

“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



JANUARY 2011 EDITION

CHURCH NEWS:

- Here we are again, about to exhibit our creativity in the “Biggest Little Talent Show” in Grants Pass! As most will remember, we had a winner-of-a-show last year about this time, and even surprised ourselves as to the amount of talent that was brought into the sanctuary. We enjoyed dance, theatrical monologue, comedians, praise in song, comical singing group, child gymnastics, and so on ... This year, perhaps even more of us will step up to the plate and out of our comfort zones to participate in our fun-filled show. There are some rumors going around that new talent is appearing on stage ... If you want to participate, see Pastor Ralph before he puts the program together, so you can be included in the line-up. We’ll look forward to being surprised at what you might come up with. Remember: this is all done in fun, not to be taken too seriously; so, put your thinking caps on and do your thing! We could all use a hearty laugh from time to time.
- Sherry began teaching a new Bible study titled, *“Therapy For the Soul”*. The introductory class was held on December 4th; and **what a fabulous kick-off!** We are hugely blessed by the gift of teaching of God’s word by Sherry. She painted the scene with such descriptive words about David and Goliath on the battle field, that we could almost feel the tension and the triumph in the air. She made the connection between David’s Goliath and our own ‘Goliaths’ that we battle daily in our personal lives. If taken seriously, this class could be an excellent tool for working out the personal issues, which are preventing us from being the people God intends for us to be. This class is designed to be interactive; but also, has questions and challenges that are meant to be done independently and privately for each person’s personal growth in the Lord. Your answers can be shared; or, they can be kept to yourselves. It’s entirely up to you. Yes, we **can** be all that *He* wants us to be, as we slay our personal ‘Goliaths’. Trust in His word and be blessed!
- Please also continue to keep our Food Pantry needs in your prayers, as we can always use more dry goods, canned goods, or household personal products (i.e. **toothpaste, soap, shampoo, paper towels, toilet paper, kleenex, dish soap, cleanser, etc.**). Please speak with either pastor about your contributions of any of these items; and your financial help is always appreciated. If you are in need of help, please see Pastor Ralph. Your conversation will be held in the highest confidence. Thank you all for your help in helping others.



PASTOR RALPH'S NOTES OF ENCOURAGEMENT



“Live Each Day To the Fullest!”

Well, here it is again, the end of one year and the beginning of another. If it's true that, "Time goes by fast when you're having fun", then I must be having a great deal of fun. Einstein said that time slows down at very high speed. That may be true; but time actually speeds up with age! When I was a kid, summer vacation went on and on. Now, I wonder what happened to summer. It was here for a very short time this year; or so it seems. Perhaps, it's better not to ponder such things.

- (Eccl 7:10 NIV) ***Do not say, "Why were the old days better than these?"*** For it is not wise to ask such questions. Perhaps, we should look to the future. That's where we will spend the rest of our lives; but, be careful. That, too, has its problems.
- (Mat 6:34 NIV) ***Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.*** Can you actually live in the present as some people suggest? Think about it. As soon as the present arrives, it's gone! Reminds me of that song about, "Tomorrow". You know the one: "Tomorrow, tomorrow, I love ya tomorrow. You're always a day away." And, so, tomorrow never comes.

It takes a little prayer and a little thinking to read the Bible with understanding. We need to look back to learn from our mistakes and our successes. We need to look forward to avoid mistakes and create successes. Clearly, we are adept at messing things up when we rely on ourselves. Relying on family or friends or government is no better. What is a person to do? We need to live each day to its fullest and in God's desire for us. Trust in the Lord. All of His ways are sure and trustworthy.

- (Psa 9:10 NIV) ***Those who know your name will trust in you, for you, LORD, have never forsaken those who seek you.***

We have talked a lot about David for the last few Bible Studies. See what David had to say:

- (Psa 23 NIV) ***A psalm of David. The LORD is my shepherd, I shall not be in want. {2} He makes me lie down in green pastures, he leads me beside quiet waters, {3} he restores my soul. He guides me in paths of righteousness for his name's sake. {4} Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me. {5} You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. {6} Surely goodness and love will follow me all the days of my life, and I will dwell in the house of the LORD forever.***

Time seems so important now; and we waste so much of it. Time with the Lord is never wasted. If I were one to make New Year resolutions perhaps, I would resolve to put my time and my life in the hands of the Lord. But, why should I need a resolution? I will put my time and my life in the hands of the Lord. He alone knows the beginning from the end. Without Him, I am lost.

