

October 2010 Edition

“HEAVENLY HERALD” NEWSLETTER

Pastor Ralph Orton, Ministering
Sherry Orton, Bible Study

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

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:

- On September 25th, our church members left for an outing to Winston, OR for the afternoon. Nadia has been telling us about the *Noah's Ark* adventure in Winston for nearly two years; so, we thought it was time to check it out. Instead of our usual weekly potluck, we each brought a sack lunch to 'eat-and-run' after our regular church services. Though, it was a sack-lunchbreak, we brought plenty of extra to share; and everybody ate abundantly! Pastor Rich delivered the sermon for the day, which kicked off our afternoon in a positive direction.

After lunch, we carpoled to consolidate the crew, and to extend our fellowship time. Upon arrival at *Noah's Ark*, our previously assigned tour guide took over. She was bible literate, and the exhibit was well presented. After the tour, we had time to visit on the outside deck and inside the restaurant/gift shop area. Pastor Ralph proposed that we go to dinner at a mexican restaurant before heading back home; so, off we went! The food was delicious, and the company was even better. We had a great time, and flew our own paper airplanes during and after dinner (at least, we attempted to fly them). Our wait staff was funny and friendly, and very good at their jobs.

Once dinner was over, we headed back to Grants Pass in our carpools, each group enjoying its own special experience. It was a beautiful Sabbath day spent with church family. We were all blessed in so many ways, and are looking forward to our next outing, whatever that might be.

- *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 or Rich.) If you wish to anonymously donate cash, please mark your envelopes for “*Helping Hands*”, and the money will be allocated for this very important outreach.

- Please remember to 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



“NEW JERUSALEM! JESUS, COME.”

It's officially Autumn; but, it still feels like summer. It was around 90 degrees today! Soon we will go off of daylight saving time and the days will seem to end shortly after they begin. Currently, daylight saving time is observed for nearly eight months of each year. Makes you wonder why we bother, doesn't it?

I often wonder what time will be like when this age ends and the New Jerusalem comes down from heaven.

- (Rev 21:1-5 NIV) Then I saw a new heaven and a new earth, for the first heaven and the first earth had passed away, and there was no longer any sea. {2} **I saw the Holy City, the new Jerusalem, coming down out of heaven from God**, prepared as a bride beautifully dressed for her husband. {3} And I heard a loud voice from the throne saying, "Now the dwelling of God is with men, and he will live with them. They will be his people, and God himself will be with them and be their God. {4} He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things has passed away." {5} He who was seated on the throne said, "I am making everything new!" Then he said, "Write this down, for these words are trustworthy and true."
- (Rev 21:23-27 NIV) The city does not need the sun or the moon to shine on it, for the glory of God gives it light, and the Lamb is its lamp. {24} The nations will walk by its light, and the kings of the earth will bring their splendor into it. {25} **On no day will its gates ever be shut, for there will be no night there.** {26} The glory and honor of the nations will be brought into it. {27} Nothing impure will ever enter it, nor will anyone who does what is shameful or deceitful, but only those whose names are written in the Lamb's book of life.

How will time be kept? Apparently, the sun and moon are gone and there will no longer be the day/night cycle we use to keep track of days. No moon to keep track of months. No seasons to keep track of years. Will we use some kind of calendar to keep track of time millennia after millennia? It nearly makes me frustrated just trying to figure it out!

- Ø (I Cor. 15:51-52 RSV) Lo! I tell you a mystery. We shall not all sleep, **but we shall all be changed, {52} in a moment, in the twinkling of an eye**, at the last trumpet. For the trumpet will sound, and the dead will be raised imperishable, and we shall be changed.
- Ø (1 John 3:2 RSV) Beloved, we are God's children now; **it does not yet appear what we shall be, but we know that when he appears we shall be like him**, for we shall see him as he is.
- Ø (I Cor 2:9 NIV) However, as it is written: "**No eye has seen, no ear has heard, no mind has conceived what God has prepared for those who love him**"

Brothers and Sisters we have an awful lot of stuff to look forward to: Wonderful stuff, exciting stuff, amazing stuff: Stuff beyond our imaginations. At times like this, I truly can pray, "Thy Kingdom come." I am ready, aren't you?

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 October 20th, 12:00 pm at "Matsukaze's Japanese Cuisine at 1675 NE 7th Street in Grants Pass.

