

November 2010 Edition

“HEAVENLY HERALD” NEWSLETTER

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

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*”

CHURCH NEWS:

- Well, now. What do you suppose we will have on the burner next? As a church, we made plans to meet at the church on two separate occasions this month to carpool to Medford and pay a visit to the Railroad Park. The first time, we canceled because a weather report stated ‘rain’ in the forecast. They were wrong. Beautiful day ... so, we rescheduled for two weeks later, only it did rain. Now, the general consensus is that we wait until Spring. Are we wimping out, or what? Hopefully, this autumn/winter we will agree on some indoor fun and forget the weather reports!
- Remember that ***Helping Hands baskets will be delivered in November***; so, if you have food for the needy families or a surplus of cash on hand, now is the time to bring them to church.. (See Pastor Ralph, Pastor Rich or Claude.) If you wish to anonymously donate cash, please mark your envelopes for “Helping Hands”, place your envelope in the offering box and the money will be allocated for this very important outreach. Should you know of a family who could benefit from “Helping Hands”, please get that information to Claude ASAP. Thank you!
- We’re ever-so-grateful to have the fine pastor that we have in Pastor Ralph; and, now we are double blessed to have Pastor Rich join in ministering to us every last Sabbath of each month to deliver a message from God’s word. The blessings continue to flow! What a mighty God we serve!
- Please keep our Food Pantry and “**Helping Hands**” ministry in your prayers, as we are always in need of dry goods, canned goods, or household personal products (i.e. **toothpaste, soap, shampoo, paper towels, toilet paper, kleenex, dish soap, cleanser, etc.**). Please speak with either pastor about your contributions of any of these items; and your financial help is always appreciated. If you are in need of help, please see Pastor Ralph. Your conversation will be held in the highest confidence. Thank you all for your help in helping others.



PASTOR RALPH'S
NOTES OF ENCOURAGEMENT



“A Beautiful God-Given Life”

“It’s the Climate!” proclaims a banner as you enter downtown Grants Pass from I-5 ... and this is a gift from God.

- ✓ (Eccl 3:11-12 NIV) ***He has made everything beautiful in its time. He has also set eternity in the hearts of men; yet they cannot fathom what God has done from beginning to end. {12} I know that there is nothing better for men than to be happy and do good while they live.***

Beauty is indeed all around us, if we will take the time to see it. There are red and yellow and orange and gold and many other lovely and vibrant shades of leaves. It’s as if they were giving us a magnificent goodbye, a final proclamation that they will return again when it’s time. If they could speak perhaps they would be saying, “Don’t forget me.”

Now that the rain is coming upon us, we will be seeing more of another sign from God, the rainbow.

- ✓ (Gen 9:13 NIV) ***I have set my rainbow in the clouds, and it will be the sign of the covenant between me and the earth.***

Who doesn’t delight in the colors of the rainbow? Traditionally we have counted 7 colors in the rainbow. They are red, orange, yellow, green, blue, indigo, and violet. Actually, there is an entire, complete, spectrum of color in the rainbow; and isn’t it incredible that before they were separated they made a light we would call, “White!”

Yes, we’ve entered a new season. Like all of the other seasons, it has its own majesty and its own wonders. I have been listening to the thunder this evening. Wow! Thunder is both intriguing and a little frightful when it gets too close. The old hymn comes to mind, “I see the stars, I hear the rolling thunder, Thy power throughout the universe displayed.”

I suppose we all have a favorite time of year. Some like it good and hot with lots of daylight. It’s a good time for swimming, picnics, and cooking outdoors. Others like the winter: A good time for skiing and ice-skating. It’s also a good time for sitting around a fire looking through a picture window and watching the kids build a snowman or throw snowballs. But for me, Spring and Fall are my favorites, mostly because of the colors, I suppose.

And maybe we can learn a few life-lessons from the seasons. We can learn to appreciate all of the seasons of our own life. Don’t be too eager to grow older; and don’t be wishing you were younger either. Learn to enjoy all of your life.

(Eccl 3:11-12 NIV) ***He has made everything beautiful in its time. He has also set eternity in the hearts of men; yet they cannot fathom what God has done from beginning to end. {12} I know that there is nothing better for men than to be happy and do good while they live.***

Pleased to be yours in Christ,
Pastor Ralph

In Weekly Service:

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

Gale Andrews/Tom Dalglish, Door Greeters
Dollie Newstrand, Prayer & Praise Requests
Diana Hirschman, Scripture Reading

UPCOMING EVENTS & COMMUNITY ACTIVITIES

Women's Luncheon 3rd Wednesday of each month. The next meeting will be on November 17th, 12:00 pm at "Redwoods Forest Café" located at 1720 Redwood Avenue, Suite 1 in Grants Pass.

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

Family Movie Matinee: November 6th at 2:30 pm in the sanctuary following the potluck. The movie is titled, "Love Finds a Home".

Bible Forum: November 13th at 2:30 pm in the sanctuary following the potluck.

Business Meeting: November 20th at 2:30 pm following the potluck.

Prayer Meeting: November 27th at 2:30 pm following the potluck.

Sermon by Pastor Rich: November 27th.

