

September 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](http://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:

• *Picnic in the Park* was fantastic! It was a great success for our outreach to the community. We had a few kinks along the way to work out; but all in all, we pulled through virtually unscathed. Although we had only two official meetings altogether, we forged ahead without much difficulty. Pastor Ralph and Sherry had their hands full with other responsibilities; so, we had to manuevre a few things around; but they all got done in a timely manner just fine. Some of the mishaps were: 1. Mary and Diana never saw any of their materials that went on their door prize table, until they arrived at the park. That made it difficult for them to actually decorate their table; but it miraculously pulled together and looked lovely afterall! 2. Our scheduled barbecue cook called the morning of the picnic, and cancelled last minute, due to a hurt wrist. Now, what's a barbecue without a cook? Not much; but Jason happily stepped up, assumed the position as cook, and made one of the finest chef's we've seen for a good long time. He was our '*hero for the day*'! Thank you, Jason! 3. When Jason was promoted to chef, it left a slot open in the children's game area, leaving Gale to fend for herself as chief game, balloon-giver and prize awarder. She was a true trooper, and managed to get the biggest bulk of it done solo (with occasional help from Pastor Ralph and Sonny). 4. Three of last year's jamers showed up, ready to play music. The only problem was: they weren't scheduled. The situation was resolved, and they stayed for the entire barbecue, enjoying the fellowship! 5. Robert volunteered to take pictures of the picnic as it progressed throughout the day. Only one gliche: When he arrived home to capture the film, there was no film in the camera. Oooops! Oh, well, Sonny took some photos of her own, and all is well. Despite all of these little mishaps, we achieved our goals, and several people have requested visits or calls from our church, as a result. Many people received materials, prayer and/or Bibles; and God blessed everyone who gave time to serve the Lord and others. Thank you for your hearts that are always so willing to serve! Thank you Pastor Ralph, Ginny, Claude, Ken, Vickie, Sherry, Jason, Mary, Diana, Sonny, Luke, Tom, Herm, Gale, Valli, Dollie & Pastor Rich (and those who showed up last minute to help). May God continue to bless you all!

• *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 see Pastor Ralph with 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**



**How good and pleasant it is when  
brothers live together in unity!**

*(Psalm 133:1 NIV) A song of ascents. Of David.*

**Yes, indeed. It is often said, "United we stand, Divided we fall."**

I am thinking of how the entire church pulled together to make *Picnic in the Park* a *smashing* success. (Now, I am thinking about the Piñata!) In that picnic, I saw the unity that makes the body whole and healthy. I saw the power and vibrancy that attracts others, in such a way, as to bring them to *want* what they are seeing. That, of course, is love and joy and service as taught by our Lord. What was so evident on that day, as a group, is what should exist on every day as individuals.

We are called a "peculiar" people in the King James Bible; or, perhaps more accurately in today's words, is the NIV rendering "a people belonging to God." That being the case, we should walk tall, speak boldly, and share the love of the Lord with all that will accept it. **We are the children of God.** We know a more excellent way of living. We know that a life people vaguely dream of awaits anyone that "knows" the Lord. Knowing *of Him* is not good enough. The dream, of course, is a life where there is no more death or tears or injustice ... A life where people are fulfilled and sin no more ... A life in the very presence of God. When you know the Lord, He knows and accepts you; but, when you only know *of the Lord* you are on the outside looking in. You are not a child of God; and your dreams are unlikely to come true, unless you come to actually know God. I keep talking about *knowing God* as opposed to *knowing of God*. Is that Biblical? Yes. Read it for yourself.

(Mat 7:21-23 NIV) *"Not everyone who says to me, 'Lord, Lord,' will enter the kingdom of heaven, but only he who does the will of my Father who is in heaven. {22} Many will say to me on that day, 'Lord, Lord, did we not prophesy in your name, and in your name drive out demons and perform many miracles?' {23} Then I will tell them plainly, 'I never knew you. Away from me, you evildoers!'"*

These people certainly *knew of God*; but they most certainly did not "know" God. Beloved Brothers and Sisters, we know God and there is a world out there that needs to know God, but doesn't. Are we doing our best to spread the Gospel, the good news? *Picnic in the Park* is very effective, because it gives a taste of what God has to offer in Christ; and it is because of each of you demonstrating your faith and love that that taste is available. Thanks for a job well done!

Pleased to be Yours in Christ,

Pastor Ralph

**In Weekly Service:**

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

**Tom Dalgiesch, Door Greeter**  
**Dollie Newstrand, Prayer & Praise Requests**  
**Diana Hirschman, Scripture Reading**

## UPCOMING EVENTS & COMMUNITY ACTIVITIES

**Wednesday Evening Bible Studies**, led by Pastor Ralph Orton. Class is on break until further notice.

**Women's Luncheon** 3rd Wednesday of each month. Meeting on September 15th, 12:00 pm at "The Sizzler" located at the north end of town in the Radio Shack/Diamond plaza in Grants Pass.

