

“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



May 2011 EDITION

CHURCH NEWS:

- This month has flown by! We've had so much for which to be thankful. Our church is growing and becoming stronger in the Lord every day, and in our love for one another. Love is the tie that binds, it is said; and, that is most certainly true with God's people. We've had some tremendous blessings in the month of April, with the marriage of two precious family members. We've waited a long time to see this union; and the wait was well worth it! A hearty congratulations to Mr. and Mrs. Rich Foreman, as in Pastor Rich and Dollie. We're all praising God for your commitment one to the other, and wish you all the best in years to come. May God richly bless you both!

Along that same line, our own brother Ralph has popped the question to Pamela, and they plan to unite in holy matrimony this month in May. We will surely miss them when they leave Grants Pass for Portland to begin their new lives together. May God guide you and strengthen you in Him, as you grow together as one in the Lord Jesus Christ. To you be all happiness and joy in abundance! We've been blessed to have you as members of the family of God.

- We're praying for guidance and direction, as we consider making an offer on the 6th Street property that we considered some time ago. Our offer will not be the same as before; but, our hope is that God will intervene on our behalf and bless our church body. Through Him, all things are possible; and, we're hoping that He will bless us with our own church building where we can worship and serve Him in a location that is better suited to our needs and outreach efforts. As Pastor Ralph has requested, *'please pray fervently for God to intervene and guide all the steps and people involved.'* Pray that He will go before us and make our way straight. Our hope is in Him; so, pray that He will give us our hearts' desire to have our own church home.

- Shawn gave his first sermon at our church on April 16th during worship time. His sermon was titled, "Are You a Gentile?" The sermon is on DVD, if anyone wishes to watch it. He did a fantastic job in delivering the Word in presenting scriptures to identify God's people, not only by the bloodline of the Jewish people, but by the condition of the heart of man toward God. He clarified the term "peculiar people", as those belonging to Christ who *stand out* in the world from people *of* the world, because of their faith in Christ. They are God's holy people. His humorous style and effectual presentation held the congregation's attention for 45 minutes; and, nobody fell asleep! He will preach another sermon again on May 14th; so, plan to attend, as God's word is preached through His leading.



**PASTOR RALPH'S
NOTES OF ENCOURAGEMENT**



“Change Can Be a Beautiful Thing!”

It's been a wonderful month.

The Lord's Supper Remembrance was such a blessing and nearly the entire congregation was there. One obvious exception was Sister Sonny. Although she was out-of-state, she was certainly there in our hearts. Nevertheless, she found a congregation near where she was visiting, that held the same remembrance at the same time as us. So, in a sense, she really did share the Lord's Supper with us! Barbara brought a guest, Brother John Durfield. He shared his testimony last Sabbath and we were blessed.

Pastor Rich and Sister Dollie got married and shared the video of the ceremony. You just have to be happy for them, because it's clearly a match made in heaven. A hearty congratulations and “Well done!” to the newly weds. Perhaps, there's something in the air. Brother Ralph and Sister Pamela announced their engagement. They intend to marry some time in May shortly after they relocate to the Portland area. I see a trend, who will be next to marry?

Personally, I love this time of year! My tulips are blooming out by the patio, the fruit trees are blossoming in the orchard, the rain makes everything smell good, the geese down by the pond have babies and the world is coming back to life after having been asleep all winter. Sherry is busy with her planting, and I am busy helping her. It's hard to beat the taste of a homegrown tomato. Life is grand! Don't you love the sound of frogs and crickets? Another of my favorite things is wildflowers. It's as if God is carpeting the meadows with beautifully colored carpet. It's a living carpet that moves with the wind. And how about those sunsets? If you could paint a sunset that looked as amazing as the ones God supplies on a regular basis, people would simply not accept it as realistic. And, perhaps they would be right. Who can begin to match the beauty of God's nature?

Sherry and I are trying to cherish each day as all-too-soon it will turn from too cold to too hot. I love spring. It reminds me of the story about the three bears, not too hot, not too cold, but just right. Then again, it's all good. Let's look around us and admire the handiwork of God. It's a free tour, if you will open your eyes and take the time.

(Luke 12:27 NIV) *“Consider how the lilies grow. They do not labor or spin. Yet I tell you, not even Solomon in all his splendor was dressed like one of these.”*

Pleased to be yours in Christ,

Pastor Ralph

Church of God 7th Day Newsletter
May Edition 2011

In Weekly Service:

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

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

UPCOMING EVENTS & COMMUNITY ACTIVITIES

Women's Luncheon 3rd Friday of each month. The next meeting will be on May 20th, 12:00 pm at "Applebee's" at the last stoplight on the right before entering the freeway at exit 55 in Grants Pass.

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

Family Movie Matinee: May 7th at 2:30 pm in the sanctuary following the potluck. The movie is titled, "Wait Your Turn".

Bible Forum: May 14th at 2:30 pm in the sanctuary following the potluck.

Sermon by Shawn: May 14th.

Open: May 21st at 2:30 pm following the potluck.

Prayer Meeting: May 28th at 2:30 pm following the potluck.

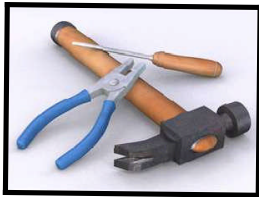
Sermon by Pastor Rich: May 28th.