Women's Luncheon Update:

The October 20th luncheon was held at noon at Matsukaze's Japanese Cuisine. In attendance were Mary, Barbara, Sherry and Vickie R. The ladies had a wonderful time! After placing suggestions for a location for next month's meeting into a kitty, Barbara's suggestion was picked; and so, the next luncheon will be held at Redwoods Forest Café. (address listed above)

Perhaps, you and a guest or two can join us on November 17th, 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”**



“A Soldier”

He was getting old and paunchy
 And his hair was falling fast,
 And he sat around the Legion,
 Telling stories of the past
 Of a war that he had fought in
 And the deeds that he had done
 In his exploits with his buddies;
 They were heroes, everyone.
 And 'tho sometimes, to 'is neighbors,
 His tales became a joke,
 All his buddies listened,
 For they knew whereof he spoke.
 But we'll hear his tales no longer,
 For ol' Bob has passed away,
 And the world's a little poorer,
 For a soldier died today.
 He won't be mourned by many,
 Just his children and his wife.
 For he lived an ordinary,
 Very quiet sort of life.
 Held a job and raised a family,
 Quietly going on his way;
 And the world won't note his passing;
 'tho a Soldier died today.
 When politicians leave this earth,
 Their bodies lie in state,
 While thousands note their passing,
 And proclaim that they were great.
 Papers tell of their life stories,
 From the time when they were young,
 But the passing of a soldier,
 Goes unnoticed, and unsung.
 Is the greatest contribution,
 To the welfare of our land,
 Some jerk who breaks his promise,
 And cons his fellow man?
 Or the ordinary fellow,
 Who in times of war and strife,
 Goes off to serve his Country
 And offers up his life?

The politician's stipend
 And the style in which he lives,
 Are sometimes disproportionate,
 To the service that he gives.
 While the ordinary soldier,
 Who offered up his all,
 Is paid off with a medal
 And perhaps a pension, small.
 It's so easy to forget them,
 For it is so long ago,
 Our Bobs and Jims and Johnnys,
 Went to battle, but we know.
 It was not the politicians,
 With their compromise and ploys,
 Who won for us the freedom,
 That our Country now enjoys.
 Should you find yourself in danger,
 With your enemies at hand,
 Would you really want some cop-out,
 With his ever waffling stand?
 Or would you want a Soldier,
 Who has sworn that he'd defend,
 His home, his kin, and Country,
 And would fight until the end?
 He was just a common Soldier
 And his ranks are growing thin,
 But his presence should remind us,
 We may need his like again.
 For when countries are in conflict,
 Then we find the Soldier's part,
 Is to clean up all the troubles,
 That the politicians start.
 If we cannot do him honor,
 While he's here to hear the praise,
 Then at least let's give him homage,
 At the ending of his days.
 Perhaps just a simple headline,
 in the paper that might say:
 "OUR COUNTRY IS IN MOURNING,
 FOR A SOLDIER DIED TODAY."

Author Unknown



And now for a little space grace hath been showed from the LORD our God, to leave us a remnant to escape, and to give us a nail in his holy place, that our God may lighten our eyes, and give us a little reviving in our bondage. Ezra 9:8

DISHWASHER'S GRACE

Thank God for dishes!
They have a tale to tell.
While other folks go hungry,
we're eating very well.
With home and health and happiness,
we shouldn't want to fuss;
for by this stack of evidence,

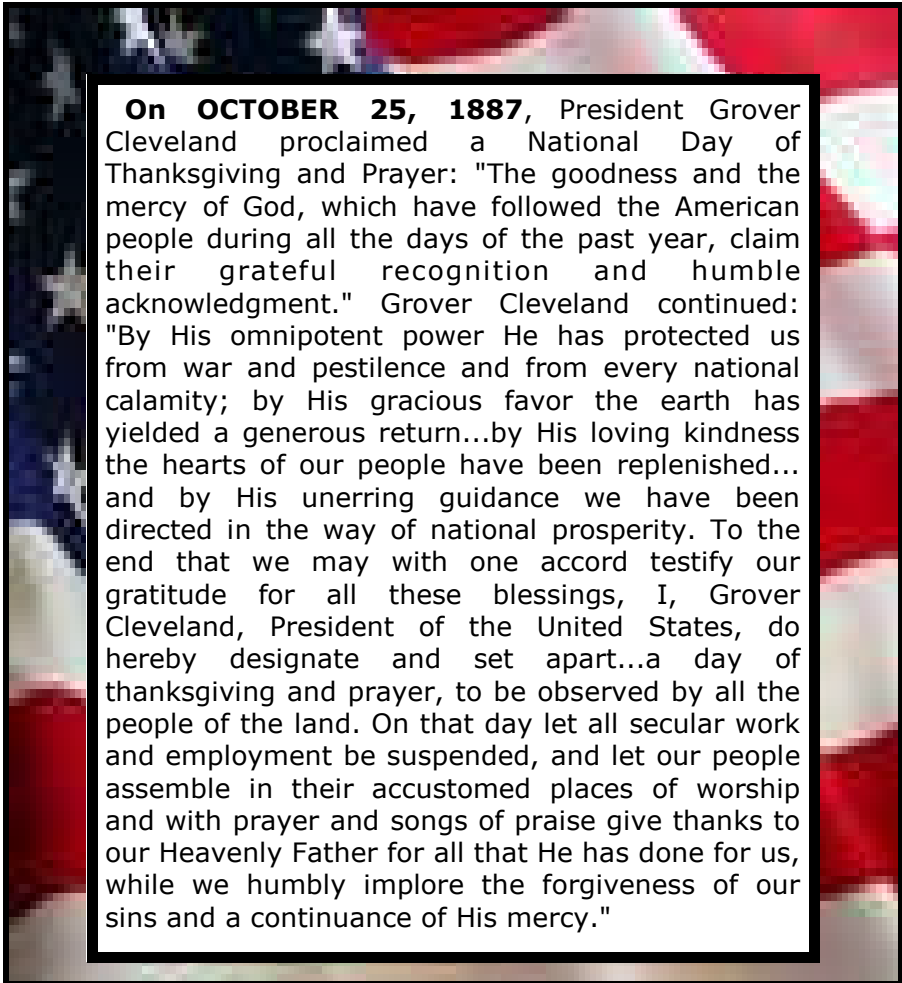
God's very good to us!