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

**Family Movie Matinee:** September 4th at 2:30 pm in the sanctuary following the potluck. The movie is titled, "Love's Unfolding Dream".

**Bible Forum:** September 11th at 2:30 pm in the sanctuary following the potluck.

**Pray 'n Play:** September 18th at 2:30 pm following the potluck.

**Prayer Meeting:** September 25th at 2:30 pm following the potluck.

### Women's Luncheon Update:

The August luncheon was held at noon on the 18th at the Sizzler. The ladies had a wonderful time after being apart for a couple of months. In attendance were Vickie, Mary, Sherry, and even Nadia was there! She had been away for an extended period, while traveling with her husband, Sean. Welcome home, Nadia.

Perhaps, you and a guest or two can join us on September 15th, 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”**

**“They Missed Him!”**

***They Missed Him!***

They were looking for A **Lion**. He came as a **Lamb**, and they missed Him.

They were looking for a **Warrior**. He came as a **Peacemaker**, and they missed Him.

They were looking for a **King**. He came as a **Servant**, and they missed Him.

They were looking for **Liberation from Rome**. He **submitted to the Roman cross**, and they missed Him.

They were looking for a **fit to their mold**. He was the **mold maker**, and they missed Him.

What are *you* looking for?

**Lion?**

**Warrior?**

**King?**

**Liberator?**

What are you looking for?

They were looking for their temporal needs to be met. He came to meet their eternal need, and they missed Him.

He came as a Lamb to be sacrificed for your sin. Will you miss Him?

He came to make peace between God and man. Will you miss Him?

He came to model servanthood for all mankind. Will you miss Him?

He came that we might have true Liberty. Will you miss Him?

He came to give you eternal life. *Will you miss Him?*

When we submit to the Lamb, we will meet the Lion. Join with the Peacemaker, and we will meet the Warrior. Work with the Servant, and we will meet the King. Walk with the Submitted, and we will meet the Liberator. Concern ourselves with the Eternal, and we will have the temporal.

If Jesus is not fitting into the ‘mold’ you have, then come to the mold maker and get a new one. Submit to His plan for your life and you will see the eternal need met first, then all the other things you have need of will be taken care of, as well.

**Matthew 6:33, Ephesians 3:20, Proverbs 3:6, Isaiah 61:1, Romans 8:21, John 3:16**

Author Unknown



**How great is your goodness, which you have stored up for those who fear you, which you bestow in the sight of men on those who take refuge in you.**

**NIV Psalm 31:19**

### **“Lend a Hand” Ministry**

All of us have needed a little help from time to time; and, we have most assuredly appreciated that help when it has been offered. Let’s join together, as a church body, and reach out to our brothers and sisters in Christ, as well as, those outside of the church, who need a little help.

If you have a need, or know of someone who has a need of a few helping hands, please let Pastor Ralph 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!

As Christians, we are given the privilege of prophetic guidelines governing the plan of our Father and His Son. Everywhere we go, we’re hearing the words, “in economic times like these”. We know, that the globally-felt negative changes aren’t induced by the economy; instead, they are nothing short of God’s complete plan for salvation; so, let’s not become paralyzed by fear, as in the way of the world. Let’s remember God’s promises and His spoken truth to redeem His faithful children. In times like these, we should be praying for redemption, standing firm in His promises, and reaching out to the unsaved by throwing them the lifeline of Christ Jesus.

The *“Truth Project”* is underway! Pastor Rich introduced the “Truth Project” by sharing a video lecture asking: “Why did Jesus come into the world?” The answer given, was that He came into the world to testify to the Truth. The follow-up question asked of the class was, “What is truth?” We were left, at that point in the lecture, to ponder the question. In the second video, the basic answer to that question was, “Every word that proceeds out of the mouth of God”. God’s Word is truth, proven through the ages to stand strong as a guide to all living things in all realities. From what we have seen so far, this series promises to challenge our comfort zones, cause us to think beyond our present-day limitations and preconceived ideas about religiosity, and explore a more expansive connection to our Creator. Time will tell what each of us will learn along the way.

### **ALL of the U.S. regulatory bodies and ALL U.S. companies are put under international regulation**

#### **Obama Begins Turnover of USA Sovereignty to International Body**

*By Sher Zieve* Friday, April 3, 2009

Moving as quickly as he can to gut the USA and then divide its body parts amongst like-minded globalists, the USA’s Supreme Leader Barack Hussein Obama used the G-20 conference to begin his turnover of USA sovereignty to said internationalists and start the move toward a one-world government. Obama has signed off on international legislation—the Financial Stability Board—that would regulate ALL firms, including those within the USA and places them under the responsibility of an international governmental agency. (To read more, google “USA Sovereignty”)