Pleased to be yours in Christ,

Pastor Ralph

Church of God 7th Day Newsletter
January Edition 2011

In Weekly Service:

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

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

UPCOMING EVENTS & COMMUNITY ACTIVITIES

Women's Luncheon 3rd Wednesday of each month. The next meeting will be on January 19th, 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: January 1st at 2:30 pm in the sanctuary following the potluck. The movie is titled, "God Grew Tired Of Us".

Bible Forum: January 8th at 2:30 pm in the sanctuary following the potluck.

"Biggest Little Talent Show": January 15th at 2:30 pm following the potluck.

Prayer Meeting: January 22nd at 2:30 pm following the potluck.

Outreach Meeting: January 29th at 2:30 pm following the potluck.

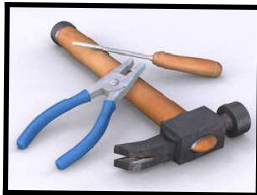
Sermon by Pastor Rich: January 29th.

Women's Luncheon Update

The December 15th luncheon was held at noon at Matsukaze's Restaurant. In attendance was a very faithful Mary! She waited; but when the other girls didn't arrive, she knew something was amiss! Though, a bit disappointed, she went on her merry way, hoping to discover the explanation when she connected with the girls another time. All is well with everyone ... just some more stories to tell for the next meeting.

Perhaps, you and a guest or two can join us on January 19th, 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”

“MEDITATION”

You must do more than memorize and study the Word of God. *“Knowledge puffs up...The man who thinks he knows something does not yet know as he ought to know”* 1 Corinthians 8:1-2.

I believe the next step is *meditation* of Scripture. Psalm 119:1-4 captures the idea this way: *“Blessed are they whose ways are blameless, who walk according to the law of the Lord. Blessed are they who keep His statutes and seek Him with all their heart. They do nothing wrong; they walk in His ways. You have laid down precepts that are to be fully obeyed.”*

Here, the psalmist shows that true blessedness; happiness, peace, joy, and love is in the Spirit. It is gained through observing, walking in, and diligently keeping God’s commandments; but the real key behind it is revealed in Psalm 119:11: *“I have hidden Your word in my heart that I might not sin against You.”* Part of pleasing God is accomplished through treasuring up the Word in our hearts. It enables us to avoid sin.

The psalmist is instructing us to put God’s Word in a safe place that no one else can see or touch; our hearts. But remember also what you’re putting there: something of great value to be cherished. This leads us to an important tool all Christians need to have in their spiritual First Aid Kit: large containers of meditation filled with God’s Word.

Psalms 119:15-16 says, *“I meditate on Your precepts and consider Your ways. I delight in Your decrees; I will not neglect Your Word.”* We need to meditate and delight in God’s Word and use it as a cornerstone to build our lives on. As we allow the Word to permeate every thought in our mind, we become saturated with images of Christ.

Meditation has received a lot of bad reaction especially in today’s environment. I’ve discovered people have all sorts of ideas about meditation. Many methods are good and worthwhile, while others are downright preposterous, satanic, and less than biblical, even in some Christian circles.

Christian meditation, though it is unique, to understand it we must see what Scripture says about the discipline.

1. **King David** is a primary example of meditation. In Psalms 63:6-7, he wrote this: *“On my bed I remember You; I think of You through the watches of the night. Because You are my help, I sing in the shadow of Your wings.”* It is my prayer for you, that each one of you ‘on your bed’ remember God, and think of Him through the night, realizing He is your help.

Continued on page 11



Serve the LORD with fear, and rejoice with trembling. Kiss the Son, lest he be angry, and ye perish from the way, when his wrath is kindled but a little. Blessed are all they that put their trust in him.
Psalm 2:11-12

The Hummingbird's Tongue

Was it designed? What do you think?

Did the hummingbird's tiny tongue—with its ability to collect nectar rapidly and efficiently—come about by chance? Or was it designed?

