

“HEAVENLY HERALD” NEWSLETTER

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

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

WELCOME
to the
“Biggest Little Church in Town”

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



February 2011 EDITION

CHURCH NEWS:

- Now that the “The Greatest Little Talent Show In Town” (AKA, “Biggest Little Talent Show”) is over, I think we can agree that it was fabulous?! It was. Wasn’t it? Once again, we had a great time. The line-up of acts were interchangeable (for the most part) with the audience; since, the acts were composed of the greater portion of the audience. At curtain call, most of our audience stood up to be recognized. It was wonderful having so much participation in the show. In fact, we had participation that wasn’t expected. Let me explain ...

A seemingly innocent conversation took place between Ginny and Sonny, which led the ladies of the church to an alliance. They agreed not to tell the men of the church what they were up to. Over the course of two weeks prior to the talent show (on two Sunday afternoons), the ladies met at Sonny’s house secretly planning a seige on the talent show floor. They met under the guise of a ‘ladies tea’; but, instead, they were making matching aprons and learning some dance steps. What happened at those ‘teas’ stays at the ‘teas’. Right, girls? On the day of the talent show, directly following the potluck, the ladies sprang into action! Shawn turned up the volume on music sang by Randy Travis titled, “*Forever and Ever. Amen*”. The doors off the dining room were opened to the adjoining room. In danced eight ladies wearing aprons, dancing to the catchy tune. We took *most* of the men off guard; and, judging by their faces, they enjoyed every moment of our carefully plotted secret.. We had so much fun at our ‘teas’, and even more fun executing the surprise! Hats off to the ladies (or should I say, “Aprons on to the ladies!”?).

Once we gathered in the sanctuary to begin the main event, we kicked off the show with a reading from Robert Camelli, who shared stories from his long-standing career in the movie industry. He spoke fondly of his memories with some well-known stars of those days.

Next up, was an old song sang by Ralph Sheffield titled, “Amazing Grace”. He requested that we join him, as we lifted praise to the Lord. We enjoyed this same song, as he sang it last year during the talent show.

Donna Parker stepped up to the podium, and performed a standup comedy routine. I must say, her material was delivered quite professionally. Makes me wonder, if she has a career we didn’t know about. Hmmm ... Well done!

(Continued page 8)



**PASTOR RALPH'S
NOTES OF ENCOURAGEMENT**



“Work And Play, Eat And Pray”

If having fun were a sin, this church would be in big trouble! I'm thinking of all the fun we had entertaining, and being entertained at *The Greatest Little Talent Show in Town*. The entire show was truly priceless, in all ways. We pretty much had it all: Inspirational readings, original poetry, wonderful religious songs both vocal and instrumental, standup comedy, humorous skits and even a riddle. We didn't miss much. Perhaps next year we can add hand puppets and a mime. Does anyone know how to juggle? One visitor liked the show so much she put some pictures of it on her *Facebook* page. This is the stuff that memories are made of. One scripture that comes to mind is this:

(Proverbs 17:22 NIV) **A cheerful heart is good medicine**, but a crushed spirit dries up the bones.

There is a time for everything. Last Sabbath was a time for good wholesome fun with the family of God, your brothers and sisters in the Lord. How often have you heard me speak of *work and play, eat and pray*? Last Sabbath we had some really good playtime. And now back to work. We have a great message to deliver: **Jesus is Lord. He died for the sins of the world**; and everyone needs to know this. There is work to be done. We can make a difference as individuals, and as a church. Let's get moving.

Let me assure you, that I *know* you all are good workers and will continue to be good workers; and why not? We work for the Creator of the universe, the King of kings. We are being paid amply; and, the retirement benefits are literally 'out of this world'! One of the things we have done as a church, is to help *The Pregnancy Care Center*. It made me feel very happy to know we were in some part responsible for helping save those 140 lives I told you about. And how wonderful it is for those mothers and their families that made the right choice. We are not always privileged to get that kind of feedback. Frequently, we simply do "good", and never know what fruit, if any, came from our actions.

(Galatians 6:9 NIV) **Let us not become weary in doing good**,
for at the proper time we will reap a harvest if we do not give up.

Now getting back to the talent show, how many of you remember a group called, *The Four Lads*? They sang a song called, *Moments to Remember*. In part it went like this.

Though summer turns to winter,
And the present disappears,
The laughter we were glad to share
Will echo through the years.
When other nights and other days
May find us gone our separate ways,
We will have these moments to remember.

In the words of Bob Hope: "Thanks for the memories!"

Pleased to be yours in Christ,

Pastor Ralph

Church of God 7th Day Newsletter
February Edition 2011

In Weekly Service:

<p>Pastor Ralph Orton, Minister/ Pastor Pastor Rich Foreman, Asst. Pastor Sherry Orton, Bible Study Instructor</p>	<p>Gale Andrews/Tom Dalglish, Door Greeters Dollie Newstrand, Prayer & Praise Requests Sonny van Kempen, Scripture Reading</p>
---	---

UPCOMING EVENTS & COMMUNITY ACTIVITIES

Women's Luncheon 3rd Wednesday of each month. The next meeting will be on February 16th, 12:00 pm at "The Sizzler" next to Diamond Home Improvement on 7th Street before the freeway in GP.

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

Family Movie Matinee: February 5th at 2:30 pm in the sanctuary following the potluck. The movie is titled, "Faith Like Potatoes".

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

Open For Fun: February 19th at 2:30 pm following the potluck.

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

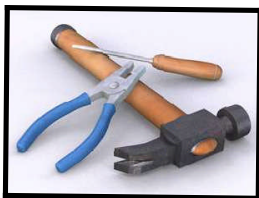
Sermon by Pastor Rich: February 26th.