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

Family Movie Matinee: October 2nd at 2:30 pm in the sanctuary following the potluck. The movie is titled, "Love Takes Wing"..

Bible Forum: October 9th at 2:30 pm in the sanctuary following the potluck.

Pray 'n Play: October 16th at 2:30 pm following the potluck.

Prayer Meeting: October 23rd at 2:30 pm following the potluck.

Sermon by Pastor Rich: October 30th

Women's Luncheon Update:

The September luncheon was held at noon on the 15th at the Sizzler. In attendance were Mary, Vicky M., Vickie R., Nadia, Gale, Sherry, Dollie, and Ginny. The ladies had a wonderful time! It was one of the best attended in awhile. As a change of venue, we have decided the next luncheon will be at *Matsukaze's Japanese Cuisine* at 1675 NE 7th Street in Grants Pass.

Perhaps, you and a guest or two can join us on October 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.

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

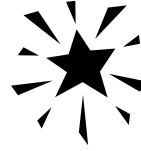
(room for more ads here) Call with your ad info. 479-2440



**“NEW CREATION
IN CHRIST”**

**“SHERRY’S
MESSAGE”**

II CORINTHIANS 5:17



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

Although God establishes our new identity at the time we accept Him, we do not automatically know who we are. We may observe that something is different, may feel like a "new creation in Christ," and quickly realize that the old has gone, and the new has come; but we discover this new creation through a process. It is not made obvious to us all at once.

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

Few subjects are more crucial to us than self-worth. Because current ways of measuring our value are destructive, they have thrown many of us into fluctuating states of despair, self-doubt, and inability to live full lives. Strength is dissipated by self-doubt. Ask yourself these challenging questions: What is the source of your self-respect? Upon what rationale do you base your worth? When life seems a failure, can you still hold to the idea that you matter?

In the book, *"I'm OK, You're OK"*, Thomas Harris declares that human beings must learn self-worth to be healthy; but when he questions, "Are persons important?" he can find no logical answer in the world of human knowledge. He points out that neither history nor science gives any data by which we can prove the value of individuals. Harris says, "We cannot prove [persons] are important. We have only the faith to believe they are, because of the greater difficulty of believing they are not." And, this is as far as we can go until we accept God's revelation of our value.

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

From the knowledge of our creation, we gain understanding of our worth. Whether we are male or female, something about us resembles God. We carry His likeness in our human flesh. We are able to have a personal relationship with God. The more we know Him, the more we grow to understand our value, not only as humans, but also as unique individuals. Being handicapped due to birth or accident does not lessen the image of God nor obscure the glory of God within. Besides, we are all handicapped in some way; some handicaps are just less visible than others.



I acknowledged my sin unto thee, and mine iniquity have I not hid. I said, I will confess my transgressions unto the LORD; and thou forgavest the iniquity of my sin. Psalm 32:5

John 15:13

Greater love hath no man than this, that a man lay down his life for his friends.

“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!

Jesus called us “friends”; and he laid His life down for each one of us who are called according to His purpose. Have you ever considered if you would actually love your friends enough to lay down your life for them? How much do you value your life?

Jesus says in Matthew 16:25, *“For whoever would save his life will lose it, and whoever loses his life for my sake will find it.”*

He *expects* us to love one another. He doesn’t tell us that it’s an option. **He commands it.**

The next time you visit with your friends, examine your heart and see if you find that kind of sacrificial love in your heart for them.

If not, ask Jesus to help you love others as He loves you.

“IT’S TIME FOR A MAKEOVER!”

Makeover? What are you talking about?!

Are you serious? Me? ... a makeover? Well! I Never! Hmmm ... Why would you suggest that I need a makeover? Okay. I’ll give you a minute to explain yourself. Fine. I’ll sit! Go ahead. Tell me what you mean by that remark.

You’re angry much of the time.

You’re defensive and argumentative.

You find fault with almost everyone and every thing.

You enjoy back-biting and gossiping.

You seem to take joy in others’ problems.