Researchers analyze minute quantities of blood, DNA, and other substances on a glass surface about the size of your hand. In this realm of micro fluidics, suction or pumps are used to move the tiny droplets, but these methods tend to be inefficient. Is there a better way to transport liquids on a miniature scale? According to Dr. John Bush of the Massachusetts Institute of Technology, "nature has already solved these problems."

Consider: The hummingbird does not waste energy by sucking a flower's nectar into its mouth. Rather, it takes advantage of the cohesive forces that cause water on a flat surface to bead up and defy gravity. When a hummingbird's tongue makes contact with nectar, the surface of the liquid forces the bird's tongue to curl into the shape of a tiny straw, and the nectar is drawn upward. In essence, the hummingbird avoids unnecessary effort by letting the nectar force itself up the "straw" and toward the mouth. During feeding, hummingbirds can refill their tongue with nectar up to 20 times a second!

This "self-assembling siphon" has also been observed in some shorebirds, which drink water in a similar way. Commenting on this ability, Professor Mark Denny of Stanford University, in California, USA, observes: "The combination of engineering, physics, and applied math is just wonderful ... If you took any engineer or applied mathematician and told them to design a way for a bird to get water from its beak to its mouth, they wouldn't have thought of this one."

© Richard Mittleman/Gon2Foto/Alamy

Offered by Claude Sorensen

Magnetic North On the Move

When the magnetic North Pole was located in 1831, it was in northern Canada, "about 1,700 miles from the geographic North Pole", says the French newspaper *Le Figaro*. Up until 1989, magnetic north was moving closer to the geographic pole at three to nine miles a year. According to the Paris Institute of global Physics, the magnetic pole is presently moving "at about 34 miles a year" and in 2007 was located only 342 miles from the geographic pole. At the current speed and direction, by 2020, the aurora borealis, or northern lights, which accompanies magnetic north, "will be more visible above Siberia than Canada", says the newspaper.

- Awake! October 2010

Offered by Claude Sorensen

"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!

The U.S. Constitution and 44 States have Constitutional provisions enumerating the Individual Right to Keep and Bear Arms.

U.S. Constitution, Amendment II (also known as the Second Amendment)

A well-regulated Militia being necessary to the security of a free State, the right of the people to keep and bear arms shall not be infringed.

Second Amendment Foundation provides the lists of states *with* 'right to bear arms provisions' and states *without* specific constitutional provisions.

Email: AdminForWeb@saf.org

Recipe of the Month

“Banana Bread”
Recipe by Emeril Lagasse
Foodnetwork.com



Ingredients:

1/2 cup solid vegetable shortening
1 cup sugar
2 eggs
3/4 cup mashed ripe bananas
1 teaspoon baking soda
1/2 teaspoon salt
1 1/4 cups flour
1/2 cup macadamia nuts
Pinch of cinnamon

Directions:

Preheat the oven to 350 degrees.

- Oil and flour a 9x5x3-inch loaf pan.
- Using an electric mixer, cream the shortening and sugar. With the mixer running on medium speed, add the eggs one at a time. Add the bananas and mix well. Add the baking soda, salt, flour, nuts and cinnamon and mix thoroughly. The dough will be sticky.
- Pour the dough into the prepared pan and bake about one hour or until the center is brown and set.



GARDEN or HOUSEHOLD TIPS

Offered by Kathy Ogren

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



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.

Longevity: Tea made with honey and cinnamon powder, when taken regularly, arrests the ravages of old age. Take four spoons of honey, one spoon of cinnamon powder, and three cups of water and boil to make like tea. Drink 1/4 cup, three to four times a day. It keeps the skin fresh and soft and arrests old age. Life span also increases, and even a 100 year old starts performing the chores of a 20-year-old.

Pimples: Three tablespoons of honey and one teaspoon of cinnamon powder paste. Apply this paste on the pimples before sleeping and wash it next morning with warm water. If done daily for two weeks, it removes pimples from the root.

Skin Infections: Applying honey and cinnamon powder in equal parts on the affected parts cures eczema, ringworm and all types of skin infections.

