

June 2010 Edition

# “HEAVENLY HERALD” NEWSLETTER

Pastor Ralph Orton, Ministering  
Sherry Orton, Bible Study

Church of God 7th Day  
1150 NE 9th St., Grants Pass, OR 97526  
541.479.2440  
[www.sabbathfellowshipofgrantspass.org](http://www.sabbathfellowshipofgrantspass.org)

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

WELCOME  
to the

*“Biggest Little Church in Town”*



## CHURCH NEWS:

- Our annual church picnic will be held at Sis-Q Meadows on June 19th. We're planning another wonderful day, which will include a brief church service, wonderful food, fellowship, games, hiking, paddle boat races, a little fishing, traditional balloon toss, and much more impromptu fun! Sister Gale, has offered to bring a pinata for our entertainment special. Lots of goodies enclosed ... Pastor Ralph won't be able to resist bringing the Spin and Win wheel, and has issued a challenge of basketball O-U-T! Sounds like fun! See you there. (For those of you who have not yet been blessed by visiting Sis-Q, see Pastor Rich or Sister Dollie for directions; or call them at 541-592-3766.) Bring friends and family. Kids and dogs are welcome; but dogs must be kept on a leash.
- For those of you, who are thinking about attending the annual Church of God 7th Day camp meeting in Meridian, Idaho, you may want to partner up with Pastor Ralph and others to form a caravan to the event. There is no charge to attend the meeting, other than the cost of gas and a donation (if you are able) towards food and other expenses at the meeting. The camp will begin on June 28, and will wrap up on July 3rd. Bring a tent, if you wish. Shower facilities are provided at no charge. If you are inclined toward adventure and fun, this is your chance to shine! There are so many opportunities to meet new people and take part in the joys of service to a large group. The main thing, is to kick back and enjoy the beauty of fellowship that God is providing. (See Page 6 for more details.)
- We are once again running low on some items in the Food Pantry. As we are aware, there is a continual need for donations to add to "Helping Hands" ministry, to the Food Pantry, and to the Homeless Ministry. If you have any dry goods, canned goods, money or household personal products (i.e. **toothpaste, soap, shampoo, paper towels, toilet paper, kleenex, dish soap, cleanser, etc.**), please see Pastor Ralph with your contributions. All donations are appreciated; and they will be distributed as the needs arise. As I Timothy 5:8 states, ***“But if any provide not for his own, and specially for those of his own house, he hath denied the faith, and is worse than an infidel.”*** We are to take care of our own first; then provide to others as we have to give; so, please, if you are in need of help, speak with Pastor Ralph. Your conversation will be held with the highest level of confidentiality. May God bless all, who so freely give to others. God loves a cheerful giver!





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



**“You Cannot Do Kindness Too Soon”**

Ralph Waldo Emerson was a famous American essayist; and he frequently wrote on manners and morals. Two examples that I ran across recently illustrate what I mean.

First: “*We must be as courteous to a man as we are to a picture, which we are willing to give the advantage of a good light.*” Nicely put Mr. Emerson! The nuances of our actions and words frequently say more than the literal words or actual actions. The nuances are the body language or tone of voice with which we communicate. Don’t we all sometimes betray our words by our non-verbal communications? But, if we practice putting a situation in a *good light* as Emerson suggests, perhaps the nuances of what we say will affirm what we mean. Or as the Bible says, “... **show perfect courtesy toward all men.**” (Titus 3:2 RSV)

The second example is this: “You cannot do a kindness too soon, for you never know how soon it will be too late.” As you grow older and more mature, you will sooner or later realize just how true that statement is. If I had kept a log of just how often I have let an opportunity pass to say a kind word or do a good deed, it would undoubtedly be a large book by now. Fortunately, as we become older, we tend to learn to be less reticent about complimenting others and doing good deeds; yet, it is likely we all could and should do better. We know life is uncertain, and we certainly need to live it well. The Bible puts it like this: **Do not withhold good from those who deserve it, when it is in your power to act.** (Proverbs 3:27 NIV) And why shouldn’t we delay? (James 4:14 NIV) **Why, you do not even know what will happen tomorrow. What is your life? You are a mist that appears for a little while and then vanishes.**

Perhaps, the Lord summed it up best when He said, “**So in everything, do to others what you would have them do to you, for this sums up the Law and the Prophets.**” (Mat 7:12 NIV)

To a large extent, we create our own victories and our own defeats. Of course, that is not always true; but our response to people and situations is important. We truly do tend to reap what we sow; so, let’s sow plenty of “*Good seed*”.

