

October 2009 Edition

“HEAVENLY HERALD” NEWSLETTER

Pastor Ralph Orton, Ministering
Sherry Orton, Bible Study

Church of God 7th Day
1150 NE 9th St., Grants Pass, OR 97526
541.479.2440
www.sabbathfellowshipofgrantspass.org

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

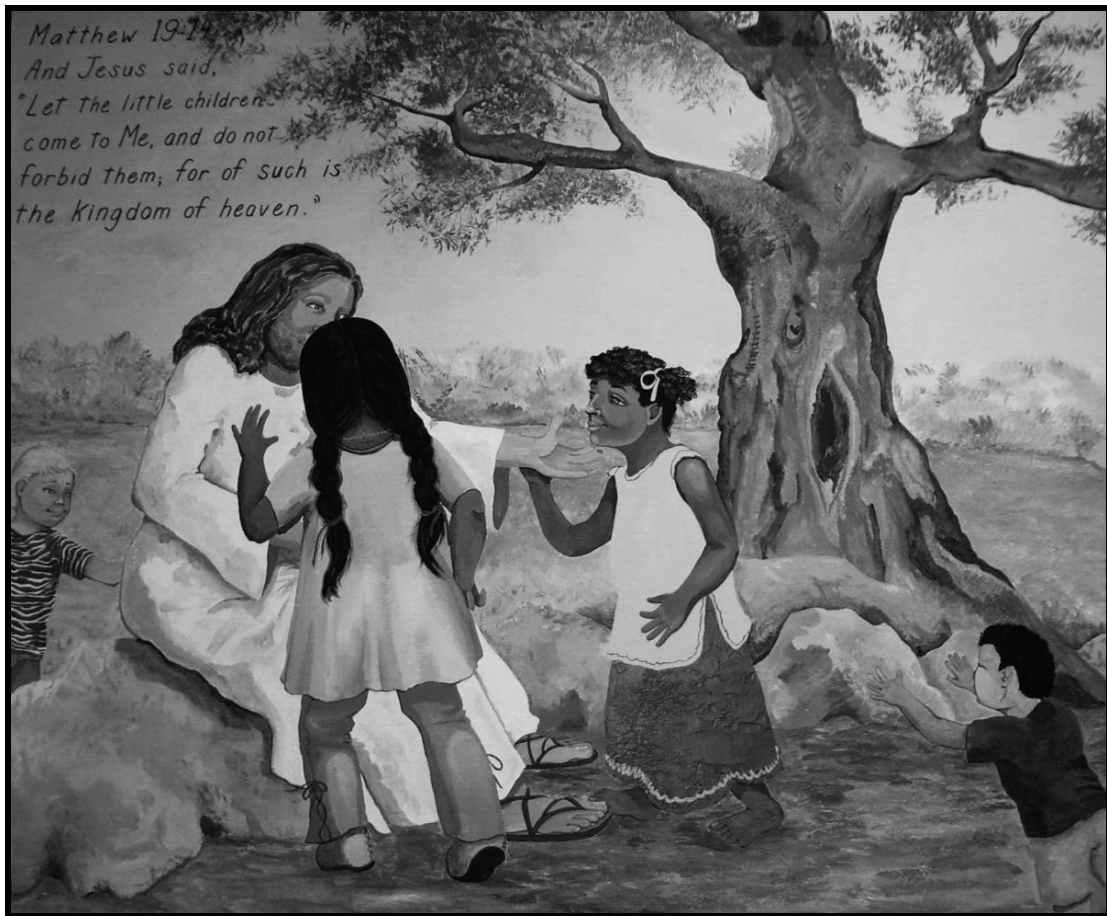
WELCOME
to the

“Biggest Little Church in Town



CHURCH NEWS:

- In an attempt to serve the church more effectively, Pastor Ralph and Pastor Rich have asked each church member to participate in a question and answer survey. The questions are geared to enhance our service (as a church) to God, the community, and to each other. The survey includes such questions as, “What do you see as the primary purpose of the Church?” This survey will be of great help in determining the direction of ministry for our congregation, and how we, as a congregation, will implement the suggestions submitted. If you have not yet received the survey, please ask our pastors for one. If you’ve already completed yours, please turn it in A.S.A.P. The responses will be reviewed by our pastors, and brought to the body for discussion at a later time. As times change, we want to change with them, in order to reach more souls for Jesus!
- Our third annual Church Picnic, was held on October 3rd at Sis-Q Meadows. If you weren’t able to attend, you missed an amazing opportunity to enjoy the beautiful views from the rivers edge and walk along winding paths through the forested hills. Pastor Rich and Dollie opened their doors to us, as we enjoyed their hospitality while playing games, sharing food and fellowship. It was a great day for our church! Thank you Pastor Rich and Dollie; and thank you to everyone who brought food to share and who made the drive to spend with our church family. May God bless you all.
- Time is precious. Spend it in service of our Lord and Savior, Jesus Christ.
- “Thank You” to all, who have faithfully been taking special time out each month to offer wonderful articles, short stories, recipes, garden and household tips, political enlightenment pieces, birthday updates, songs, poems, church events updates, health tips, etc. May God continue to bless each one of you for your efforts! We’ve all been blessed by your contributions.