Women's Luncheon Update

The April 16th luncheon was held at noon at 'Leo's'. In attendance were: Sherry, Donna, Nadia, Barbara, Mary and Vickie R. Everyone had a great time. It was the first time to visit Leo's. The ladies reported that they loved the food and the atmosphere. Nadia won the money pot drawing! The ladies who attended had a wonderful visit and have decided to meet at 'Applebee's' next month in May! The June luncheon will be held at 'Sizzler'.

Perhaps, you and a guest or two can join us on May 20th, 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.

Sonny van Kempen: In-home health care; art projects; office; writing; organizing most things. 541.660.3134

Patricia van Kempen: Organizing; cleaning; handyman; odd jobs; animal care & maintenance 541.301.7146

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. 541.479.2440



SHERRY'S MESSAGE

Note: Please save Part I in the April edition, and add Part II and Part III in the May and June edi-

"ABOUT THE BIBLE " **Part 2 of a 3-Part Series**

Note: As in the N.T. (Gal. 6:7) so in the O.T., God is not mocked. Those who ignore and despise His goodness (Rom. 2:4) will experience God's wrath (Romans 1:18; John 3:36; 8:24; Luke 13:28; 17:27-30) Compare Isaiah 1:16-20; Prov. 124-33; Psalm 1 and 2.

- God thinks, plans, creates. So does man - Jeremiah 9:23-24; 23:18; Eph. 4:23-24
- The O.T. describes God's emotions of LOVE (Deut. 7:7; Isa. 63:9) - OF HATE (Prov. 6:16-19) - OF JOY (Zeph. 3:17) - OF PEACE (Phil. 4:7) - EMOTIONAL LOVE FOR GOD (Deut. 6:5; Matt. 23:37) - MAN GOD LOVES 1 John 3:1) - GLADNESS BECAUSE OF GOD'S LOVE (Psa. 119:14, 24, 35, 70, 77, 111, 162) - HATRED OF EVIL (Prov. 8:13) - LOVING CARE (John 14:27) - HOLY FOR AS GOD IS (Leviticus 20:26; 1 Peter 1:16).

2. MAN'S FALL - Genesis 3

Man's disastrous fall occurs in Genesis chapter 3. It also results in the complete rupture of man's personal relationship with the Holy God. Gen. 3:24; 4:7; 6:5 Leading to man's ultimate destruction. Gen. 19:13; 1 Sam. 2:9-10; 2 Kings 17:7-23; Psa. 14:1-3 quoted in Romans 3:10-19 and Romans 3:23.

This tendency to sin is the theme of Jeremiah 2:13, 8:6-7, 9:12-14, 17:9, it's also the theme of "If ye being evil" Matt. 7:11; Mark 7:20-23; John 3:36; Romans 3:23; Eph. 2:1-3; Heb. 12:14.

3. GOD'S WORK OF REDEMPTION

- The great emphasis of the prophets in the O.T. as well as the teachings of the N.T. is that God loves man. "God was in Christ reconciling the world unto Him" 2 Cor. 5:19; 2 Pet. 3:9
- The word testament means covenant
- This promise was first given Genesis 3:15 - Further details in Luke 24:44-45
- Jesus only used the 5 Books of Moses, the prophets from Joshua to Malachi, and the Psalms to explain how His coming fulfilled all of God's "contract," "covenant," or "Testament" with man.
- By believing God's word - Compare Gen. 12:3, 7 with Gal. 3:16. Compare Gen. 15:5-6 with Romans 4:1-4. Compare Psalm 32:1-2 with Romans 4:5-8.
- The entire Bible from Genesis 3 to Revelation teaches that only expiration of remission of man's sins against God is through sacrifice. Lev. ;17:11 - Ex. 12 Later Jesus stated His blood was shed for remission of sin. Matt. 26:28; Heb. 9:22; 1 Peter 1:18-20; 1 John 1:7.

CHOSEN SEED - ADAM TO BABEL

God preserved a continuous line which began at the first Adam and continued until Christ (called the second Adam) was born. Cain attempted to destroy this seed when he murdered Abel, but God ordained Seth to take Abel's place. Gen. 4:25 After the flood the seed line was preserved through Noah. Genesis Chapters 6 - 9 Again degeneration is reenacted until at Babel God again judged. Genesis Chapter 11.

* *Note: Article continues in June 2011 issue.*



Wait on the LORD: be of good courage, and he shall strengthen thine heart: wait, I say, on the LORD. (Psalm 27:14)

Violations of the U.S. Constitution

1. the flagrant violation of **Article 1: Article 1, Section 8: perversion** of the monetary system; To coin money, [*responsibly?*] **regulate** the value thereof, and of foreign coin, and fix the standard of weights and measures; the federal Congress has **unconstitutionally** turned over the coining of Money, the regulation of the value thereof, and of foreign coin to the Treasury, in contradiction to Article 1, Section 8, Clause 5 and Article 1, Section 10, Clause 1; the federal Congress has failed to provide for the Punishment of counterfeiting the Securities and current coin of the United States in contradiction to **Article 1, Section 8, Clause 6**, by implementing the Federal Reserve Bank in 1913; HJR 192 - Federal Reserve Notes are NOT lawful money - "payment is declared to be against public policy" (Act of 28 October 1977, Pub. L. 95-147, § 4(c), 91 Stat. 1227, 1229, now codified in 31 U.S.C. § 5118(d)(2)).