* 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

December 18, 2010

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

South African drought, more aid to be delivered

Haiti, to stop the spread of cholera

Indonesian Christians, God's strength as they are persecuted

Attorney Generals, that all 50 Attorney Generals will stick to what they originally said

Military Troops, God's watch care

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

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

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

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

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**, continued recovery; to be able to eat without difficulty; **Johnny**, God's leading; **Michael**, strength in the Lord; **Chris**, strength in the Lord; **Ravmond'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 and 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, 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

Marv, 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; 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; **Aunt Edna**, strength as she battles with 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**, 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; see & hear from her family

Keith, repentance, 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, healing, financial blessings & peace

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

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

Dude, three-year-old 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; overcoming addiction due to pain

Adrian, delivery from his affliction with Autism

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

Claude, God's leading with Sunday group they are involved with; prayer for the homeless due to foreclosures; to be able to reach those people contemplating suicide; prayer for those starving in Pakistan; earthquake victims in New Zealand

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

Claude & Ginny, God's leading as they witness to the people He has put in their path
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, physical healing
Barry & Heather, for God's leading & to raise their child in the church
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 Spinal Bifid a
Kyle & wife, God's guidance as they sell their home; **Keith**, a job; physical healing
Floyd, healing of tumor on lung
Brandon, healing of muscular issues & a continuing witness for the Lord
Barbara, healing of arthritis in her hands; strength for her to be a stronger worker for Christ; further growth
Don, continued guidance, spiritual clarity & growth in Jesus; healing of blood clots & lungs; protection for Tovah & Smiles, & a reunion with them; healthier relationship as mother & son; God's leading in his new relationship; **Joe**, continued healing
Jason, 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**, healing from cancer; God to bless her with courage, peace & His comfort
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, for God's guidance, strength & blessings; close relationship with God; 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
Basil, Veronica & Justine 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, (prison inmate) 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
Arlen, complete healing from the many surgeries he's had & other complications
Lora, baby granddaughter's care
Judy, help from God as she goes through lung disease & the death of her husband
Lenay, continued healing
Charla & family, continued guidance & unity in Christ
Sandi & son, Trevor, falsehoods against them to be exposed
Medora, unspoken prayer request
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
Sherman, healing (sinuses)
Elisa, deliverance from the enemy
Kate, healing from ruptured cyst
Mack, God's leading in upcoming heart surgery
All, who are having 'hard times' at this time of the year, that they will have peace in their heart & mind
Robert, physical healing
Auntie Jen, strength, faith and acceptance of the possibility of having her foot amputated
Jeanna, to realize why she is back in jail
Jerry, God's provisions in his life
Erma, physical healing; **Dean**, physical healing; **Neal**, physical healing; **Ed**, healing from a fall
Ginny, continued healing for her body; God to watch over all her family
Verl & Patty, unspoken prayer



HEALTH TIPS



“DE-STRESS & LOWER BLOOD PRESSURE”

Offered by Ginny Sorensen

Switch off stress by sitting: Think it’s impossible to banish stress? Nope! Folks who regularly practice meditation—which is nothing more than sitting still with your back straight and a slight smile on your lips as you focus on your breathing—for at least 10 minutes each day, become virtually immune to it. UCLA researchers have discovered why: Their brain-scan studies show that people who regularly meditate have more gray matter in areas that regulate emotions and stress. As a result, “they have an amazing ability to stay calm in the face of whatever life throws their way,” says lead study author Eileen Luders, Ph.D.

Boost immunity with Tumeric: This yellow spice is eight times better at boosting the immune system than vitamins C&E, and has 40 times more antioxidant power than blueberries! In fact, studies have found it can cut your risk of heart disease by 78%, slash your cancer risk in half and help prevent Alzheimer’s. Credit goes to its active ingredient, curcumin, an antioxidant that protects cells from free-radical damage. Just sprinkle 1/4 tsp. on wheat or rice dishes, or take a daily 400 mg. supplement found in health food stores.