Pleased to be yours in Christ,

Pastor Ralph

**In Weekly Service:**

**Pastor Ralph Orton, Minister/ Pastor**  
**Sherry Orton, Bible Study Instructor**  
**Pastor Rich Foreman, Children’s Ministry**  
**Dollie Newstrand, Children’s Ministry**

**Tom Dalgiesch, Door Greeter**  
**Ralph Sheffield, Prayer & Praise Requests**  
**Barbara Britton, Scripture Reading**

## UPCOMING EVENTS & COMMUNITY ACTIVITIES

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

**Women's Luncheon** 3rd Wednesday of each month. Meeting on June 16th, 12:00 pm at "Ethereal Café" located at 208 SW "6th" St in Grants Pass next to the Kitchen Store between "G" & "H" Streets.

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

**Family Movie Matinee:** June 5th at 2:30 pm following the potluck in the sanctuary. The movie is entitled, "Love's Long Journey".

**Bible Forum:** June 12th at 2:30 pm following the potluck. Bring a scripture that has impacted your life; and be prepared to share it, along with your story as to *how* it influenced your life.

**Pray 'n Play:** 19th at 2:30 pm following the potluck.

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

**Women's Luncheon Update:** On May 19th, our monthly luncheon was scheduled to meet at "Ethereal Café", located at 208 SW 6th Street. As schedules become more inflexible, attendance drops. There were no ladies in attendance this month, but perhaps we can reconvene in June! Until then, may God richly bless you!

Perhaps, you and a guest or two can join us on June 16h, or at any of our gatherings.

It's a standing invitation.

*Ethereal is a Christian business with the gift of hospitality.*

*Stop by and introduce yourself sometime.*



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

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

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

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



## **“SHERRY’S MESSAGE”**

### **“ARE YOU READY?”**

There are many different religions in the world. There are many churches claiming their teaching to be correct. They believe they are rightly dividing the Word of God. But, the Bible tells us, there is only one way to eternal life. There are many faiths and beliefs, but there is only one true faith. Satan has multiple deceptions, delusions, and false religions offering false hopes and promises, such as going straight to Heaven when you die.

There is only one way to enter into God’s Kingdom; do you know what it is? That may sound like a strange question, but no question could be more important to your eternal life. No question could have such a profound impact on your present life. We were created out of the dust of the ground and we will return to the dust of the ground. “For dust you are, and unto dust you shall return.” Genesis 3:19.

God created us in His own image and likeness and gave us dominion over His creation. God’s plan is to have us eternally with Him. But we must qualify to enter God’s eternal Kingdom. To do that, at some point in our lives we must accept Jesus, repent and be baptized. Otherwise our eventual fate is to die. We will cease to exist. The Bible calls it “the second death.” Rev. 20:14

According to Scripture, “there is none righteous, no, not one.” Romans 3:10. “For all have sinned, and come short of the glory of God.” Romans 3:23. “All we like sheep have gone astray; we have turned every one to his own way; and the Lord has laid on him the iniquity of us all.” Isaiah 53:6. “All this is from God, who through Christ reconciled us to himself and gave us the ministry of reconciliation; that is in Christ, God was reconciling the world to himself; not counting their trespasses against them, and entrusting to us the message of reconciliation.” 2 Corinthians 5:18-19.

Salvation and eternal life can only come through Jesus, sent by the Father to reconcile the world to Himself. Truly He is the stone rejected by the builders, but has become the head of the corner, Acts 4:11. “And there is salvation in no one else, for there is no other name under heaven given among men by which we must be saved.” Acts 4:12. When the Jews heard Peter preaching about Jesus, that He died for our sins they were convicted and cried, “men and brethren, what shall we do?” Peter answered, “Repent, and be baptized every one of you in the name of Jesus Christ for the forgiveness of your sins; and you shall receive the gift of the Holy Spirit.” Acts 2:38.

Repentance of sin, acceptance of Jesus, and then baptism in water brings us to where God fills us with His Holy Spirit. “And we are witnesses to these things, and so is the Holy Spirit whom God has given to those who obey him.” Acts 5:32. And we obey Him when we begin to live His Word.

How important is baptism? Well, Jesus went through the process of baptism, setting an example that we should follow. “Then Jesus came from Galilee to the Jordan to John, to be baptized by him. John would have prevented him, saying, “I need to be baptized by you, and do you come to me?” But Jesus answered him, “Let it be so now; for thus it is fitting for us to fulfill all righteousness.” Then he consented.” Matthew 3:13-15.

