

“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



March 2011 EDITION

CHURCH NEWS:

The *Helping Hands* room is getting a facelift! Shawn and Nadia have offered to restructure the room, and create a more user-friendly atmosphere. A few extra hands (Pastor Ralph, Pastor Rich, Sonny and Dollie) showed up on January 29th to help move the shelves and supplies. Sean worked super hard to rearrange the furniture, build new shelves, and relocate the contents of the room. Sonny sorted the clothing and household goods, and boxed up and hung the clothing on shelves and dowels that Sean installed. Nadia has been assisting Sonny in hanging the clothing; and, Nadia is organizing the movies and books record-keeping system for church members to check-out. All of this restructure has been done, in order, for Nadia to have a more acceptable atmosphere in which to work each Sabbath inside the room. She has made herself available to anyone needing the ***Helping Hands Ministry*** between the hours of **1:55–2:25 pm the first and third Saturdays of each month.**

If you, or anyone you know, is in need of food, personal hygiene products, clothing, bedding or household items, please come to the church during the hours listed above. Every need will be held in the strictest confidence. No questions asked. Everyone is welcome.

In order to serve others efficiently, your contributions to this crucial ministry are needed (*see page 4 for itemized list*); so, please see Nadia, call the church at 541-479-2440, or bring your contributions to the church during Sabbath hours (11:00 am—2:30 pm). If your contribution is in the form of funds, please mark your envelope “Helping Hands”, and place it inside the offering box inside the sanctuary.

We, as a church, are pleased to be blessed in this ministry, and look forward to serving others in need. May God bless all!



PASTOR RALPH'S
NOTES OF ENCOURAGEMENT



“Do Not Fret! Get A New Perspective.”

From a long distance, large things look little. From a short distance, little things may look big. This is true of tangible and intangible things. The things that were so important when we were young, may have been forgotten or become insignificant. On the other hand, the little difficulties of today, may seem unbearable. It's a matter of perspective, you might say. With God, all things are possible. Perhaps, if we had that perspective, we could see things more clearly. Perhaps, if we knew the beginning from the end, we would have more patience in times of trouble. Perhaps, it would be easier to say, "This, too, shall pass." But wait a minute! We *do* know the beginning from the end. God prevails; and, those of us that trust in the Lord prevail with Him. The trip may seem rugged, but it's a matter of perspective. Look at today from the perspective of eternity with our Lord, and the present suffering may seem not so significant. We are winners. Let's learn from these scriptures:

(Psalm 37:1-29 NIV) Of David. Do not fret because of evil men or be envious of those who do wrong; {2} for like the grass they will soon wither, like green plants they will soon die away. {3} Trust in the LORD and do good; dwell in the land and enjoy safe pasture. {4} Delight yourself in the LORD and he will give you the desires of your heart. {5} Commit your way to the LORD; trust in him and he will do this: {6} He will make your righteousness shine like the dawn, the justice of your cause like the noonday sun. {7} Be still before the LORD and wait patiently for him; do not fret when men succeed in their ways, when they carry out their wicked schemes. {8} Refrain from anger and turn from wrath; do not fret--it leads only to evil. {9} For evil men will be cut off, but those who hope in the LORD will inherit the land. {10} A little while, and the wicked will be no more; though you look for them, they will not be found. {11} But the meek will inherit the land and enjoy great peace. {12} The wicked plot against the righteous and gnash their teeth at them; {13} but the Lord laughs at the wicked, for he knows their day is coming. {14} The wicked draw the sword and bend the bow to bring down the poor and needy, to slay those whose ways are upright. {15} But their swords will pierce their own hearts, and their bows will be broken. {16} Better the little that the righteous have than the wealth of many wicked; {17} for the power of the wicked will be broken, but the LORD upholds the righteous. {18} The days of the blameless are known to the LORD, and their inheritance will endure forever. {19} In times of disaster they will not wither; in days of famine they will enjoy plenty. {20} But the wicked will perish: The Lord's enemies will be like the beauty of the fields, they will vanish--vanish like smoke. {21} The wicked borrow and do not repay, but the righteous give generously; {22} those the LORD blesses will inherit the land, but those he curses will be cut off. {23} If the LORD delights in a man's way, he makes his steps firm; {24} though he stumble, he will not fall, for the LORD upholds him with his hand. {25} I was young and now I am old, yet I have never seen the righteous forsaken or their children begging bread. {26} They are always generous and lend freely; their children will be blessed. {27} Turn from evil and do good; then you will dwell in the land forever. {28} For the LORD loves the just and will not forsake his faithful ones. They will be protected forever, but the offspring of the wicked will be cut off; {29} the righteous will inherit the land and dwell in it forever.