Autumn is here, and the leaves are making their final appearance before winter overtakes the land. As we contemplate the amazing world that our Creator has made, let us not forget that He had us in mind when He made this breath-taking universe where we are privileged to dwell. His love is manifested in every nuance of His creation. We are able to rise each morning to sing a new song, as we gaze out our windows at the carefully laid-out landscapes that He has painted for our delight. Let's not ever take for granted what He has given to us, and the price He has paid, that we can enjoy all of His gifts. The greatest of His gifts is love eternal with Him in His heavenly home. We are beyond blessed. We are His children.

"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!

Lift up your eyes unto heaven and sing His praises! His grace abounds in all the earth! Praise His holy name on most high. His glory fills the heavens. There is none like Him. He is sovereign, holy and just. His Light fills every mountain top and every valley. His name is Wonderful, Counselor, Prince of Peace, Holy One. In Him we find peace in abundance. In Him, nothing is too great to accomplish. He is our strength, our refuge and our comfort. Praise Him, for He is our salvation and our strength. Let all who know Him, bow down before Him and lift His name in praise. Sing His praises. Let your voices sing His praises. Hallelujah! Our King is soon to appear in the clouds of glory. The last trump will sound, and His glory will be seen by all; and He will reign forevermore! Come, Lord Jesus. Come.



On OCTOBER 25, 1887, President Grover Cleveland proclaimed a National Day of Thanksgiving and Prayer: "The goodness and the mercy of God, which have followed the American people during all the days of the past year, claim their grateful recognition and humble acknowledgment." Grover Cleveland continued: "By His omnipotent power He has protected us from war and pestilence and from every national calamity; by His gracious favor the earth has yielded a generous return...by His loving kindness the hearts of our people have been replenished... and by His unerring guidance we have been directed in the way of national prosperity. To the end that we may with one accord testify our gratitude for all these blessings, I, Grover Cleveland, President of the United States, do hereby designate and set apart...a day of thanksgiving and prayer, to be observed by all the people of the land. On that day let all secular work and employment be suspended, and let our people assemble in their accustomed places of worship and with prayer and songs of praise give thanks to our Heavenly Father for all that He has done for us, while we humbly implore the forgiveness of our sins and a continuance of His mercy."

Recipe of the Month

“MINCE MEAT PIE SPECTACULAR”

Recipe by cooks.com



Ingredients:

3 tbsp. vegetable oil
1 1/2 tsp. salt
3/4 c. sugar
2 tbsp. flour
2 egg yolks
1 c. milk
Juice and zest of 1 lemon
2 egg whites, stiffly beaten
1 jar mince meat

Directions:

Mix all ingredients, except egg whites, until smooth consistency. Gently fold in egg whites. Pour mixture into a 10 inch pie pan.

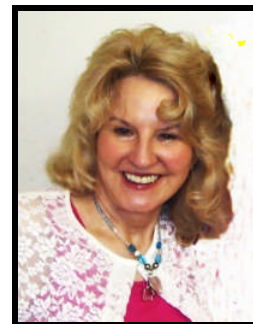
Bake at 425 degrees for 10 minutes, reduce heat to 350 degrees and cook 45-50 minutes.

Top should be spongy and nicely browned.



GARDEN or HOUSEHOLD TIPS

Offered by Kathy Ogren



*“Facts on Honey and Cinnamon”,
a multi-part series (part 5)*

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.

Colds: Those suffering from common or severe colds should take one tablespoon lukewarm honey with 1/4 spoon cinnamon powder daily for three days. This process will cure most chronic cough, cold, and clear the sinuses.

Upset Stomach: Honey taken with cinnamon powder cures stomach ache and also clears stomach ulcers from the root.

Gas: According to the studies done in India and Japan, it is revealed that if Honey is taken with cinnamon powder the stomach is relieved of gas.

* Another hot tip in next month's issue ... Stay tuned.

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

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

October 23, 2010

Please pray for:

Our Church Congregation, unity in Christ; God will guard our thoughts & put a protective hedge around us
Our Church Building, that God will bless us with free land to build His church upon, or a church building & land of our own
Seeds Planted, for the Lord
World Leaders, will seek God's counsel; Christians will have a burden to pray for them
Christians Around the World, to be prepared for the Lord's coming; protection from the enemy; to know God's Word
Missionaries, God's watch care
Military Troops, God's watch care
Israel & the Middle East, for peace & the return of our Messiah
Healing Room Ministries, blessings as they grow internationally & locally; inception of 24/7 prayers
ACTS Magazine (& Staff) & General Council, a one-year commitment to pray daily for these
Children of the World, to come out of the world & accept Jesus as Lord; safety from sexual predators & other perpetrators
Teens, will turn to God & have hope; prevention of suicide; pregnant teens will make informed choices
All Families, for marriages to be held together in unity in Christ; all to be ready for Christ's return
Homeless, for shelter, food & healing; to know God's love & the love of others
Godly Sorrow, as repentance leads to salvation
Women of our church, healing & renewed strength
Ralph, God's leading as pastor; **Sherry**, to be able to return to church & to resume Bible studies; asthma & throat ulcers; continued strength & ability in caring for dad; **Don**, continued recovery; to be able to eat without difficulty
Johnny, God's leading; **Michael**, strength in the Lord; **Chris**, strength in the Lord;
Raymond's family, as they deal with his passing
Rochelle, healing; God to remove tumor in her brain; guidance, comfort, encouragement & ability to forgive
Dave, deliverance from addiction; **Nicole**, to turn back to God wholeheartedly
Vickie, 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
Pastor Rich & Dollie's Ministry, children's Sabbath School; **Dollie**, continued healing; healing for both arms
Dollie's children & grandchildren, repentance; **Don**, to find gainful employment; good medical care
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
Sonny, blessings & complete healing; strength & endurance on her job; to be able to stand while heartbreak is so near; continued strength, courage & faith; peace in readjusting to not moving from her house; traveling safety
Sherry, strength & hope as she goes through a divorce; **Ron**, repentance & wholehearted return to the Lord; **Rolf**, complete healing
Patricia, strength & that God would use her current situation for His glory; a good job
Diana, desire & ability to exercise; complete healing; **Keith**, repentance, forgiveness & awareness of what God is saying to him; unity of all of Diana's children; unspoken prayer; grandchildren & great-grandchildren will really love the Lord, the 4 in Grants Pass will have better examples to follow; **Jack** & family, strength in the Lord
Pete, conviction & complete surrender to the Lord
Oreda, strengthening from her heart surgery; healing from her continuous coughing
Terry, Shalii & family, blessings on their family & business
Matt, God's guidance & peace; freedom from worldly addictions; to be a positive role model for his children
Isaac, God to remove his hurt & anger & bless him with joy
Grady & Kendall, financial blessings & peace in their lives
Terry, healing, strength & perseverance
Vera, healing, financial blessings & peace
David, continued healing of his brain & substance dependency; & for normalcy
Andres, delivery from alcoholism & drug abuse; strength in his recovery to not relapse
Dude, three-year-old boy who needs continued healing of his heart; success in his upcoming heart surgery
Dan & Suzanne, God's leading for spiritual direction; strength as they endure financial problems
Adrian, delivery from his affliction with Autism
Nehemiah, healing & well-being; guidance in his marriage; that he will take his medicines daily

Jerry, God's provisions in his life
Erma, physical healing
Dean, physical healing
Claude, prayer for the homeless due to foreclosures; God's leading in how to reach those people contemplating suicide; prayer for those starving in Pakistan; earthquake victims in New Zealand
Ginny, continued healing for her body; God to watch over all her family
Verl & Pattv, unspoken prayer
Vicky, healing of her knee, leg, eyes; complete healing
Loretta, healing of her left hip, better health, overcoming depression & peace concerning the passing of her son
Jim, for a calmness
Barry & Heather, for God's leading & to raise their child in the church
Jay, who can't walk well & needs healing
Janie, healing from cancer & problems with son
Valli, God's guidance & direction for son Kyle & wife as they sell their home; a job for her son Keith; her husband Dick's upcoming knee surgery ; good job for Valli
Cheryl, Jason & Children, guidance as a family
Floyd, healing of tumor on lung
Brandon, healing of muscular issues & a continuing witness for the Lord
Barbara, healing of arthritis in her hands; strength for her to be a stronger worker for Christ; further growth
Don, continued guidance, spiritual clarity & growth in Jesus; healing of blood clots & lungs; protection for Tovah & Smiles, & a reunion with them; healthier relationship as mother & son; safety for family traveling from Canada
Joe, continued healing
Jason, God's joy in his life & for God to open his eyes & ears to Him; a white-hot light for God
Drake, delivery from alcohol
Ron, needs commitment in Christ
Brandon, going through hard times right now
Jen, searching & asking questions about church
Kathy & Ken, strength, leading & healing; their family to know the Lord
Jeanie, healing from cancer; God to bless her with courage, peace & His comfort
Wilma, peace & comfort as she deals with the loss of one of her legs below the knee
John, delivery from alcoholism & healing of his liver; **Holly**, needs Jesus
Randy, lost a brother in a bike accident
Roy, for God to prepare him
Brett, to stay one with God; faith to continue to grow & strengthen; God's protection; Joey, Cody & Casey
Mike, for God's guidance, strength & blessings; close relationship with God; return to church
Steven, clarity, strength & conviction in God's leading; healing between him & family members; sale of his mom's house
Susan, healing from Leukemia; healing from fear & lack of trust in God
Gale, God's peace & comfort for Gale & family with the loss of her mom; healing; unspoken request; better academic abilities; delivery of her neighbor from gossiping; her children **Basil, Veronica & Justine** will come to the Lord
Veronica & husband's, marriage
Shane, healing, to walk again
Patricia, God's peace & comfort as she deals with emotional turmoil
Wayne & Char, strength & health so Char can come to church; both to stay faithful to the Lord
Cynthia Teresa, God's protection for her from prison guards & lesbianism; God's protective hedge around her; courage, strength & hope
Jacob, needs prayer
Darla, healing & comfort
Germaine & Family, strength, peace & comfort as Germaine deals with pancreatic cancer
Angela, to be blessed with a job; healing from her divorce; family unity & joy to return
Brother Ralph, God's love, peace, comfort & meaning to be manifested in his life
Roger & Donna, healing of the bone in lower part of Donna's leg
Nadia, kidney function to be normal; prayer for her son Israel; the captain of the boat to come to know the Lord; the Lord to change the living condition of some of her grandchildren; pray for all of our lost loved ones; physical healing
Luke, Lord's continued help in getting out of debt; the Lord's help in the legal situation concerning daughter; God to bless his engagement & all the practicalities involved
Arlen, complete healing from the many surgeries he's had
Lora, baby granddaughter's care
Judy, help from God as she goes through lung disease & the death of her husband
Jackie, help in dealing with the loss of her cat to "Kitty Aids" & Leukemia, & the possibility that it has spread to her other cats
Lenay, continued healing
Charla & family, continued guidance & unity in Christ
Sandi & son Trevor, falsehoods against them to be exposed
Medora, unspoken prayer request
Alfred & Tami, God's leading
Dan, miss him & pray for his return to church
South African drought, more aid to be delivered
Attorney Generals, that all 50 Attorney Generals will stick to what they originally said



HEALTH TIPS



“The Anti-Cancer Diet”

Offered by Ginny Sorensen,
Excerpts taken from article
written by Sally Kuzemchak, M.S., R.D.