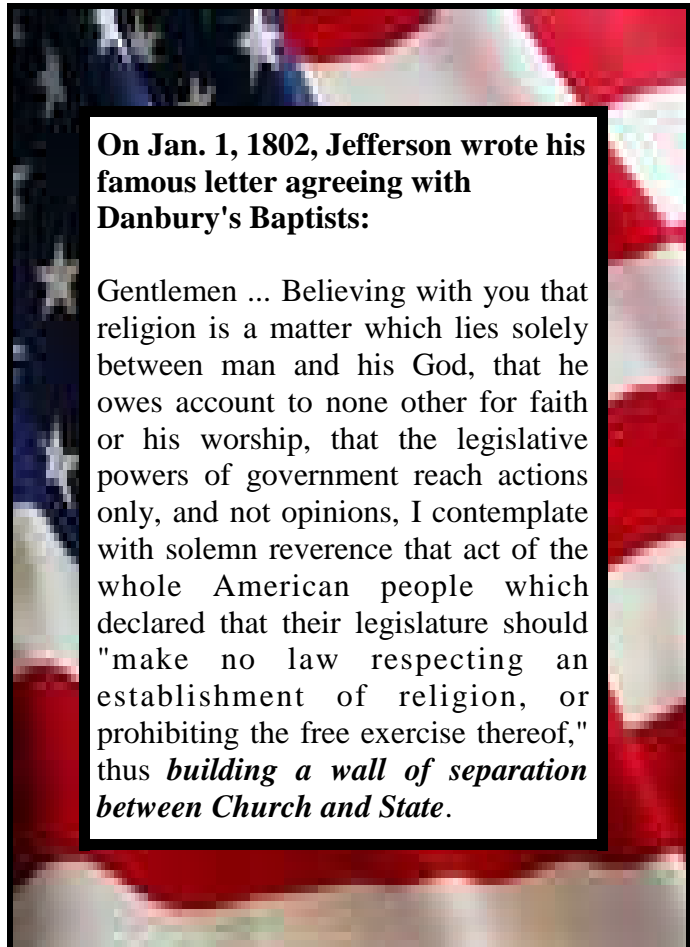
You’re continually telling others that, *‘you could have done things so much better than they could have’.*

Don’t you think it’s time you took a good long look at *why* you behave the way you do?

You know ... I *do* have a tendency to be like that; and I know exactly *why* I feel that way. I just don’t know how to change. I wish I knew how to be more like you. You must have had it pretty easy growing up.

No. I didn’t; but my life changed when I met Jesus Christ. He gently showed me how to love myself and how to love others. He can do the same for you. Would you like to meet Him?

Yes. I would! You’re right. I do need a serious makeover.



On Jan. 1, 1802, Jefferson wrote his famous letter agreeing with Danbury's Baptists:

Gentlemen ... Believing with you that religion is a matter which lies solely between man and his God, that he owes account to none other for faith or his worship, that the legislative powers of government reach actions only, and not opinions, I contemplate with solemn reverence that act of the whole American people which declared that their legislature should "make no law respecting an establishment of religion, or prohibiting the free exercise thereof," thus *building a wall of separation between Church and State.*

Recipe of the Month
“Creamy Chicken Pot Pie”
Recipe by Kraft



Ingredients:

1 pkg. (8 oz.) PHILADELPHIA Cream Cheese, cubed
1/2 cup Chicken broth
3 cups chopped cooked chicken
1 pkg. (16 oz.) frozen mixed vegetables, thawed
1/2 tsp. Garlic salt
1 Egg
1/2 cup Milk
1 cup All-purpose baking mix

HEAT oven to 400°F.

Prep time: 10 min

Total time: 40 min

Makes 8 servings

Directions:

COOK cream cheese and broth in large saucepan on low heat until cream cheese is completely melted and mixture is well blended, stirring frequently with whisk. Stir in chicken, vegetables and garlic salt.

SPOON into 9-inch pie plate. Beat egg and milk in medium bowl with whisk until well blended; stir in baking mix just until moistened. Spoon over chicken mixture. Place pie plate on baking sheet.

BAKE 25 to 30 min. or until golden brown.

Substitute

Prepare using PHILADELPHIA Neufchatel Cheese.

Substitute

Substitute turkey for the chicken.

Serving Suggestion

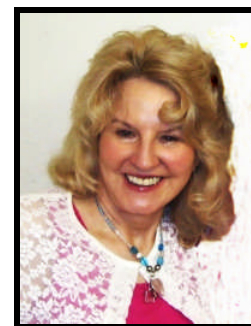
For added color and texture, serve with a mixed green salad tossed with your favorite KRAFT Light Dressing.