Sip your way to lower blood pressure: Why not, when recent research shows that 3 common beverages (plus, 1 unusual drink) can actually reduce hypertension? Would it surprise you to know one of these drinks is the soothing favorite cocoa? Yum! (note: *The other drinks are not mentioned in this tip.*)

Keep your blood pressure low (5 easy ways): **1)** Fit in cuddle time. Snuggling up to a loved one (pets count) for about five minutes daily can send blood pressure plunging 30% by reducing stress, research shows. **2)** Chill out outdoors. Enjoying nature for just 20 minutes can lower blood pressure by 11%, studies show. Having fun outside helps your body relax, which also relaxes blood vessels. **3)** Pop this B-vitamin. Women who take an 800 mcg supplement of artery-friendly folic acid daily have a 45% lower risk of developing high blood pressure than women who get less, researchers say. **4)** Lower your numbers with flax. As flax intake rises, blood pressure drops up to four points, studies show. Flaxseeds are rich in pressure-lowering compounds called lignans, as well as alpha-linolenic acid, an essential fat that reduces inflammation in artery walls. Try to eat 2 tbsp daily by adding the ground seeds to cereal or in salads. **5)** Relax blood vessels with vitamin C. Vitamin C makes it easier for blood vessels to open, and shields them from the effects of stress hormones. The result: a 9% pressure drop after taking 500 mg of C daily for one month, a study found.

- Taken from “Woman’s World” magazine
- 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.*

[Tune in next month to learn about some ways to sharpen your memory!](#)



Vatican Euro In Circulation

After years of serving as items for collectors, the euro coins issued by the Holy See will now be used on the streets of the Vatican City. The first is a 50-cent coin bearing the image of Pope Benedict XVI.

The Vatican adopted the currency of the eurozone in 2002, but its coins could rarely be found in the free circulation. The initial series of the coins with a value amount of 310,400, which featured Pope John Paul II, were issued only in collector sets.

Under the monetary agreement between the EU and the Vatican reached in December 2009, the Holy See had to increase the number of its own coins in the circulation. The Vatican City must circulate at least 51 percent of its currency at face value and it was allowed to more than double the amount of euro coins it can issue to 2.3 million annually.

According to the previous agreement between the Vatican City State and Italy from December 2000, Vatican could issue coins with a maximum annual face value of a total of 670,000, and additional coins to the tune of 201,000 if the Holy See were vacant.
- *Euobserver.com, 23 July 2010*

Finance, religion and politics are closely integrated. With the Vatican as an endorser and participant in the euro currency, recognition of the EU goes far beyond the borders ...
- *World Focus*

Irish Banks Downgraded As Bailout Fears Growing

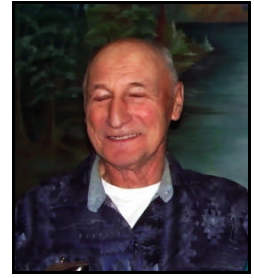
DUBLIN— Ireland's banks were hit with downgrades today—one to junk bond status—as speculation mounted that an EU-IMF bailout of Ireland could require senior bondholders to help cover the massive losses. Prime Minister Brian Cowen saw his own hold on power slip another notch, as his ruling Fianna Fail party lost a special election for a long-empty seat in parliament.

The winner vowed to force Cowen from office before he can pass an emergency 2011 budget being demanded as part of the international rescue. The NY-based Standard & Poor's credit ratings agency said it was lowering Anglo Irish Bank six notches to a junk-bond B grade. It also cut the ratings on Bank of Ireland one notch to BBB+, and downgraded both Allied Irish Banks and Irish Life & Permanent one notch to BBB. The agency said bonds issued by Anglo are particularly at risk of being discounted as part of an \$113 billion rescue mission by the European Union and the International Monetary Fund.

Gurdgieve said it was inevitable that the emerging EU-IMF bailout would require even senior bondholders to take 'a haircut'—lose part of their stake—on the money they could claim back on their loans to Ireland's debt-crippled banks.

by Shawn Pogatchnik
- *Associated Press*

HOW POLITICS AFFECT CHRISTIANITY submitted by Claude Sorensen



Watching the World ...