If you asked a dozen random people, “How should a person be baptized to meet the Biblical requirements of salvation?” it is likely you would get a dozen different answers. Some would say that they don’t believe it is necessary. Others would tell you, it means nothing; baptism is only an outward sign. Some think baptism is to go forward three times immersed, or that a few drops of water sprinkled on an infant is valid baptism. Then there’s the single immersion backwards into the water people.

And then, there’s the bizarre. A man in California was immersed in a huge tank of rose petals. One minister gathered his new converts in the street and turned a fire hose on them, declaring ‘you are now baptized.’ Another minister met a lady in a store who wanted to be baptized, so he began splashing her on the spot with his bottle of soda, declaring her baptized.

continued next page ....

Paul wrote: “One Lord, one faith, one baptism.” Ephesians 4:5 Even though there are numerous counterfeit faiths and gods and baptisms, there is only one which is true. “Do you not know that all of us who have been baptized into Christ Jesus were baptized into his death? We were buried therefore with him by baptism into death, so that as Christ was raised from the dead by the glory of the Father, we too might walk in newness of life. For if we have been united with him in a death like his, we shall certainly be united with him in a resurrection like his.” Romans 6:3-5.

But do we fully understand the significance of what Paul is saying here? A death has taken place. There has been a death of the old life of sin, identified as the ‘old man.’ And as the case with death, the body must be properly disposed of, and baptism is the burial of that crucified nature. By going into the water we conduct a spiritual funeral and we are also memorializing the death, burial, and resurrection of Jesus.

Do I believe you need to be baptized in the name of Jesus – you bet. Why I believe baptism is necessary is based on the following Scriptures:

- If Jesus needed baptism, we must need baptism too. Matthew 3:14-15
- Baptism assures our resurrection. Romans 6:4-5
- Baptism saves us. 1 Peter 3:21
- Unless we are born of water and Spirit we cannot enter Heaven. John 3:5
- Only those who believe and are baptized shall be saved. Mark 16:16
- We put on Christ by baptism. Galatians 3:27
- We are risen with Christ. Colossians 2:12
- Peter commanded baptism. Acts 10:48
- Baptism is necessary to receive the Holy Spirit. Acts 2:38, 5:32. Which is the seal of our salvation, Ephesians 1:13-14

When we confess our sins and are baptized, God promises to give us His Holy Spirit. “But you are not in the flesh, you are in the Spirit, if in fact the Spirit of God dwells in you. Any one who does not have the Spirit of Christ does not belong to him ... If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ Jesus from the dead will give life to your mortal bodies also through his Spirit which dwells in you.” Romans 8:9-11.

When God gives us His Holy Spirit, the Spirit joins with ours, and we begin developing God’s own character and righteousness within us. As we are being lead by the Holy Spirit and study God’s Word, we’ll begin to put obedience into practice. “For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.” Ephesians 2:10.

Paul warns us to not grieve the Holy Spirit of God, in whom you were sealed for the day of redemption. We are to put away all bitterness, wrath, anger, clamor, and slander. Ephesians 5:30-31. We cannot deceive ourselves. “This is he who came by water and blood, Jesus Christ, not with the water only but with the water and the blood. And the Spirit is the witness, because the Spirit is the truth. There are three witnesses, the Spirit, the water, and the blood; and these three agree. 1 John 5:6-8.

This is not the so called ‘trinity’ here, but three necessary elements; The Holy Spirit to seal our salvation, Eph. 1:13-14, water baptism so we can enter the Kingdom of God, John 3:5, and the blood of Jesus that you may know that you have eternal life, 1 Peter 1:3-5.

And what about you? Have you received Jesus as your personal Savior? Do you believe Jesus is, or have you had a real experience with the Living Word? Is Jesus just an idea, or is He in your heart? Have you been going around in spiritual circles, or are you following close to Jesus? Are you putting off the most important decision of your lifetime? “ ... Behold, now is the acceptable time; behold, now is the day of salvation.” 2 Corinthians 6:2.

Jesus said, “And I will pray the Father, and he shall send you another Comforter, that he may abide with you for ever; even the Spirit of truth, (whom the world can not receive) ... John 14:16-17. “... the Spirit of truth ... will guide you into all truth ...” John 16:13.

Think about it. God created only **one way** – **one record** of His Word – **one church** – one **baptism** – gave only **one name**, (Acts 4:12) exalted above all others – that at the name of Jesus every knee someday will bow and every tongue will confess that Jesus Christ is Lord. Philippians 2:9-11.