* If you would like to view more violations, go to <http://one-simple-idea.com/ConstitutionalViolations.htm>

Bless Our Leftovers

Daddy was a Baptist preacher and money was always a little tight; so, Mother never let anything go to waste. She served leftovers until they were all eaten or put into the soup pot.

One day, we sat down to lunch and Daddy just started filling his plate and eating. Mother looked at him and asked, "Aren't you going to say a blessing?"

He looked all around the table, then looked at her and said, "You show me one thing on the table that I haven't blessed thru time already; and I'll bless it."

Offered by Ginny Sorensen

"Lend a Hand" Ministry

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

A Bit Of Humor

Q: Doctor, before you performed the autopsy, did you check for a pulse?

A: No.

Q: Did you check for blood pressure?

A: No.

Q: Did you check for breathing?

A: No.

Q: So, then it is possible that the patient was alive when you began the autopsy?

A: No.

Q: How can you be so sure, Doctor?

A: Because his brain was sitting on my desk in a jar?

Q: But could the patient have still been alive, nevertheless?

A: Yes, it is possible that he could have been alive and practicing law somewhere.

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 |
| Combs | |
| 2-in-1 Shampoo/Conditioner | |

“Behold the Man!”

Author: Dwight A. Pryor

Jesus’ apostles and Jewish disciples came to know him first as a Rabbi and only later as the risen Savior. For second-generation and subsequent believers, however, the process was reversed. First they encountered in faith the risen and reigning Son of God, and only later – if at all – did they come to learn in any depth about the man, *Yeshua MiNazareth* (Jesus of Nazareth).

So it is with many Christians today. The centrality of Yeshua’s death and the radiance of his resurrection, emphasized in the New Testament epistles, can overshadow the importance of the historical Jesus as a gifted Jewish Rabbi. Notice, for example, how most sermons preached in evangelical churches draw upon the epistles of Paul, Peter and James far more than the synoptic gospels of Mathew, Mark and Luke.

This is not a new phenomenon. Consider the Apostles’ Creed, which stresses that Jesus, “God’s only Son, was conceived by the Holy Spirit ... suffered under Pontius Pilate, was crucified and died.” This classic formulation of faith, which served as a paradigm for subsequent creeds and a standard for believers through the centuries, skips right from Jesus’ supernatural conception to his sacrificial crucifixion. What happened to his *life*? Is not his life as foundational to our faith as his death and resurrection?

This is not to minimize the consistent witness of the NT scriptures to the atoning efficacy of Yeshua’s death and resurrection as the Son of Man lifted up. “He was delivered over to death for our sins and was raised to life for our justification” (Romans 4:25). But what about the three years of his devout life and rabbinic-style teaching ministry prior to Calvary? Should not they be equally important to us?

I suggest they are – indeed must be – if we desire to be authentically Christ-like. The Bible bids us to a balanced view in this: Both *faith in* the Son of Man as well as the *faithfulness of* the man, Jesus. Neither aspect of our salvation should be ignored or minimized.

Yes, we should confidently confess that, “in accordance with the Scriptures, Messiah died for our sins” (1 Corinthians 15:3). But let us also vigorously affirm that prior to his death, Jesus devoted his life to teaching, illuminating and filling-full those very Scriptures – the Torah, the Prophets and the Psalms (Luke 24:44).

TWO MILLENNIA ago the Roman prefect Pontius Pilate derisively declared, “*Ecce Homo*” – “*Behold the Man!*” Today the Spirit of God is quickening Christians around the world to look afresh at the Jewish Sage, Jesus of Nazareth. In fact we are a blessed generation, given the unparalleled privilege to truly “Behold the Man!” with new eyes and appreciative hearts. With the restoration of Israel, the remarkable advances in archaeological discoveries and biblical studies, and the unprecedented cooperation of Jewish and Christian scholars investigating the Hebraic backgrounds to the life and teachings of Jesus – all this gives us fresh and impressive glimpses into the life of our Lord.

We see a man who was thoroughly Jewish and operated comfortably and creatively within the culture, traditions and worldview of Second Temple Judaism. The Scriptures of Israel defined his identity, chartered the course of his ministry, and served as the inspired source for his teachings. The Sages of Israel bequeathed to him a rich legacy of learning and wisdom and interpretative tools with which to explicate and illuminate the Scriptures for us.

To “Behold the Man!” anew is to take his redemptive life as seriously as we take his redeeming death. It means at the very least to seriously study his teachings and follow his walk. Yeshua wants to be our Rabbi and Mentor as well as our Messiah and Savior. His mission as the Son of Man was to be lifted up on a cross for the sake of the world; his mission as a man was to “raise up many disciples.” In our going, therefore, we must imitate him by making disciples of the nations.