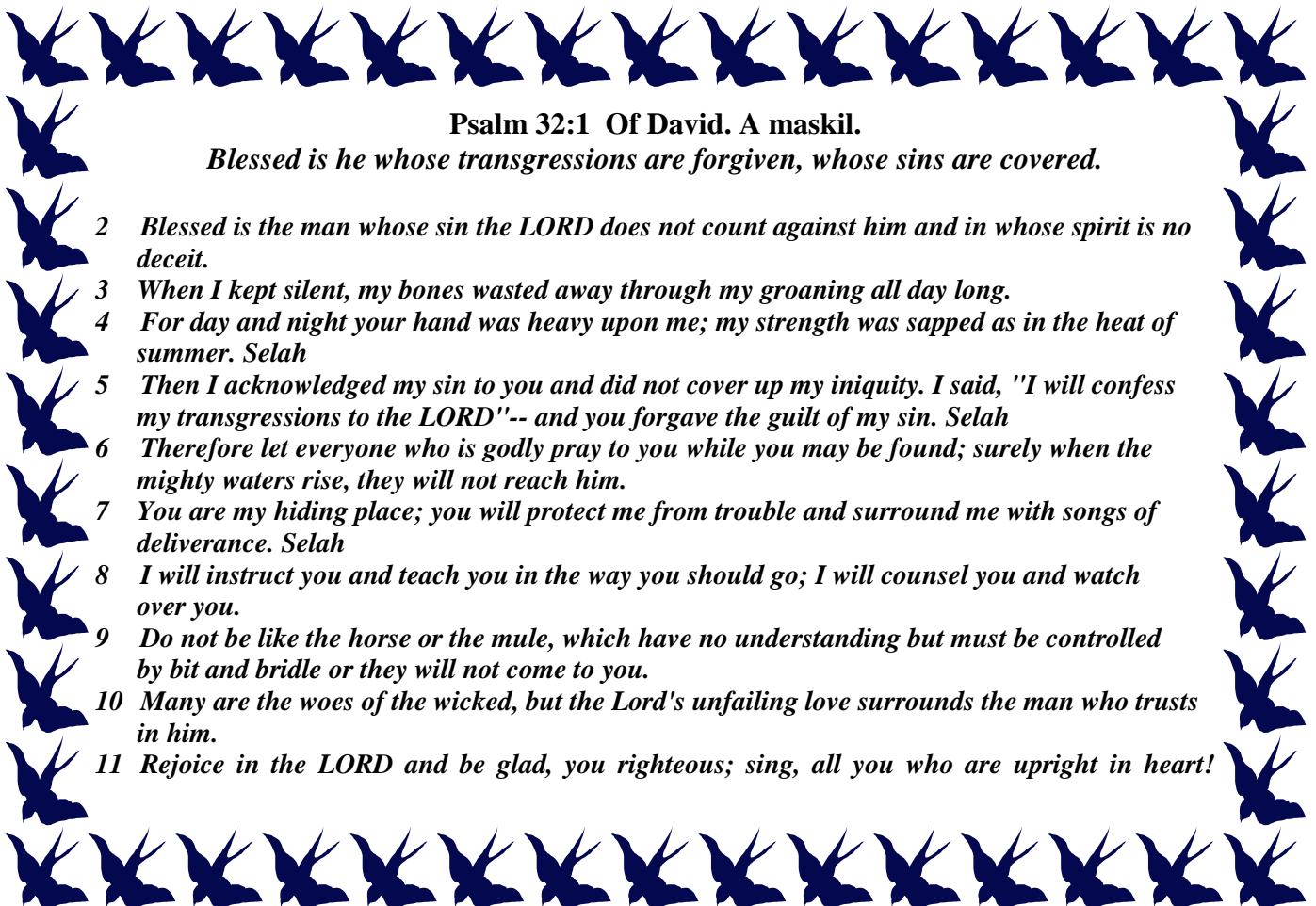
**Note:** The article was written nearly 1½ years ago.

*Much* has happened since.

## **“When You Think You Can’t Go Anymore ...”**

### ***Persevere.***

God has never given up on us; so why would we even think about giving up on Him, or anything that He has given us to do for Him? He is our perfect example of a steadfast and faithful Servant. When Adam and Eve fell from grace, He could have given up on them and decided not to go any further with them; but He saw the beginning and the end and everything in between. He dealt with them and moved ahead with His plan of redemption. When Moses proclaimed his inefficiency to speak to Pharaoh and lead God’s people out of bondage, He could have scrapped the whole plan and left Israel to die in Egypt; but He chose to move forward with His plan for salvation. When the Hebrews grumbled, complained and built a golden calf to worship it, He could have killed them all and abandoned the effort; but He chose to move forward with His loving grace, knowing the end outcome. God could have rejected the whole of mankind at any given point in history; but instead, He chose to humble Himself, come down from His heavenly throne to become a lowly Servant to all, submit to the cross, and die for our sins. He persevered through the persecutions, lies, beatings, rejections, and the vilest of afflictions, in order to redeem us as His own, because of His abiding and everlasting love for each and every one of us. He had many chances to quit and abandon His plan; but He chose to remain faithful and true. When Christ Jesus was at the Garden of Gethsemane, He could have walked away and gone back to His heavenly throne without completing His goal; but He remained steadfast, not looking back. He knew the outcome. He knew the price He would pay; and He persevered to the very end. So, when we think about giving up, because we think we just can’t go anymore, we need to remember the power of Christ’s love for us, claim it, and persevere to the very end. Jesus is our ultimate example of perseverance, love, grace and fortitude. Praise His holy name!