Women's Luncheon Update

The January 19th luncheon was to be held at noon at *The Sizzler*; but, as time grew nearer, it was evident that the ladies group wouldn't be able to meet as scheduled. Don't feel badly for them. Not all was lost. Sherry and Mary decided to have lunch on their own at Shari's Restaurant, and Nadia's appointment ended sooner than expected; so, guess what? The *three* of them had a wonderful visit and have decided to meet at *The Sizzler* next month! Another unexpected blessing! They just keep on flowing.

Perhaps, you and a guest or two can join us on February 16th, or at any of our gatherings. It's a standing invitation. If you need information, call the office at 541-479-2440.

Just stop by and join in the fun!



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



“SHERRY’S MESSAGE”

“Leaven” Matthew 13:33

***“THE KINGDOM OF HEAVEN IS LIKE UNTO LEAVEN, WHICH A WOMAN TOOK,
AND HID IN THREE MEASURES OF MEAL, TILL THE WHOLE WAS LEAVENED.”***

God's work of grace in the heart is unseen working from the inside out, not from the outside in. God knows that when you make bread, you put the yeast on the inside, and then wait for it to do its work. You can not make the bread and then sprinkle yeast on top and expect it to rise. We need to start at the very seat of all difficulties, the heart; and then, from out of the heart will issue the principles of righteousness. The reformation will be outward as well as inward.

If you want to know if God is working in your life, you won't always be able to tell by looking at the outward manifestations. As God's grace is received into the heart, the results are inevitable, even though they may not be seen immediately. You did not become the person you are today overnight, and you are not going to be the person God wants you to be overnight. It is by the renewing of the heart that the grace of God works to transform the life. No mere external change is sufficient to bring us into harmony with God.

The parable of the ten bridesmaids in Matthew 25 brings out the same truth. It was not enough that they had lamps (external goodness). In order to be admitted to the wedding, it was essential that they have oil (the Holy Spirit in the heart). It is only what's on the inside that counts in the kingdom of heaven.

Another thing about leaven is, *it is little*, and it doesn't make any noise. Elijah couldn't find God in the earthquake or the storm, but in "the still small voice." The church does not move "like a mighty army", but like light. God works quietly within. God did not *announce* His Son. He did it with a Star. There was no clatter of hoofs or cleats. The King of Kings was born in secrecy and slipped up on mankind unnoticed in sandals. When men would come into His presence, there was no Twenty-one Gun Salute. God reminds us to, "Be still and know that I am God."

Faith, like leaven, comes from the inside, is silent, and must be used. Faith is not administrative, but atmospheric ... not learned, but breathed. A contagious force (spiritual leaven) was introduced by Christ, which has spread by contact. Andrew found Peter; and, Philip found Nathaniel. Stephen's dying ignited the cold hard life of Saul into the bright flame that lit the church across the first great sea. And so on, from man to man, the leaven has been passed down in one grand Apostolic Succession.

"Until it was all leavened." We see now, that the Light shines in the darkness; and, the darkness has not, and will not, overcome it. Jesus will never give us up until the "last enemy" is destroyed. *He is the leaven growing within us*. He walks invisibly beside us, inside us, and before us. He is continuing to rise until our hearts burn within us along the way, until at last we are permeated with His radiance, the incandescent splendor of the Son. "...till it (us) was (will be) *all* leavened."



Again Jesus called the crowd to him and said, "Listen to me, everyone, and understand this. Nothing outside a man can make him 'unclean' by going into him. Rather, it is what comes out of a man that makes him 'unclean.'"

Mark 7:14-15 NIV

Are You Searching For A Ministry?

Look no further! The fact that you have accepted Jesus Christ as your Lord and Savior, is reason enough to *already* have a ministry. That ministry lies within the heart of you, and is shouting at you to just pour it out onto anyone with whom you come into contact.

Don't you know, that giving love away only assures you that it will return to you ten fold? It's so simple to share the love of Jesus. It's as simple as a smile, a kind word, a gentle touch, compassion, tenderness, helping others in small ways, volunteering your time, talent, finances. The opportunities to share Christ are endless!

You don't need to preach a 3-point sermon, or recite the genealogies of the great Bible patriarchs, or memorize every book of the Bible to understand how to live a life that is 'Jesus filled'. It's not always the words we speak, that attracts somebody to the throne of grace. More often, it's the way we treat others that plants the seeds of hope in others ... hope in Christ Jesus, who created us and laid His life down for us, so that we might live our lives holy unto Him. We have hope of eternal life *with* Him.

Isn't that reason enough to be inspired to spread the good news of salvation to a world that's more fearful everyday of the impending death that lies ahead for this old world and its citizens? Don't ever think that you don't have a ministry. It was placed right into your heart the moment you decided to turn your life over to Jesus and serve Him. Now, just go do it!

Written by Sonny C. van Kempen

World's Funniest Real Ads

Tailholt News

For sale by owner: Complete set of Encyclopedia Britannica. 45 volumes. Excellent condition. \$1000 or best offer. No longer needed. Got married last weekend and wife knows everything.

Offered by Ginny Sorensen

A Bit of Humor (Drum roll please!) Offered by Ginny Sorensen

Q: She had three children, right?

A: Yes.

Q: How many were boys?

A: None.

Q: Were there any girls?



"Lend a Hand" Ministry

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

"That the citizens of these States, abstaining on that day from their customary worldly occupations...acknowledge before God the manifold sins and transgressions...as individuals and as a nation, beseeching Him...through the Redeemer of the World, freely to remit all our offenses, and to incline us by His Holy Spirit to that sincere repentance and reformation."-JOHN ADAMS, Day of Fasting declared during a threatened war with France, March 23, 1798.