Acrylic mural by Sonny van Kempen
(Original in full color, approx. 7' x 6')

“But Jesus called the children to Him and said, ‘Let the little children come to Me, and do not hinder them, for the kingdom of God belongs to such as these. I tell you the truth; anyone who will not receive the kingdom of God like a little child will never enter it.’”

Luke 18:16-17

* See article under “Children’s Ministry in Action”, page 9



PASTOR RALPH'S
NOTES OF ENCOURAGEMENT



*I read this story by Marilyn Morgan Helleberg, and realized it applies to all of us, but some more than others. I will have a supply of stones at Church for you brave souls willing to give this a try. If you are **really** brave you might want to share your stone experience with the rest of us.*

At church camp when I was a teenager, an ugly rumor about two of our counselors quickly became the talk of the camp. The next day, at Morning Prayer, the minister read the story of the adulterous woman, in which Jesus told the crowd that any person who had no sin could cast the first stone. One by one, those who had come to stone her to death, walked away.

The minister then passed around a bucket of stones and insisted that we each take one and carry it in our pocket throughout the remainder of camp.. Any time we felt like criticizing someone else, or talking behind another's back or passing on an ugly rumor, we were to reach into the pocket, touch the stone and ask ourselves if we were without sin.

It's so easy to criticize others, but only God knows a person's heart. Would you try something with me? Today, let's each find a small stone to carry in our pocket or purse as a reminder that we are not to judge others.

Lord, prevent me from casting stones.

Sadly, I have seen and heard much too much gossip and judging in the body. I am going to try to do a much better job of watching myself, and try to stop judging others. I want you to join me.

Here are a few more ideas about this subject -

Bill Gothard, a world renowned Christian speaker and teacher, suggests that we should ask five questions before listening to a carrier of an evil report:

1. What is your reason for telling me? (Widening the circle of gossip only compounds the problem.)
2. Where did you get your information? (Refusal to identify the source of information is a sure sign of an evil report.)
3. Have you gone to those directly involved? (Spirituality is not measured by how well we expose an offender, but how effectively we restore an offender [Gal. 6:1]. Satan will sift you like wheat.)
4. Have you personally checked out all of the facts? (Even facts become distorted when not balanced with other facts or when given with negative motives.)
5. ***Can I quote you, if I check this out?***

(Mat 7:2-3 NIV) For in the same way you judge others, you will be judged, and with the measure you use, it will be measured to you. {3} "Why do you look at the speck of sawdust in your brother's eye and pay no attention to the plank in your own eye?"

Proud to be yours in Christ,
Pastor Ralph

Upcoming Events & Community Activities:

Wednesday Evening Bible Studies led by Pastor Ralph Orton. Meet at 5:30 pm in the church cafeteria. Topic: "Church Core Beliefs in Marriage and Divorce"

Women's Luncheon on the third Wednesday of each month. We will meet on October 21, 12:00 pm at "Ethereal Café" located at 208 SW "6th" Street in Grants Pass next to the Kitchen Store between "G" and "H" Streets

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

Family Movie Matinee: October 10th at 2:30 pm following the potluck in the sanctuary. The movie is entitled, "The Way Back Home".

Bible Forum: October 17th at 2:30 pm following the potluck. Bring a scripture that has impacted your life; and be prepared to share it, along with your story as to *how* it impacted your life.

Prayer Meeting: October 31st at 2:20 pm following the potluck.

Women's Luncheon Update: On September 16th, the ladies met once again at "Ethereal Café", a Christian restaurant located at 208 SW 6th Street. There were 4 in attendance (Mary, Vicki, Charla & Sherry). We enjoyed catching up on our lives and hob-knobbing with the ladies in mid-day, while supporting a Christian business with the gift of hospitality. One of these days, when you're out and about, stop by and see for yourself. While you're at it, please stop in next month and join us for lunch, as we honor our Lord and each other. It's a standing invitation!