Pleased to be yours in Christ,

Pastor Ralph

Church of God 7th Day Newsletter
March Edition 2011

In Weekly Service:

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

Women's Luncheon 3rd Friday of each month. The next meeting will be on March 18th, 12:00 pm at "The Sizzler" next to Diamond Supplies and Radio Shack 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: March 5th at 2:30 pm in the sanctuary following the potluck. The movie is titled, "The Theory of Everything".

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

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

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

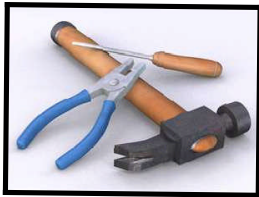
Sermon by Pastor Rich: March 26th.

Women's Luncheon Update

The February 18th luncheon was held at noon at *The Sizzler*. The ladies moved the luncheon from the 3rd Wednesday of each month, to the **3rd Friday of each month**. In attendance this month were Mary, Vickie R., Gale, Nadia and Diana. They had such a wonderful time. Diana won the 'pot'. Lucky girl. As for March, the ladies have decided to meet, once again, at *The Sizzler*.

Perhaps, you and a guest or two can join us on March 18th, 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”

“NEW CREATION IN CHRIST”

For the Christian, identity is not a goal; it's a completed fact. We don't strive to find identity through achievement, talents, or accomplishments. Our talents, work, abilities, and accomplishments only express our identity to the world around us.

Although God establishes our new identity at the time we accept Him, our discovery of that identity is incomplete. It unfolds. One pleasant and long-lasting effect of this process is that our feelings of worth and value increase. We begin by believing what God says about our value, not by trying to find a way to prove our worth. Our actions become an expression of our worth, rather than a means to create it.

Few subjects are more crucial to us than self-worth. Because current ways of measuring our value are destructive, they have thrown many of us into fluctuating states of despair, self-doubt, and inability to live full lives. Strength is dissipated by self-doubt.

One statement from the word of God settles forever the question of whether or not we have value as persons. “So God created man in His own image, in the image of God he created him; male and female he created them”, Gen. 1: 27. That one fact gives us human dignity, a reason for self-respect. We are *not* animals. We are *not* an accident.

From the knowledge of our creation, we gain understanding of our worth. Whether we are male or female, something about us resembles God. We carry His likeness in our human flesh.

We are able to have a personal relationship with God. The more we know Him, the more we grow to understand our value, not only as humans, but also, as unique individuals. Being handicapped due to birth or accident does not lessen the image of God, nor obscure the glory of God within. Besides, we are all handicapped in some way; some handicaps are just less visible than others.

He found him in a desert land, and in the waste howling wilderness; he led him about, he instructed him, he kept him as the apple of his eye. As an eagle stirreth up her nest, fluttereth over her young, spreadeth abroad her wings, taketh them, beareth them on her wings: So the LORD alone did lead him, and there was no strange god with him. He made him ride on the high places of the earth, that he might eat the increase of the fields; and he made him to suck honey out of the rock, and oil out of the flinty rock; Butter of kine, and milk of sheep, with fat of lambs, and rams of the breed of Bashan, and goats, with the fat of kidneys of wheat; and thou didst drink the pure blood of the grape.

Deuteronomy 32: 10-14



Live in harmony with one another. Do not be proud, but be willing to associate with people of low position. Do not be conceited. Do not repay anyone evil for evil. Be careful to do what is right in the eyes of everybody. If it is possible, as far as it depends on you, live at peace with everyone.

Romans 12:16-18

A JOKE

A lady passed away and came to the pearly gates. St. Peter met her there, and asked her why she thought she should enter. He asked her to tell him about her life. For each 'good' thing that she did in her life, she would receive points.

The lady thought hard, and told him that she had been married to the same man for 50 years, and she had remained faithful, not ever dreaming of another man.

St. Peter told her that she would get three points for that.

"Three points?!!! For being faithful for 50 years?" she exclaimed.

"Why, yes. Tell me what else you've done that's good", St. Peter asked.

"Well ... I taught Sabbath school for over 20 years, and never missed a class. I did a great job."

"For that, you get two points."

"What?!! Two points! At this rate, I'll never get in, but by the grace of God!"

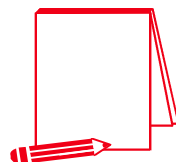
St. Peter responded with a smile, "Now, you're talkin'. Come on in."

ONE FANTASTIC IDEA!

OKAY. HERE GOES ... NADIA IS AT IT AGAIN... ANOTHER FABULOUS IDEA! HERE IT IS:

The next time you 're sitting in a chair in the sanctuary, and glance at the back of the chair directly in front of you, check out the little note pads with the church 's name on top. Feel free to use the church pens and pads to scribble your scriptures or sermon notations; *then, tear off your sheet, leaving the pen & pad behind.*

Thank you, Nadia.
Great idea!