Daily recommendations: consume at least 3 to 4 servings of whole grains, 3 servings of fruit, 4 servings of vegetables, 8 cups of water

Soy serving = 1 cup soy milk, 4 ounces tofu or 1/2 cup shelled edamame. Soy may lower the risk for breast and prostate cancers. Whole soy is more beneficial (soy milk, tofu & edamame) than from foods with processed soy protein (energy bars).

Berries serving = 1 cup. Berries contain antioxidants that reduce and repair the kind of damage to cells that can lead to cancer. When they're not in season, choose frozen berries since they're typically just as healthy as fresh.

Tea serving = 1 cup. Tea has antioxidants called catechins that may block certain enzymes that lead to cancer. In animal research, stomach, liver and skin tumors shrank in mice fed green or black tea. Steeping tea for at least five minutes releases the most antioxidants.

Fatty Fish serving = 3 ounces. Several studies have indicated that the mega-healthy components of fish—like omega-3 fatty acids—guard against cancer (just as they do against cardiovascular disease), but experts stress that more trials are necessary. Fatty fish like salmon, mackerel, herring, lake trout, sardines and albacore tuna are high in omega-3s.

Garlic serving = 1 clove or 1 teaspoon minced. According to the American Institute for Cancer Research, garlic may lower your risk for colon cancer with compounds that block tumor formation and cancer cell growth in the colon.

Nuts serving = 1/4 cup. All nuts may prevent cancer. Peanuts in particular have been linked to a lower rate of endometrial and colorectal cancers in women. The protective benefits of nuts most likely come from antioxidant compounds like folic acid and magnesium, according to a research review in the *American Journal of Clinical Nutrition*.

Flaxseed serving = 1 to 2 tablespoons, ground. Researchers say the lignans, compounds that act like antioxidants, in this high-fiber seed may help reduce the growth and spread of breast cancer. Grind flaxseed before eating (or buy ground instead of whole) to better absorb the nutrients.

Cruciferous Vegetables serving = 1/2 cup. Brussels sprouts, cauliflower, cabbage and broccoli pack sulfur-containing compounds that may inhibit the growth of cancer cells. Studies have linked them to lower rates of lung, liver, colon, breast and endometrial cancers.

Sweet Potatoes serving = 1 medium potato. Beta-carotene, the antioxidant that gives sweet potatoes (as well as carrots, cantaloupe and mangoes) their orange color, may help prevent the damage to cell membranes that leads to cancer.

Low-Fat Dairy serving = 1 cup. In recent research premenopausal women who had at least one serving a day of low-fat yogurt or milk reduced their breast cancer risk. Most dairy products also contain vitamin D, which has been associated with lower risk for pancreatic and colorectal cancers.

Grapes serving = 1 cup. Red and purple grapes contain the same disease-fighting compound found in wine—resveratrol—which has been shown to slow the growth of cancer cells and block tumor formation in the liver, stomach and breast. Lycopene, the pigment that gives grapes their color, also boasts cancer-fighting properties.

Leafy Greens serving = 1 to 2 cups raw. Dark-green leafy vegetables are loaded with folate, a B vitamin that helps repair damaged DNA that's vulnerable to cancer. Some studies suggest it may guard against GI cancers in particular—and possibly breast cancer too.

Beans serving = 1/2 cup cooked. Having meatless meals can slash your risk for cancer so consider eating more beans (such as black, pinto, lima and kidney) as well as other legumes (like lentils and black-eyed peas). Postmenopausal women whose diets contain lots of beans have lower rates of invasive breast cancer.

Whole Grains serving = 1 slice bread, 1 cup cereal, or 1/2 cup brown rice or pasta. Compared with refined grains (like white bread and regular pasta), whole grains have much more fiber, which may protect against colorectal cancers because it helps move food through your digestive system faster. At least half of your daily grain servings should be whole grains.

- Taken from “Family Circle” magazine
- To be safe, always check with your doctor before taking any new supplement.

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

TALIBAN PEACE TALKS

Taliban peace talks are said to have begun with the Afghan government, and reportedly with the blessing of Taliban leader Mullah Omar. The break-through just as President Hamid Karzai formed a High Peace Council to reach out to the Taliban — came nine years to the day after US forces invaded.

EGYPT, JORDAN BACK PALESTINIAN POSITION

Key U.S. allies Egypt and Jordan backed the Palestinian refusal to negotiate with Israel as long as it continues to build West Bank settlements, but they urged more efforts to salvage peace talks. U.S. Middle East envoy George Mitchell held separate meetings with Egyptian President Hosni Mubarak in Cairo and Jordanian King Abdullah II in Amman.

“We understand the Palestinian position which calls for setting the appropriate environment and circumstances for negotiations to take place and continue”, said Egyptian Foreign Minister Ahmed Aboul Gheit. “Current conditions are not favorable.”

