had enacted its own legislation allowing 10 shopping Sundays per year. That local ruling is now quashed. Effective from January 1, 2010, Berlin must fall in line with the law institutionalizing Sunday as a day of rest and religious contemplation as contained in Germany’s Basic Law.

The actual law establishing Sunday as Germany’s weekly day of worship is enshrined in an appendix to the Basic Law under the heading, “Extracts From the German Constitution of August 11, 1919” - that is, the Weimar Constitution. There, we find, under the subhead “Religion and Religious Societies”, Article 139, which reads: “Sunday and holidays recognized by the state shall remain protected by law as days of rest from work and of spiritual improvement”.

Under that same section, Article 137(1) states, “There shall be no state church”. But in reality, the effect of the Sunday law is to institutionalize Roman Catholicism and its daughter churches as the state religion.

Those aware of the history of the Holy roman Empire of the German Nation will see this move by Germany’s highest court as one step toward enforcing Rome’s religion, not only on Germany, but also on the whole European empire.

With ruling of Germany’s Constitutional Court, the prophecies of Revelation 13 leap into current-day perspective. The entrenchment of roman Catholicism in European politics, and particularly the enforcement of Sunday worship, are forecast there; students of prophecy have been anticipating this development for decades. As of December 1, 2009, it is upon us.

(For more about where this is leading, you can request a free book, “*Who or What is the Prophetic Beast?*” by Herbert W. Armstrong.)  
Ron Fraser, *The Philadelphia Trumpet*, February 2010

## HOW POLITICS AFFECT CHRISTIANITY submitted by Claude Sorensen



### US TODAY SNAPSHOTS

**God’s Gender—** *Do you think of God’s gender as male, female or neither?*

**Male 38%      Female 1%      Neither 34%**  
**Both 11%      Don’t believe in God, or Not sure 15%**

Note: Percentages don’t add up to 100%, because of rounding.  
Source: Harris Interactive Survey of 2303 adults. Conducted online on Nov. 2 & 11, 2009.

### COURT: *Christians Have Right To Call God Allah*

KUALA LUMPUR, Malaysia— A Malaysian court ruled today that Christians have the constitutional right to use the word Allah to refer to God, striking down a government ban as illegal. The landmark ruling appeared to be a victory for freedom of religion in the Muslim-majority country, where the ban had become a symbol of what minorities say is institutionalized religious discrimination. Judge Lau Bee Lan was ruling on a lawsuit filed in late 2007 by the Herald, the Malaysian Roman Catholic Church’s main publication, after the government blocked non-Muslims from translating God as Allah in their literature, “this is indeed a landmark case for our nation”, the Herald’s editor, the Reverend Lawrence Andrew, said in a statement. He said the verdict upholds constitutional liberties to freedom of speech, expression and religion. Authorities have insisted that Allah is an Islamic word that should be used exclusively by Muslims, and its use by other religions would be misleading.

**The World Associated Press—***People gathered as an investigator inspects the damage to Good Shepherd Lutheran Church in Petaling Jaya, Malaysia today.*

#### **Fourth Malaysian church attacked in ‘Allah’ feud -**

KUALA LUMPUR, MALAYSIA—A fourth church in Malaysia was hit by firebombs today, stoking concern among Christians as a dispute rages over the use of the word ‘Allah’ by non-Muslims. The latest incident occurred after three other churches were firebombed Friday, just days after a Kuala Lumpur court ruled non-Muslims could use Allah to refer to God in their literature. Bishop Philip Loke said two firebombs were thrown at his Good Shepherd Lutheran Church early today but missed the glass windows, hitting the building wall instead. He said church members discovered two burned patches on the wall at midday and found glass splinters on the ground.

## Recipe of the Month

### Garlic Chicken & Herb Pizza with Artichoke

Submitted by: sarahann1979  
(Yahoo Search Results)



\* *"If you like artichoke dip, you will love this pizza as an appetizer or as your main dish."*

#### Ingredients

- 1 "pre-made" pizza crust
- Olive oil to mist the crust
- 2 teaspoons olive oil
- 1/2 pound chicken breast, diced
- Salt and pepper to taste
- 1/2 teaspoon garlic powder, or to taste
- 1 12 ounce can of artichoke hearts, drained and diced, reserving 1 cup of the drained liquid
- 1/2 cup garlic and herb cream cheese spread
- 1/2 cup fresh baby spinach leaves, washed and dried
- 1/2 cup mozzarella cheese, shredded
- 1 cup Parmesan cheese, freshly grated