HELPING HANDS MINISTRY NEEDS LIST

(most frequently requested items)

- | | |
|----------------------------|---------------------|
| Q-tips | Paper towels |
| Toilet paper | Wet Ones Towelettes |
| Tooth paste | Tooth brushes |
| Spray bottles for water | Deodorant |
| 2-in-1 Shampoo/Conditioner | Combs |

"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!

FREEDOM OF RELIGION

The continued significance of these issues in the United States can be seen in the Supreme Court's school prayer rulings since 1962. In *Engel v. Vitale* (1962) the Court declared unconstitutional the preparation by a New York state agency of a prayer to be read aloud by children in public schools. Although the prayer was clearly non-denominational, the Supreme Court insisted that officially sponsored religious services were tantamount to the establishment of religion and were therefore unconstitutional. A year later the Court struck down a Pennsylvania state law calling for bible reading and a reading of the Lord's Prayer in that state's public schools. More recently, in 1992, the Court declared unconstitutional the offering of non-sectarian prayers at public school graduation ceremonies. These and other similar decisions have evoked bitter controversy and led to calls for constitutional amendment. Nevertheless these judgments are testimony to the continued importance of the principle of religious freedom in the United States.

— David Mervin

Recipe of the Month

“KIWI LIME LAYER PIE”

Ads by Google



Ingredients:

1/3 c. all-purpose flour
 1 3/4 c. milk
 3 slightly beaten eggs
 1/4 c. butter
 2 tsp. finely shredded lime peel
 1/4 c. lime juice
 1 (8 oz.) carton lemon yogurt
 Few drops green food coloring (optional)
 Pastry
 3 tbsp. apple jelly
 Whipped cream
 Kiwi fruit, peeled and sliced
 Lime slices

In a sauce pan, combine flour, sugar, 1/8 tsp. salt; stir in milk. Cook and stir until bubbly; cook and stir 2 minutes more. Stir 1 cup of the hot mixture into the eggs. Return all to sauce pan. Cook and stir until bubbly; cook and stir 2 minutes more. Remove from heat. Stir in butter, lime peel and juice. Fold in yogurt. If desired, add food color. Cool.

Prepare pastry. Roll out and line a 9-inch pie plate with half the pastry. Trim 1/2 inch beyond the edge. Flute edge. Prick pastry. Bake at 450 degrees for 10-12 minutes. Cool.

Divide remaining pastry in half; roll out each half to 1/8 inch thickness. Trim one into an 8 3/4 inch circle and one into an 8-inch circle. Place on baking sheet; prick. Bake at 450 degrees for 8 to 10 minutes. Cool.

To assemble, brush baked pastry shell with 1 tablespoon jelly. Place one cup filling in pastry shell; top with 8-inch pastry circle. Brush with 1 tablespoon jelly. Repeat with 1 1/4 cups filling and the 8 3/4 inch circle. Brush with remaining jelly. Top with remaining filling. Cover; chill. Pipe whipped cream around edge; arrange kiwi fruit slices and lime slices atop. Makes 8 servings.



GARDEN or HOUSEHOLD TIPS

Offered by Kathy Ogren

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

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.



Hearing Loss: Daily (morning and night), honey and cinnamon powder taken in equal parts restores hearing. Remember when we were kids? We had toast with real butter and cinnamon sprinkled on it!

Fatigue: Recent studies have shown that the sugar content of honey is more helpful rather than being detrimental to the strength of the body. Senior citizens, who take honey and cinnamon powder in equal parts, are more alert and flexible. Dr. Milton, who has done research, says that a half tablespoon of honey taken in a glass of water and sprinkled with cinnamon powder, taken daily after brushing teeth and in the afternoon at about 3:00 pm when the vitality of the body starts to decrease, increases the vitality of the body within a week.

** This ends the “Facts on Honey and Cinnamon” series. I hope you enjoyed it! Happy indulgence!*

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

For 'Prayer Chain' requests, call Mary 541-582-1620
Please pray for:

February 19, 2011

Our Church Congregation, unity in Christ; God will guard our thoughts & put a protective hedge around us; a deep hunger for God's Word; healing for those who are sick; Outreach Ministries

Church Leaders, (Worldwide) God's wisdom & a hunger for His Word; the Gospel being presented

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 protection, provision & strength; **Military Troops & Wounded Soldiers**, God's protection & provision

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

Indonesian Christians, God's strength as they are persecuted; **Tunisia & Egypt**, God's leading in the turmoil & unrest in these countries

New Zealand, earthquake victims; **Tornador Victims**, in many different states; **Miramar**, God's intervention in the land being taken away

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

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

Christian Bussinesses, those struggling in this economy

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

Johnny, God's leading; **Michael**, strength in the Lord; **Chris**, strength in the Lord;

Raymond's family, as they deal with Raymond's passing; **Nicole**, to turn back to God wholeheartedly

Rochelle, healing; God to remove tumor on pituitary; guidance, comfort, encouragement & ability to forgive; **Dave**, deliverance from addiction