Israel refused last week to extend its 10-month moratorium on new construction in West Bank settlements, throwing peace talks into doubt. Palestinians have threatened to quit if building resumes.

- Associated Press

SURFING PRIESTS BLESS THE WAVES IN CALIFORNIA

Hundreds of Californians joined surfing priests and religious leaders from multiple faiths to honor the ocean and protest coastal pollution.

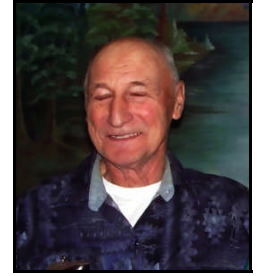
The third annual Blessing of the Waves was held at Huntington Beach to recognize the spiritual significance of the water and coastline.

“Some good swells came in”, said Christian Mondor, 85, pastor of St. Simon and Jude Catholic Church. Mondor, who has been surfing since the 1930’s, said the event is to honor St. Francis of Assisi, the patron saint of the environment.

The event is organized by the Roman Catholic Diocese of Orange and features a floating interfaith prayer circle, a Christian rock band called The Wedge, and priests and a rabbi on surfboards.

REACHING OUT TO ANOTHER leftist Latin American government, President Obama reiterated US support for Ecuadorian President Rafael Correa following a September 30 police uprising. Correa has arrested nearly 50 policemen on suspicion of involvement, but also raised wages for ranking police and military officers in an apparent bid to shore up support.

HOW POLITICS AFFECT CHRISTIANITY submitted by Claude Sorensen



CURRENCY MEETING SEES LITTLE PROGRESS

Differences that threaten the outbreak of a currency war persisted after a weekend meeting of global finance ministers, who left without resolving what to do. They did agree, however, that the 187-nation International Monetary Fund is the organization best suited to deal with rising global currency tensions that risk overshadowing next month’s summit meeting of the Group of 20. “Currency disputes can easily become trade disputes”, cautioned Canadian Finance Minister Jim Flaherty.

POLLED ECONOMISTS SEE HIGHER JOBLESS RATE

Economists surveyed by Bloomberg News expect that the jobless rate probably rose in September for a second month as the year-old U.S. recovery failed to generate enough jobs to keep up with a growing labor force. Unemployment likely climbed to 9.7% from 9.6% in August, according to the median estimate of 62 economists surveyed ahead of an October 8 report from the Labor Department. The data may also show that companies added 77,000 workers to payrolls and that total hiring stagnated amid cuts in government staffing as the Census wound down. The surveyed economists project unemployment will average at least 9% through 2011.

CHINA COMMITTED TO EU RECOVERY, WEN SAYS

China will address European concerns about investment rules and copyright violations but wants the EU to relax remaining trade barriers with Beijing in return, Chinese Premier Wen Jiabao said Sunday. Wen is visiting Greece ahead of an EU-China summit in Brussels this week and said his country is committed to assisting Europe’s post-recession recovery by backing a stable euro and not reducing his country’s holdings of bonds from EU countries. “We have stood by the European Union’s efforts to overcome its difficulties and achieve recovery”, he said. The 27-nation European Union is China’s largest trading partner and in 2009 imported \$295 billion worth of Chinese goods, according to EU data.

TOXIC RED SLUDGE HAS REACHED THE DANUBE

KOLONTAR, Hungary— The toxic red sludge that burst out of a Hungarian factory’s reservoir and inundated three villages reached the mighty Danube today after wreaking havoc on smaller rivers and creeks. The European Union and environmental officials had feared an environmental catastrophe affecting half a dozen nations if the red sludge, a waste product of making aluminum, contaminated the Danube, Europe’s second-longest river. Officials from several nations downstream—Croatia, Serbia and Romania—were testing the river every few hours today but hoping that the Danube’s huge water volume would blunt the impact of the spill.

HOW POLITICS AFFECT CHRISTIANITY ... continued

submitted by Claude Sorensen

ARGENTINA THE LATEST LATIN AMERICAN CENSOR

By Mac Margolis

HERE'S A PUZZLER: Latin America has never been more democratic: out of 34 nations all but one (Cuba) are constitutional democracies. So why have so many governments started trampling the free press? In Argentina last month, the country's leading Internet service provider was shuttered, the latest salvo in President Cristina Fernandez de Kirchner's war with her acid critics, the Clarin and La Nacion media groups. The move is one more example of a disturbing trend across the region: targeting the messenger. Argentina, Bolivia, and Ecuador have all drafted laws or launched initiatives to "democratize the means of communications". That's code for muzzling the press in the name of some supposedly greater social good. The heart of the problem is the absence of 'checks and balances'—an independent justice system and legislature, which have been weakened, or disappeared entirely, in several countries. Leaders are stacking courts and buying or bullying legislatures. It's gutted democracy, and it's on the rise.

SHHHH! PEACE COMES QUIETLY IN ISRAEL

By Dan Ephron

PEACE SUMMITS like the one President Obama hosted for Israeli and Arab leaders last week serve an important purpose; they bestow the prestige and power of the White House on a process that has sputtered for years. But rarely have big public summits led to peace agreements in the Middle East. More often, deals (or their main principles) are hashed out in total secrecy by trusted emissaries.

Take the 1979 peace treaty between Israel and Egypt. It began with secret meetings in Morocco, where the Egyptian side learned for the first time that Israel was ready to cede all of Sinai. Likewise, the framework agreement between Israel and the Palestinian Liberation Organization in 1993 followed months of undisclosed talks in Oslo. A year later the Israeli-Jordanian peace treaty, too, was drafted mostly out of view of the world's prying eyes.