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. 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.

Free travel trailer needed. Contact Jason Poole at 541-441-0366

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



“SHERRY’S MESSAGE”

“Zealous Service”

There is no reason for anyone to draw back, slack off, or relax the hand. Moreover, the bible is filled with accounts of hard-working, happy men and women of faith, who serve as inspiring and encouraging examples for us; yet, many of those faithful men

and women knew that the promises they awaited for would not be fulfilled in their lifetime. Generations, in some cases even thousands of years, would have to pass before the things they awaited would occur; yet, they never slackened their activity. Many served joyfully to a ripe old age. They were firm in faith, zealous in obedience to God, patiently awaiting the outworking of His purpose. Furthermore, over the centuries, God gave His revelation progressively. Hence, those ancient men of faith had far less knowledge of how God would accomplish the things He had promised than you can have today.

For example, think of how little information Abel had. He knew only that God had promised a “seed” and that at some future time that “seed” would bruise the serpent’s head (Gen. 3:15). Yet, Jesus called Abel “righteous”, and he is mentioned first in Paul’s list of outstanding men of faith. Would you have such faith with the limited information that was available in Abel’s time?

Noah, Abraham, Isaac and Jacob all lived before God demonstrated His marvelous power at the time of Israel’s exodus from Egypt. They knew nothing of the awesome events that would surround the giving of the Law at Sinai. When they lived, not even the first book of the Bible had been written.

Abraham had no hope that a Paradise would be restored on earth during his lifetime. Instead, he was told that his offspring would be afflicted 400 years. Only at some distant future time would God’s promise be fulfilled (Gen. 15:13; Gen. 22:18; Gal. 3:8). The fact that Abraham would see it not, did not diminish his faith, obedience and zeal in serving God. We might ask ourselves: “Do *I* have the kind of faith, obedience and zeal that Abraham had?”

Moses thought that he could not do the work God assigned him. He said that he was not a fluent speaker; yet, Moses obeyed. Year after year, he continued in God’s way. Would *you* have faithfully led those complainers toward a goal that you knew you personally would not reach?

When God asked who would go and speak for Him, Isaiah said: “Here I am. Send me.” (Isaiah 6:8-11) Isaiah transmitted God’s promise of “new heavens and a new earth”, although there was no hope of a righteous new system in his lifetime (Isaiah 65:17-25). Would *you* have been that faithful simply because maintaining faithfulness was right and in harmony with your deep love for God?

Jeremiah was used to proclaiming unpopular warnings to an unbelieving people; yet, no righteous earthly Paradise awaited the end of his preaching. The fact that he would not live to see the ‘foretold restoration’ did not keep Jeremiah from preaching. Even when he tried to stop, God’s word was “like a burning fire” in his bones, “like a terrible mighty one.” (Jer. 20:7-11)

Just think of the faith-strengthening things we know that the ancient faithful prophets could not have known. When they lived, no one yet knew who the Messiah would be. But not only do we know who He is, we also know about the birth, teachings, death, burial and resurrection of that One. Furthermore, we know about the ransom, the Kingdom and the “seed” that those men had faithfully awaited. Moreover, we have the Scriptures. We have the indwelling of the Holy Spirit. Truly, we live in an exciting and crucial time — a time those ancient men eagerly awaited; yet, they fainted not — Why do we?

“The Gift”

Who am I? What am I? What is my purpose?
Am I wasting space, while wasting gifted surplus?
Do I stumble through life without any plan,
or seek the Perfect Truth that unites God and man?

I have been outside of the goodness of me,
living many lies around the forbidden tree,
lost in despair while sinking deeper in sin,
'til I found my Lord Jesus, the Savior of men.

The purpose mentioned belonging to each man,
can be found in the Bible revealing God's plan.

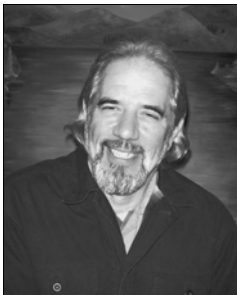
I look unto my God to answer my plea.,
and the answer does come when my faith is in He.

As I sort out my life, I can clearly see,
that God is the most important Person to me.
The answer isn't meant to die out unknown.
The Truth must be told again that God will be shown.



Written by
Sonny van Kempen

Copyright of Sonny van Kempen 1978



PRAISE IN SONG

Original Lyrics by Mike Kostal

“You are the Best!”

With you beside me, I'll never be alone;
And if You will guide me, I'll never be lost.

Such a cost You paid to save a soul like mine.
You are the best, *THE BEST*, better than all
the rest!