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

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

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

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

Pastor Rich & Dollie's Ministry, children's Sabbath School; Outreach Event; **Dollie**, continued healing; healing for both arms

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

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

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

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

Ryan, closeness to God as he serves in the military; **Scott**, healing from terminal illness; **Buck**, healing for both knee replacements

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; God's leading in Scripture Reading time; **Rolf**, complete healing; to return to the Lord; **Patricia**, physical healing; strength & that God would use her current situation for His glory; to return to the Lord; a good job

Edna, strength as she battles with Lymphoma; **Blossom Joy**, complete healing from cancer

Nicole & sister, healing, peace, comfort & strength; **Chris & family**, healing, blessing & comfort

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

Diana, peace in the Lord; healing from breathing difficulties; desire & ability to exercise; see & hear from her family; wisdom in current situation

Keith, repentance, forgiveness & awareness of what God is saying to him; **Joel**, protection as he enters military service

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; **Cody**, healing, peace, comfort & safety

Pete, conviction & complete surrender to the Lord

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

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

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

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

Grady & Kendall, financial blessings & peace in their lives

Terry, healing, strength & perseverance

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

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

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

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

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

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 as they witness to the people He has placed in their path; prayer for the homeless due to foreclosures; to be able to reach those people contemplating suicide
Ginny, continued healing for her body; God to watch over all her family; **Verl & Patty**, unspoken prayer; **Keith**, a job; physical healing
Vicky, healing of her knee, leg, eyes; complete healing; **Edith**, physical healing; **Jim**, for a calmness
Loretta, healing of her left hip, better health, peace & comfort concerning the passing of her son; patience & compassion for husband
Barry & Heather, for God's leading & to raise their child in the church; **Barry**, physical healing
Jay, who can't walk well & needs healing; **Janie**, healing from cancer & problems with son
Kyle & wife, God's guidance as they sell their home; **Dick**, complete healing from knee surgery
Cheryl, Jason & Children, guidance as a family; **Sierra**, God's healing from Spina Bifida
Floyd, healing of tumor on lung; **John**, God's leading as he starts up another cancer outreach ministry
Jerry, God's provisions in his life; **Erma**, physical healing; **Dean**, physical healing; **Neal**, physical healing; **Ed**, healing from a fall
Neal, physical healing; **Regie & Delma**, healing & leading as they deal with dementia; **Fred**, physical healing
Leona & family, peace & comfort with death of husband
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 new relationship he is in; **Bill**, physical healing from heart problems
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; **Donna**, healing/comfort in her last days; **Mario**, deliverance from the enemy
Kathy & Ken, strength, leading & healing; their family to know the Lord; **Jeanie's family**, peace, comfort & strength with her passing
Wilma, peace & comfort with the loss of one of her legs below the knee
John, delivery from alcoholism & healing of his liver; **Holly**, needs Jesus; **Rebecca**, physical healing of her heart
Randy, lost a brother in a bike accident; **Roy**, for God to prepare him
Brett, to stay one with God; faith to continue to grow & strengthen; God's protection; Joey, Cody & Casey
Mike, God's guidance, clarity & conviction; return to church
Steven, clarity, strength & conviction in God's leading; healing between him & family members; sale of house; physical healing
Susan, healing from Leukemia; healing from fear & lack of trust in God
Gale, prayer for family; healing in some relationships; God's peace & comfort; healing; unspoken request; better academic abilities; delivery of her neighbor from gossiping; **Basil, Veronica & Justina** 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; **Justina**, total healing; **Ken**, peace & comfort with the loss of his wife
Dan, guidance in the Truth; comfort in the Lord; help with ISSA
Lenav, physical healing; to draw close to the Lord
Wayne & Char, strength & health so Char can come to church; both to stay faithful to the Lord
Cynthia Teresa, God's protection for her from prison guards & lesbianism; 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, God's continued healing & mercy; kidney function to be normal; prayer for her son Israel; the captain of the boat to come to know the Lord; change in the living condition of some of her grandchildren; all of our lost loved ones will turn their lives over to God
Elijah, salvation; healing; calmness in his last days
Noah, Nikki & family, the Lord's leading in their lives
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.
Lora, baby granddaughter's care
Judy, help from God as she goes through lung disease & the death of her husband
Jackie, help in dealing with the loss of her cat to "Kitty Aids" & Leukemia, & the possibility that it has spread to her other cats
Charla & family, continued guidance & unity in Christ
Sandi & son, Trevor, falsehoods against them to be exposed
Alfred & Tami, God's leading
Patti Ann, physical, emotional & spiritual healing
Eli, God's leading in his life
Tony, the Lord's peace, comfort, leading & provision in his life
Agnes, God's will for the job offer
Elisa, God's comfort & protection from the enemy
Sherman, healing (sinuses, lungs & back); salvation for his sons
Donna, continued healing for foot; prayer for her son & family; salvation for her two sisters; all those unemployed
Jen, healing, strength & faith with her foot being amputated; God's leading in family issues & that He would be glorified
Jeanna, to realize why she's back in jail
Dave, his ministry in Arizona
All, who are having 'hard times' at this time of the year, that they will have peace in their heart & mind