The secrecy allows vulnerable politicians to explore sensitive topics without worrying that the negotiating process itself will jeopardize their political standing, which probably explains why Israeli Prime Minister Benjamin Netanyahu has tried several times during the past year to interest Palestinian President Mahmoud Abbas in a back channel, according to an official who worked alongside Netanyahu for much of his current term. Netanyahu says he's genuinely ready for the establishment of a Palestinian state. But if he openly offers Palestinians the kind of deal two previous Israeli leaders proffered— a withdrawal from most of the West Bank and much of East Jerusalem— his coalition of settlers and religious parties will likely collapse.

Abbas also stands to gain from secret talks, but he has repeatedly turned Netanyahu down. The problem, according to Palestinian officials, is one of trust. In secret talks, there is no third party holding the sides to their word and no public record that forces a measure of accountability. As long as Abbas doubts Netanyahu's sincerity, he has no use for a secret channel with Israel.

The upshot is that Israelis and Palestinians will have to overcome their sizable differences in a negotiating environment that is less than ideal. One thing the Americans can do is insist the sides keep leaks to a minimum and avoid grandstanding. But if you can't grandstand, the parties may wonder, what's the point of showing up at all?

THE COLD WAR has given way to an icy dispute - literally - over claims to the Arctic continental shelf, believed to contain up to a quarter of the earth's undiscovered oil and gas. The Kremlin is sending an expedition in October to the Arctic Ocean on the heels of an international summit in Moscow to discuss competing territorial claims in the area. One reason for the Kremlin's haste is fresh data that suggest Arctic icecaps are melting much faster than anyone thought, reports the Monitor's Moscow correspondent, Fred Weir. This year saw the third-lowest level of Arctic ice on record, according to the National Snow and Ice Data Center in Boulder, Colorado. Russia claims a 463,000-square-mile tract of Arctic seabed, including the North Pole.

6 And ye shall hear of wars and rumours of wars: see that ye be not troubled: for all these things must come to pass, but the end is not yet. 7 For nation shall rise against nation, and kingdom against kingdom: and there shall be famines, and pestilences, and earthquakes, in divers places. 8 All these are the beginning of sorrows. 9 Then shall they deliver you up to be afflicted, and shall kill you: and ye shall be hated of all nations for my name's sake. 10 And then shall many be offended, and shall betray one another, and shall hate one another. 11 And many false prophets shall rise, and shall deceive many. 12 And because iniquity shall abound, the love of many shall wax cold. 13 But he that shall endure unto the end, the same shall be saved. 14 And this gospel of the kingdom shall be preached in all the world for a witness unto all nations; and then shall the end come. (Matthew 24:6-14) Let the peace found in Christ Jesus be of comfort to you, as these things unfold before us. Praise God, that His word is true, and the Son of the Living God will soon appear in all of His glory! Jesus, come soon. We wait with hearts full of anticipation, longing to see Your face and hear your voice!

Scripture Readings For October

October 2 - Hosea 14:1-9
Theme: **“Turn Back To the Lord, and He Will Bless You”**

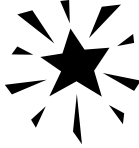
October 9 - Romans 14:1-7
Theme: **“Whatever You Do, Do It As Unto the Lord”**

October 16 - Isaiah 45:20-24
Theme: **“Turn Back To God”**

October 23 - Psalm 3 (entire chapter)
Theme: **“God Is Our Protector and Our Shield”**

October 30 - Philippians 4:13
Theme: **“Through Christ We Can Do All Things”**

Person of the Month



**Claude & Ginny
Sorenson**

This month, a special mention is warranted about Claude and Ginny Sorensen for their faithful stewardship in ministering to our church family. As we all know, they have been married for many-a-year; and each one has his or her own interests. They have shown a deep compassion for sharing those interests with others.

Claude, for example, has a passion for Christ, prophecy, and how prophecy is playing out in today’s society. His passion to serve Christ in this area has overflowed into this newsletter each and every month, as he consistently provides articles for review and posting. Each of us benefits greatly by his diligence to speak out the truth and proclaim that Jesus Christ is coming; and, prophecy is proof of the fact that His return is not far off. Thank you, Claude, for your faithfulness to His word.

Ginny, on the other hand, has maintained a wonderfully informative page in the newsletter, which continues to educate its readers in the matters of a healthy-maintained lifestyle in the use of foods and vitamins in the diet. Her interest in how foods interplay with exercise and nature have been well-received, and have definitely enlightened many of us about our own personal lifestyles and how we need to make some changes. Her love of the Lord is apparent by the way she quietly ministers to others in word and in deed. She is a natural encourager, and has won our hearts over by her amazing cooking expertise.

We are blessed to have Claude and Ginny in our midst. They are kind-hearted, and desire to serve our Heavenly Father in whatever abilities He has given them; and, there are many. May God bless you both. We love you dearly.

**HAPPY BIRTHDAY
TO OUR
NOVEMBER
CHILDREN!**



**Robert Camelli, November 14
Pastor Ralph Orton, November 20
Sherry Orton, November 27
Stewart Whittemore, November 10**



“Jesus’ Church”

For the law was given through Moses; grace and truth came through Jesus Christ. (John 1:17)

When the religious leaders desecrated His Father’s house, Jesus drove them out of the building physically with a whip. Jesus said, “*Get these out of here! How dare you turn my Father’s house into a market!*” And, “*It is written,*” he said to them, “*My house will be a house of prayer; but you have made it 'a den of robbers.'*” (Luke 19:46) How many churches might Jesus have to cleanse today?