So back to the original question, ‘Are you ready?’ Are you **really** ready? Or do you only think you’re ready? And that’s a question each and every person will have to answer, this side of the grave; or the answer will be a forever, ‘No I wasn’t ready.’



**PRIDE GOES BEFORE DESTRUCTION,  
AND A HAUGHTY SPIRIT BEFORE  
STUMBLING. Proverbs 16:18**

**Psalm 37:27-34**  
*Depart from evil and do good, so you will abide forever. For the Lord loves justice and does not forsake His godly ones; they are preserved forever, but the descendants of the wicked will be cut off. The righteous will inherit the land and dwell in it forever. The mouth of the righteous utters wisdom, and his tongue speaks justice. The law of his God is in his heart; his steps do not slip. The wicked spies upon the righteous and seeks to kill him. The Lord will not leave him in his hand or let him be condemned when he is judged. Wait for the Lord and keep His way, and He will exalt you to inherit the land; when the wicked are cut off, you will see it.*

**“Lend a Hand” Ministry**  
All of us have needed a little help from time to time; and, we have most assuredly appreciated that help when it has been offered. Let’s join together, as a church body, and reach out to our brothers and sisters in Christ, as well as, those outside of the church, who need a little help.  
If you have a need, or know of someone who has a need of a few helping hands, please let Pastor Ralph know what that request is, and when it needs to be done. He will inform the church, and get the ball rolling! Anyone, who can help on that particular day, just show up. You will be blessed!

**PAPERS RELIVE OK CORRAL GUN FIGHT**  
A missing handwritten transcript from a coroner’s inquest done after the legendary gunfight at the OK Corral was turned over to state archivists for preservation. The transcript from the 1881 shootout was recently found in a box in an old jail storage room in Bisbee, AZ, 20 miles south of Tombstone.  
The 1881 gunfight left three men dead and made folk heroes of Wyatt Earp and Doc Holliday. GladysAnn Wells, Arizona State Librarian said the first pages, which experts will work on restoring and digitizing, could show up on the library website next week. “They were handled by the people of that moment, and they’re the actual artifacts that encapsulated that time period,” Wells said.  
..... **A bit of American history.**  
Submitted by Claude Sorensen

CLAUDE SORENSON

**You’re On the Road To Success!**  
Sometimes you’ll find yourself on the highway, whizzing along. Sometimes you’ll take the scenic route; and at some point, you’re bound to hit a detour or get stuck in traffic or even stall out... but not for long, because hope will keep you going. Just follow your heart and you’re sure to reach your destination: the life of your dreams.  
- submitted by Ginny Sorensen

HERISSON

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

**Prayer Requests**

**May 22, 2010**

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

**Please pray for:**

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

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

**Seeds Planted**, for the Lord.

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

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

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

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

**Children of the World**, to come out of the world and accept Jesus as Lord.

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

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

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

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

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

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

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

**Ralph**, for God's leading as pastor; for **Sherry**, as she teaches Bible studies, asthma; **Johnny** needs God's leading; **Michael**, strength in the Lord ; **Ray & Jan**, need help coping; **Chris**, strength in the Lord; **Rochelle**, for help, guidance & comfort, and ability to forgive; **Dave**, deliverance from addiction; **Nicole**, to turn back to God wholeheartedly.

**Vickie**, well-being, joy and complete healing.

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

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

**Rich & Dollie's Ministry**, continued healing for Dollie; Godly sorrow for her children; **Kylie**, God's guidance; that the Lord will truly show Kylie her need for Him; **all 7 of Dollie's grandchildren**, repentance; **Phil**, to turn to the Lord; **Lori**, complete healing from surgeries; **Don**, to find gainful employment; **Angel & family**, healing and comfort.

**George**, unspoken prayer.

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

**Sonny**, blessings and complete healing; and strength & endurance on her new job.

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

**Diana**, God to give her a desire & ability to exercise; complete healing; **Keith**, repentance; unity of all of Diana's adult children; unspoken prayer.

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

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

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

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

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

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

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

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

**Vera**, for healing & peace; and help in deciding whether to have surgery or not on her throat.

**Linda**, blessings.

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

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

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

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

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

**Dude**, two year old boy who needs continued healing of his heart.

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

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

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

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

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

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

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

**Barbara**, healing and strength, for her to be a stronger worker for Christ, & further growth.

**Don**, continued guidance, spiritual clarity and growth in Jesus; healing of blood clots & lungs; protection for Tovah & Smiles, and a reunion with them; healthier relationship as mother & son.