GARDEN or HOUSEHOLD TIPS

Offered by Kathy Ogren

“Facts on Honey and Cinnamon”,
a multi-part series (part 4)



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.

Bladder Infections: Take two tablespoons of cinnamon powder and one teaspoon of honey in a glass of lukewarm water and drink it. It destroys the germs in the bladder.

Cholesterol: Two tablespoons of honey and three teaspoons of Cinnamon Powder mixed in 16 ounces of tea water, given to a cholesterol patient, was found to reduce the level of cholesterol in the blood by 10 percent within two hours. As mentioned for arthritic patients, if taken three times a day, any chronic cholesterol is cured. According to information received in the said *Journal*, pure honey taken with food daily relieves complaints of cholesterol.

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

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

If you would like to request prayer, please call 541-479-2440.

Please pray for:

September 25, 2010

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, preparation for the coming of our Lord; protection from the enemy
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
Children of the World, to come out of the world and accept Jesus as Lord; safety from sexual predators and other perpetrators
Teens, will turn to God, have hope; prevention of suicide; & that pregnant teens will make informed choices
All Families, for marriages to be held together in unity in Christ; ready for Christ's return
Homeless, for shelter, food & healing; that they will 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; God's blessing for Sherry; **Sherry** to be able to return to church soon, & to resume Bible studies; asthma & throat ulcers; continued strength & ability in caring for Don; **Johnny**, God's leading; **Michael**, strength in the Lord; **Ray & Jan**, need help coping; **Chris**, strength in the Lord; **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; **Ralph & Sherry**, for wisdom & endurance while dealing with family issues & to help solve them
Mary, renewed in strength & wisdom in her walk with the Lord; **Don**, continued recovery
Eric, 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, children's Sabbath School; **Dollie**, continued healing; **Dollie's children & grandchildren**, repentance; **Lori**, complete healing; **Don**, to find gainful employment; **Angel & family**, healing and comfort
Lynn, healing of broken leg
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; house to sell by October; **Teri-Lynn**, guidance in dealing with fraud; **Sherry**, strength & hope as she goes through a divorce; **Ron**, repentance & wholehearted return to the Lord; **Patricia**, strength, & that God would use her current situation for His glory; a good job & a good place for her & her animals to live; **Rolf**, complete healing
Diana, desire & ability to exercise; complete healing; **Keith**, repentance & to have forgiveness; 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; **Dee Dee**, peace through divorce; finances; **Jack** & family, strength in the Lord; **Shirley**, elderly friend with health problems; **Pete**, conviction & 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
Karen, strength to fight lung cancer & to accept God's leading
Larry & Rita, to find full-time work
Terry, healing, strength & perseverance
Vera, healing, financial blessings & peace
Linda, blessings
Tom, that his health will hold up & he will be able to see his 3 grandchildren's marriages & his 2 great-grandchildren born
David, continued healing of his brain & substance dependency; & for normalcy
Richard, healing from his Parkinsons disease, & the ability to cope
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 (young boy child)
Valerie, to have a better quality of life (leg issues).

Patti Ann, emotional healing & delivery & courage to face what lies ahead; **Rich**, peace
Nehemiah, healing & well-being; guidance in his marriage; that he will take his medicines daily; legal situation for in-laws
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 her family; **Verl & Patty**, unspoken prayer; healing for Patty; **Vicky**, healing of her knee, leg, eyes & other ailments; **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; **Kim & Rachelle**, healing; **Jay**, who can't walk well & needs healing; **Bev**, healing of her back; **Valli**, God's guidance & a good job, & direction for son Kyle & wife as they sell their home; a job for her son Keith; her husband Dick's upcoming knee surgery; healing from viral infection; **Janie**, healing from cancer
Cheryl, Jason & Children, healing & guidance as a family
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; safe travels throughout the summer; safe return to Grants Pass; **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; **Joe**, healing
Jason, job at Toyota, to have 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
Kathy & Ken, strength, leading & healing; their family to know the Lord; **Jeanie**, healing from cancer; God to bless her with courage, peace & His comfort; **Rebecca**, healing from the loss of her cat; **Wilma**, peace & comfort as she deals with the lose of one of her legs below the knee due to a blood clot; **Louise**, comfort in the passing of her husband; **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
Tanner, needs healing from the loss of a kidney
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, healing; unspoken request; better academic abilities; delivery of her neighbor from gossiping; her children **Basil, Veronica & Justine** will come to the Lord; **Judy**, Dementia & Alzheimers; **Shane**, healing, to walk again
Veronica & husband, marriage; **Glen**, healing for his eye
Kathleen, return to church
Cynthia Teresa, God's protection for her from prison guards & lesbianism; God's protective hedge around her; courage, strength & hope
Vic, healing of kidney, leg problems, & skin cancer
Kathy, unspoken prayer for her two sons
Jacob, needs prayer
Glenn, prayers of remission of cancer for his father
Darla, successful mastectomy & removal of lymph nodes; full recovery and healing
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
David, successful gallbladder surgery & complete healing to follow
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; **Luke**, Lord's continued help in getting out of debt; the Lord's help in the legal situation concerning daughter
Carolyn, that the truth be revealed & Patrick released quickly
Richard, help in dealing with amputation of his toes
Walker family, Mom passed away
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
Missionaries, God's watch care
Troops, God's watch care
Firefighters, well being and safty as they fight the fires
South African drought, more aid to be delivered
ACTS Magazine (& Staff) & General Council, a one year commitment to pray daily for these
Sandi & son Trevor, Falsehoods against them to be exposed & Sandi's faith in the Lord to be activated
Medora & family, unspoken prayer request