You are my King ... *THE KING* ...
LORD OF EVERYTHING!



Copyright of Mike Kostal 2001

PRAYER REQUESTS

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

Please pray for:

Our Church Congregation, for the Holy Spirit to unite us in love through Him; that we work out our differences lovingly, not speaking ill of one another.

Our Church Building, that God will bless us with *free land* to build His church upon.

Seeds planted, that we will continue to plant seeds for the Lord.

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

World Sabbath Keepers, to be aware of government restrictions & persecutions that lie ahead; safety for all missionaries; and that freedom of worship continues.

Israel & the Middle East, for peace, the return of our Messiah, & love of the Israeli people.

Lost Loved Ones, to find God

Children of the World, that they will come to know Jesus, and be guided by His Holy Spirit

Teens, will turn to God, have hope & coping skills; and that pregnant teens will make informed choices.

All Families, for the strength of God; and for marriages to be held together.

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

Women's Fellowship Luncheon, for a continuing close bond to grow & good fruit to be produced.

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

Godly Sorrow, which leads to repentance, and repentance leads to salvation

St. Jude's Church, blessings & growth through the Holy Spirit; and for a good relationship with us.

Tom, for his family and ministry.

Ralph, Sr. for God's leading as he pastors the church.

Sherry, as she teaches Bible studies.

Ray & Jan, need help as they are enduring a fair amount of difficulties.

Michael, strength in the Lord.

Alex, that God will provide a job for him.

Nichole, an unspoken prayer; & for the parent of Nicole's friend.

Tasha, that she will continue to allow God's leading.

Eric, for a miracle of healing from cancer; for a good quality of life; and that God is glorified.

Zeldna, for healing & blessings; and for her friend, Carol.

Ruby, as she deals with Alzheimer's. Pray for her peace.

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

Mike, for guidance of the Holy Spirit.

Nadia, complete healing from her diabetes & intestinal issues.

Charla, for their house to sell in God's timing; for peace, joy & strength in the Lord for her family; for her sons; for Charla's good health, peace & joy; & for an unspoken request.

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

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

Tom, healing and guidance.

Tom, continued healing.

Steve, healing, delivery from alcoholism; and that he will know the Lord.

Tom, delivery from tobacco

Steve & Mike, delivery from alcoholism & other health issues.

David, deliverance from drug abuse.

Gary, to stop abusing his girlfriend, Carla; and for her safety.

Trisha, continued strength in the Lord.

David, needs the Lord.

Dollie, continued healing for herself; for Dolly's children and their families for Godly sorrow; and for Rich & Dolly's children's ministry.

Phil, that he turn to the Lord.

Don, to find gainful employment.

Sonny, house sale in God's timing; healed shoulders; & her neighborhood's safety from 4 men intruders.

Patricia & Rolf, an unspoken prayer.

Terry, Shalii & family, blessings on their family and business.

Grady & Kendall, for blessed finances.