**Joe**, healing.

**Jason**, for a steady job & joy in his life; & for God to open his eyes and ears to Him.

**Drake**, delivery from alcohol.

**Ron**, needs commitment in Christ.

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

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

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

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

**Laura**, God's guidance & direction.

**Charlie**, deliverance from pain medicine.

**Betty**, needs healing.

**Tanner**, needs healing from the loss of a kidney.

**Ralph**, a true desire to enjoy the prayer request ministry and do it well.

**Steven**, clarity, strength & conviction in God's leading; healing between him & family members; confusion in house sale process to be more clear to Steven.

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

**Judy**, suffering from Dementia and Alzheimer's.

**Gale**, better academic abilities; delivery of Gail's neighbor from gossiping.

**Kathleen**, return to church.

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

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

**Mary**, healing.

*And said, Verily I say unto you,  
 Except ye be converted, and  
 become as little children, ye  
 shall not enter into the  
 kingdom of heaven. Whosoever  
 therefore shall humble himself  
 as this little child, the same is  
 greatest in the kingdom of  
 heaven. And whoso shall  
 receive one such little child in  
 my name receiveth me.*

Matthew 18:3-5



**Humble yourself as this little child, and  
 reverently speak with your King.**

## Camp Meeting: General Council Churches of God, Seventh Day

Camp meetings in Meridian generally begin on the last Sabbath in June and run through the first Sabbath of July. This year, camp meeting will be held June 28—July 3. This year's theme is 'Counting the Cost'. There are classes and seminars for everyone. Some camping facilities are available; but space is limited. Please call ahead for site reservation information. Breakfast, lunch and supper meals are offered. Come see us there! Much fun for all ages! Find more on <http://www.actsforgod.org/camp.html>

### Partial list of motels available near the campgrounds:

**Mr. Sandman Inn and Suites:** 1575 S. Meridian Rd. - Meridian, ID 83642 / 208-887-2062  
(I-84 Exit 44 Meridian Rd.) <http://www.mrsandmaninn.com> email: info@lodgingboise.com

**Motel 6:** - 1047 S. Progress Ave. - Meridian, ID 83642 / 208-888-1212  
(I-84 Exit 44 Meridian Rd.) <http://www.motel6.com>

**Best Western Ramada Inn:** 1019 S. Progress Ave. - Meridian, ID 83642 / 208-887-7888  
<http://www.bestwestern.com> email: gm.rimrd@bhghotels.com

\* These are the three closest motels in proximity to I-84 exit 44 and the Meridian Rd interchange. These locations are about three miles to the campgrounds. Mr. Sandman offers a reduced rate for us that may apply, though this is not guaranteed.



**Be Helpful**

**SMILE**



**Encourage With Joy**

### ENCOURAGEMENT

***“Therefore encourage one another and build up one another, just as you also are doing.”  
(1 Thessalonians 5:11)***

This is very good advice to those in the body of Christ. We must continually lift one another up through prayer, edification, and a kind word as often as the opportunity presents itself. We are brothers and sisters in the Lord, a family who loves one another and is helpful when needs arise. Our first commitment is to Christ Jesus; and our second is to one another. Most of us are enduring difficulties; and with a kind word of encouragement, our troubles can seem more palpable. Smile whenever possible. Be aware of the words you speak, before you speak them. Think about how you can uplift someone's spirit by being courteous, nonjudgmental, and gentle. We're in this fight together. Let's encourage one another and bear one another's burdens with joy and thanksgiving, not bickering over differences; but, instead, finding commonality in Christ Jesus. Laugh. Be a blessing everyday. Follow Christ's examples, and His command to **love one another**.



## HEALTH TIPS

### “Gut Reaction”

Offered by Ginny Sorensen

**Bacteria** are present in every element of our lives: They're in our air, water, and soil. They're in our bodies by the trillions. The intestines alone have 100 trillion bacteria, outnumbering all the cells in our body tenfold. Thankfully, the concept that all bacteria are bad is completely erroneous. In fact, friendly bacteria, or probiotics, are absolutely essential for a healthy gastrointestinal tract and for our overall well-being. The key is to keep the bad bacteria in check by increasing the number of good ones.

Maintaining a proper balance between good and bad bacteria is critical. Several factors can tilt the scale in favor of harmful bacteria and disrupt the digestive system: indiscriminate use of antibiotics, emotional and physical stress, contaminants in our food and water, and poor lifestyle choices, such as lack of exercise, a low-fiber diet, smoking, and excessive alcohol consumption.