HEALTH TIPS



“Take Good Care of Your Hemoglobin!”

Offered by Ginny Sorensen

“Iron poor blood”, an expression common in some places, is really hemoglobin-poor blood. Without the four essential iron atoms in a hemoglobin molecule, the other 10,000 atoms in the molecule are useless; so, it’s important to get enough iron by eating a healthful diet. Some good sources of iron are listed in the accompanying chart below.

Besides consuming foods rich in iron, we should heed the following advice: 1. Get regular and appropriate exercise. 2. Do not smoke. 3. Avoid secondhand smoke.

Why are cigarette and other forms of tobacco smoke so dangerous? It’s because such smoke is loaded with carbon monoxide, the same poison emitted as exhaust by automobiles. Carbon monoxide is the cause of accidental deaths and is also a means by which some people commit suicide. Carbon monoxide binds to iron atoms in hemoglobin over 200 times more readily than oxygen does. So cigarette smoke quickly affects a person adversely by crowding out his intake of oxygen.

If you have iron-poor blood, here are some foods rich in iron:

Food	Portion Size	Iron (mg)
Blackstrap Molasses	1 tablespoon	5.0
Raw tofu	1/2 cup	4.0
Lentils	1/2 cup	3.3
Beef chuck	3 ounces	3.2
Dried peaches	5 halves	2.6
Kidney beans	1/2 cup	2.6
Wheat germ	1 ounce (1/4 cup)	2.6
Chickpeas	1/2 cup	2.4
Broccoli	1 medium stalk	2.1
Dark meat turkey	3 ounces	2.0
Spinach	1 cup raw	0.8

If your blood test comes back low on iron, perhaps you can consider eating some of these foods to bolster your iron level. When low in iron, your body experiences fatigue. Raising your iron level can revitalize your energy and bring you back to feeling much healthier! Clearly, hemoglobin is no ordinary molecule. It is “a giant molecule of vast complexity.” Surely, we are awed and thankful to our Creator for the brilliant and meticulous micro-engineering that makes life possible!

- Taken from “Awake!” 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.*

Workers Set Record For Tapping Retirement Funds

In the wake of news about a spike in new applications for unemployment benefits comes another potentially troubling sign. A record number of workers made hardship withdrawals from their retirement accounts in the second quarter. What's more, the number of workers borrowing from their accounts reached a 10-year high, according to a report issued today by Fidelity Investments. The trends reflect the financial stress many workers find themselves in as the economy struggles to find sure footing, said Beth McHugh, Fidelity's vice president of marketing insight. High unemployment and companies cutting back on overtime or overall hours have reduced the take-home pay of many workers. "People tend to be taking home less," she said. "As a result the percentage of individuals initiating hardship distributions is one of the things we're concerned about."

Survey: Obama Retains Wide Approval In Europe

WASHINGTON - A new poll finds that President Barack Obama retains substantial numbers of fans in Europe even though his popular support has softened at home. More than three-quarters of those polled in 11 European Union countries say they approve of Obama's handling of international policies. That compares with just over half of Americans. Obama's overall approval ratings dipped slightly in Europe since last year's poll, from 83 percent to 78 percent.