#### Method:

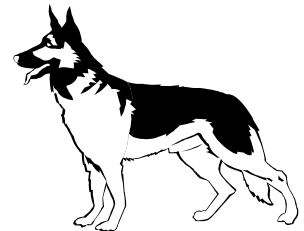
Preheat oven to 450 degrees F. Line a vented pizza pan or large baking sheet with parchment baking paper that has been trimmed so edges will not hang over the edge or touch the oven wall. Mist the crust with olive oil and set aside. Heat a non-stick skillet on medium and add 2 teaspoons of olive oil and the diced chicken. Sauté until the chicken is no longer pink; turn the heat down to medium low. Add the diced artichoke hearts and 1 cup of the drained juice. Simmer for approximately 10 additional minutes, remove from heat and drain the chicken. Spread the cream cheese over the crust and layer the remaining ingredients over the cheese in the following order: spinach leaves, mozzarella cheese, chicken mixture, ending with Parmesan cheese. Reduce oven temperature to 425 degrees F. Keeping pizza on the pan, bake for 10 minutes. To crisp the crust remove from the parchment-lined pan and place directly on the oven rack for 3 additional minutes. Cool 5-8 minutes before slicing. Servings: 8



## GARDEN or HOUSEHOLD TIPS



*A dog series ... # 2 of 3 parts*



### UNUSUAL HOUSEHOLD TOXINS

Submitted by Adam J. Reiss, DVM, DACVECC

#### Gorilla Glue Toxicity

Gorilla Glue ingestion by dogs may lead to acute obstruction of the intestinal tract. The glue is activated by the watery, acidic environment of the stomach, leading to a reaction, which hardens the glue into a non-digestible ball and may damage the gastric mucosa. Small amounts may cause gastric irritation; however, larger amounts usually require surgery to remove the ball of glue.

# *Scripture Readings for January*

**January 2 - Romans 13:8-14**  
Theme: “You Shall Love Your Neighbor as Yourself”  
**January 9 - I Peter 2:9-10 & 17**  
Theme: “God’s Gift of Royalty in His Kingdom”  
**January 16 - Psalm 150:1-6**  
Theme: “Praise God In Music And Dance!”  
**January 23 - James 4:6-10 & Romans 14:7-8**  
Theme: “Whatever You Do, Do It As Unto the Lord”  
**January 30 - John 1:1-5**  
Theme: “In the Beginning Was the Word”

## **Person of the Month**



**Ginny Sorensen**

Ginny was born on August 11 into a family of five. She met Claude in 1974, and they married on September 26, 1975. Ginny glows when she speaks of their “square dance” wedding. At our talent show this January, they gave us a live sampling of their nurturing partnership. It was one of our finest displays of talent, largely due to the beauty of the love they share, as they laughed and moved joyfully to the music. Since Claude was a square dance caller, they traveled from

CA to WA with three separate dance clubs. They have many fond memories from those ten years. Ginny once said, “We live our marriage, and treat each other as newly weds, and enjoy each other”. That’s much more than most married people can claim!

Together, they have 4 adult children (Vicky, Valli, Verl, and Candice). Ginny is a devoted mother and loves her family dearly. She is known in our church for her wonderful homemade pies! It seems, no matter how many she makes, there’s never enough for our appetites.

Ginny enjoys studying about healing herbs and various healing foods. She contributes monthly to this newsletter by submitting all sorts of *natural food* health remedies and other tips to a healthier body in the section entitled, “Health Tips”. She also has a lovely singing voice. If you listen in church, you’ll hear for yourself. Another one of her interests is dance. She loves to dance, and says that she and Claude are still enjoying ‘the dance’.

What some of you don’t know about Ginny, is that she is a wonderful artist. Her paintings are described as being quite detailed and expressive. Anyone who knows Ginny, knows what a good friend she is. We love you, Ginny. Keep those smiles coming!

**‘HAPPY BIRTHDAY’  
To Our  
FEBRUARY CHILDREN**



*Jason Poole*  
*February 7 ☺*



## WHAT WOULD BE A PARENT'S GREATEST JOY?

We want lots of good things for our children like health, happiness, success in what they strive to do, and friends that will benefit them and not harm them. We want them to have a good education, so that they will do well in society. We want them to be wise in managing every area of their life, and to have good social skills that will help them get along well in this world. We want them to be kind, thoughtful and loving.

Would the fulfillment of all these things bring that greatest joy to a parent's heart? . . . We certainly would be happy for our children, if they accomplish these things. Is that the greatest joy we can know? But, what if our children do not achieve some or any of these good things we want for them? Can a parent's greatest joy be fulfilled then? What would bring your heart the greatest joy for your child or children?

My greatest joy in this life, as a parent, would be to have my children next to me worshipping our Heavenly Father and Jesus Christ, His Son, with all their heart. Even if none of the things of this world were going well for my children, my heart would soar to God in praise and thanksgiving!

So, what things can we do to know this greatest of all joys as a parent who knows and loves the Lord? First, we can be a *living example* for our children of what a vital daily relationship with God our Father and Jesus our Savior looks like in this world. If we are not 100% real and devoted to God, they are not going to be interested in our words or our way of life. Secondly, we can pray continually for them, no matter how far away from God they seem. **Know that God is good and forgiving. He does not want our children to perish.** He does want us to pray without ceasing, and claim His promises to hear and answer our prayers. I know this final point is not very popular; and I realize that none of these things are easy. The Bible tells us of another privilege, as believers, that God gives us to petition Him. That privilege is fasting. Fasting lets God know how serious we are about our prayers. There are many different ways of fasting; and God knows your heart. He doesn't expect you to do more than He enables you to do. Listen to God in your fast; and He will listen to you.