HEALTH TIPS



“The Powerful Blueberry”

Offered by Ginny Sorensen



Blueberries Slash Risk Of Certain Chronic Conditions

In recent years, blueberries have earned the reputation for being nature’s “super-fruit”. The blueberry has the highest level of antioxidants of most fruits and some vegetables, too. Recently, a pair of studies published in the *Journal of Nutrition* claim that eating blueberries regularly may help patients control diabetes and stave off high blood pressure.

In the first study, Louisiana State University researchers observed 32 obese, insulin-resistant, non-diabetic men and women who were instructed to consume a blueberry smoothie or a non-blueberry smoothie twice a day for six weeks. Researchers found that the participants who consumed the blueberry smoothie became more sensitive to insulin across the study period, which has been linked to a lower diabetes risk. According to the study, the findings provide additional evidence that including blueberries in a patient’s diet helped limit their risk of diabetes.

An Oklahoma State University study found that consuming two cups of blueberries daily for eight weeks reduced participants’ systolic blood pressure by up to eight points. The lead author of this study noted that blueberries also may help pre-hypertensive and hypertensive patients regulate their glucose levels.

Go to the Blue!

The deep blue pigment of wild blueberries is highly concentrated with antioxidants. Antioxidants help slow down the oxidation process and enhance the body’s immune defense, lowering the risk of cancer and other infectious diseases. Antioxidants help protect our bodies against disease and age-related issues. They neutralize free radicals and help prevent cell damage and inflammation.

Indulge in blueberries!

At only 84 calories and 3 grams of fiber per cup, blueberries are also a satisfying snack that provides energy. For breakfast, try blueberry pancakes, blueberry breakfast bars, or throw some blueberries in your cereal. Although tempting, beware of blueberry muffins. Muffins can be high in fat.

For a tasty, sweet snack, use blueberries in a fruit smoothie or blueberry shake.

When making a fruit salad, don’t forget blueberries. (Top with low fat whipped topping—yum!)

For a refreshing twist, toss blueberries on your salad.

Most grocery stores now stock blueberry juice. Give it a try.

Mouth-watering blueberry desserts include blueberry pies, blueberry berry crisp, blueberry bread pudding, blueberry cheese cake, and blueberry cobbler.

** 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.*

Street Protests Lead To Sacking Of Government

AMMAN, Jordan—Jordan's King Abdullah II fired his government today in the wake of street protests and asked an ex-prime minister to form a new Cabinet, ordering him to launch immediate political reforms. The dismissal follows several large protests across Jordan—calling for the resignation of Prime Minister Samir Rifai, who is blamed for a rise in fuel and food prices and slowed political reforms. A Royal Palace statement said Abdullah accepted Rifai's resignation tendered earlier today. The king named Marouf al-Bakhit as his prime minister designate, instructing him to "undertake quick and tangible steps for real political reforms, which reflect our vision for comprehensive modernization and development in Jordan." the palace statement said. Al-Bakhit previously served as Jordan's premier from 2005-2007. The king also stressed that economic reform was a "necessity to provide a better life for our people, but we won't be able to attain that without real political reforms, which must increase popular participation in the decision-making."

- Associated Press

Flooding Crisis Grows In Australia

Authorities told people in Australia's southeast to flee their homes with three days of supplies Wednesday as a surging river threatened another community in a flood that has devastated the country's mining industry.

Hundreds of families in Kerang, in the north of Victoria state, were getting out as the Lodden River kept rising. The flooding in Victoria follows weeks of flooding in northeastern Queensland, which swamped two-thirds of the state, shut down several mines and left 30 people dead.

The mining industry estimates the flooding has cost \$2.3 billion in lost sales of coal, Australia's most lucrative export.

"This flood emergency is still far from over", said Tim Wiebusch, director of operations at the State Emergency Service. "The levee may come under further risk as there is a huge wall of water that is bearing down on Kerang."

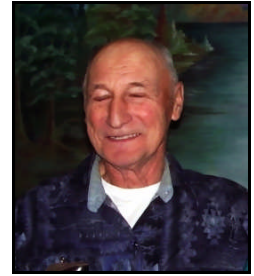
Hezbollah Defends Lebanon Takedown

The leader of Hezbollah on Sunday defended the decision to bring down Lebanon's Western-backed government, saying the Shiite militant group did so without resorting to violence and will not be intimidated by world reaction.