Official In Scandal To Leave Bundersbank

Thilo Sarrazin, a member of Germany's central bank who made disparaging remarks about Muslims and Jews in a disputed book, will leave the board, the Bundesbank said. Sarrazin's comments in interviews surrounding the release of his book, *Germany Abolishes Itself*, that Muslim immigrants in Europe are unwilling or incapable of integrating into Western societies and that Jews "share a certain gene" provoked controversy in Germany.

Moscow And the Vatican Have Announced

The establishment of full diplomatic relations between them.
- *Ria Novosti, Russia*

HOW POLITICS AFFECT CHRISTIANITY submitted by Claude Sorensen



State Suicide Rate Higher Than National Average

PORTLAND - A new report says the suicide rate in Oregon is 35 percent higher than the national average. The report from Oregon Public Health says the state has 15.2 suicides per 100,000 people compared to the national rate of 11.3. The report also says suicide rates have been increasing significantly since 2000 after decreasing in the 1990's. One risk factor is depression. State health officials say many people are able to manage their depression - but stress and crisis can overwhelm their ability to cope successfully. Recommendations to reduce the number of suicides include universal screening for depression by health care providers.

Priest Abuse Linked to 13 Suicides In Belgium

BRUSSELS - Hundreds of sex abuse victims have come forward in Belgium with harrowing accounts of molestation by Catholic clergy that reportedly led to at least 13 suicides and affected children as young as two, an independent Belgian commission said today. Professor Peter Adriaenssens, chairman of the commission, said the abuse in Belgium may have been even more rampant than the 200-page report suggests, because his panel's work was interrupted and all its files seized in a June 24 raid by Belgian judicial authorities who are conducting their own probe. Adriaenssens, a child psychiatrist who has worked with trauma victims for 23 years, said nothing had prepared him for the stories of abuse that blighted the lives of victims. He called the report's findings "a body blow" to the Roman Catholic Church in Belgium.

The Arctic Ocean Has Long Been Covered By Vast Sheets Of Ice

Up to 260 feet thick. Now such "multiyear ice ... has effectively vanished, a startling development that will make it easier to open up polar shipping routes."
Reuters News Service, Canada

**Kilimanjaro, Africa's highest mountain,
"lost 26% of its ice cover between 2000 and 2007".**

Daily Nation, Kenya

According to one survey, some 10.3% of sexually active Brazilian men aged 15 to 64 have had sex with at least one person met online within the past 12 months.

Brazilian Ministry Of Health

“How Politics Affect Christianity” continued ...

Submitted by Claude Sorensen

Individualistic But Depressed - According to researchers, Britain is “the most individualistic society in the world, valuing the self over the group”, reports London’s *Daily Telegraph*. Another study found that Britons suffer some of the highest levels of depression and anxiety. Some experts believe that there is a connection. Studies compared societies such as those found in the Western world with those of China and Taiwan. In the latter, the greater value given to social harmony over individuality seemed to protect people from poor mental health. In the West, “selfish society ... is making us depressed”, states the *Telegraph*.

Same-Sex Marriage In the Church of Sweden - In October 2009, the Lutheran Church of Sweden approved church weddings for homosexuals. The decision followed the Swedish parliament’s adoption of a gender-neutral marriage law just a few months earlier. “This means that the Church of Sweden is one of the first of the major churches in the world to deviate from the traditional view of marriage as a union between a man and a woman”, says the newspaper *Dagens Nyheter*.

30,000 Flee After Volcano In Indonesia Erupts - TANAH KARO Indonesia - An Indonesian volcano dormant for four centuries erupted for the second straight day today, shooting clouds of hot ash more than a mile into the air and forcing 30,000 people to flee. Some domestic airplanes had to be diverted because of poor visibility. Many villagers living along the slopes of Mount Sinabung in North Sumatra province wore masks as they packed their belongings and headed to emergency shelters, mosques and churches, said Andi Arief, a presidential adviser on disasters. Their abandoned homes and crops were blanketed in gray soot and the air was thick with the smell of sulfur. While two people died - a 64-year-old woman from respiratory problems and a 52-year-old man from a heart attack - it was too early to say if the volcano was to blame, said Priyadi Kardono of the National Disaster Management Agency. Sinabung last erupted in 1600, so observers don’t know its eruption pattern and admitted over the weekend they had not monitored it closely before it started rumbling days ago in the lead-up to Sunday’s first, less-powerful blast.