Beneficial bacteria help offset these unhealthy conditions in many ways. They promote better digestion and increase absorption of vitamins and minerals; reduce urinary and gastrointestinal tract infections; relieve constipation; eliminate toxins from the kidneys and liver; increase resistance to infection; inhibit *Helicobacter pylori*, a cause of stomach ulcers; repopulate beneficial organisms after taking antibiotics or undergoing radiation; and stimulate the immune system to better ward off illness.

To promote the colonization of probiotics, eat a diet with plenty of fruits and veggies and avoid foods with pesticides, preservatives, and artificial flavors; exercise regularly; get an adequate amount of sleep; drink at least 64 ounces of fresh water daily; and try to resolve issues causing stress. Yogurt with live, active cultures is one of the best food sources of probiotics. Consider taking a probiotic supplement to ensure that friendly bacteria win the battle taking place in your body every day.

**What are Prebiotics?** Prebiotics promote the growth of probiotics. These nutrients nourish beneficial bacteria in our systems, allowing them to thrive and multiply. Whole grains, a wide variety of greens, and legumes are foods with high prebiotic content.

- Some food sources of *probiotics* are yogurt, kefir, tempeh, miso, sauerkraut, other fermented foods.
- Some food sources of *prebiotics* are oatmeal, flax, barley, other whole grains, greens (spinach, dandelion, chard, kale, etc.), berries and other fruits, legumes (lentils, kidney beans, chickpeas, navy beans, etc.).

\* Taken from “Your Power to Heal” magazine

*\* The information published in this article is not intended as a substitute for personal medical advice. Before making any decision regarding your health, please consult a physician or other qualified health-care practitioner.*

## **Bombs Target Christian College Students in Iraq**

Two bombs exploded minutes apart Sunday near buses carrying Christian students in the northern Iraqi city of Mosul, killing at least one bystander and injuring about 100 people, a security official said.

Sunni Muslim insurgents have frequently targeted members of Iraq's Christian minority, especially in Mosul, home to a large Christian community.

A shop owner in the area was killed in Sunday's attack, said Abdul-Rahim al-Shammari, head of the provincial council's security committee. The injured included students and other civilians, he said.

The attack began with a roadside bomb that exploded about 7:30 a.m. and appeared to target buses carrying students to Mosul University. Moments later, a car bomb exploded nearby. "Today was terrible", injured student Wisam Jarji said.

## **Lutherans Reinstate Pair of Gay Pastors**

A gay Atlanta pastor and his partner who have been at the center of a battle over the treatment of gay clergy by the nation's largest Lutheran denomination are being reinstated to the denomination's clergy roster, church officials said. Bradley Schmeling and his partner, Darin Easler, have been approved for reinstatement, Chicago-based Evangelical Lutheran Church in America said.

The move came eight months after the denomination voted to allow gays and lesbians in committed relationships to serve as clergy.

Schmeling, pastor of St. John's Lutheran Church in Atlanta, was removed from the clergy roster in 2007 along with Easler, who had no church when he was dropped in 2006. "I'm grateful that this journey has come full circle and that the church has changed its policy," Schmeling said Tuesday.

## **Haiti Judge: Missionary Deceived Others**

A Haitian judge said he dropped kidnapping charges against Laura Silsby and nine other U.S. missionaries because the 33 children they were trying to take out of Haiti after the Jan. 12 earthquake were given over freely by their parents. But Judge Bernard Saint-Vil said Tuesday that he had ordered Silsby tried on a lesser charge of arranging illegal travel because she knew she had no right to take the children out of Haiti. Saint-Vil also said she deceived the other missionaries, telling them she had proper papers. Silsby is the only one still jailed. She faces up to three years in prison if convicted.

## **HOW POLITICS AFFECT CHRISTIANITY**

submitted by Claude Sorensen



## **Chinese man stabs 28 Schoolchildren**

TAIXING, China— A knife-wielding man attacked a kindergarten class of 4-year-olds in eastern China today, slashing 28 children in what an expert said was a copycat rampage following two other episodes at Chinese schools in the past month. A 47-year-old jobless man, Xu Yuyuan, burst into a classroom at the Zhongxin Kindergarten early today, waving an eight-inch knife and stabbing a security guard who tried to stop him, the official Xinhua News Agency reported. Five students were in critical condition following the attack in Jiangsu province's Taixing city and two teachers and the security guard were injured, said Zhu Guiming, an official with the Taixing propaganda department. A series of school attacks in China in recent years have mostly been blamed on people with personal grudges or suffering from mental illness.