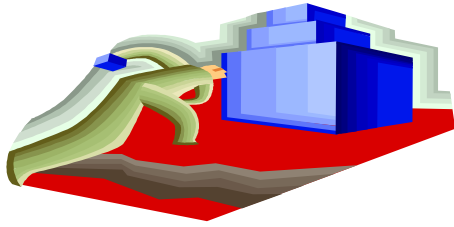
- **The Serbian Ministry of Religious Affairs** has accepted the application for registration of the legal entity representing Jehovah's witnesses. According to government records, Jehovah's Witnesses have been active in the area since at least 1930.
- **Anti-Facebook pastor taking time off.** The New Jersey pastor who said Facebook can lead to adultery will return to his post after he finishes a 90-day sabbatical. The decision regarding Cedric Miller's status with the Living Word Christian Fellowship Church in Neptune, NJ, was announced during a church service. Miller announced last week that he would be "taking some time off". That came after his admission that he had engaged in a three-way sexual relationship several years ago with his wife and a male church assistant. Church official Linda Parreott said church leaders gave Miller a vote of confidence during a meeting last week. But they also requested he take a 90-day leave with his family.
- **Televangelist admits past affair.** Televangelist Marcus Lamb appeared before a worldwide TV audience Tuesday to admit he had an affair with a woman years ago—and to allege that three people had tried to extort millions of dollars from him to stay quiet about his infidelity. Lamb, who created Daystar Television Network with his wife, Joni, said he and his wife had healed their marriage and had hoped to keep his adultery private but went public because they would not pay extortionists. The three people demanded \$7.5 million, he said. "They're trying to take our pain and turn it to their gain", Lamb said during a one-hour broadcast. Daystar, based in Dallas, airs some of the highest profile evangelists in the world, including Joel Osteen, T.D. Jakes, Benny Hinn and Kenneth Copeland.
- **On October 15,** it emerged that the first entire parish has voted to leave the Church of England and return to the Roman Catholic Church, and a fourth Church of England bishop announced that he would become Catholic. "I don't feel I have any choice but to leave the church and take up the pope's offer," John Broadhurst said.

- *The Philadelphia Trumpet, January 2011*

Anglo-America.

On October 27, law enforcement officers arrested Farooque Ahmed in VA. The Pakistani-born Ahmed was plotting to bomb WA, DC, metro subway stations. The week prior, shots were fired at both the Marine Corps Museum in VA and at the Pentagon, two events that the FBI confirmed were linked. Shots were also fired at a Marine Corps recruiting station in Chantilly, VA. Some wonder whether the uptick in these events is a result of a statement earlier this year by Taliban leader Hakimullah Mehsud that terrorists should begin to target American cities.

- *The Philadelphia Trumpet, January 2011*



“When We Become Our Own Stumbling Block”

I confess, that I’ve been struggling with feelings of inadequacy for much of my life. Most of us can identify with that feeling for one reason or the other. Personally, I was ‘set-up’ at birth to chase after a perfection that simply doesn’t exist. Though, I was born into meager conditions, as a child amongst nine siblings, (fending for myself under impoverished circumstances), both parents were amazing role models and each of my siblings were achievers with high hopes. The stage was already set for me to run like the wind and trip over the pebbles along the way. Some of those pebbles became boulders, whether in my mind or in reality, they bruised deeply. I viewed each fall as *failure*.

As life hit harder and harder, and I fell enough times, I began to see myself as a *complete* failure. To me, it wasn’t about whether I was at fault or someone else was at fault. I consistently placed the blame on myself. Oftentimes, without others realizing what they are saying or doing, they can all-to-often eagerly point out our failures. The history simply doesn’t fade away. It can become a continuous reminder of how flawed we are. If we’re not careful, we can forget that Jesus Christ has forgiven us of those failures, our sins, and that we are renewed to a better way of living life. What continues to entangle me, is the guilt that I bear in how ‘*what I did in my life has affected others*’. That’s the kicker.

You see, I can accept God’s forgiveness, because I know that He loves me and doesn’t remember my sins; but what about my own memory and conscience? I pray for those that I have injured. In some cases, my words and actions have literally changed the course of their lives. I ask God to heal them, bless them, and deliver them from the damage that I have done. I anguish over my bad choices and how they have affected others. Is there *nothing* else I can do to undo the damage? Why should I be able to skate happily along, while they are still affected by my sin? How can I live with that, knowing their pain was at my hand?

To this very day, when a kindness is offered to me (a kindness that I need), I realize, that subconsciously, I remember the pain I have caused to some of the most important people in my life; and then, I cannot accept the kindness, because I don’t feel that I deserve it. Have you ever felt that way? As a child of God, I know that He accepts me (warts and all); but my deep wounds of remorse remind me that I am so unworthy.