(Excerpt taken from article on page 9 of this newsletter)

Recipe of the Month

"Peppermint Patties"

Gourmet | December 2007

Gina Marie Miraglia Eriquez and Lillian Chou



Ingredients:

2 1/2 cups confectioners sugar (less than 1 pound), divided
1 1/2 tablespoons light corn syrup
1 1/2 tablespoons water
1/2 teaspoon pure peppermint extract
1 tablespoon vegetable shortening (preferably trans-fat-free)
10 ounces 70%-cacao bittersweet chocolate, coarsely chopped

Equipment: a 1-inch round cookie cutter;
a digital instant-read thermometer



Make filling:

Beat 2 1/4 c. confectioners sugar with corn syrup, water, peppermint extract, shortening, and a pinch of salt with electric mixer (with paddle attachment) at medium speed to combine. Knead on dusted surface with remaining 1/4 c. confectioners sugar until smooth. Roll out between sheets of parchment paper on a large baking sheet into a 7- 8 inch round (less than 1/4 inch thick). Freeze until firm (15 minutes). Remove top sheet of paper and sprinkle round with confectioners sugar. Replace top sheet. Flip round over. Repeat sprinkling on other side. Cut out as many rounds as possible with cutter, transferring to a parchment-lined baking sheet. Freeze until firm (10 minutes). Gather scraps, re-roll, freeze, cut out more rounds, freezing them.

Temper chocolate and coat filling:

Melt 3/4 of chocolate in metal bowl set over a saucepan of simmering water. Remove bowl from pan. Add remaining chocolate. Stir until smooth. Cool. Insert thermometer 1/2 inch into chocolate. Read 80° F.

Return water to a boil. Remove from heat. Set bowl with cooled chocolate over pan and reheat, stirring, until thermometer reads 88-91°F. Remove bowl from pan. Place peppermint round on a fork and submerge in melted chocolate, letting excess drip off and scraping back of fork against rim of bowl if necessary. Return patty to sheet (to make decorative ridges on patty. Immediately set bottom of fork on top of patty, then lift fork straight up). Coat remaining rounds, re-warming chocolate to 88-91°F. Let patties stand until chocolate is set. (1 hour).

Cooks' note: Patties keep, layered between sheets of parchment chilled in an airtight container 1 month. Bring to room temperature before serving.

GARDEN or HOUSEHOLD TIPS

Offered by Kathy Ogren

**"Facts on Honey and Cinnamon",
a multi-part series (part VIII)**

*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 science.*



Weight Loss: Every day in the morning, 1/2 hour before breakfast on an empty stomach, and also every night before sleeping, drink honey and cinnamon powder boiled in one cup of water. If taken regularly, it reduces the weight of even the most obese person. Also drinking this mixture regularly does not allow the fat to accumulate in the body even though the person may eat a high calorie diet.

Cancer: Recent research in Japan and Australia has revealed that advanced cancer of the stomach and bones have been cured successfully. Patients suffering from these kinds of cancer should daily take one tablespoon of honey with one teaspoon of cinnamon powder for one month three times a day.

Bad Breath: People of South America, first thing in the morning, gargle with one teaspoon of honey and cinnamon powder mixed in hot water, so their breath stays fresh throughout the day.

* *More hot tips in next month's issue ... Stay tuned.*

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

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

January 22, 2011

Please pray for:

Our Church Congregation, unity in Christ; God will guard our thoughts & put a protective hedge around us; Outreach Ministries

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

Seeds Planted, for the Lord

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

Christians Around the World, to be prepared for the Lord's coming; protection from the enemy; to know God's Word

Missionaries, God's watch care; God's safety & strength; **Military Troops**, God's watch care

South African drought, more aid to be delivered; **Australia**, people & land affected by flooding; **Pakistan**, those starving

Indonesian Christians, God's strength as they are persecuted; **Tunisia**, religious uprising; **New Zealand**, earthquake victims

Tornado victims, in many different states

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

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

Christian Businesses, those struggling in this economy

ACTS Magazine (& Staff) & General Council, a one-year commitment to pray daily for these

Children of the World, to come out of the world & accept Jesus as Lord; safety from sexual predators & other perpetrators

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

All Families, for marriages to be held together in unity in Christ; all to be ready for Christ's return; to be prepared for natural disasters

Homeless, for shelter, food & healing; to know God's love & the love of others

Godly Sorrow, as repentance leads to salvation

Women of our church, healing & renewed strength

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

continued strength & ability in caring for dad; **Don**, healing from pneumonia

Johnny, God's leading; **Michael**, strength in the Lord; **Chris**, strength in the Lord; **Raymond's family**, as they deal with Raymond's passing;

Nicole, to turn back to God wholeheartedly; **Rochelle**, healing; God to remove tumor on pituitary; guidance, comfort, encouragement & ability to

forgive; **Dave**, deliverance from addiction

Randy, new doctor will be able to undo the damage to his eye & his sight will return

Vickie, to receive God's touch & healing for her body; encouragement

Erik, good quality of life; God to be glorified in his healing

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

Rich & Dollie's Ministry, children's Sabbath School; VBS preparation; **Dollie**, continued healing; healing for both arms

Dollie's children & grandchildren, repentance; **Kylie**, a heart open to hearing & obeying God

Don, to find gainful employment; good medical care; healing for elbow

Mary, physical strength, healing from arthritis, God to guide & preserve her abilities, help in being efficient; **Larry**, knee problems;

Jeanie & Claude, healing; **George**, unspoken prayer; **Tom**, that God will give him a calm even temperament, peace & healing;