Jesus never forbid anyone to come to Him or listen to Him. He certainly spoke strongly against those who did not have the love of God in their hearts; but He never said to anyone, “You are not welcome here, don’t come back.”

Jesus has standards for His church. “*In reply Jesus declared, 'I tell you the truth, no one can see the kingdom of God unless he is born again.'*” (John 3:3) And Jesus is the Judge. “*Moreover, the Father judges no one, but has entrusted all judgment to the Son.*” (John 5:22) Some examples of Jesus’ judgments are:

“Then Peter came to Jesus and asked, 'Lord, how many times shall I forgive my brother when he sins against me? Up to seven times?' Jesus answered, 'I tell you, not seven times, but seventy-seven times.’” (Matt 18:21-22)

“He replied, 'Isaiah was right when he prophesied about you hypocrites; as it is written. 'These people honor me with their lips, but their hearts are far from me. They worship me in vain; their teachings are but rules taught by men.’” (Mark 7:6-7)

“Jesus asked the Pharisees and experts in the law, 'Is it lawful to heal on the Sabbath or not?' But they remained silent. So taking hold of the man, he healed him and sent him away”. (Luke 14:3-4)

“Jesus straightened up and asked her, 'Woman, where are they? Has no one condemned you?' 'No one, sir,' she said. 'Then neither do I condemn you,' Jesus declared. 'Go now and leave your life of sin.’” (John 8:10-11)

How does our church compare to Jesus’ church?

Written by Pastor Rich Foreman

“VERSE OF THE MONTH”

I Thessalonians 5:22-24 [KJV]

22 Abstain from all appearance of evil. 23 And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ. 24 Faithful is he that calleth you, who also will do it.

“You Are Not Of The World”

Written by Sonny van Kempen

15 I pray not that thou shouldest take them out of the world, but that thou shouldest keep them from the evil. 16 They are not of the world, even as I am not of the world. 17 Sanctify them through thy truth: thy word is truth. 18 As thou hast sent me into the world, even so have I also sent them into the world. 19 And for their sakes I sanctify myself, that they also might be sanctified through the truth. 20 Neither pray I for these alone, but for them also which shall believe on me through their word; 21 That they all may be one; as thou, Father, art in me, and I in thee, that they also may be one in us: that the world may believe that thou hast sent me. 22 And the glory which thou gavest me I have given them; that they may be one, even as we are one: 23 I in them, and thou in me, that they may be made perfect in one; and that the world may know that thou hast sent me, and hast loved them, as thou hast loved me. 24 Father, I will that they also, whom thou hast given me, be with me where I am; that they may behold my glory, which thou hast given me: for thou lovest me before the foundation of the world. 25 O righteous Father, the world hath not known thee: but I have known thee, and these have known that thou hast sent me. 26 And I have declared unto them thy name, and will declare it: that the love wherewith thou hast loved me may be in them, and I in them. (I John 17:15-26)

When Jesus proclaimed that *we are not of the world*, did we really hear what He was saying to His Father? Many of us confess our sins and then continue on in our sins, as if we had never truly repented of them at all. When Christ stood before His Father and laid claim to His children, He was also asking for God’s blessings and grace to be poured upon us. He asked that we be sanctified by the truth, God’s truth. Jesus expects us to have a different standard of morality than those in the world. He expects us to stand in the truth, and proclaim His love for us, by every word that we speak and every deed that we do. We are called out of the world to be spokesmen for His truth.

If we speak the words, “I love the Lord”, but our actions mimic those of the world, then where is the truth in us? Are we not then following the ways of the world, instead of the ways of Christ? When Jesus calls us *out of the world*, then we are no longer part of it. We become more and more like Him, as we abide in Him and He abides in us. If love for others has not taken root in you, then how can you say, “I love the Lord”? John plainly states in I John 2:4-6, *“The man who says, ‘I know him,’ but does not do what he commands is a liar, and the truth is not in him. But if anyone obeys his word, God’s love is truly made complete in him. This is how we know we are in him: Whoever claims to live in him must walk as Jesus did.”* We cannot have one foot in the world and one foot in heaven. That is virtually impossible. God says, *“So then because thou art lukewarm, and neither cold nor hot, I will spue thee out of my mouth.”* (Rev. 3:16) And again in Mark 12:30-31, Jesus says, *“And thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind, and with all thy strength: this is the first commandment. And the second is like, namely this, Thou shalt love thy neighbour as thyself. There is none other commandment greater than these.”*

Jesus does not want one to perish. He wants us to be with Him for eternity, basking in His light ... His love. He wants us to “behold His glory”. He desires that the love which His Father has given to Him will also be within us; and that He will abide in us. Will you submit to our Savior, and allow Him to guide you out of the world and into His truth? Or, will you continue to lie to yourself and remain a part of the world, while your very life depends on that very decision? It’s up to you to turn to Jesus and live the life He has called you to live. Your decision will either be a witness for Jesus Christ; or it will make you an enemy of Jesus Christ. Those of the world serve the Prince of Darkness. They have no light in them. Those who live in Christ Jesus have eternal life and they are as beacons of truth, love and light to a dying world.

Jesus stood up for us when speaking with His Father. Will we do the same for Christ, as we go out into the world? Will we speak His truth, even to those who hate us because of Him? These are questions each of us, at some point in time, will have to answer before we can wholeheartedly serve our King. Are you ready to make that choice? Will you stand with Jesus?

CONTENTS OF OUR NEWSLETTER



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

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

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

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

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