#### **Psalm 32:1 Of David. A maskil.**

***Blessed is he whose transgressions are forgiven, whose sins are covered.***

- 2 Blessed is the man whose sin the LORD does not count against him and in whose spirit is no deceit.***
- 3 When I kept silent, my bones wasted away through my groaning all day long.***
- 4 For day and night your hand was heavy upon me; my strength was sapped as in the heat of summer. Selah***
- 5 Then I acknowledged my sin to you and did not cover up my iniquity. I said, "I will confess my transgressions to the LORD"-- and you forgave the guilt of my sin. Selah***
- 6 Therefore let everyone who is godly pray to you while you may be found; surely when the mighty waters rise, they will not reach him.***
- 7 You are my hiding place; you will protect me from trouble and surround me with songs of deliverance. Selah***
- 8 I will instruct you and teach you in the way you should go; I will counsel you and watch over you.***
- 9 Do not be like the horse or the mule, which have no understanding but must be controlled by bit and bridle or they will not come to you.***
- 10 Many are the woes of the wicked, but the Lord's unfailing love surrounds the man who trusts in him.***
- 11 Rejoice in the LORD and be glad, you righteous; sing, all you who are upright in heart!***

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

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

August 21, 2010

Please pray for:

**Our Church Congregation**, unity in Christ

**Our Church Building**, that God will bless us with free land to build His church upon, or a church building and land of our own.

**Seeds Planted**, for the Lord

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

**Christians Around the World**, preparation for the coming of our Lord; and protection from the enemy

**Israel & the Middle East**, for peace, the return of our Messiah

**Healing Room Ministries**, blessings as they grow internationally and 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

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

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

**Godly Sorrow**, as repentance leads to salvation

**Women of our church**, healing and renewed strength

**Ralph**, God's leading as pastor; God's blessing for Sherry; Shery to be able to return to church soon

**Sherry**, as she teaches Bible studies, asthma and throat ulcers; continued strength and 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**, for help, guidance & comfort, and ability to forgive; **Dave**, deliverance from addiction

**Nicole**, to turn back to God wholeheartedly; **Mary**, renewed in strength & wisdom in her walk with the Lord

**Don**, continued recovery; **Ralph & Sherry**, for wisdom and endurance while dealing with family issues & to help solve them

**Eric**, good quality of life; and 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 and ministry

**Rich & Dollie's Ministry**, children's Sabbath School

**Dollie**, continued healing; **All of Dollie's children & grandchildren**, repentance

**Phil**, to turn to the Lord; **Lori**, complete healing; **Don**, to find gainful employment

**Angel & family**, healing and comfort

**Lynn**, healing of broken leg

**Mary**, physical strength, and healing from arthritis; **Larry**, knee problems

**Jeanie & Claude**, healing

**George**, unspoken prayer

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

**Sonny**, blessings and complete healing; and strength & endurance on her job; to be able to stand while heartbreak is so near;

continued strength, courage and faith; decision dealing with the sale of house; **Teri-Lynn**, guidance in dealing with fraud

**Patricia & Rolf**, unspoken prayer; **Patricia**, strength, and that God would use her current situation for His glory

**Diana**, God to give her a desire & ability to exercise; complete healing; **Keith**, repentance; unity of all of Diana's adult children;

unspoken prayer; grandchildren and great-grandchildren will really love the Lord, and that the 4 in Grants Pass will have better

examples to follow; **Dee Dee**, that her court appearance over her divorce will go well; financial difficulty; **Shirley**, elderly friend with health problems

**Pete**, conviction and surrender to the Lord

**Oreda**, strengthening from her heart surgery, and healing from her continuous coughing

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

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

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

**Grady & Kendall**, financial blessings and peace in their lives

**Karen**, strength to fight lung cancer, and to accept God's leading

**Larry & Rita**, that they will find full-time work

**Terry**, healing, strength & perseverance

**Vera**, healing, financial blessings & peace

**Linda**, blessings

**Sherry & Ron**, healing in their marriage; delivery for Ron from substance abuse; and for repentance

**Tom**, that his health will hold up and he will be able to see his 3 grandchildren's marriages & his 2 great-grandchildren born