Ryan, closeness to God as he serves in the military

Sonny, opportunity to share with Pete & John; blessings & complete healing; strength & endurance on her job; continued strength, courage &

faith to be able to stand while heartbreak is so near; peace in readjusting to not moving from her house; God's leading in Scripture Reading time

Edna, strength as she battles Lymphoma

Sherry, strength & hope as she goes through a divorce; **Ron**, repentance & wholehearted return to the Lord

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

to return to the Lord; a good job

Diana, peace in the Lord; healing from breathing difficulties; desire & ability to exercise & eat healthy; see & hear from her family; **Keith**, repen-

tance, forgiveness & awareness of what God is saying to him; **Diana's children, grandchildren & great-grandchildren**, unity, love for the Lord,

good examples to follow, see God's leading & to respond; **Jack & family**, strength in the Lord; unspoken prayer

Pete, conviction & complete surrender to the Lord

Oreda, strengthening from her heart surgery; healing from her continuous coughing

Terry, Shalii & family, blessings on their family & business

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

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

Grady & Kendall, financial blessings & peace in their lives

Terry, healing, strength & perseverance

Vera, confusion to be lifted; healing of her mind, heart & spirit

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

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

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

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

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

Nehemiah, healing & well-being; guidance in his marriage; that he will take his medicines daily

Jerry, God's provisions in his life; **Erma**, physical healing; **Dean**, physical healing

Neal, physical healing; **Ed**, healing from a fall; **Tomas**, complete healing from surgery

Regie & Delma, God healing & leading as they deal with dementia

Claude, God's leading as they witness to the people God has placed in their path; prayer for the homeless due to foreclosures; to be able to reach those people contemplating suicide

Ginny, continued healing for her body; God to watch over all her family

Verl & Patty, unspoken prayer

Vicky, healing of her knee, leg, eyes; complete healing

Loretta, healing of her left hip, better health, overcoming depression & peace concerning the passing of her son

Jim, for a calmness

Barry & Heather, for God's leading & to raise their child in the church; **Barry**, physical healing

Jav, who can't walk well & needs healing; **Janie**, healing from cancer & problems with son

Valli, a good job; strength as she cares for Dick

Dick, complete healing from knee surgery

Cheryl, Jason & Children, guidance as a family; **Sierra**, God's healing from Spina Bifida

Kyle & wife, God's guidance as they sell their home

Keith, a job; physical healing

Floyd, healing of tumor on lung

John, God's leading as he starts up another cancer outreach ministry

Brandon, healing of muscular issues & a continuing witness for the Lord

Barbara, healing of arthritis in her hands; strength for her to be a stronger worker for Christ; further growth; **Don**, continued guidance, spiritual clarity & growth in Jesus; healing of blood clots & lungs; protection for grandchildren & a reunion with them; healthier relationship as mother & son; God's leading in new relationship he is in; **Joe**, continued healing

Jason, closer walk with the Lord; God's joy in his life & for God to open his eyes & ears to Him; a white-hot light for God

Drake, delivery from alcohol; **Ron**, needs commitment in Christ; **Brandon**, going through hard times right now

Jen, searching & asking questions about church; **Mario**, deliverance from the enemy

Kathy & Ken, strength, leading & healing; their family to know the Lord

Jeanie's family, God's peace, comfort & strength as they deal with her passing;

Wilma, peace & comfort as she deals with the loss of one of her legs below the knee

John, delivery from alcoholism & healing of his liver; **Holly**, needs Jesus

Randy, lost a brother in a bike accident

Roy, for God to prepare him

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

Mike, God's guidance, clarity & conviction; return to church

Steven, clarity, strength & conviction in God's leading; healing between him & family members; sale of house; physical healing

Susan, healing from Leukemia; healing from fear & lack of trust in God

Gale, healing in some relationships; God's peace & comfort; healing; unspoken request; better academic abilities; delivery of her neighbor from gossiping; her children **Basil, Veronica & Justin** will come to the Lord; **Veronica & husband's**, marriage

Shane, healing, to walk again

Patricia, God's peace & comfort as she deals with emotional turmoil

Jean, healing from breast cancer

Wayne & Char, strength & health so Char can come to church; both to stay faithful to the Lord

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

Jacob, needs prayer

Darla, healing & comfort

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

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

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

Nadia, complete healing from fall; kidney function to be normal; prayer for her son Israel; the captain of the boat to come to know the Lord; the Lord to change the living condition of some of her grandchildren; that all of our lost loved ones will turn their lives over to God

Luke, Lord's continued help in getting out of debt; the Lord's help in the legal situation concerning daughter; God to bless his engagement & all the practicalities involved

Elijah, salvation; healing; calmness in his last days

Lora, baby granddaughter's care

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

Jackie, help in dealing with the loss of her cat to "Kitty Aids" & Leukemia, & the possibility that it has spread to her other cats

Lenay, continued healing

Charla & family, continued guidance & unity in Christ

Sandi & son Trevor, falsehoods against them to be exposed

Medora's family, peace & comfort as they deal with her passing

Alfred & Tami, God's leading

Agnes, God's will for the job offer

Dan, God to guide him in the Truth; help with ISSA situation

Elisa, God's comfort & protection from the enemy

Mack, speedy & complete healing from heart surgery

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

Donna, prayer for her son & family; salvation for her two sisters

Jen, strength, faith & acceptance of the possibility of having her foot amputated

Jeanna, to realize why she's back in jail

All, who are having 'hard times' at this time of the year, that they will have peace in their heart & mind



HEALTH TIPS



“Sharpen Your Memory!”