Jodie, financial blessings

Matt, for God's guidance & peace, and freedom from worldly addictions
Isaac, for a calm spirit & joy in his life.
Sue, healing. She has a blockage in her neck to her brain, bleeding & swelling in her brain.
Larry & Rita, that they will find full-time work
Terry, for healing, strength & perseverance, as he struggles from serious health issues.
Dale-Marie, that she will be blessed with a good job and a loving husband.
Vera, for healing & peace.
Linda, will be blessed with a job in her field.
David, Jr., continued healing of his brain & substance dependency; and for normalcy.
Carolla, continued healing from her cancer, and a better quality of life.
Richard, healing from his Parkinson's Disease, & the ability to cope.
Andres, delivery from alcoholism & drug abuse; and strength in his recovery to not relapse.
Claudia & Roy, that God will bless them with good jobs & give them peace.
Vic, healing of kidney, leg problems, & skin cancer.
Nehemiah, healing & well-being; blessings on his marriage; healing of his mom & dad
Kelly Hall, peace, comfort & healing from the loss of her husband, Michael.
Jay, who can't walk well & needs healing.
Susie, that she has peace concerning her job at the assisted living facility
Jonathan & his parents, lift them up.
Kathy, for return of good health; for Ken's and Kathy's family to know the Lord; and for Chelsea.
Patti Ann, healing of back, emotional pain & severe health issues.
Rich, peace in his life.
Claude, God's blessings & guidance in his ministry with the homeless.
Ginny, that God will give her peace & good sleep each night; healing on her throat, heart & other ailments.
Valli & Dick, healing & God's leading; and for **Verl & Patty**.
Vicky, for healing; for a friend who can help her to understand her life.
Loretta, healing of her left hip & restoration of health; & for Ginny's family members.
Barry & Heather, for God's leading & to raise their child in the church; and for healing of Ginny's two granddaughters and their husbands.
Delores, who has pancreatic cancer.
Candee, for well-being & blessings.
Brandon, healing, as he has some kind of muscular issues
John & Alda, for secure jobs; & for Asante.
Joe & his family, who lost his job, that he find another one; and for Asante's corporate VP.
John, needs steady work & a safe place to live.
Marjean & Vince, Jr., for their healing from the death of Vince.
Lindy, back surgery, spiritual & physical healing; & for Savannah; Lindy's mother's depression to lift
Rebecca, healing for her & her son, Dominic.
Jason, stability in his job his life; & he needs a travel trailer or apartment.
Israel, for peace & healing.
Lowell & Margie, for their salvation; and that **Roger's family** will return to the Lord
Jackie, for her peace.
Jerry, family & church, healing from cancer & many other attacks
Don & John, serious Rheumatoid Arthritis
Dan & Suzanne, God's leading for spiritual direction; and strength as they endure financial problems.
Christine, healing from lupus
Robert, relief from back pain & healing
Ryan, needs guidance, strength & comfort
Grant, healing & delivery
Roy, return of good health.
Toni, comfort, strength and guidance in their family after her husband passed on.
Robus & Myra, for them to minister through God's leading.
Tom & Charlette, their family's salvation.
Lori, complete healing from her colon removal and upcoming surgeries.
Sherry, pray for her family.
ACTS Magazine, for God to provide their publishing house with better equipment.



offered by
Ginny Sorensen

HEALTH TIPS



Vitamin D is obtained from sun exposure, food and supplements; and it's essential for promoting calcium absorption in the stomach. Not just good for the bones, the vitamin is now being aggressively

studied for its role in breast and colon cancer and diabetes prevention, heart health, and more.

Heal A Wound! Honey contains ingredients ideal for healing wounds. It's very high in "sugar"; so it absorbs much of the moisture inside wounds, making it difficult for bacteria to survive. Some honeys contain Propolis, a compound in the nectar that kills bacteria. So, smear it on!

Healing Foods: Snacking on roasted nuts can cut your risk of a heart attack in half. Nibbling on one carrot a day can cut your risk of stroke by 68%. Bring your high blood pressure down to normal range by munching on celery. Eat yummy pizza to live longer. Help to prevent cancer with strawberries. Strawberries contains a compound called "*ellagic acid*", which is one of the most potent cancer-fighters that God has ever created.

* Taken from "The Prescription for Nutritional Healing", 4th Edition, by Phyllis Balch, CNC

*** Remember to always consult your physician before using any health aid or health product.**

How's Your Memory?

"What memory?", is the answer I hear most frequently. Even Shakespeare's character says, "There's rosemary for remembrance." True! Just inhaling this healing oil will find its healing properties in your blood steam in as few as 7 seconds, and usually within mere minutes, your memory becomes quite sharp. This is especially helpful for staying focused before a test, or inhaling should you become drowsy when driving. Rosemary is also excellent when used in massage for the relief of pain of rheumatism for either you or your pet or for relieving lung and sinus congestion. Cosmetically, it encourages dry, mature skin to produce its own oil and treats acne for those with dry skin.

For free recipes, demos and more, write to or visit, Lavender Lane at 839 Rogue River Highway, Grants Pass, OR 97527; or call 474-3551.



offered by
Robert Canelli

*** Remember to always consult your physician before using any health aid or health product.**

Russia currently has around two billion tons of toxic waste on its territory, and there is no effective way to dispose of it.” - *RIA NOVOSTI, RUSSIA*

Bankruptcy filings up 22% in August vs. last year. Nevada has the highest rate. - *By Christine Dugas, USA Today*

Climate, fishing change Atlantic Ocean
The waters off the Northeast and the mid-Atlantic shores have changed in the past 40 years because of climate change, commercial fishing and growing coastal populations, a new report said. The 2009 Ecosystem Status Report said fish populations in the Atlantic from North Carolina to Maine have moved from their traditional grounds. The report is the broadest study undertaken for U.S. waters in the area, said Michael Fogarty, who headed the study. Fish that prefer warmer waters, such as croaker, are increasing in abundance, Fogarty said. Fish such as cod are moving north in search of colder waters he said.