To behold anew the man Jesus in the fullness of his incarnation will reconnect us to the nourishing sap of the Olive Tree – the faith of Abraham, Isaac and Jacob. It will restore to us a deep affection for the Torah and a new appreciation of the Prophets. It will unite us in an abiding love for Israel, the land of our Lord, and a covenantal commitment to respect and support his brethren, the Jewish people. Echoing the words of Ruth to Naomi, we will say to Yeshua: “Your God will be our God, and your people, our people.” This is our privilege; this is our responsibility. In the end it will be to the praise of our Father’s glory.

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Offered by Stewart Whittemore

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

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

April 23, 2011

Please pray for:

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 ill; Outreach Ministries; that God will bless us with our own building or land to build upon; the Holy Spirit to leads us in every area of our lives

Church Leaders, (Worldwide) God's wisdom & a hunger for His Word

Seeds Planted Worldwide, for the Lord

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

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

Military Troops & Wounded Soldiers, God's protection & provision

Natural Disasters, God's healing, strength & recovery

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

Lost Loved Ones, that they will turn their lives over to God

Homeless & All Who Are Having Hard Times, shelter, food & healing; to feel God's love & the love of others; peace in their heart & mind

Godly Sorrow, as repentance leads to salvation

Ralph, God's leading as pastor; **Sherry**, health issues to be resolved quickly; God to use her in a powerful way; God's leading in Bible study

Johnny, God's leading; **Michael**, strength in the Lord; **Cris**, strength in the Lord; **Nicole**, to turn back to God wholeheartedly;

Rochelle, healing; guidance, comfort, encouragement & ability to forgive; **Dave**, deliverance from addiction

Jasmine, to come to God; improvement of family relationships

Vickie, God's touch & complete healing; encouragement

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

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

Rich & Dollie's Ministry, children's Sabbath School; Outreach Event; Camp Ministry; **Dollie**, complete healing

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

Danelle & Tom, God's leading in job change, surrendered lives to the Lord; **Don**, gainful employment, good medical care & healing for elbow

Ken & Sandra, blessings in God's new direction for their lives

Ralph & Pamela, that they will always keep their eyes on God

Mary, physical healing & strength; God to guide & preserve her abilities; **Judy**, complete surrender to God & away from any evil;

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; **Larry**, knee problems; **George**, unspoken prayer

Sonny, blessings, complete healing, strength, endurance, courage & faith; that God will provide a good job to her; God's leading in Scripture Reading time; family to be closer to God & His will; rest & strength as she recovers from being away

Edna, strength as she battles with Lymphoma; **Blossom Joy**, complete healing from cancer; **Julie**, God's leading

Sherry, physical healing; strength, courage, discernment & wisdom to make decisions that are pleasing to God; that no cancer be found

Ron, repentance & wholehearted return to the Lord

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

Oreda, strength & healing

Terry, Shalii & family, healing in their marriage, blessings on their family & business

Matt, God's guidance & peace; freedom from 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 body, mind, heart & spirit; that no cancer will be found

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

Andres, delivery from substance abuse; strength in his recovery to not relapse

Diana, peace in the Lord; complete healing; 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 & Kalen**, protection; **Cody**, healing & comfort;

Diana's children, grandchildren & great-grandchildren, unity; love for the Lord; good examples to follow; see God's leading & to respond;

Jack & family, strength in the Lord; unspoken prayer;

Pete, Bill, George, John, Charlie & Cheryl, conviction & complete surrender to the Lord

Nicole & Cristelle, healing, peace, comfort & strength

Chris & family, healing, blessing & comfort

Christina & family, healing & comfort in the loss of their daughter

Patricia, Sonny, Larry, Rita, Ron, all in need of jobs that are compatible with each one's needs