Offered by Ginny Sorensen



Rev Up Recall By Sipping Juice. Have to attend a class or meeting where you’re expected to absorb lots of new details? Researchers at Glasgow Caledonian University in the UK found that consuming the equivalent of 25 grams of sugar—the amount in approximately 1 1/4 cups of orange juice or one cup of apple juice—boosts memory retention 11%. Consume twice that, and your memory retention will jump 17%! The reason: Natural sugars in the juice nourish the brain area responsible for short-term memory, says lead researcher Leigh Riby, Ph.D.

Turn Off Hungry Thoughts By Hula-Hooping. Been trying everything to lose weight, without success? Your problem could be solved by regularly doing a fun activity that gets you moving! Sure, it’ll help you burn off calories— but, more importantly, it’ll turn off cravings by making your hypothalamus, a gland in the center of your brain, more responsive to the appetite-suppressing hormone ‘leptin’ and the hunger-regulating hormone ‘insulin’. How much is enough? A study in the journal, *Diabetes*, shows that moderate-intensity exercise—like 15 minutes of hula-hooping—will do the trick, turning off cravings and thoughts of food for hours!

Order Japanese To Sharpen Your Memory. Just be sure to eat with chopsticks. The tricky utensils cause you to concentrate more; plus, they trigger nerve cells in your fingers that stimulate the area of your brain responsible for recall.

Head Outside. Gazing up at the blue sky can cause your stress levels to plummet. A study found that folks about to tackle a difficult task who gazed at the color ‘blue’ felt half as anxious as those who didn’t.

Never Get Lost By Playing Video Games. According to a University of Toronto study, playing just one hour a day of action video games for ten days improves your ability to drive a car, read a map and assemble items like a bookcase or lamp. So, it’s not surprising that another study found that surgeons who play video games three or more hours per week make 37% fewer errors and score 42% better in simulated surgery drills than surgeons who don’t play video games. The moves needed to master the games trigger the growth of new cells in areas of the brain that govern spatial relationship skills, notes study co-author Ian Spence, Ph.D.

More Easy Brain Boosters! Pop 500 mg of resveratrol. Study participants who were given this antioxidant-rich extract from red wine right before a challenging exam easily outperformed those who had been given a placebo, report British researchers. Brain-scan tests show that shortly after taking resveratrol, blood flow to the brain increases significantly, which speeds up your thinking, sharpens your memory and boosts your smarts. **Take a daily multi.** In a new study out of Northumbria University, folks who took a multi containing a vitamin B-complex, vitamin C and essential minerals performed better on challenging math tests after one month. The brain needs an optimal supply of the micronutrients found in most multivitamins to perform at its best, the researchers explain.

- Taken from “Woman’s World” magazine, 8/9/10 Issue
- To be safe, always check with your doctor before taking any new supplement.

** 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.*

Court Rules San Diego Cross Unconstitutional

SAN DIEGO—A war memorial cross in a San Diego public park is unconstitutional because it conveys a message of government endorsement of religion, a federal appeals court ruled Tuesday in a two decade old case. A three-judge panel of the 9th U.S. Circuit Court of Appeals issued the unanimous decision in the dispute over the 29-foot cross, which was dedicated in 1954 in honor of Korean War veterans. “In no way is this decision meant to undermine the importance of honoring our veterans,” the three judges said in their ruling. “Indeed, there are countless ways that we can and should honor them, but without the imprimatur of state-endorsed religion.”

Farmers Press States On Immigration

The nation’s largest farm lobbying group said states that crack down on illegal immigrants should also help farmers who need seasonal labor.

The American Farm Bureau Federation, at its annual meeting in Atlanta, approved a policy saying farmers will assist the federal government in helping states create programs that give growers access to enough legal labor.

“So far, all of these state programs have been on enforcement only,” said David Winkles, president of the South Carolina Farm Bureau. “They don’t address the fact that we don’t have an adequate labor supply in agriculture.”

Vatican Tried To Keep Child Rapist As Priest

DUBLIN— The Vatican tried to stop Dublin church leaders from defrocking a particularly dangerous pedophile priest and relented only after he raped a boy in a pub restroom, an investigation reported today. Dublin Archbishop Diarmuid Martin said he fully accepted the findings of the latest chapter in Ireland’s investigation into child abuse by Catholic Church figures. Martin called Tony Walsh an “extremely devious man” who should never have been ordained a priest and said the report highlighted how the church had grown too powerful and arrogant in 20th century Ireland. A state-ordered investigation into Dublin Archdiocese cover-ups reported last year that Catholic officials had shielded scores of priests from criminal investigation over several decades and didn’t report any crimes to the police until 1995.

- **Israeli Leader May Seek Interim Deal**
- **Paris Tour Boat Operators Halt Cruises Due To Unusually High Waters Following Heavy Snow**
- **Creeping Flood Becomes Rapid Torrent As Australians Are Forced To Flee Their Homes**

HOW POLITICS AFFECT CHRISTIANITY submitted by **Claude Sorensen**



Constitution Read Aloud In the House

Republicans and Democrats took turns politely in a historic recitation of the Constitution from the House floor Thursday, but the decorum hardly meant they were in agreement. GOP lawmakers took time out from their campaign to change the way government works to read the document upon which the government was founded. Democrats went along but pointedly questioned the Republicans’ insistence on omitting sections that show how the Constitution has changed over time—such as one that classified a slave as three-fifths of a person.

The recital was conducted with calm respect, except for one brief outbreak from a protester in the visitors gallery. Rep. Frank Pallone, D-N.J., read the section that set out the eligibility requirements for the presidency. As he read, “No person, except a natural-born citizen of the United States at the time of the adoption of this Constitution ...

Armed Men Kill 19 In Nigeria

Men armed with rifles and machetes killed 19 people in attacks on three villages in central Nigeria. Three homes were attacked in the Christian village of Kuru Station, about 18 miles from the city of Jos, a flash point of religious tension between Christians and Muslims....