Sherry began teaching a Bible study titled, “*Therapy For the Soul*” on this very topic. As she links David’s battle with Goliath to our own *personal Goliaths*, we can examine our hearts and our lives to slay those giants, and find peace to rest in God’s grace. I hope we can prayerfully approach this study with open hearts, and receive God’s loving grace. Perhaps, those of us who are struggling with this problem can find peace in God’s instruction and in His words of encouragement. Trusting in Him, we can receive His healing, and begin to see ourselves as He sees us. To Him, we are beautiful. He loves us so!

Personally, I want to stop hurting. I want to stop causing myself to stumble. I want to be able to truly stand up without the shame of my self-imposed heartache, in the freedom of God’s promises. What about you? Are you ready to move forward in the wholeness of God’s healing, in the Light of His Son? I’m so ready!

Written by Sonny van Kempen

Scripture Readings For December

December 4 - Acts 15:5-19 & Deuteronomy 1:30-31

Theme: "Gentiles Are Grafted In" & "God Fights Our Battles"

December 11 - Deuteronomy 6:10-12 & Deuteronomy 10:20-21

Theme: "God Gives Us All We Have. Give Him the Glory."

December 18 - I Samuel 16:7-13

Theme: "Man Looks At the Outward; But God Sees Our Hearts"

December 25 - Galatians 5:13-26

Theme: "Freedom To Choose. Deeds Of the Flesh or Fruit Of the Spirit"

Born: 17 January 1706

Birthplace: Boston, Massachusetts

Died: 17 April 1790 (pleurisy and old age)

Best Known As: The Founding Father who wrote *Poor Richard's Almanack*

BENJAMIN FRANKLIN



Benjamin Franklin was a hero of Colonial America and a man of amazing talents. His achievements are too varied to sum up easily; they include signing the Declaration of Independence, publishing the famous *Poor Richard's Almanack*, serving as postmaster of Philadelphia, founding the first American fire insurance company, living in Paris as American ambassador to France, and inventing useful objects like the lightning rod, the Franklin stove, and bifocal glasses.

Franklin was born in Boston; but at age 17 moved to Philadelphia, where he worked as a printer, wrote pamphlets on public issues, and eventually bought *The Pennsylvania Gazette*. By 1732 he was publishing *Poor Richard's Almanack*, a blend of practical information, humor, and homilies like "A penny saved is a penny earned." He grew into Philadelphia's most famous citizen: a blend of businessman, inventor, philosopher, public planner, and civic cheerleader.

As the Revolutionary War approached, Franklin wrote many pamphlets promoting union among the colonies; he was a Pennsylvania delegate to the Continental Congress, then spent much of the war in France as a diplomat, charming America's French allies. He helped negotiate and write the 1783 Treaty of Paris, which ended the Revolutionary War, and in 1787 he signed the new U.S. Constitution. During all these years he never lost his interest in science, and in particular spent years studying electricity. (In a famous 1752 experiment, he flew a kite with a key attached to prove that electricity exists in the atmosphere.) His personal memoirs were published after his death as *The Autobiography of Benjamin Franklin*.

Franklin coined dozens of popular sayings, including "Early to bed and early to rise, makes a man healthy, wealthy and wise" and "In this world nothing can be said to be certain, except death and taxes."

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**HAPPY BIRTHDAY
TO OUR
JANUARY
CHILDREN!**



Sherman Parker, December 17th
Vicky Merriam, December 27
Sorry we missed your big day!

Pastor Rich Foreman, January 17



“Growing Older in the Lord”

We struggle with the thought that we lose some of our abilities as we grow older. We are afraid that we cannot do things as well as we used to do them when we were young. As one person put it, “By the time you get to greener pastures, you can’t climb the fence.” We have the desire to do all the things that we have always done; and, in our society, performance counts. Our opinion of ourselves seems to have a lot to do with how we perform.

When the aging process sets in, we may feel discouraged when we just can’t do what we used to do in the way we used to do it. But, God’s word clearly shows that our level of performance has nothing to do with our value as a person. **“God knows your hearts. What is highly valued among men is detestable in God’s sight.”** (Luke 16:15b) Just because we can’t do some things, doesn’t mean we can’t do those things which are most important to God. Scripture shows us that it is not what we can do that is important to God, but what we are before Him. The Lord is looking for a living and close relationship with us. He wants us to know His heart more, as He so intimately knows our heart. As He never gives up on us, may we never give up serving Him in every way we can.