In his first comments since the government collapse Wednesday, Hassan Nasrallah said his bloc will not support Saad Hariri's return to his post as prime minister in talks today on forming a government. "We carried out a constitutional, legal and democratic step to bring down the government." Nasrallah said. "We are not scared of speeches, statement or anyone's threats in this world."

HOW POLITICS AFFECT CHRISTIANITY

submitted by
Claude Sorensen



Rival Protests Break Out In Venezuela

Allies and adversaries of President Hugo Chavez took to the streets of the capital for rival demonstrations to commemorate the 53rd anniversary of Venezuela's democracy. Members of the opposition in Caracas chanted anti-government slogans and waved banners labeling Chavez a despot. "In a country where dissidence is constantly attacked, there's no true democracy", said organizer Virginia Zamora. Chavez's supporters denied that he is a dictator. "Chavez has demonstrated again and again that he's a democrat", Alejandra Gonzalez said.

- Associated Press

Drought-hit China Drills Wells To Save Wheat Crop

BEIJING—China says it is launching a massive well-drilling operation to save the crucial wheat crop stricken by the worst drought in decades. The plan to drill 1,350 wells across eight northeastern provinces follows the announcement of plans to spend \$1 billion to alleviate the drought. China is the world's largest wheat growing nation. Expected shortages of the crop in China have already pushed up global prices for the commodity. The government's Office of State Flood Control and Drought Relief Headquarters said today that as of Thursday afternoon, 17 million acres of crops had been affected by drought. Nearly 3 million people are short of drinking water. China's wheat belt has gotten virtually no precipitation since October.

- Associated Press

Devastation In Brazil

Disaster hits: Residents walk by a crater engulfing a vehicle Sunday in Nova Friburgo, Rio de Janeiro. Landslides have killed at least 626 since early Wednesday, when days of heavy rains unleashed tons of earth, rock and water down mountains and into towns over an area of about 900 square miles.

- Storm Batters Australian Coast, But Kills No One

Britain Okays Gay Civil Unions In Church

Gay couples are to be allowed civil partnership ceremonies in churches, Britain's government said today. Civil partnership ceremonies in Britain are currently not allowed to have religious references, are banned from churches and must take place in a public building overseen by a government registrar. The change will give same-sex couples the chance to tie the knot in religious buildings, although the government stressed that churches can opt out if they wish.

"No religious group will be forced to host a civil partnership registration, but for those who wish to do so this is an important step forward," said Home Secretary Theresa May."

In Britain, only heterosexual couples can get married; civil partnership is only for same-sex couples.

Scripture Readings For February

February 5 - I John 2:15-17; I John 2:26-29

Theme: "Come Out Of the World. Don't Sit On the Fence."

February 12 - John 17 (Entire Chapter)

Theme: "Abide In Christ Jesus"

February 19 - I Thessalonians 5:12-14; Romans 12:10-18

Theme: "Respect Our Church Leaders. Live In Harmony With One Another"

February 26 - II Timothy 3:1-9

Theme: "Counterfeit Faith"



Thomas Jefferson (April 13, 1743 – July 4, 1826) was the third President of the United States (1801–1809) and the principal author of the Declaration of Independence (1776). An influential Founding Father, Jefferson envisioned America as a great "Empire of Liberty" that would promote republicanism.

Jefferson served as the wartime Governor of Virginia (1779–1781), first United States Secretary of State (1789–1793), and second Vice President of the United States (1797–1801). He made the Louisiana Purchase (1803), and sent the Lewis and Clark Expedition (1804–1806). Tensions escalated with Britain and France, leading to war with Britain in 1812 shortly after he left office.

He idealized the independent yeoman farmer as exemplar of republican virtues, distrusted cities and financiers, and favored states' rights and a strictly limited federal government. Jefferson supported the separation of church and state and was the author of the Virginia Statute for Religious Freedom (1779, 1786). Jefferson's revolutionary view on individual religious freedom and protection from government authority have generated much interest with modern scholars. He was the eponym of Jeffersonian democracy and the co-founder and leader of the Democratic-Republican Party, which dominated American politics for 25 years.

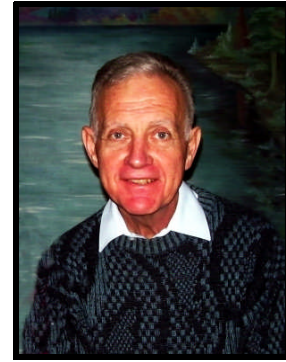
Jefferson, born into a prominent planter family, owned hundreds of slaves throughout his life; he held views on the racial inferiority of Africans common for his time and place. Allegations that Jefferson fathered several children with his slave Sally Hemings have been made since Jefferson's time. Based on late 20th century historical studies and a 1998 DNA analysis a consensus supporting this claim has emerged among leading scholars. Modern Jeffersonian critics have debated the inconsistency of Jefferson's rhetoric promoting individual liberty and equality while sustaining a lifestyle as a Virginia slave owner.