Associated Press

Death Of 3,000 Birds In Arkansas A Mystery

- BEEBE, Ark.—Celebratory fireworks likely sent thousands of discombobulated blackbirds into such a tizzy that they crashed into homes, cars and each other before plummeting to their deaths in central Arkansas, scientists say. Still, officials acknowledge it’s unlikely they’ll ever pinpoint a cause with certainty. So for the small town of Beebe, Ark., where New Year’s revelers spent the holiday weekend cleaning up more than 3,000 dead red-winged blackbirds, The Mystery of Why the Birds Fell Out of the Sky remains unsolved. The birds were the second mass wildlife death in Arkansas in recent days. Last week, about 83,000 dead and dying drum fish washed up along a 20-mile stretch of the Arkansas River, about 100 miles west of Beebe.

More Blackbirds Die En Masse

Days after more than 3,000 blackbirds fell from the night sky in Arkansas, about 450 birds dropped to their death in Louisiana, littering a stretch of highway near Baton Rouge, Louisiana’s state wildlife veterinarian said at least some of the birds that died in Pointe Coupee Parish on Monday may have flown into a power line.

About 300 miles to the north, in Beebe, Ark., scientists said fireworks on New Year’s Eve likely sent thousands of red-winged blackbirds crashing into homes, cars and one another. “There was probably some physical reason, but I doubt anyone will ever know what it was,” said Thurman Booth, Arkansas wildlife services director.

Continued from cover feature ... "Talent Show"

Following Donna, was Gale Andrews, who read a lovely poem authored by none other than herself. It was titled, "*I Love You God*". The words were touching and it was evident that they came from her heart. Thank you, Gale, for sharing your praise with us.

A little time was spent in preparation for the next couple of acts. On stage, came "*Ma & Pa & Hee Haw!*" performed by Pastor Ralph Orton and his lovely wife, Sherry. Perhaps, 'lovely' might not accurately describe her during their Hee-Haw routine, as she wore scraggly curlers in her hair, an apron, and countrified clothing. Well, Pastor Ralph could use a few pointers on grooming, too! His beard was scruffy and his pants were torn. Oh, well, you can't be too careful who you invite up on stage these days. All kidding aside, their act was fantastic, funny and *very* entertaining!

Next up, was Sonny van Kempen and Diana Hirschman in a skit titled, "*It's All About Who?*". Jason Poole and Pastor Ralph each had cameo parts in the skit (very well done, I might add). Sonny played the main character as a self-absorbed middle-aged southern woman, who thought the world and everything in it revolved around her. She manages to show the hypocrisy of church-goers, and how they put themselves on the throne of their lives, instead of God. It was a comedic spoof and very playful. Diana did a great job in her role as the sarcastic truth-teller.

Ralph Sheffield stepped up to perform a second song titled, "*God On the Mountain*". For those of us who have heard him sing it outside of church and in church, we can easily see that his heart opens in sincere worship of our Lord and King, as he lifts up praise in song.

Our sweet Mary McGinnis, approached the podium with an uplifted heart, as she read directly from scripture. She is such a breath of fresh air to every one of us in this church! We love you, Mary.

We were given an additional treat by a group called "*Frosty Friends Quartet*". The quartet was comprised of Pastor Rich Foreman, Dollie Newstrand and Jackie & Jack Frost. The song performed was titled, "*Let It Snow*". The spontaneous improvisations set the mood for easy-going comedy that was a joy to watch. Good job, you *four!*

Next on stage was Ginny Sorensen with a reading titled, "*Fortitude: The Rope*". The story's moral was to listen to God's instruction, let go of our fears, and trust God to save us. It was a reading that makes us think about our personal walks with the Lord; and, begs to ask the questions: "Am I truly trusting God to deliver me? Have I really given my life over to Him completely?" These are questions we all need to be asking ourselves. Wonderful reading...

Through a couple of years of prodding by Pastor Ralph, Claude Sorensen agreed to play the harmonica Pastor Ralph had given to him. It was well worth waiting for! Claude played, "*The Railway To Heaven*", which was not his first intended choice. Little did he know, that in the audience, Ralph Sheffield was quietly singing along with him. That was an additional treat for those of us within hearing distance. After Claude had finished the harmonica selection, he announced that the Lord had laid it on his heart to sing a song for Sherman and Donna titled, "*This World Is Not My Home*". Claude is a talented man, and certainly was inspirational to each of those listening.

Once Claude had finished his musical contribution, Claude and Ginny sang, "*Old Rugged Cross*", as an unpracticed piece. Though a bit rusty, they did a fine job, and we were all blessed by them and their willingness to praise God in song.

Our final act was performed by Nadia. She gave a riddle to unravel. Being inept in riddle-solving, it went in my left ear, got jumbled somewhere in the middle, and out the right ear. Bummer. For those of you, who are more capable of unraveling such things, I'm sure the riddle made great logical sense to you. Thank you, Nadia, for your mind-twister!

We ended by singing "*The Lord's Prayer*". As anyone reading this can see, we had a very blessed and joy-filled afternoon. Once again, we stepped outside of our comfort zones and had a great time. Personally, I'm hoping that Gale will bless us with a song next year. I really want to hear her belt one out!

A hearty 'thanks' goes to our audience for your support through our show! We appreciate each one of you, and hope to see you again next year. May God bless you all!