Even to your old age and gray hairs I am He, I am He who will sustain you. I have made you and I will carry you; I will sustain you and I will rescue you. (Isaiah 46:4)

Written by Pastor Rich Foreman



thechildspaper.blogspot.com

“VERSE OF THE MONTH”

*Psalm 92:14-15,
Psalm 93:1-2 [KJV]*

**14 They shall still bring forth fruit in old age; they shall be fat and flourishing;
15 To show that the LORD is upright: he is my rock, and there is no unrighteousness in him.
93:1 The LORD reigneth, he is clothed with majesty; the LORD is clothed with strength, wherewith he hath girded himself: the world also is stablished, that it cannot be moved.
2 Thy throne is established of old: thou art from everlasting.**

“MEDITATION” continued from page 3

Then, in verses 2-5, David suddenly looks back with remembrance, which was his lifelong habit. He begins to meditate on God. He says, ***“I have seen You in the sanctuary and beheld Your power and Your glory. Because Your love is better than life, my lips will glorify You. I will praise You as long as I live, and in Your name I will lift up my hands.”*** Sometimes you do not feel like praising God and lifting your hands to Him. Remember, in His name you lift up your hands and praise Him.

In Psalms 145:5 David said, ***“They will speak of the glorious splendor of Your majesty, and I will meditate On Your wonderful works.”*** Here again is a vivid picture. This time David sits in his palace. Nothing much is happening. But David begins to meditate on his Lord. He will ‘extol’ God, bless Him, and praise Him. What for?

First of all, for **His greatness**, (Psalms 145:3). I imagine, that as he reflected on God’s qualities and attributes, he worshiped, he praised, and thanked God in the most eloquent terms.

2. **Moses** penned that greatest-of-all-motivators for meditation: ***“Hear, O Israel: The Lord our God, the Lord in one. Love the Lord your God with all your heart and with all your soul and with all your strength. These commandments that I give you today are to be upon your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up. Tie them as symbols on your hands and bind them on your foreheads. Write them on the doorframes of your houses and on your gates”*** Deuteronomy 6:4-9.
3. **Habakkuk** was another meditator. Although his book is tucked in at the end of the Old Testament, his words roar with power. As he gazed around at the people of his generation, he saw nothing but wickedness, lust, hatred, murder, and strife – sound familiar? He cried out to God, asking Him to do something. God did. He told Habakkuk He’d send an army of merciless murderers to wipe out the people of Israel. Hence we need to remember the Scripture to be careful what you pray for.

Habakkuk was aghast. That was when Habakkuk began to learn to meditate. If you study the book, you’ll see in Habakkuk 1:12-2:1, he began asking God a multitude of questions. He then went to the guard post and waited for God’s answer. Note that he didn’t simply stand there watching the grass grow around his feet.

That is meditation: thinking, questioning, arguing, debating, fighting tooth and nail for your point of view; then, if necessary, backing down when God reveals new insights. If anything, meditation is a conversation with God. It is give and take, weep and shout, pray and praise, hope and discouragement all wrapped together.

Chapter 3 is one of the fervent psalms of the Bible, ending with the benediction, ***“though the fig tree does not bud and there are no grapes on the vines, though the olive crop fails and the fields produce no food, though there are no sheep in the pen and no cattle in the stalls, yet I will rejoice in the Lord, my strength; he makes my feet like feet of a deer, he enables me to go on the heights”*** Vs. 17-19. That’s what meditation on God’s Word does. It gives us deer’s feet and enables us to ascend to the to highest mountains of God’s truth.

Through meditating on Scripture and God’s truth, David, Moses and Habakkuk became men of great faith and power. The important thing is that you take the time, while driving, waiting in a line at the store, when drifting off to sleep, or resting on your lunch break, to meditate on a verse or two of God’s Word. In all these settings you’re making a spiritual commitment through disciplining your mind.

And who knows ---- God may startle you with an insight that would even amaze the Apostle Paul. You may find you need to make a caution sign to wear ***‘Caution – I’m given to spontaneous outbursts of praise and joy – laughter and weeping.’*** God bless all of you.

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.