- wikipedia

**HAPPY BIRTHDAY
TO OUR
MARCH
CHILDREN!**



**No birthdays were
found; so, if we missed
yours, we're sorry.
Oops!
Happy Birthday!**



“The Big Times”

When life disappoints us big time, we really do not need reasons. We need peace in our heart. So, why do we always seek the reason? Why do we demand to know why this has happened to us? Why do we want God to tell us what is going on? God does not reveal His plan, He reveals Himself. We don't need answers; and, Jesus does not come to us with an explanation, but with His presence and comfort. When times are very bad, it seems much easier to be god than to trust and love God. Would we disagree and argue with God? There is a great difficulty in doing that; because, **He** is the source from which all our reasoning power comes. How would it be possible for us to be right and He wrong? If we argue *against* Him, we are arguing against the power that makes us able to argue at all.

God's Word is filled with accounts of His servants and His own Son suffering unjustly while being faithful and obedient to the Lord. We are told, that we are going to share Christ's suffering as part of His family. We don't understand why; but, we trust the Lord's promise of final victory with Jesus. And, we have faith that our God is righteous and will restore all things to good. It is when we are feeling alone and separated from our loving Heavenly Father that we begin to doubt and fear.

So, in the *big times*, that seem so discouraging to us, we need to lift our hearts and our hands to our Savior and our God, knowing that He is going to carry us through them. *Remember God's goodness and strength through all the other big times that you have already experienced.* Going through the big times with God always makes us stronger and closer to our Heavenly Father, if we don't give up. The big times are here today for each one of us. If your life is peaceful today, rejoice in the Lord and draw closer to Him in your covenant relationship. It is that close and intimate relationship with your Savior that will carry you through the next big time that He allows to come your way.

One day, soon, we are going to understand all the “whys” and “big times” of this life; and, they won't be important anymore. We will be gazing into the face of our Savior and the never ending glory of God the Father. We will know that we are home forever and rejoice for eternity in the true meaning of life. Only by His grace and the covenant relationship of forgiveness that He offers us, will we be there. So, hold on to the eternal love and hope that our Heavenly Father wants us to have. He will carry you safely through. Praise our God! See you on the other side.

“VERSE OF THE MONTH” *1 Peter 3:8-17 [NIV]*

Finally, all of you, live in harmony with one another; be sympathetic, love as brothers, be compassionate and humble. Do not repay evil with evil or insult with insult, but with blessing, because to this you were called so that you may inherit a blessing. For, "Whoever would love life and see good days must keep his tongue from evil and his lips from deceitful speech. He must turn from evil and do good; he must seek peace and pursue it. For the eyes of the Lord are on the righteous and his ears are attentive to their prayer, but the face of the Lord is against those who do evil." Who is going to harm you if you are eager to do good? But even if you should suffer for what is right, you are blessed. "Do not fear what they fear ; do not be frightened." But in your hearts set apart Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect, keeping a clear conscience, so that those who speak maliciously against your good behavior in Christ may be ashamed of their slander. It is better, if it is God's will, to suffer for doing good than for doing evil.

“Are We Loving And Not Condemning?”

Written by Sonny C. van Kempen

Recently, I was talking with a friend from church about some deeply-felt family issues she was sharing. Through her tears, she asked if I would pray for her and her family. In the past, when somebody would ask me to pray for them, I would quickly answer, “Yes. I will”; then, I would go my way, and they would go theirs. Later, at a convenient time, I would spend a moment in prayer and be done with it. That was then. As a result of many times spent with people who are suffering, and having suffered much myself, I came to understand, that God wants us to minister while the pain is at its most raw. That means ‘**right now**’ when the request is made for prayer. Right now. Not later, when its convenient.

The world is hurting; and we need to be ready when it comes to us for help. Every morning upon rising, we need to be asking God to gird us for the battle we will fight that very day. We need to put on the armor of God *before* we step foot to the ground.

Most of us are blessed to have families and support systems in place; so, when we’re hurting in our personal lives, we can go to someone with whom we have a close personal relationship, and pour our hearts out to them with full confidence that our grief will not be laid out bare for others to trample. Full disclosure without judgment. Can we trust our *church family* in that same way? Do we truly believe that our church family will be without judgment, if we open our hearts to any one of them, and bare our deepest fears, regrets, heartaches ... sins?