Written by Sonny C. van Kempen

Scripture Readings For January

January 1 - Isaiah 43:14-21

Theme: "God Can Do All Things, Even Putting Down Our Pasts"

January 8 - Psalm 37:1-11

Theme: "Delight - Commit - Trust - Rest - Wait On the Lord. Delight In Him"

January 15 - Psalm 81:1-4 (And 17 accompanying scriptures)

Theme: "Praise God In Songs, "

January 22 - I Thessalonians 5:1-11

Theme: "In the End Times, Hold Fast To the Lord"

January 29 - I Corinthians 12:31 through I Corinthians 13:13

Theme: "The Greatest Is Charity"

Prayers & Presidents - Inspiring Faith from Leaders of the Past

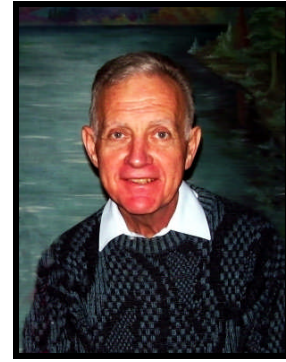
"Went to church and fasted all day."-GEORGE WASHINGTON, Diary Entry, June 1, 1774, day British blockaded Boston's harbor. From George Washington's orders for troops to attend divine services, to Abraham Lincoln's annual day of thanksgiving, to Harry S Truman's annual day of prayer, America's leaders of the past have a tradition of faith, especially in times of crises! There is a chapter on every President of the past, from George Washington through George W. Bush, with excerpts from Proclamations, Addresses to Congress, Executive Orders, Personal Correspondence and Memoirs. "Appealing to the Supreme Judge of the world for the rectitude of our intentions..."-THOMAS JEFFERSON, Declaration of Independence, July 4, 1776. *"That the citizens of these States, abstaining on that day from their customary worldly occupations...acknowledge before God the manifold sins and transgressions...as individuals and as a nation, beseeching Him...through the Redeemer of the World, freely to remit all our offenses, and to incline us by His Holy Spirit to that sincere repentance and reformation."*-JOHN ADAMS, Day of Fasting declared during a threatened war with France, March 23, 1798. "In the present time of public calamity and war a day may be recommended to be observed by the people of the United States as a day of...humble adoration to the Great Sovereign of the Universe, of confessing their sins and transgressions, and of strengthening their vows of repentance."-JAMES MADISON, Day of Fasting, November 16, 1814, after British burned the Capital. "In a time of war humbly and devoutly to acknowledge our dependence on Almighty God and to implore His aid and protection...I, Woodrow Wilson, President of the United States of America, do hereby...exhort my fellow-citizens...to pray Almighty God that He may forgive our sins."-WOODROW WILSON, Day of Fasting May 11, 1918, during World War I. "Almighty God: Our sons, pride of our nation, this day have set upon a mighty endeavor, a struggle to preserve our Republic, our religion and our civilization...Help us, Almighty God, to rededicate ourselves in renewed faith in Thee in this hour of great sacrifice."-FRANKLIN D. ROOSEVELT, June 6, 1944, D-Day Prayer on Allied Invasion of Normandy, France. "America needs God more than God needs America. If we ever forget that we are One Nation Under God, then we will be a Nation gone under."-RONALD REAGAN, August 23, 1984, at Ecumenical Prayer Breakfast, Dallas, Texas. A great source of inspiration for any student of history, you will be uplifted and challenged by reading, "Prayers & Presidents-Inspiring Faith from Leaders of the Past."

www.americanminute.com

**HAPPY BIRTHDAY
TO OUR
FEBRUARY
CHILDREN!**



**Jason Poole, February 7
TA-DA!!!**



“The Fruit of the Spirit is Love?”

Lewis Smedes said, “When we have the patience to accept ourselves, to accept our future in life, in the face of deep loss or persistent frustration, we are living in love’s power.”

How desperately we need the power of our Savior’s love in ourselves and in others. It’s not a dream or a hope, but a real gift that our Heavenly Father wants us to have. So, why do we miss the gift that He puts so close to our hearts? Is it because we don’t want to look at our own heart, or to *truly* consider the hearts of others? Is it impatience because of pride, stubbornness or anger, that things are not the way we want them to be? Is it because we doubt that God surely has a greater purpose for our life, that our life has legitimate meaning?

Love is really the courage to do what we don’t want to do, and to go where we don’t want to go. Didn’t Jesus show us that? Only by using love’s courage can we ever know the joy that our Heavenly Father has for each one of us to experience. Have you ever been there? Have you ever done what you know the Lord wants you to do, even though something inside of you is saying, “I honestly don’t want to do this”? If you have, then you know the joy and blessing that came afterward, because you exercised the courage to love.

Lewis Smedes also said, “Every silver lining has a cloud. Cloudless joy comes when everything is right... Joy in a world that does not work right must be a generous joy. Joy is always, always in spite of the fact that the whole world is groaning, while it waits for its redemption.” Do we know *that* joy today, because we have the courage to *wholeheartedly love* our God, others and ourselves? That gift is waiting for each one of us when our heart is right with our Savior. The gift of love is the courage to completely love. My prayer is that we will truly know this gift as a family.

But if anyone obeys his word, God's love is truly made complete in him. This is how we know we are in him: Whoever claims to live in him must walk as Jesus did. (1 John 2:5-6)

“VERSE OF THE MONTH”
Mark 7:9-13 [NIV]



And he said to them: "You have a fine way of setting aside the commands of God in order to observe your own traditions! For Moses said, 'Honor your father and your mother,' and, 'Anyone who curses his father or mother must be put to death.' But you say that if a man says to his father or mother: 'Whatever help you might otherwise have received from me is Corban' (that is, a gift devoted to God), then you no longer let him do anything for his father or mother. Thus you nullify the word of God by your tradition that you have handed down. And you do many things like that."