**David Graves, Jr.**, continued healing of his brain & substance dependency; and for normalcy

**Richard Hernandez**, healing from his Parkinsons disease, & the ability to cope

**Andres**, delivery from alcoholism & drug abuse; and 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; and strength as they endure financial problems  
**Adrian**, delivery from his affliction with Autism  
**Valerie**, to have a better quality of life (leg issues)  
**Patti Ann**, emotional healing & delivery and courage to face what lies ahead; **Rich**, peace  
**Nehemiah**, healing & well-being; guidance in his marriage; that he will take his medicines daily; and complete healing; resolve in the 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  
**Ginny**, continued healing for her body; God to watch over her family members; **Verl & Patty**, unspoken prayer; healing for Patty  
**Vicky**, for healing of her knee and leg and eyes & other ailments; and healing for her daughter; **Loretta**, healing of her left hip, better health, overcoming depression and peace concerning the passing of her son; **Jim**, for a calmness; **Barry & Heather**, for God's leading & to raise their child in the church; **Ginny's two granddaughters**, healing; **Jay**, who can't walk well & needs healing; **Bev**, healing of her back; **Valli**, God's guidance and direction for son Kyle and wife as they sell their home; a job for her son Keith; her husband Dick's knee surgery on September 3, and other surgeries following  
**Cheryl, Jason & Children**, healing & guidance as a family  
**Brandon**, healing of muscular issues and 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, and safe return to Grants Pass; **Don**, continued guidance, spiritual clarity and growth in Jesus; healing of blood clots & lungs; protection for Tovah & Smiles, and a reunion with them; healthier relationship as mother & son  
**Joe**, healing  
**Jason**, will be hired on at Toyota, to have joy in his life & for God to open his eyes and ears to Him  
**Drake**, delivery from alcohol  
**Ron**, needs commitment in Christ  
**Kathy**, for return of good health & good breathing; for Ken & Kathy and their family to know the Lord; **Jeanie**, continued healing  
**Wilma**, peace and comfort as she deals with the loss of one of her legs below the knee due to a blood clot  
**Rebecca**, healing from the loss of her cat; **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, and for God's protection; and for 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**, unspoken request; better academic abilities; healing for her back; arm to stop hurting; delivery of her neighbor from gossiping; that her children **Basil, Veronica & Justine** will come to the Lord; **Judy**, suffering from Dementia and Alzheimers  
**Veronica & husband**, marriage  
**Glen**, healing for his eye  
**Kathleen**, return to church  
**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  
**Vic**, healing of kidney, leg problems, & skin cancer  
**Kathy**, unspoken prayer for her two sons  
**Jacob**, needs prayer  
**Those who are out sick**, for them to return to church healthy  
**Glenn**, prayers of remission of cancer for his father  
**Darla**, successful mastectomy & removal of lymph nodes; full recovery and healing  
**Germaine & Family**, strength, peace and comfort as Germaine deals with pancreatic cancer  
**Angela**, to be blessed with a job; healing from her divorce; family unity and joy to return  
**David**, successful gallbladder surgery and complete healing to follow  
**Brother Ralph**, God's love, peace, comfort and 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  
**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 and Patrick released quickly  
**Richard**, help in dealing with amputation of his toes  
**Walker family**, Mom passed away  
**Arlen Lawson**, complete healing from the many surgeries he's had  
**Margorie**, Traveling mercies for her and her sisters  
**Lora**, baby granddaughter's care



## HEALTH TIPS



### “To Your Health!”

Offered by Ginny Sorensen

**Sharpen your memory ... with sage!** There's a reason the word is synonymous with 'knowledge'. New studies confirm this spice really does make you smarter. British research finds just one teaspoon helps you recall names, places and other facts 11 times more accurately for at least two hours. Credit goes to its plant compounds that prevent the breakdown of acetylcholine, a brain chemical essential to making new memories. It's so powerful, European studies have found it even improves memory and mental function in Alzheimer's patients!

**Calm down with celery seed.** A cooking spice that's often used in vegetable juices, celery seed contains a natural compound called phthalide that lowers stress hormone levels and unwinds tense muscles. In fact, studies show it can even help you fall asleep 15 minutes sooner. It also calms the nervous system by flushing out fats, pollutants and toxins that can make you irritable.

**Stop pain with bay leaf.** If you're prone to headaches, adding a couple of bay leaves to your marinades and rice dishes may help you stay pain-free: The leaves contain parthenolides, compounds that lock a pain-causing chemical in the body called COX-2, as well as eugenol, an anti-inflammatory proven to reduce pain and swelling by 30%. Bay leaves also prevent blood clots and may protect you from diabetes: They've been shown to regulate insulin, lowering blood-sugar levels.

**Glucosamine and fish oil cut pain in half.** Brand new research shows combining 1,500 mg. of glucosamine with as little as 200 mg. of omega-3 fatty acids from fish oil daily eases even severe hip and knee pain as much as 55%. "Both of these supplements reduce inflammation and pain, and now we've proven that they work better as a team than either can on its own," says Christiane Northrup, M.D., author of *Women's Bodies, Women's Wisdom*.

**Block heartburn with pepper.** Sprinkling some plain old black pepper on your food can help you digest it more easily, according to research. Its main alkaloid, piperine, stimulates the production of protective acids in the stomach that stave off heartburn and indigestion. It also stimulates digestive enzymes that help break down food in the body, and some studies suggest it can even prevent stomach ulcers and digestive cancers.