I have been in several churches throughout my lifetime, most of them large congregations with several pastors; and each one of them has let me down when I needed them the most. On the surface, for the most part, people were friendly and accepting, ready to smile at the drop of the hat; but, when death, divorce or any tragedy fell across the threshing floor, they scattered in all directions, scrambling to find safety elsewhere ... anywhere but where the pain lay. I suppose, that would be the ‘worldly reaction’; but, aren’t we asked to come out of the world to a higher calling? Aren’t we children of God ... lights in a world of darkness? What happens when we fail to stand up and be counted as one of God’s own, because we have turned a blind eye to a brother or sister in need? Matthew 25:35-46 is clear. Jesus says, *“for I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me, I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me.” Then the righteous will answer him, ‘Lord, when did we see thee hungry and feed thee, or thirsty and give thee drink? And when did we see thee a stranger and welcome thee, or naked and clothe thee? And when did we see thee sick or in prison and visit thee?’ And the King will answer them, ‘Truly, I say to you, as you did it to one of the least of these my brethren, you did it to me.’ Then he will say to those at his left hand, ‘Depart from me, you cursed, into the eternal fire prepared for the devil and his angels; for I was hungry and you gave me no food, I was thirsty and you gave me no drink, I was a stranger and you did not welcome me, naked and you did not clothe me, sick and in prison and you did not visit me.’ Then they also will answer, ‘Lord, when did we see thee hungry or thirsty or a stranger or naked or sick or in prison, and did not minister to thee?’ Then he will answer them, ‘Truly, I say to you, as you did it not to one of the least of these, you did it not to me.’ And they will go away into eternal punishment, but the righteous into eternal life.”*

After reading that passage of scripture, we need to seriously ask ourselves if we are fully doing as Jesus is telling us we *must* do? When we utter the words “church family”, are we fully comprehending what those words mean? They’re not simply ‘feel-good’ words, that smoothly flow from our lips, while we’re attending a church service or enjoying an afternoon potluck, then quickly forgotten upon exiting the church doors. Those words pack a punch! Those words stand for commitment one to the other, no matter what happens in the world around us, or how uncomfortable the problems might be. Does that mean that we’re permanently bound to the same congregation, *if* that congregation turns away from the teachings of the word of God? No.

It does not. If your brothers and sisters fall into a doctrine other than that of Christ Jesus, and they refuse to repent and turn back to Him, then it's best to leave that church and find a place where your convictions match those of other brothers and sisters in Christ. There is no shame in finding a closer relationship with our Creator by finding more compatible beliefs with our own in another church. Our brothers and sisters in the Lord, should be people with whom we have common ground in Christ and have a safe place to call our own, a port out of the storm so-to-speak. We need a place where love abounds, and condemnation is non-existent, and a family who does not rob us of our joy and peace in our Lord Jesus Christ.

We are called upon to bear one another's burdens in *and* out of church. We should be actively praying for our family, finding ways to help each other achieve our goals, assist each other in whatever ways we are able to assist, and assure one another that we are not out there struggling in the world alone. Hebrews 4:16 says, "***Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.***" When we do this daily, we are more apt to be able to help others in their times of need. God gives freely of His mercy and grace. He tells us to also give freely of our mercy and grace to others. Do we do that; or do we even know how to be merciful and gracious to others?

Grace. Mercy. Understanding. Compassion. Forgiveness. Love. Gentility. Kindness. Humility.

Are we truly giving all that we have to our family in each of these areas; or are we falling short in some?

When they kept on questioning him, he straightened up and said to them, "If any one of you is without sin, let him be the first to throw a stone at her." (John 8:7)

It's been my experience, that we fall short in the "Thou shalt not judge" commandment. The tendency to listen to a dear brother or sister in need of consolation, and then turn aside to utter that confidence to others, is all too common. Instead of helping, we have then condemned by painting a picture that deepens the hurt when it's repeated back to the one in pain. When will we stop casting stones? What will it take to put an end to the back-biting and condemnation? Are we really any better than they are? No! We are not; ***for all have sinned and fall short of the glory of God.*** (Romans 3:23) ALL. Not some.

So, shouldn't we take to heart what Ephesians 4:29-5:2 says:

Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.

And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption.

Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.

Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

Be imitators of God, therefore, as dearly loved children and live a life of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God.

If we are living a life fitting of a child of God, in obedience to His command, which states: "***Now that you have purified yourselves by obeying the truth so that you have sincere love for your brothers, love one another deeply, from the heart***" (I Peter 1:22); then we will open our hearts to one another, bear one another's burdens, and live a life that we can be counted as one for Christ. When a fellow servant of our Lord Jesus Christ is hurting and in need of prayer or help of any kind, we will gladly run to meet that need, and without hesitation show him or her the love that we have in the *deepest* part of our heart. We will not cause pain.

Brothers and sisters, let's not tarry any longer in doing good. Let's daily put on the armor of God and meet each test head-on without grumbling or complaining. To every soul, who walks through the doors of the church, show love and compassion without judgment, criticism or condemnation. When temptation comes to speak ill of anyone, pray fervently that God will take those thoughts away and replace them with loving-kindness, grace and mercy. It takes only a moment to meet somebody; but it takes a considerable amount of time to build trust. Let's all pray that we can be trustworthy in the eyes of God.

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.