France, Spain Feel Squeezed By Debt - French workers and Spanish royalty are the latest to feel the bite of Europe’s debt crisis. On Wednesday, an official said Spain’s king and queen would have to tighten their belts, and France’s National Assembly voted to delay retirement until age 62. France’s lower house of parliament voted 329-233 to pass the broad retirement package, sending the bill on to the Senate. In Spain, unions plan a general strike September 29 to denounce changes that make it easier and cheaper for companies to lay off workers. Prime minister Jose Luis Rodriguez Zapatero is set this month to present a slimmed-down budget for 2011. An official with the Spanish Royal Palace, who spoke to the Associated Press on condition of anonymity in line with palace rules, said King Juan Carlos and Queen Sofia are likely to get a slimmer piece of the national pie. There were few tears for the royals. “We are all suffering”, said retiree Pedro Baron, 66. “I think it only normal that the king and queen have less money”.

“Bloopers And Blunders”

Have you ever stepped your foot into a situation where you were sucked in before you knew what was happening, and suddenly found yourself the brunt of the backlash? Well, who hasn’t? I recently found myself in a situation just like that. Instead of turning around and walking away when I heard the tip of the conversation, I promptly offered my help in resolving the problem for the poor lamenting soul in front of me. With my best intentions in tact, I asked how I could help. Upon receiving my assignment, I acted with expediency in carrying out the task. One huge mistake! The picture wasn’t exactly accurate in the way it was painted for me. Unfortunately, the negative outcome repainted the picture, and I was the focal point, while my motives and, yes, even my character, were put out there for examination. Big lesson learned ... Look before you leap!

Brothers and sisters, there is always more to the picture than we see at first. Before you do anything else, pray for God’s wisdom in these matters; and listen for His advice. After all, He knows all things; and He knows their outcomes. He knows their cause; and He knows their affects. Lean on Him and Him alone for guidance. Good intensions can sometimes be misplaced. ***Trust in the LORD with all thine heart; and lean not unto thine own understanding, Proverbs 3:5.***

Scripture Readings For September

September 4 - No Scripture Reading

Theme: "N/A"

September 11 - John 14:25-27

Theme: "Christ Gives His Peace & the Gift Of the Holy Spirit"

September 18 - Luke 12:35-48

Theme: "Be Ready! Jesus Christ Is Coming!"

September 25 - Philippians 1:3-11

Theme: "Pray For One Another That Love Will Abound"

Person of the Month



Diana Hirschman

One fine day in Los Angeles, CA, Diana Hirschman was born. She was one in a family of four, having one older brother. She was raised until 9 in Southern, CA, when they moved to Yakima for two years, then back to California to the Bay Area from 7th grade until she was 20 years old. This

was an exciting time in her life. She was enjoying synchronized swimming in high school; and while attending Foothill Junior College, she met her future husband. She took classes in real estate and business; but chose to marry instead of continue her college studies. She and her husband had three children together, two sons and a daughter, of whom Diana is very proud! After a lengthy marriage, her mother passed away, leaving an emptiness for Diana, as her mom was her best friend. Eventually, her dad remarried and she gained two more brothers and two more sisters, making it quite the extended family. Her brother, Jack Smith, is a co-founder of Wilderness Trails and Early Morning Farms, non-profits benefiting children.

Diana lived in Boron, CA, Houston, TX, Indianapolis, IN, then on to Oregon. She was a part-time stay-at-home mom for many years, until she moved to Oregon in 1985 and began a 14-year career as a waitress, while continuing to raise her children. Diana only recently came to the Sabbath truth, and is now reading the weekly scriptures.

Diana's hobbies are/were knitting, crocheting, walking, reading, Christian-based movies, music (mostly Christian, country & instrumentals). She enjoys cookbooks, recipes and unique furniture and collectibles.

When I mentioned her Shianese dog, Bruce, she immediately exclaimed, "Oh, yes! The love of my life!" He is her constant companion. So, when you see Diana, say "hello" to her ... and, of course, to Bruce.