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, to be God's witness to the people He has placed in their path; ability to reach those thinking about suicide
Ginny, continued healing; God to watch over all her family
Verl & Patty, unspoken prayer
Keith, a job, physical healing;
Vicky, complete healing & provision for all her needs
Edith, physical healing; **Jim**, for a calmness
Loretta, healing of her left hip, better health, peace & comfort; patience & compassion for husband
Barry & Heather, God's leading & to raise their child in the church; **Barry**, physical healing
Jay, healing
Janie, healing from cancer & problems with son; **Kyle & wife**, God's guidance as they sell their home; **Dick**, continued healing;
Cheryl, Jason & Children, guidance as a family; **Sierra**, healing from Spina Bifida; **Floyd**, healing of tumor;
John, God's leading in cancer outreach ministry; **Jerry**, God's provisions in his life; **Erma, Dean, Neal & Fred**, physical healing;
Ed, healing from fall; **Regie & Delma**, healing & leading as they deal with dementia
Leona & family, peace & comfort from death of Lee
Dwavne, physical healing
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; recovery from ordeal with dogs
Don, continued guidance, spiritual clarity & growth in Jesus; healing of blood clots & lungs; protection for children & 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 and for God to open his eyes & ears to Him, a white-hot light for God; **Drake**, delivery from alcohol
Ron, commitment in Christ; **Brandon**, help through hard times right now; **Jen**, find the Lord; **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;
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; **Roy**, for God to prepare him
Brett, to stay one with God; faith to continue to grow & strengthen; God's protection
Joseph, Cody & Casey, God's leading & protection
Mike, God's guidance, clarity & conviction; return to church
Steven, clarity, strength & conviction in God's leading; family unity; sale of house; physical healing
Susan, healing from Leukemia; healing from fear & lack of trust in God
Gale, family; healing in relationships; God's peace & comfort; physical 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**, peace & comfort as she deals with emotional turmoil; **Jean**, healing from breast cancer
Justina, complete healing; **Ken**, peace & comfort with the loss of his wife; **Galen**, healing from car accident
Dan, guidance in the Truth; comfort in the Lord; help with ISSA
Lenav, physical healing; to draw close to the Lord
Wayne, comfort & strength; to stay faithful to the Lord
Cynthia Teresa, 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; continued healing; family unity & joy to return
Roger & Donna, blessing; healing of Donna's leg
Nadia, continued healing & mercy; normal kidney function; Holy Spirits leading in every area of life; **Israel**, God's guidance & peace; **Grandchildren**, change in their living condition; **Noah, Nikki & family**, the Lord's leading in their lives
Luke, God's help in becoming debt free, & remedying the legal situation concerning his daughter; guidance & healing of his current situation
Judy, help from God as she goes through lung disease & the death of her husband
Charla & family, continued guidance & unity in Christ
Alfred & Tami, God's leading
Patti Ann, physical, emotional & spiritual healing
Eliyah, God's leading in his life
Tony, God's peace, comfort & leading & provision
Agnes, God's will for the job offer
Elisa, God's comfort; a protective hedge around her guarding her against the enemy
Sherman, healing (sinuses, lungs & back); salvation for his sons
Donna, continued healing for foot; that she will always hear God's voice; prayer for her son & family; salvation for her two sisters
Victoria & Matt, peace in dealing with mental health issue
Jessica, remission of cancer
Dave, his ministry in Arizona
Mark, the Lord's blessing on upcoming dental work
Kim, Cole, Linda & Joe, God's blessings & leading
Don, recovery from knee replacement surgery
DeeDee's daughter & man involved in accident- complete healing
Jennifer, Sandi, Ted & Carol, peace & comfort as they go to different job locations



HEALTH TIPS



“Healthy Snacks And Fiber”

Offered by Ginny Sorensen

Snacks get a bad rap, but snacking and eating healthfully don’t have to be mutually exclusive.

One key to better snacking is to choose foods with a low glycemic index, advises a new report from Harvard Medical School. The report explains that high-glycemic foods are digested rapidly, flooding the bloodstream with sugar. Your body releases a surge of insulin to clear the sugar, leaving you feeling hungry after a short time. This can lead to overeating and weight gain. Fiber, however, lowers a food’s glycemic load by slowing digestion. Reach for these low-glycemic options at snack time:

- Non-starchy, non-sugary foods like raw vegetable sticks, bean dips, and fruits such as apples, pears, peaches, and berries.
- Low-fat yogurt. Choose a plain variety and add your own fruit.
- Whole-wheat crackers or granola.

Find your favorite fiber. Need to add more fiber to your diet? Here’s a list of popular fibrous foods along with their contribution to that 25-35 gram daily recommendation for fiber intake, courtesy of the Mayo Clinic (www.mayoclinic.com):

FOOD: FRUITS	Total Fiber (Grams)
Apple (1 medium, skin on)	4.4 grams
Orange (1 medium)	3.1 grams
Strawberries (1 1/4 cups, halves)	3.8 grams
Raspberries (1 cup)	8.0 grams
FOOD: FRUITS	Total Fiber (Grams)
Peas (cooked, 1 cup)	8.8 grams
Broccoli (boiled/steamed, 1 cup)	5.1 grams
Potato (1 medium, baked, skin on)	2.9 grams
Carrots (1 medium, raw)	1.7 grams
Tomato (paste, 1/4 cup)	1.7 grams
FOOD: GRAINS, CEREALS AND PASTA	Total Fiber (Grams)
Brown Rice (1 cup, cooked)	3.5 grams
Spaghetti (whole wheat, cooked, 1 cup)	6.2 grams
Bread (whole wheat or multi-grain, 1 slice)	1.9 grams
Popcorn (air popped, 3 cups)	3.5 grams
FOOD: LEGUMES, NUTS AND SEEDS	Total Fiber (Grams)
Black beans (1 cup, cooked)	15.0 grams
Baked beans (vegetarian, canned and cooked, 1 cup)	10.4 grams
Lima beans (1 cup, cooked)	13.2 grams
Almonds (1 ounce)	3.5 grams

** 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.*

Washington: Justice Department Appeals Ruling On Health Care

The Justice Department has appealed a judge's ruling that struck down the federal overhaul of the health care system, the Obama administration's signature legislation.

In its appeal Friday to the 11th Circuit Court of Appeals, the Justice Department said the federal health care overhaul's core requirement to make virtually all citizens buy health insurance or face tax penalties is constitutional because Congress has the authority to regulate interstate business.

Twenty-six states filed a lawsuit that said Congress had exceeded its authority by mandating that all citizens buy health insurance. U.S. District Judge Roger Vinson of Florida agreed in a January 31 ruling that said President Obama's entire health care overhaul is unconstitutional.

Israel Deploys System To Guard Against Rockets

Israel deployed a cutting-edge rocket defense system Sunday, rolling out the latest tool in its arsenal to stop a recent spike in attacks from the neighboring Gaza Strip.