A CHILD'S VIEW OF BIBLE HISTORY

sent by Patti Iverson of Medford, OR

Note: This is a humorous look at what a child may think of the Bible history of this world. Read and laugh.

In the beginning, which occurred near the start, there was nothing but God, darkness, and some gas. The Bible says, 'The Lord thy God is one, but I think He must be a lot older than that. Anyway, God said, 'Give me a light!' and someone did. Then God made the world.

He split the Adam and made Eve. Adam and Eve were naked, but they weren't embarrassed, because mirrors hadn't been invented yet. Adam and Eve disobeyed God by eating one bad apple, so they were driven from the Garden of Eden ... Not sure what they were driven in, though; because they didn't have cars. Adam and Eve had a son, Cain, who hated his brother as long as he was Abel. Pretty soon all of the early people died off, except for Messy Lulah, who lived to be like a million or something.

One of the next important people was Noah, who was a good guy, but one of his kids was kind of a Ham. Noah built a large boat and put his family and some animals on it. He asked some other people to join him, but they said they would have to take a rain check. After Noah came Abraham, Isaac, and Jacob. Jacob was more famous than his brother, Esau, because Esau sold Jacob his birthmark in exchange for some pot roast. Jacob had a son name Joseph who wore a really loud sports coat.

Another important Bible guy is Moses, whose real name was Charlton Heston. Moses led the Israel Lights out of Egypt and put plagues on Pharaoh's people. These plagues included frogs, mice, lice, bowels, and no cable. God fed the Israel Lights every day with Manicotti. Then he gave them His top ten commandments. These include: don't lie, cheat, smoke, dance, or covet your neighbor's stuff. Oh, yeah, I just thought of one more: Humor thy father and thy mother.

One of Moses' best helpers was Joshua who was the first Bible guy to use spies. Joshua fought the battle of Geritol and the fence fell over on the town. After Joshua came David. He got to be king by killing a giant with a slingshot. He had a son named Solomon who had about 300 wives and 500 porcupines. My teacher says he was wise, but that doesn't sound very wise to me.

After Solomon, there were a bunch of major league prophets. One of these was Jonah, who was swallowed by a big whale and then barfed up on the shore. There were also some minor league prophets, but I guess we don't have to worry about them. After the Old Testament came the New Testament. Jesus is the star. He was born in Bethlehem in a barn. (I wish I had been born in a barn, too, because my mom is always saying to me, 'Close the door! Were you born in a barn?' It would be nice to say, 'As a matter of fact, I was.')

During His life, Jesus had many arguments with sinners like the Pharisees and the Republicans. Jesus also had twelve Opossums. The worst one was Judas Asparagus. Judas was so evil that they named a terrible vegetable after him. Jesus was a great man. He healed many leopards and even preached to some Germans on the Mount. But the Republicans and all those guys put Jesus on trial before Pontius the Pilot. Pilot didn't stick up for Jesus. He just washed his hands instead.

Anyways, Jesus died for our sins, then came back to life again. He went up to Heaven, but will be back at the end of the Aluminum. His return is foretold in the book of Revolution.

Offered by Ginny Sorensen

CONTENT OF OUR NEWSLETTER

All writings are published to glorify our Lord and Savior, Christ Jesus. Inside, you will find writings of encouragement, church history, current world events which affect the church, hodge-podge page, calendar of events, recipes, garden / household tips, spiritually inspired short stories (funny or serious), personal Christian-based articles, writings from other authors, personal testimonies, job requests or offers for our work-related ads, items for sale or trade, praises of thanksgiving and prayer requests, health info, birthday wishes, and monthly scripture readings.

If you would like something published, please submit your ideas to Sonny on any Sabbath, *before Tuesday of the third week of each month*. Thank you for your contributions. May God bless you!

Exodus 20:1-17

- 1 And God spake all these words, saying,
- 2 I am the LORD thy God, which have brought thee out of the land of Egypt, out of the house of bondage.
- 3 Thou shalt have no other gods before me.
- 4 Thou shalt not make unto thee any graven image, or any likeness of any thing that is in heaven above, or that is in the earth beneath, or that is in the water under the earth:
- 5 Thou shalt not bow down thyself to them, nor serve them: for I the LORD thy God am a jealous God, visiting the iniquity of the fathers upon the children unto the third and fourth generation of them that hate me;
- 6 And showing mercy unto thousands of them that love me, and keep my commandments.
- 7 Thou shalt not take the name of the LORD thy God in vain; for the LORD will not hold him guiltless that taketh his name in vain.
- 8 Remember the sabbath day, to keep it holy.
- 9 Six days shalt thou labour, and do all thy work:
- 10 But the seventh day is the sabbath of the LORD thy God: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates:
- 11 For in six days the LORD made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore the LORD blessed the sabbath day, and hallowed it.
- 12 Honour thy father and thy mother: that thy days may be long upon the land which the LORD thy God giveth thee.
- 13 Thou shalt not kill.
- 14 Thou shalt not commit adultery.
- 15 Thou shalt not steal.
- 16 Thou shalt not bear false witness against thy neighbour.
- 17 Thou shalt not covet thy neighbour's house, thou shalt not covet thy neighbour's wife, nor his manservant, nor his maidservant, nor his ox, nor his ass, nor any thing that is thy neighbour's.

Please remember to pray for our brothers and sisters in Christ and all other requests submitted on our weekly *“Praise & Prayer Requests”* sheet. As we lift others up in prayer, be assured that God hears each and every prayer that we hold up to Him. When you have prayer requests that need to be addressed immediately, call 541.479.2440 or 541.660.3134 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.

The information and/or views as are expressed in this newsletter by individuals, are not necessarily the views of the Church of God 7th Day; and, therefore, the church is not to be held responsible or liable for their content.