**Convert fat to fuel with lime juice.** Limes are rich in vitamin C, an antioxidant your body needs to convert fat to fuel! Who knew it could be so easy?

**Whittle your waistline with tomatoes.** Tomatoes are loaded with betacarotene, alphacarotene and lycopene - 3 antioxidants that can reduce the fat around the tummy.

**Destroy fat cells with raspberries.** These sweet gems contain ketones, antioxidants that literally destroy fat cells! Bon appetite!

**Want less ab flab?** You can have it by eating mushrooms, the only veggie with vitamin D; and people who get the most tend to have the least ab flab.

**Drop weight with pine nuts,** a top source of monounsaturated fatty acids that help women lose the weight.

**Slow your body's fat absorption with Ginger.** This is a metabolism-revving spice good for fat absorption.

- Taken from "Your Power to Heal" 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.*

## **Church's Plan to Burn Quran Excites Outrage**

CAIRO - The world's pre-eminent Sunni Muslim institution of learning has condemned a Florida Church's plans to host a Quran-burning ceremony on September 11. In a statement carried by local media today, Al-Azhar's Supreme Council in Egypt accused the church of "stirring up hate and discrimination" and called on other American churches to condemn the event. The Dove World Outreach Center is planning to burn the Islamic holy text on church grounds in remembrance of the victims of 9/11. Organizers are using its website and social-networking sites like Facebook to promote the event. The Gainesville church, which also campaigns against homosexuality, made headlines last year after distributing T-shirts that read "Islam is of the Devil".

## **China Pushing For Military Might**

China's drive to transform itself into a major military power is being pursued in a secretive manner that increases the potential for misunderstanding and military conflict with other nations, the Pentagon says in a new report.

The Defense Department's assessment says Beijing is upgrading its land-based missiles, modernizing its nuclear forces and expanding its fleet of submarines. The effort comes as China suspended military talks with the United States. Relations between the two nations have been strained.

The Associated Press

## **Taliban Stones Afghan Man, Woman**

Taliban militants in northern Afghanistan stoned a young couple to death for adultery, and a rights group raised concerns that attempts to negotiate peace with the Islamist extremists could mean a step backward for human rights in the country.

The stoning appeared to arise from an affair between a married man and a single woman in Kunduz province, district government head Mohammad Ayub Aqyar said. The Taliban found them Sunday, and they were stoned in front of about 150 men, said Aqyar, who decried the punishment. Amnesty International said it was the first confirmed stoning in Afghanistan since the fall of Taliban rule in the 2001 U.S.-led invasion. "The Afghan government should not sacrifice human rights" for reconciliation, the London-based rights group said.

The Associated Press

## **HOW POLITICS AFFECT CHRISTIANITY** submitted by Claude Sorensen



## **Jellyfish Stings Hundreds In Spain**

A flotilla of small, virtually undetectable jellyfish have stung hundreds of people on Spanish beaches this week. The blobs attacked three areas near the eastern city of Elche along a stretch of beaches known as the Costa Blanca. On Tuesday, 380 people were stung, compared with the usual four or five a day, said Juan Carlos Castellanos of the Elche tourism department. There was no sign of jelly fish Wednesday. Castellanos blamed strong currents for sweeping the jellyfish to the beaches, then calm seas for letting them hang around for days.

The Associated Press

## **Death Toll From Pakistan Floods More Than 800**

NOWSHERA, Pakistan - Flooding in Pakistan has killed more than 800 people in a week, a government official said today as rescuers struggled to reach marooned victims and some evacuees showed signs of fever, diarrhea and other water borne diseases. The flooding caused by record-breaking rainfalls caused massive destruction in the past week, especially in the northwest province, where officials said it was the worst deluge since 1929. The U.N. estimated today that some 1 million people nationwide were affected by the disaster, though it didn't specify exactly what that meant. The information minister for the northwest province, Mian Iftikhar Hussain, said reports coming in from various districts across the northwest showed that more than 800 people had died due to the flooding. Many people remain missing.

The Associated Press

## **20 Dead As Forest Fires Rage Across Russia**

MOSCOW - Forest fires raged across Russia today, destroying villages, surrounding one southern city and killing at least 20 people, including three firefighters, officials said. The fires have spread quickly across more than 200,000 acres in recent days after a record heat wave and severe drought that has plagued Russia for weeks. Fields and forests have dried up, and much of this year's wheat harvest has been ruined. Prime Minister Vladimir Putin today visited the smoldering ruins of Verkhnyaya Vereya, where all 341 houses were burned to the ground and two residents died in the blaze. The village was one of three destroyed around Nizhny Novogorod, Russia's fifth-largest city located 300 miles east of Moscow. The fires in the Voronezh, Nizhny Novogorod and Moscow regions have destroyed more than 1,000 houses and left more than 2,000 people homeless, according to the country's Emergencies Ministry.