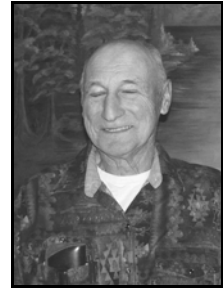
Israeli’s Netanyahu rejects U.N. war crimes report - Israeli Prime Minister Benjamin Netanyahu rejected a United Nations report alleging Israeli war crimes in its Gaza war this year, and he warned world leaders that they and their anti-terrorist forces could be targets for similar charges.

Netanyahu said Israeli forces were exercising their right to self-defense after rocket attacks by Palestinian Hamas militants against southern Israeli towns before and since Israel’s 2005 withdrawal from the Gaza Strip.

The report of the U.N. commission, headed by South African Justice Richard Goldstone, faulted Israel for civilian deaths in Gaza, saying it used disproportionate force in the offensive. The U.N. report also called Hamas’ firing of rockets at Israeli civilians a war crime. Susan Rice, the U.S. ambassador to the United Nations, reiterated U.S. concern about what it calls the U.N. team’s “one-sided and unacceptable” mandate for Israeli withdrawal.

HOW POLITICS AFFECT CHRISTIANITY

submitted by Claude Sorensen



Gardening - Good for Your Health

“Researchers are discovering that growing your own food - however much or little you can do - is better for your health than anyone ever suspected,” says *Psychology Today*. Research showed that when “certain strains of soil-borne mycobacteria” were ingested or inhaled, they “sharply stimulated the human immune system.” Thus, says the magazine, “It looks increasingly like ingesting components of the soil itself might be as critical to human health as the very finest fruits and vegetables grown in it.”

The 21st century has seen a surge in maritime piracy. In 2007, for example, “263 actual and attempted pirate attacks took place.” - *THE WALL STREET JOURNAL*

U.S. currency tainted by cocaine Among 234 U.S. bills from 17 large U.S. cities, percentage with cocaine traces: 67% in 2007 / 90% in 2009

Source: *American Chemical Society*; by Anne R. Carey and Julie Snider, *USA Today*

Who spends big slice of economic pie on health care? Percentage of GDP:

USA 16%
France 11%
Switzerland 10.8%
Germany 10.4%
Belgium 10.2%
Canada 10.1%

Source: Organization for Economic Cooperation and Development from 2007 Data, by Anne R. Carey and Sam Ward, *USA Today*

Newspaper group files for Chapter 11

The owner of the Orange County Register in California and dozens of other newspapers became the latest publisher Tuesday to seek bankruptcy protection, hurt by a jarring drop in advertising revenue. Freedom Communications filed for Chapter 11 protection, citing debts of more than \$1 billion and assets of \$500 million to \$1 billion. Freedom had been struggling to bring in enough money to repay its debt for the past year. The privately held company is at least the 10th newspaper publisher to file for bankruptcy protection over the past year.

Wealthy hit by troubled economy

The country’s economic troubles have touched the wealthy, *The Tennessean* (tennessean.com) in Nashville reported. Nationwide, bankruptcy filings under Chapter 11 have risen 73% in the second quarter compared with a year earlier, the newspaper reported, based on data from the National Bankruptcy Research Center. Chapter 11 is available to people with \$1.1 million in secured debt and \$336,900 in unsecured debt.

This year in middle Tennessee 39 Chapter 11 cases have been filed, compared with 11 by this time last year, the newspaper reported, based on US Bankruptcy Court figures. (article continues ...)

By Melanie Eversley with staff and wire reports

Recipe of the Month

By Mary McGinnis

CHICKEN NOODLE CASSEROLE

1 medium pkg. of large egg noodles
 Chicken (pre-cooked rotisserie, pre-baked or fried)
 1/2 c butter or margarine
 1/2 c milk
 1 tbsp corn starch
 1/2 c bread crumbs
 Seasoning: garlic powder or garlic salt, onion powder or onion salt, salt and pepper

In a 4 quart kettle, bring 2 quarts of water to a full rolling boil. Pour 1 medium package of large egg noodles in, and cook until they are done but firm. Drain the noodles and add the seasoning to taste, and butter or margarine. Mix the corn starch with the milk. Cook over medium heat until slightly thickened. Pour it over the noodles. Add the chicken, and stir all of the ingredients together.

Spray a large casserole dish with olive oil spray or moisten with olive oil. Oven cook at 325 degrees for approximately 45 minutes to blend the flavors. Garnish with bread crumbs as desired.



 * **Garden or Household Tips** *
 * offered by Charla Blankenhorn *

If you're unsure about what to use to fight pests in your garden, ask the folks at your local nursery what they suggest or call the Master Gardeners at 476-6613. Telling them what the pest is, helps them prescribe the right remedy.