-Associated Press

## **Italy To Study Underwater Volcanoes**

Two weeks after the eruption of Iceland's Eyjafjallajokull volcano, Italian experts are concerned about a dozen undersea volcanoes in the Mediterranean near Sicily, Guido Bertolaso, who heads Italy's civil protection agency, said at a news conference Tuesday in Rome that a five-year-study of the sites is being launched, and the potential for tsunamis will be a focus, Vesuvius, which destroyed Pompeii in A.D. 79 and last erupted in 1944, is commonly considered the biggest threat, but Bertolaso said it is Ischia, the popular tourist island off Naples, that is experiencing a buildup of magma.

- USA Today

## **Belgium Burqa Ban Advances in Parliament**

Belgium's lower house of parliament banned burqa-type Islamic dress in public, but the measure faces a challenge in the Senate, which will delay early enactment of the law. Christian Democrats and Liberals in the Senate questioned the phrasing of the law, which says no one can appear in public "with the face fully or partly covered so as to render them no longer recognizable".

Following the fall of Premier Yves Leterme's government April 22, Belgium faces early elections that may delay passage of the Belgian anti-burqa ban - Europe's first - by several months. Both houses of parliament must approve the bill.

## **Cardinal Left Abusive Priest On the Job In California**

The cardinal who oversees priest abuse cases at the Vatican didn't restrict a California priest after learning in 1995 that he had molested a 13-year-old boy a decade earlier. Cardinal William Levada talked about the case in a 2005 deposition obtained by *The Associated Press*. He was archbishop of San Francisco when he decided not to remove the Rev. Milton Walsh from the ministry. Levada says he believed that Walsh would not reoffend and the previous archbishop handled the case appropriately. Levada is now head of the office that defrocks pedophile priests. Walsh hasn't been accused of abuse since 1984 and a Vatican attorney says Levada acted correctly under the rules at the time. Walsh wasn't removed from active ministry until 2002, when a "zero tolerance" policy in U.S. churches began.

## Recipe of the Month

### Chicken Tortilla Soup

Offered by Ginny Sorensen



#### Chicken Tortilla Soup

##### Ingredients:

1 lime  
2 can chicken broth (14.5 oz. each)  
1 can diced tomatoes with mild green chilies (14.5 oz.)  
2 cups sliced cooked chicken  
4 white corn tortillas, cut into 1/2" wide strips (5 1/2")  
2 Tbsp. Chopped fresh cilantro  
2 Tbsp. oil

\* Garnish optional: Sour cream and avocado slices

##### Directions:

- Grate 1 tsp. *Zest* and *squeeze*.
- 1 Tbsp. juice from *lime* into large pot.
- Add *broth* and *tomatoes* with their juice.
- Cover; over high heat, bring mixture to boil.
- Over medium-low heat, cook 15 minutes, adding *chicken* during last 5 minutes of cooking time.
- Meanwhile, in large nonstick skillet, heat 2 Tbsp. *Oil* over medium-high heat.
- Add *tortilla strips*, cook, turning frequently, until golden, 3 minutes.
- Top *soup* with *tortilla strips* and *cilantro*.
- If desired, garnish with *sour cream* and *avocado slices*.

Servings: 4  
Calories: 246  
Protein: 21g  
Fat: 12g  
(2 g saturated)

Trans Fat: 0 g  
Chol.: 53 mg  
Carbs: 15 g  
Sodium: 1,406 mg  
Fiber: 3 g

Sugar: 0 g  
Kitchen time:  
15 minutes  
Total time:  
30 minutes



## GARDEN or HOUSEHOLD TIPS

Offered by Kathy Ogren



### “Making A Steamer When You Don’t Have One”

*Here’s a handy stand-in for steaming veggies, when you don’t have a steamer in the kitchen!*

Wash and clean your veggies. Set them aside. Get a cooking bowl large enough for the veggies to cook without overflowing. Take some aluminum foil and cut it just large enough to line the pan inside, leaving approximately one inch of open space at the bottom of the pan. Pour about 1/2 cup of water into the bottom of the pan.

In the center of the aluminum foil, poke holes about the size of the head of a pen. Line the pan with the foil and overlap the pan with the foil on the top, pressing down to secure the foil. Carefully place your veggies inside of the pan, taking care not to tear the foil. Cover the pan with a tight-fitting lid and turn the heat of your stove to the high setting until the water begins to boil. Immediately turn the heat down to low and steam for a few minutes until the veggies are cooked to your liking. Bon Appetite!