The Associated Press



**Recipe of the Month**  
*“Watermelon Spritzzy”*  
 Recipe by Sandra Lee



**Ingredients:**

2 cups watermelon, chopped or watermelon puree  
 2 cups lemon-lime soda, cold  
 1 tablespoon grenadine  
 1/2 cup frozen mixed berries, optional, use instead of ice  
 Fresh mint sprigs, for garnish

**Directions:**

1. Put watermelon, lemon-lime soda, and grenadine into a blender.
2. Blend for 20 to 30 seconds. Use a strainer to strain into pitcher.
3. Divide frozen berries between 4 glasses.
4. Pour juice over berries.
5. Garnish with a straw and a sprig of mint.

Prep time 5 minutes - Yields 2 servings



**GARDEN or HOUSEHOLD TIPS**  
 Offered by Kathy Ogren



*“Facts on Honey and Cinnamon”,  
 a multi-part series (part 3)*

*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.*

**ARTHRITIS** patients may take daily, morning and night, one cup of hot water with two spoons of honey and one small teaspoon of cinnamon powder. If taken regularly even chronic arthritis can be cured. In a recent research study conducted at the Copenhagen University, it was found that when the doctors treated their patients with a mixture of one tablespoon of honey and a half teaspoon of cinnamon powder before breakfast, they found that within a week, out of the 200 people so treated, about 73 patients were totally relieved of pain, and within a month, mostly all of the patients who could not walk or move around because of arthritis started walking without pain.

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

# Scripture Readings For August

**August 7 - Proverbs 5:21-22**  
 Theme: "God Watches Over Man"  
**August 14 - Isaiah 40:31**  
 Theme: "Wait On the Lord and Be Blessed"  
**August 21 - Jeremiah 29:11**  
 Theme: "God's Plans For Us Are For Good"  
**August 28 - Matthew 6:14**  
 Theme: "Forgive and Be Forgiven"

## Person of the Month



Gale Andrews

*Recognize her face? Well, you should! She's our own Gale Andrews, who walks to church each Sabbath to join in the fellowship and worship services. Her dedication to attend church has become quite evident, and her desire to serve the Lord even more so.*

Gale was born to a family of seven in Madison, WI. Not having any sisters was sometimes a bit rough, because she felt "ganged up on" by her four brothers. She and her family moved frequently, due to her dad's vocation as a carpenter. Her favorite thing to do as a child was Special Olympics. She said that her favorite areas in competition were: running the 50 yard dash, running broad jump, the softball team, and the volleyball team. She tried out for dance team, but broke her tail bone before she was accepted. All in all, she liked school; but Special Olympics won her heart!

Gale came to know the Lord when she was 13 years old; but began learning from her grandma at a younger age. Though her uncle was a Lutheran minister, she chose her own path. She became a Sabbatarian about seven years ago, after attending a Revelation / Daniel seminar at the Seventh Day Adventist Church and learning more about keeping all ten commandments.

We all prayed for Gale, as she was studying to achieve her "Moving On" certificate just a few months ago. She had it rough, while raising her three children (including a disabled daughter), as she worked hard in motels as a maid, customer service rep, motel manager and Goodwill employee; but she persisted and now has her "Moving On" certificate, hoping to achieve her GED this Fall.

Gale's favorite hobbies & interests are reading, crochet, listening to contemporary Christian music, cats, bowling, singing, dance.

**Her personal statement of faith is: "Be strong in the Lord, for He is always with you".**

**HAPPY BIRTHDAY  
TO OUR  
SEPTEMBER  
CHILDREN!**



**Diana Hirschman, Sept. 8th**  
**Sonny van Kempen, Sept. 18th**  
**Tom Dalgliesh, Sept. 21st**  
**Savannah Taylor, Sept. 21st**



**“Tears of Obedience”**

***Those who sow in tears will reap with songs of joy. He who goes out weeping, carrying seed to sow, will return with songs of joy, carrying sheaves with him. (Ps 126:5-6)***

Everywhere we look, we see sadness, heartache, trouble, sickness and death. We see great evil and dishonor to God all around us. If our Heavenly Father had not given us His promise that someday this will all end, our lives could truly be hopeless. Please notice that our Heavenly Father wants us to sow *even if it's in tears*; and *most* of our sowing will be in tears. We sow the likeness of Jesus in our own lives. We sow God's Word, and serve Him in each opportunity that He gives us throughout each day. We need to focus on the fact, that each moment and each day is a gift given especially to us from our Heavenly Father. We need to ask, "Father, how can I please You and do Your will today?"

If we are abiding in the 'right heart attitude' with our God, we can claim His promises and protection, and be sure that He will intercede for us. Not only will we receive His joy, but He will give us a harvest of blessing to bring with us, because we have been faithful in sowing His seed.

Look at our Savior. His life was filled with tears and trials; but He overcame all of it through His relationship with His Father. Our relationship with our Heavenly Father and our Savior is the only hope, covering and strength that we have in this life. Let us draw near to the God who made us, and know His presence now.