Controlling insect problems is a regular part of gardening. Most of us are concerned about what we put on our garden plants, especially vegetables. But remember, those pest-free, "perfect" vegetables at the grocery store have been sprayed on a regular basis with a much more toxic spray than what you can buy over the counter at your local nursery. Be safe, ask questions, read the labels and pay close attention to application rates as well as the number of days required to wait after application until a vegetable can be harvested. This information can be found on the container. Summer is over; but winter brings another yield!

*You can reach David James, a horticultural educator in Grants Pass, at djames@rogueriver.net; or write to him at:
 % Grants Pass Daily Courier, P.O. Box 1468, Grants Pass, OR 97526.*

Something to think about ...



The Cross Room

The young man was at the end of his rope. Seeing no way out, he dropped to his knees in prayer. "Lord, I can't go on," he said. "I have too heavy a cross to bear." The Lord replied, "My son, if you can't bear its weight, jut place your cross inside this room. Then open that other door and pick out any cross you wish."

The young man was filled with relief. "Thank you, Lord," he sighed, and he did as he was told.. Upon entering the other door, he saw many crosses, some so large the tops were not visible. Then he spotted a tiny cross leaning against a far wall. "I'd like that one, Lord," he whispered. And the Lord replied, "My son, that is the cross you just brought in."

Dear C.B.: What a touching reminder of a lesson we all need to learn and relearn! When life's problems seem overwhelming, look around and see what other people are coping with. You may consider yourself fortunate.

Scripture Readings for September

September 5 - Jeremiah 31:4-5

Theme: "God Will Heal and Rebuild"

September 12 - Hebrews 10:23-29

Theme: "Do Not Forsake the Assembling Together; and, Do Not Insult the Spirit of Grace"

September 19 - James 4:1-12

Theme: "Source of quarrels and conflicts"

September 26- Deuteronomy 6:4-9

Theme: "Bind God's Commands As a Sign on the Hand & They Shall Be As Frontals of Your Forehead"

Person of the Month

Born to Mary McGinnis in California, on September 21, 19.., Tom was her fifth. According to his mother, as the youngest and final child, he was dearly loved by his family. He and his brother (who is one year older), grew up as very good friends, almost like twins. Being so much like his dad, he was quick-witted and could talk himself out of his own troubles. He will be a family legend for years to come, because of his humor, charm and light-hearted escapades.



Tom Dalgiesh

Out of college, Tom went into the Air Force in service of our country. He has always been very active in the church, helping out where he is needed; and his help goes beyond church into his everyday life. He helps others as he sees the needs; and does not discriminate. Tom has been a real blessing at the church. He eagerly and willingly takes our 'prayer requests' during our Worship and Praise time; and offers the prayer each week for our congregation's prayer needs. No matter what the activity, you will find Tom ready and willing to join in. To his mother, he will always be "Mother's 'little angel'".

*Sean, October 4
Kathy Ogren, October 13
Claude Sorensen, October 15
Lindy Taylor, October 18*

**HAPPY BIRTHDAY TO
OUR OCTOBER
CHILDREN!!!**





Children's Ministry in Action!

written by
Rich Foreman & Dollie Newstrand

"Working with children brings a lot of joy into my heart."

Children are honest with their feelings; and they know if your feelings and words are honest to them. It is a matter of simple heart-to-heart sharing and communication with them. If we really listen to what they have to say, we can learn a lot about them and their lives. A relationship of trust and love develops, if we are honest with them and *really* care about them.

Sometimes, that relationship of trust and love takes awhile, because the children have been hurt or ignored by other adults. If we continue to be loving and honest with them, they learn that there is a different kind of relationship with adults, one in which they can feel safe and begin to really talk about what's in their heart. They want to know that we are really listening to them. They also want to know that we will accept what they say without criticizing or putting them down.

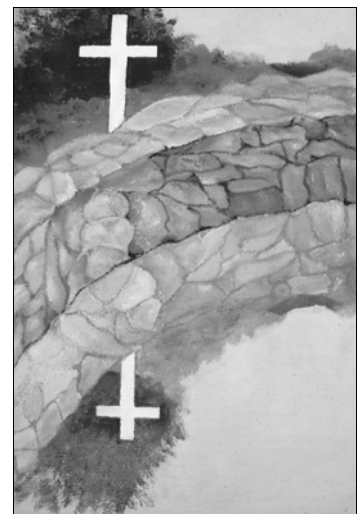
Children want to have fun with us. It's been said that the average child laughs about 400 times a day, and the average adult laughs about 15 times a day. Learn to laugh more with children. Not only does it build better relationships, but your life will be happier, too. Children make good teachers for adults, if we are willing to learn. When we have that learning relationship with children, then the children's hearts open to learn from us. What are the most important things that you want a child to know? "I tell you the truth, unless you change and become like little children, you will never enter the kingdom of heaven" (Matthew 18:3).