Israel hopes the homegrown Iron Dome system will provide increased security. The system went into operation shortly after an Israeli aircraft struck a group of militants in Gaza, killing two.

Iron Dome uses sophisticated cameras and radar to track incoming rockets, determine where they will land, and intercept and destroy them far from their targets. If the system determines the rocket is headed to an open area where casualties are unlikely, it can allow the weapon to explode on the ground.

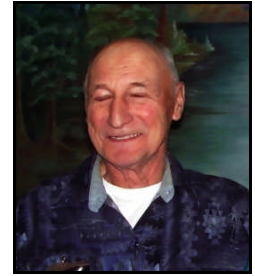
Brig. Gen. Doron Gavish, commander of Israel's air defense corps, said Iron Dome passed a series of tests and reached its "evaluation phase" in the field. It could be fully operational in a matter of months.

Radiation Near Reactors Too High For Workers

TOKYO—A pair of thin robots on treads sent to explore buildings inside Japan's crippled nuclear reactor came back today with disheartening news: Radiation levels are far too high for repair crews to go inside. Nevertheless, officials remained hopeful they can stick to their freshly minted "roadmap" for cleaning up the radiation lead and stabilizing the Fukushima Dai-ichi plant by year's end so they can begin returning tens of thousands of evacuees to their homes. Officials announced for the first time today that spent fuel rods in Unit 2 were damaged, and contaminated water was discovered in other areas of the plant, underscoring the growing list of challenges facing TEPCO in cleaning up and containing the radiation. They also described in more detail the damage to fuel in three troubled reactors, saying pellets had melted. - the Daily Courier

HOW POLITICS AFFECT CHRISTIANITY

Submitted by
Claude Sorensen



World: Taliban Bombers Kill 42 At Pakistani Shrine

A pair of Taliban suicide bombers struck one of Pakistan's most important Sufi Muslim shrines on Sunday, killing 42 people and wounding 100 others who were celebrating the anniversary of its founder's death with music, meditation and other practices abhorred by Islamist militant groups.

Another bomber was wounded when his explosive vest partially detonated. He was arrested along with a fourth militant who was seized before attacking, police official Ahmad Mubarak said.

Taliban spokesman Ahsanullah Ahsan claimed responsibility for the assault.

"It was a huge blast. People were running in panic," said Fida Bakhsh, 42, a vendor outside the Sakhi Sarwar shrine in the Dera Ghazi Khan district of Punjab province. "It was horrible."

Pope Commendable Technology Can Be Used For Evil

Pope Benedict XVI, leading a huge crowd at an outdoor Mass for Palm Sunday, lauded technological accomplishments but lamented that the human race's increasing abilities can also be used for evil.

Waving palm fronds and olive branches—symbols of peace—pilgrims, tourists and Romans packed St. Peter's Square on a sunny, breezy day for the start of Holy Week ceremonies. When the ceremony began, the square was nearly full, but by its end, a crowd numbering in the tens of thousands spilled over into the broad boulevard that leads to the Tiber River.

Palm Sunday's liturgy recalls Jesus' triumphal entry into Jerusalem, and Benedict's homily reflected on how the triumphs of men and women are tempered by selfishness and evil.

"From the beginning, men and women have been filled—and this is as true today as ever—with a desire to be like God, to attain the heights of God by their own powers," he said. "All the inventions of the human spirit are ultimately an effort to gain wings."

What's new?!
It's the new sur-charge for Duct Tape! That's what!!!



A spin-off from USA TODAY-
Wednesday, April 16, 2011 Issue

Recipe Of the Month

"Spinach Lasagna Rolls"

By KRAFT



Ingredients:

- 4 oz. (1/2 of 8-oz. pkg.) Philadelphia Cream Cheese, softened
- 1 pkg. (10 oz.) frozen chopped spinach, thawed, well drained
- 1-1/4 cups Kraft Shredded Low-Moisture Whole Milk Mozzarella Cheese, divided
- 1/4 cup Kraft Grated Parmesan Cheese
- 6 lasagna noodles, cooked, drained
- 2 cups spaghetti sauce

Nutritional Information (per serving)

Calories 330; Total fat 16g; Saturated fat 9g; Cholesterol 45 mg; Sodium 710 mg; Carbohydrate 32g; Dietary fiber 4g; Sugars 6g; Protein 15g; Vitamin A 130%DV; Vitamin C 30% DV; Calcium 35%DV; Iron 15%DV

Directions:

- HEAT oven to 375°F. Mix cream cheese, spinach, 1 cup mozzarella and Parmesan until well blended; spread onto noodles. Roll up tightly.
- PLACE, seam-sides down, in 9-inch sq. baking dish; top with sauce and remaining cheeses.
- BAKE 30 min. or until heated through.

Kraft Kitchens Tips (Substitute)

Save 30 calories, 3 grams of fat and 3 grams of saturated fat per serving by preparing with Philadelphia Neufchatel Cheese and Kraft 2% Milk Shredded Mozzarella Cheese.

Special Extra

Stir chopped fresh basil and/or sliced mushrooms into sauce before using as directed.