I haven't achieved a parent's greatest joy, *yet*, with my children; but I won't give up. I hope that you are there to see it when God grants my petition; and I hope to be there when God grants your petition for your children.

**"VERSE OF THE MONTH"**  
*II Corinthians 4:6-11 [KJV]*



[6] For God, who commanded the light to shine out of darkness, hath shined in our hearts, to give the light of the knowledge of the glory of God in the face of Jesus Christ. [7] But we have this treasure in earthen vessels, that the excellency of the power may be of God, and not of us. [8] ***We are troubled on every side, yet not distressed; we are perplexed, but not in despair; [9] Persecuted, but not forsaken; cast down, but not destroyed;*** [10] Always bearing about in the body the dying of the Lord Jesus, that the life also of Jesus might be made manifest in our body. [11] For we which live are always delivered unto death for Jesus' sake, that the life also of Jesus might be made manifest in our mortal flesh.

# “Calling a Spade a Spade in Today’s *Politically Correct* Climate”

Written by Sonny C. van Kempen

It’s a puzzling and precarious world that we face today. It seems to have toppled upside down almost overnight. I’m not the only one, who feels disconnected from what I “thought” I knew to be real? My days used to begin with a prayer, a deep breath, and a nice stretch or two before putting my feet on the floor. Life was full of expectation and wonder, in a happy-go-lucky kind of way ... even when life wasn’t all that great. I felt grounded. Now, I wake up exhausted from restless nights of unsettled and surreal feelings, that once would have been foreign to me. Can you relate to any of this? You probably can, since our home is in heaven with our Lord. It’s uncomfortable here.

God has a plan that involves a whole lot of upheaval before it’s going to get better ... *eternally way better*; but what about in the meantime, when we’re fumbling for the light switch in the middle of the night, because we know that we don’t belong in this world of confusion anymore?

There was a time, not long ago, when to say, “I’m a Christian”, was a proud and honorable thing. People would respond in a positive and uplifting way. Not now. Not anymore. Being a Christian has become an affront to many people. In general, we, as Christians, are construed as a threat to society. The world *has* turned upside down! Instead of good overriding evil ... much of the time, good is being pushed to the side, and “anything goes” is dominating our airwaves. When God is brought into a conversation of non-believers, there is little (if any) respect given. Sometimes verbal, and even physical attacks are launched. Our freedom to speak about our Creator is viewed as self-righteous and judgmental. Yes. God has a plan; and we had better be ready for what lies ahead. We need to be allowing God to fortify and strengthen us in His abiding love and grace, so that we can love our enemies ... Yes. Even during severe persecution.

When I hear about the abundance of world disasters, and how utterly devastating is the destruction, I’m reminded of Matthew 24:3-14, as Jesus speaks of the signs leading up to the end of the world:

*[4] “Take heed that no man deceive you. [5] For many shall come in my name, saying, I am Christ; and shall deceive many. [6] 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. [7] For nation shall rise against nation, and kingdom against kingdom: and there shall be famines, and pestilences, and earthquakes, in divers places. [8] All these are the beginning of sorrows. [9] Then shall they deliver you up to be afflicted, and shall kill you: and ye shall be hated of all nations for my name's sake. [10] And then shall many be offended, and shall betray one another, and shall hate one another. [11] And many false prophets shall rise, and shall deceive many. [12] And because iniquity shall abound, the love of many shall wax cold. [13] But he that shall endure unto the end, the same shall be saved. [14] And this gospel of the kingdom shall be preached in all the world for a witness unto all nations; and then shall the end come.”*

This entire passage of scripture is being fulfilled throughout much of the world today; but the one verse that bothers me most is, *“And then shall many be offended, and shall betray one another”*. Does this sound familiar? When someone steps up, in spite of the world’s views, and makes a true statement of faith, calling a spade a spade regarding the evil and sin that is taking place in this world, persecution takes hold, and the person of faith is publicly skewered through the media. The ‘good guy’ is made out to be the ‘bad’ guy. Should these occurrences surprise me? Why am I unsettled when I hear these things, or experience them myself? Jesus foretold our futures, so we could prepare ourselves when it comes to pass. That is His love for us! That is Him protecting us. Are we listening? He is our only peace; and He is our only hope. No matter how unsettling or disturbing today’s sad state of affairs has become, we need to remember the words of our Lord in Matthew 10:28, *“And fear not them which kill the body, but are not able to kill the soul: but rather fear him which is able to destroy both soul and body in hell.”* When confronted, are we going to shrink back, so that God takes no pleasure in us; or are we prepared to stand firm in Him and speak His truth to a dying world? Are we going to call a spade a spade? God has promised us eternal life with Him. There is nothing better; but He also calls us to profess Him before others. If we deny Him before others, He will deny us before our Father in heaven. Politically correct or not, we must not be lukewarm. We are to be convicted in our own hearts what it is that we believe. Are we convicted enough to stand up for Jesus?

# 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, you may fill out a "Prayer Request" form and drop it in the box on the sanctuary table by the door; or simply call 479-2440 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 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.

Church of God 7th Day Newsletter  
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