***This is how we know we are in Him:  
Whoever claims to live in Him must walk as Jesus did. (1 John 2:5-6)***

Written by Pastor Rich Foreman

**“VERSE OF THE MONTH”**  
***[NIV] Psalm 34:1-8***  
**(Of David. When he pretended to be insane before Abimelech, who drove him away, and he left.)**



**(1) ... I will extol the LORD at all times; his praise will always be on my lips. (2) My soul will boast in the LORD; let the afflicted hear and rejoice. (3) Glorify the LORD with me; let us exalt his name together. (4) I sought the LORD, and he answered me; he delivered me from all my fears. (5) Those who look to him are radiant; their faces are never covered with shame. (6) This poor man called, and the LORD heard him; he saved him out of all his troubles. (7) The angel of the LORD encamps around those who fear him, and he delivers them. (8) Taste and see that the LORD is good; blessed is the man who takes refuge in him.**

## “A Little Challenge”

**Let’s see how many of you can read through these scriptures and pick out the theme. If you think you know what it is, write your best guess on the bottom line. Ready, set, go!**

I Cor. 2:12-15 Now we have received, not the spirit of the world, but **the spirit which is of God**; that we might know the things that are freely given to us of God. 13 Which things also we speak, not in the words which man's wisdom teacheth, but which the Holy Ghost teacheth; comparing spiritual things with spiritual. 14 But the natural man receiveth not the things of the Spirit of God: for they are foolishness unto him: neither can he know them, because they are spiritually discerned. 15 But he that is spiritual judgeth all things, yet he himself is judged of no man.

Col. 3:1-2 If ye then be risen with Christ, seek those things which are above, where Christ sitteth on the right hand of God. 2 **Set your affection on things above, not on things on the earth.**

Phil. 2:14-16 Do all things without murmurings and disputings: 15 That ye may be blameless and harmless, the sons of God, without rebuke, in the midst of a crooked and perverse nation, **among whom ye shine as lights in the world**; 16 Holding forth the word of life; that I may rejoice in the day of Christ, that I have not run in vain, neither laboured in vain.

Matthew 5:3-16 Blessed are the poor in spirit: for theirs is the kingdom of heaven. 4 Blessed are they that mourn: for they shall be comforted. 5 Blessed are the meek: for they shall inherit the earth. 6 Blessed are they which do hunger and thirst after righteousness: for they shall be filled. 7 Blessed are the merciful: for they shall obtain mercy. 8 Blessed are the pure in heart: for they shall see God. 9 Blessed are the peacemakers: for they shall be called the children of God. 10 Blessed are they which are persecuted for righteousness' sake: for theirs is the kingdom of heaven. 11 Blessed are ye, when men shall revile you, and persecute you, and shall say all manner of evil against you falsely, for my sake. 12 Rejoice, and be exceeding glad: for great is your reward in heaven: for so persecuted they the prophets which were before you. 13 Ye are the salt of the earth: but if the salt have lost his savour, wherewith shall it be salted? it is thenceforth good for nothing, but to be cast out, and to be trodden under foot of men. 14 **Ye are the light of the world.** A city that is set on an hill cannot be hid. 15 Neither do men light a candle, and put it under a bushel, but on a candlestick; and it giveth light unto all that are in the house. 16 **Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven.**

John 15:19 If ye were of the world, the world would love his own: but because **ye are not of the world**, but I have chosen you out of the world, therefore the world hateth you.

John 17:14-17 I have given them thy word; and the world hath hated them, because they are not of the world, even as I am not of the world. 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.**

I John 2:16 For all that is in the world, the lust of the flesh, and the lust of the eyes, and the pride of life, is not of the Father, but is of the world.

I Cor. 5:11-13 But now I am writing you that you must not associate with anyone who calls himself a brother but is sexually immoral or greedy, an idolater or a slanderer, a drunkard or a swindler. With such a man do not even eat. 12 What business is it of mine to judge those outside the church? Are you not to judge those inside? 13 God will judge those outside. "Expel the wicked man from among you."

James 4:4 Ye adulterers and adulteresses, know ye not that the **friendship of the world is enmity with God? whosoever therefore will be a friend of the world is the enemy of God.**

II Peter 2:20-21 For if after they have escaped the pollutions of the world through the knowledge of the Lord and Saviour Jesus Christ, they are again entangled therein, and overcome, the **latter end is worse with them than the beginning.** 21 For it had been better for them not to have known the way of righteousness, than, after they have known it, to turn from the holy commandment delivered unto them.

Your Answer: \_\_\_\_\_

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**Now, see if anyone else arrived at the same conclusion as you did. It makes for a great discussion!**

Coming ‘*out of the world*’ is difficult. If you, or someone you know is struggling with this, pray that God will help you/them **surrender completely to His will.** Remember that when He abides in us, we are over-comers, as He has overcome the world!

# 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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