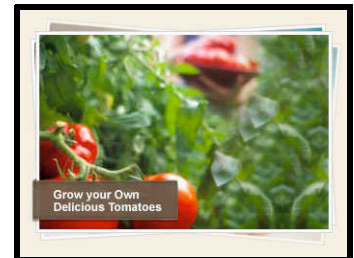


Grow Your Own Delicious

'TOMATOES'

GARDEN or HOUSEHOLD TIPS

By MiracleGro.com



What You'll Need:

Miracle-Gro® LiquaFeed® All Purpose Plant Feeding System, Miracle-Gro® Garden Soil for Flowers & Vegetables, Soil, Tomato plants or seeds, Hand shovel, Plant food, Water

Growing Healthy Tomatoes

If you've ever bitten into a big, red, juicy slice of homegrown tomato, you've enjoyed the best of gardening. There's nothing else quite like it. Even so, some would-be gardeners think it's too difficult to grow tomatoes. In fact, growing your very own tomatoes is easy, if you follow a few steps.

Start from Seed: Maybe you want to get a jump on the growing season. Or maybe you want varieties that you can't find at the gardening center. Those are good reasons to grow your tomatoes from seed. Doing so gives you more control, and usually a healthier crop.

Plant: Tomatoes have fun in the sun, but fade in the shade. The more sun, the better. When it's time to put them in the ground, mix in a big helping of high-quality garden soil, such as Miracle-Gro® Garden Soil for Flowers and Vegetables. Tomatoes need elbow room, so plant them about two feet apart. Since they'll grow fast, put in stakes or cages at this stage.

Water and Feed: Tomatoes are extra thirsty during the first few weeks in the soil. You'll want to water them every day. After they're established, be sure to feed and water your plants regularly. You can do both at the same time with a Miracle-Gro® LiquaFeed® Feeder, or you can feed them once – for up to 3 months of continuous nutrition – with Miracle-Gro® Watering Shake 'n Feed® Tomato, Fruit and Vegetable Plant Food.

How to Keep Your Tomato Plants Healthy: Don't forget to water regularly to keep the soil from drying out. Tomatoes love water, and one of the biggest reasons for decline in tomato plants is lack of moisture. You'll be amazed at how your plants respond to plant food, so feed them regularly, too. If some branches grow near or on the ground, snip them off to prevent disease. Also, quickly remove any tomatoes attacked by bugs or worms. You don't want to encourage them.

Scripture Readings For April

April 2 - Psalm 5:5-12

Theme: "Put Your Trust In the Lord. Do Not Boast About Anyone But God."

April 9 - Ephesians 5:15-33

Theme: "Husbands Love Your Wives As Christ Loved the Church"

April 16 - Psalm 37:1-7 & 34-37

Theme: "Trust, Delight, Rest, Commit, Wait On Him"

April 23 - Psalm 1:12

Theme: "Worship and Revere the Lord"

April 30 - Psalm 143:10-12

Theme: "Revive Me. I Am Your Servant."

Thomas Jefferson wrote in his Autobiography, 1821:

"The first settlers of Virginia were Englishmen, loyal subjects to their king and church, and the grant to Sir Walter Raleigh contained an express proviso that their laws *'should not be against the true Christian faith, now professed in the Church of England.'*"

On APRIL 26, 1607, English settlers landed at the site of Cape Henry, named for Prince Henry of Wales. Their first act was to erect a wooden cross and *commence a prayer meeting*. They ascended the James River, named for King James, and settled Jamestown, the first permanent English settlement in America.

Virginia, so named for the "Virgin Queen" Elizabeth, stated in its 1st Charter, April 10, 1606: *"Greatly commending...their Desires for the Furtherance of so noble a Work, which may, by the Providence of Almighty God, hereafter tend to the Glory of His Divine Majesty, in propagating of Christian Religion to such People, as yet live in Darkness and miserable Ignorance of the true Knowledge and Worship of God."*

The 2nd Charter of Virginia, May 23, 1609, stated: *"The principal Effect which we can expect or desire of this Action is the Conversion and reduction of the people in those parts unto the true worship of God and the Christian Religion...It shall be necessary for all such our loving Subjects...to live together, in the Fear and true Worship of Almighty God, Christian Peace, and civil Quietness, with each other."*

The 3rd Charter of Virginia, March 12, 1611, stated: *"Our loving Subjects...for the Propagation of Christian Religion, and Reclaiming of People barbarous, to Civility and Humanity, We have...granted unto them...the first Colony in Virginia."*

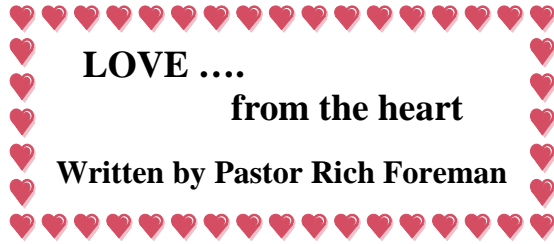
Americanminute.com

Barbara, May 16

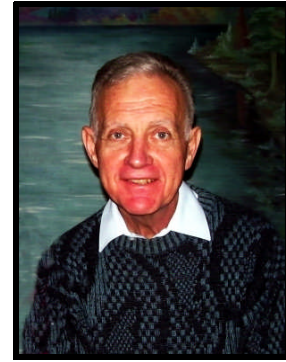
**If we missed your birthday,
we're sorry.
Happy Birthday!**



**HAPPY BIRTHDAY
TO OUR
MAY
CHILDREN!**



LOVE
from the heart
Written by Pastor Rich Foreman



“Busy Waiting?”