**HAPPY BIRTHDAY
TO OUR
OCTOBER
CHILDREN!**



**Kathy Ogren, Oct. 13
Claude Sorensen, Oct. 15**



“The Tree Of Life”

And the Lord God said, "The man has now become like one of us, knowing good and evil. He must not be allowed to reach out his hand and take also from the tree of life and eat, and live forever." Genesis 3:22-23

God shows us from the very beginning of His Word that man will not live forever, unless we are allowed to eat from the *tree of life* and receive eternal life. That life can only come to us in a right relationship with our Creator. If a person decides not to accept that relationship with God the Father and Jesus, our only Savior, they will not live forever separated from God in torment. In God’s mercy, He has kept these people from the tree of life. He is not a God of torment, but a God of justice.

***Yet the Lord longs to be gracious to you; he rises to show you compassion.
For the Lord is a God of justice. Blessed are all who wait for him! Isaiah 30:18***

God’s greatest desire for man is for us to come back to Him in ‘covenant relationship’ and live forever. His desire is so great, that He was willing to die a terrible death in our place in the person of His only Son, Jesus.

***"I, even I, am he who blots out your transgressions, for my own sake,
and remembers your sins no more." Isaiah 43:25***

Our relationship with our Creator is our only hope of eternal life.

***Now this is eternal life: that they may know you, the only true God,
and Jesus Christ, whom you have sent. John 17:3***

We can not give up or turn back. There is no other place to go.

***Simon Peter answered him, "Lord, to whom shall we go? You have the words of eternal life.
We believe and know that you are the Holy One of God." John 6:68-69***

Father in heaven, hold us in faithfulness before You. Help us not to be cowardly or lazy.
Grant us the strength and dedication to be completely yielded to You.

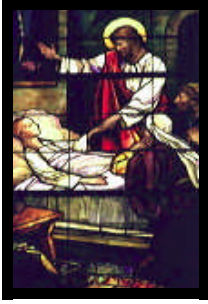
***"Blessed are those who wash their robes, that they may have the right to the tree of life
and may go through the gates into the city." Revelation 22:14***

Written by Pastor Rich Foreman

“VERSE OF THE MONTH”

Revelation 21:23 [KJV]

And the city had no need of the sun, neither of the moon, to shine in it:
for the glory of God did lighten it, and the Lamb is the light thereof.



GRANTS PASS HEALING ROOM MINISTRIES

*And Jesus went...
healing all kinds of
sickness and all kinds of
disease among the people.*

(Matt. 4:23)

What a privilege it is to be asked to share with you regarding the Grants Pass Healing Room and what God is doing in the “little house on ‘D’ Street. We opened our doors on December 3, 2009, and have been seeing God do some wonderful things for His children.

We are an inter-faith group, representing at least thirteen different churches in the area, with a desire to see God’s children healed and set free to live for Him without the shackles of pain and suffering. Doctrine is not an issue, as we are all children of the same God who believe that healing is for today. We are willing to pray for anyone who comes asking for prayer, desiring to be touched by God, whether the need is physical, emotional, financial or spiritual.

I would like to share just a few of the testimonies from folks who have received prayer:

“I was planning a trip and was needing peace and safe traveling and to be released from fear. I received prayer and had a safe trip, all fear was gone and I had ‘peace that passes all understanding’. The Lord blessed me beyond belief with ‘His love’ while on this trip, which lasted three months. All my prayers were answered. Thank you Healing Room Staff”.T.L.

“I received prayer for high blood pressure and diabetes. My diabetes has been normal and my high blood pressure has been low enough the medication is now at a minimal dosage.”K.S.

“In April, I was in the Healing Room and a team member asked me if my arm hurt, as I had reached to rub it. I told her I just had an allergy that caused my arm to itch all the time. This had resulted in small scabs and I had had this allergy for over a year. She prayed for me and the allergy was completely healed by the next morning and it has not bothered me since. Praise God!” M.H.

“I had been kicked in the kidneys and had a sore hip. I am now walking in victory with no pain! Praise God!”S.H.

“When I came in and was speaking to the ladies, I felt a knot of pure sadness in my throat and a pain in my chest. When they prayed for me, they prayed for joy. The pain went away. I am now more at peace and I left with a spiritual healing and a promise to find a church I would like to attend. Since then I have found some churches and am encouraged. I share my experience with others and encourage them to give it a try.” ..K.D.

Thank you for allowing me to share my passion.

Marjorie Hill, Director, G.P. Healing Room Ministries

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.