# *Scripture Readings For May*



**May 1 - Psalm 103:1-4**  
**Theme: "Bless the Lord, O My Soul"**  
**May 8 - Matthew 5:1-10**  
**Theme: "Blessed Are They Who ..."**  
**May 15 - Psalm 102:1-2**  
**Theme: "Hear My Prayer, O Lord!"**  
**May 22 - Psalm 145:1-3**  
**Theme: "David's Psalm of Praise"**

## **Person of the Month**



**Ralph Sheffield**

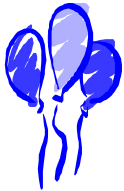
"All is to the glory of God" is a scripture brother Ralph speaks often. He was born in Mobile, Alabama on June 1st to a family of 7. He was raised with one brothers and three sisters. He speaks highly of his mother, as she was a 'good and honest' person; and was a wonderful role model as a Christian believer.

Brother Ralph graduated from Baker High School, and was recognized in the book entitled, "Who's Who Among American High School Students" for his many accomplishments throughout school. He was an all American player, who lettered in football and basketball. As an adult, he served in the U.S. Coast Guard.

It was in 1985, that he moved to Medford, and spent a good deal of time traveling between Medford and Alabama, where his family remains to this day. It was easy to see the country, and to visit relatives and friends, during the three years he drove across country for a trucking company. While in Mobile, he attended the Church of God in Jesus Christ.

A Plumber/Pipe-Fitter is his chosen career, and he enjoys lending his expertise when needed. His talent in carpentry, gardening and other areas have been a tool to introduce God's Word to others. Brother Ralph was raised as a Christian; but made a true commitment and surrender to Christ in 2001. He became a member of Church of God 7th Day about 6 months ago, when he boldly spoke out in a church service for the first time. We have been blessed each Sabbath by his love and deep desire for our Lord and Savior.

**'HAPPY BIRTHDAY'**  
**To Our**  
**JUNE CHILDREN!!!**



***Patti Ann Mulligan, June 16***  
***Dollie Newstrand, June 15***  
***Wayne Owens, June 7***  
***Ralph Sheffield, June 1***



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

### **“A Man After God’s Own Heart”**

***“The law of his God is in his heart; his feet do not slip.”*** (Psalm 37:31)

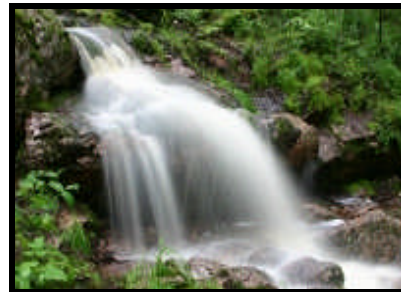
I couldn’t believe it when I first met him. I asked myself the question *“Is he really what he seems to be? He’s an older man but seems to have the heart of a child; a child of God.”* As the weeks went by, I looked for any change from that simple loving heart that was ‘sold out’ to God; and I saw no change.

We became friends and I learned more about his life. He hadn’t always been completely surrendered to God. He was baptized when he was 28, but it took another 15 years for him to come to the understanding of what he truly believed. Since that time, he has been very devoted to serving the Lord.

He always has a smile to give away; but his heart aches for the pain that he feels and sees in others. He is always ready to help whenever he sees a need, and is always generous in his giving. He is very accepting of others, but strong in leading others in the right direction when needed. Like all good leaders, he is humble and leads by serving. He is always looking for a new way to serve the Lord, and says the only failure is the failure to try. God has blessed his life; and now, he blesses other lives. He shows God’s love in a gentle way to every person he meets.

***“I will give them a heart to know me, that I am the Lord. They will be my people, and I will be their God, for they will return to me with all their heart.”*** (Jeremiah 24:7)

**“VERSE OF THE MONTH”**  
*Exodus 32:18 [KJV]*



***And he said, It is not the voice of them that shout for mastery, neither is it the voice of them that cry for being overcome: but the noise of them that sing do I hear.***

# CONTENTS OF OUR NEWSLETTER



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

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

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

Please remember to pray for our brothers and sisters in Christ and all other requests submitted on our weekly "**Prayer Requests**" sheet. As we lift others up in prayer, be assured that God hears each and every prayer that we hold up to Him. When you have prayer requests that need to be addressed immediately, you may fill out a "Prayer Request" form and drop it in the box on the sanctuary table by the door; or simply call 479-2440 to receive prayer on the "**Prayer Chain**". You may also ask our **elders to pray with you.**

When you need private counseling, you may contact Pastor Ralph Orton at 479-2440. His desire is to shepherd this flock. During our "**Prayer & Praise**" portion of the weekly Worship Service, we encourage you to speak your prayer requests, and they will be honored at that time.

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