In our society today, we rush from task to busy task. We don't allow ourselves the time to consider what is really important and lasting. We don't take time to listen to the Lord and wait upon Him. We don't truly reflect on our commitment to God or those people we sincerely love. As a result, our life and love for God and others becomes shallow. We know in our heart that God created us to love Him and others deeply. So why do we find ourselves unwilling to slow our pace and follow His counsel?

Is it because we are afraid to face the emptiness of our own heart? Is it because we know we are lacking in real love for others? Is it because we fear what might have to be changed in our life if we truly begin to love others? God's promise to those who wait upon Him is, ***“I will give them an undivided heart and put a new spirit in them: I will remove from them their heart of stone and give them a heart of flesh.”*** *Ezekiel 11:19*

I believe there is only one reason the Lord wants us to wait upon Him. It is so that we can learn to know His heart and then express that love to others. He wants us to know the true fulfillment of loving Him first, others second and then ourself.

The Lord gives us the choice. Are we going to remain shallow in our relationships and life? Or, are we willing to face our fears and our own emptiness in order to gain from Him the knowledge and experience of loving others deeply, as He intended? Are we willing to trust the Lord to fill us with His Spirit and complete our lives in His love?

To wait upon the Lord is to struggle within and sometimes to fail, but is it really failing when we have been obedient to the Lord? Waiting upon the Lord is that state in which everything else stops diverting our heart and we have the opportunity we need to know God's leading. Are we living through our God-given 'Today', out of touch with what is really important and lasting, rushing from one activity to the next? Or, are we using our 'Today' to enjoy our relationship with God and others to the utmost? God gives us the choice. What choice are you making with your 'Today'?

“I say to myself, the Lord is my portion; therefore I will wait for Him. The Lord is good to those whose hope is in Him, to the one who seeks Him; it is good to wait quietly for the salvation of the Lord.” *Lamentations 3:24-26*

“VERSE OF THE MONTH”

Psalm 37:29-35 [KJV]



- 29** The righteous shall inherit the land, and dwell therein for ever.
30 The mouth of the righteous speaketh wisdom, and his tongue talketh of judgment.
31 The law of his God is in his heart; none of his steps shall slide.
32 The wicked watcheth the righteous, and seeketh to slay him.
33 The LORD will not leave him in his hand, nor condemn him when he is judged.
34 Wait on the LORD, and keep his way, and he shall exalt thee to inherit the land:
35 when the wicked are cut off, thou shalt see it.

For I am persuaded that neither death nor life, nor angels nor principalities nor powers, nor things present nor things to come, nor height nor depth, nor any other created thing, shall be able to separate us from the love of God which is in Christ Jesus our Lord. Romans 8:38-39



The Trip Home **May our Father lead us safely home.**



A pastor had been on a long flight between church conferences...

The first warning of the approaching problems came when the sign on the airplane flashed on: Fasten Your Seat-Belts. Then, after a while, a calm voice said, "We shall not be serving the beverages at this time as we are expecting a little turbulence. Please be sure your seat belt is fastened."

As the pastor looked around the aircraft, it became obvious that many of the passengers were becoming apprehensive. Later, the voice on the intercom said, "We are so sorry that we are unable to serve the meal at this time. The turbulence is still ahead of us.."

And then the storm broke ... The ominous cracks of thunder could be heard even above the roar of the engines. Lightning lit up the darkening skies, and within moments that great plane was like a cork tossed around on a celestial ocean. One moment the airplane was lifted on terrific currents of air; the next, it dropped as if it were about to crash.

The pastor confessed that he shared the discomfort and fear of those around him. He said, "As I looked around the plane, I could see that nearly all the passengers were upset and alarmed. Some were praying. The future seemed ominous and many were wondering if they would make it through the storm.

"Then, I suddenly saw a little girl. Apparently, the storm meant nothing to her. She had tucked her feet beneath her as she sat on her seat; she was reading a book and everything within her small world was calm and orderly. Sometimes she closed her eyes, then she would read again; then she would straighten her legs, but worry and fear were not in her world. When the plane was being buffeted by the terrible storm when it lurched this way and that, as it rose and fell with frightening severity, when all the adults were scared half to death, that marvelous child was completely composed and unafraid."

The minister could hardly believe his eyes. It was not surprising therefore, that when the plane finally reached its destination and all the passengers were hurrying to disembark, our pastor lingered to speak to the girl whom he had watched for such a long time.

Having commented about the storm and the behavior of the plane, he asked why she had not been afraid. The child replied, "Cause my Daddy's the pilot, and he's taking me home."

There are many kinds of storms that buffet us. Physical, mental, financial, domestic, and many other storms can easily and quickly darken our skies and throw our plane into apparently uncontrollable movement. We have all known such times; and let us be honest and confess, it is much easier to be at rest when our feet are on the ground, than when we are being tossed about a darkened sky.

***Let us remember: Our Father is the Pilot. He is in control and taking us home.
Don't worry!***

As someone once said; "If God is your co-pilot, switch seats."

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 maid-servant, 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

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.