Let a heart-to-heart relationship with a child, help 'you' enter God's Kingdom!

Revelation 21:21:27

The Book of Revelation was written by John, a son of Zebedee, as a result of a vision that was given to him by God, while he was on the Island of Patmos.

21. "And the twelve gates were twelve pearls; each one of the gates was a single pearl. And the street of the city was pure gold, like transparent glass. 22. I saw no temple in it, for the Lord God the Almighty and the Lamb are its temple. 23. And the city has no need of the sun or of the moon to shine on it, for the glory of God has illumined it, and its lamp is the Lamb. 24. The nations will walk by its light, and the kings of the earth will bring their glory into it. 25. In the daytime (for there will be no night there) its gates will never be closed; 26. and they will bring the glory and the honor of the nations into it; 27. and nothing unclean, and no one who practices abomination and lying, shall ever come into it, but only those whose names are written in the Lamb's book of life."



Acrylic Painting by Sonny van Kempen
(Original is in full color.)

A NUGGET FOR YOU ... Offered by Sherry Orton

God says, "You have a reason to hold fast to your faith—a reason Israel did not have! You have a high priest who has passed into heaven—a priest who invites you to come boldly into His presence." "Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need" (Hebrews 4:16).

Oh, Lord, Please Heal Our Hearts!

There are many reasons for a broken heart. Someone dies, who was an integral part of our lives; so we grieve and ask God to heal our broken heart. Someone who we love dearly, betrays us and breaks our heart; so we ask God "why did they do that to me?" Someone who professed to love us, suddenly abandons us, and we cry out for God's guidance. Our husband or wife decides they no longer want to be married to us; so they divorce us without a cause; then we cry out for God to carry us through.

Life is full of unexpected trauma. Sometimes, after such events, we feel bankrupt and unable to move to the right or to the left. It's unfortunate that anyone is pushed into having to deal with such things; but it occurs time and time again. What happens when something takes place within our church family that breaks our hearts? What then? Our church family is supposed to be a sanctuary for us no matter what! When so many of our friends and family have let us down, aren't we at least supposed to feel safe within our church walls with our church family? Where is the safety net in our lives then? Where is the trust?

When we're left broken-hearted by our own church family, it can be devastating. Where am I going with all of this? Well, I've had some time to reflect recently on the topic of broken hearts within the church. Through the years, at a variety of churches, I've witnessed many "worldly" behaviors within the church, that should never have taken place. I've seen many hearts broken, including my own, due to careless gossip and unsubstantiated finger-pointing. Lately, I've been praying about our own brothers and sisters in the Lord, right here in this congregation. As my prayers intensified, so did my heartache.

As God was soothing my sorrow, He began to reveal to me a few things about myself that took me off guard. I began to open my heart to His leading. You see, God knows our hearts ... even mine. I began to realize that, while I was thinking about others and their offenses, I was guilty of a *holier than thou* mentality. You see, I'm no less guilty than any of my brothers and sisters. There have been times when I, too, have fallen into the gossip pit. I'm quite certain that my own unbridled tongue has offended and hurt those that I love. I began to ask myself: "Isn't this *family* the same *family* I grew to love when we all nurtured and loved one another?" Of course, it is!

As I continued to pray and ponder the great sadness I felt, I began to open up to the possibility that maybe I was expecting too much out of my "family". Perhaps, I had grown too sensitive over time. Even if I have been too sensitive, it occurred to me that there is a reason why our church isn't growing; and there is a reason why people continue to be attracted to our church; and there is a reason why they leave. It's time we look inside each of our hearts and examine our words, actions and intent. We need to ask ourselves: "Are we living a "true" Christian life, honoring our Father and loving our brothers and sisters in the Lord? Or, are we carelessly speaking ill of our *family* and damaging the body? Have we become lax in looking for the good in each other?" *Will you consider these questions, examine your own heart, and pray for God's guidance, that our church does not fall into such a 'broken-hearted' condition?*

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 tid bits in no later than the third week of each month. If you see a person's photo by an article, that's because that person has been invited to contribute to that category each month ongoing. Maybe you could give them short articles for their category from time to time. They most likely will share their spot.

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

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

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

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

Church of God 7th Day Newsletter
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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.