

January 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:

- This month has been packed with all kinds of blessings (great and small). Each of us has shared moments for which we are thankful; and some have shared burdens for us to help carry. During our weekly potlucks and our ‘after-potluck’ gatherings, many have expressed gratitude for the support given in ministry from our church family members. *II Corinthians 9:10-11* states, “*Now He who supplies seed to the sower and bread for food will supply and multiply your seed for sowing and increase the harvest of your righteousness; you will be enriched in everything for all liberality, which through us is producing thanksgiving to God.*” (Referring to spiritual enrichment.) We are indeed enriched by God’s Holy Spirit indwelling; and, we are blessed by our brothers and sisters in Christ! Let us not take our church family for granted or slide into a complacent frame of mind when our lives are challenged. God has given us a wonderful resource in times of need, and in joyous times ... His church. Praise God for his Goodness and His Mercy!
- God has blessed us with several visitors recently, who have added more flavor to God’s church. Some have come and gone; but others have become more like family as the weeks pass. We’d like to welcome Robert, Barbara, Don, Ralph, Dane, Brett, Joey, Cody & Casey. We’re so happy that you’ve been part of our weekly worship.
- We’re looking forward to our “Biggest Little Talent Show” on January 16th at 2:30, following the potluck. Now’s your chance to bring your talent to light! We’re not concerned about who’s the best, or how professional your act might be. We’re just out to have some fun. Isn’t that one of the things we try to do? (Play?) Truth be known, we’re just looking for reasons to laugh. We could call it a cornball show; but who knows? Somebody might actually surprise us, and really have some talent. So, get ready to have some fun!
- Grants Pass has recently welcomed “Healing Room Ministries”, an international association for healing, which was founded in the late 1800’s, and has been kept alive by committed Christians to this day. It is an interdenominational prayer ministry, intended for prayer and uplift to the healing of the whole body (spirit, soul, body), located at 805 NE “D” Street in Grants Pass. It’s open on Thursdays between 11:00 am and 2:00 pm. You may drop in for prayer and/or prayer for healing, call 660-7910, or speak with Stewart for more information. You can also read about the overall association’s history and statements on their website: www.healingrooms.com



PASTOR RALPH'S

NOTES OF ENCOURAGEMENT



*Somewhere recently, I saw a clever quip that went like this:
What's the difference between ignorance and apathy?
I don't know and I don't care!*

It made me laugh. But when you think seriously about it, it's funny because it illustrates the truth so well. Ignorance and apathy are not actually funny. Yet many people choose to be ignorant and *really do not care*. As Christians, I think we need to know many things and we need to care passionately. When I was a kid, it was often said that what you don't know won't hurt you. That simply is not true. It is more accurate to say, knowledge is power. The Bible makes it clear that 'knowledge' is much to be desired

- (Psa 119:66 NIV) Teach me knowledge and good judgment, for I believe in your commands.
- (Prov 1:7 NIV) The fear of the LORD is the beginning of knowledge, but fools despise wisdom and discipline.
- (Prov 2:6 NIV) For the LORD gives wisdom, and from his mouth come knowledge and understanding.

And how about apathy? What does the Bible teach us about people that can't be passionate about important things?

- (Rev 3:15-16 NIV) I know your deeds, that you are neither cold nor hot. I wish you were either one or the other! {16} So, because you are lukewarm--neither hot nor cold--I am about to spit you out of my mouth.

It seems that it is better to care deeply and be wrong than to not care at all. Again the Bible gives us guidance.

- (2 Tim 2:15 NIV) Do your best to present yourself to God as one approved, a workman who does not need to be ashamed and who correctly handles the word of truth.

It's not a half-hearted feeble effort that is called for. It's an honest whole-hearted effort that is needed. I can't imagine our Lord ever saying, "I don't know and I don't care." We will never be perfect in *this* world; but we should strive for perfection anyway. We have limits to what we can learn, so it makes sense to choose wisely and then apply ourselves with full effort and perseverance. Once again let's see what the Word of God teaches.

- (Eccl 9:10 NIV) Whatever your hand finds to do, do it with all your might, for in the grave, where you are going, there is neither working nor planning nor knowledge nor wisdom.

We are servants of the Lord. Let us serve well!

Pleased to be yours in Christ,

Ralph

Romans 14:5:8 [5] "One person regards one day above another, another regards every day alike. Each person must be fully convinced in his own mind. [6] He who observes the day, observes it for the Lord, and he who eats, does so for the Lord, for he gives thanks to God; and he who eats not, for the Lord he does not eat, and gives thanks to God. [7] For not one of us lives for himself, and not one dies for himself; [8] for if we live, we live for the Lord, or if we die, we die for the Lord; therefore whether we live or die, we are the Lord's."

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 January 20th, 12:00 pm at "Ethereal Café" located at 208 SW "6th" St in Grants Pass next to the Kitchen Store between "G" & "H" Streets.
Christian Music Jam: 1st Friday of each month at "The Grange" on Redwood Avenue, 6:00 pm.
Family Movie Matinee: January 2nd at 2:30 pm following the potluck in the sanctuary. The movie is entitled, "Expelled - No Intelligence Allowed".
Bible Forum: January 9th at 2:30 pm following the potluck. Bring a scripture that has impacted your life; and be prepared to share it, along with your story as to *how* it impacted your life.
"Biggest Little Talent Show in Town": January 16th at 2:30 pm following the potluck.
Prayer Meeting: January 23rd at 2:20 pm following the potluck.
Seminar: Held at the fairgrounds on January 30th, "Thousands Not Billions", A Young Earth.

Women's Luncheon Update: On December 16th, the ladies were scheduled to meet at "Ethereal Café", located at 208 SW 6th Street. Due to a variety of reason, the luncheon was canceled; but we all look forward to catching up next month! Hopefully, you and a guest or two can join us. It's a standing invitation.

*Ethereal is a Christian business with the gift of hospitality.
Stop by and introduce yourself sometime.*



In this economy, we need to work together to make certain that no one is lacking; so let's make sure we make our need for jobs known. By the same token, if you are fortunate enough to be able to offer a job to someone, then advertise it here.

Jason Poole: Discount Carpet Cleaning / Handyman, no job too big or too small. 541.441.0366

Valentine & Owings: Home Improvement (all types): painting, lawn & garden, fencing, etc. Free estimates. 892.6886

Free land! If you have free land (an acre or so), or know of somebody who can donate their land, please contact Pastor Ralph at 541-479-2440, as we are in need of a church building site, or even a small church.

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

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



“SHERRY’S MESSAGE”

“WHAT AM I CHASING?”

You’ve heard of a dog who chased a freight train, and when he caught it, didn’t know what to do with it. I guess, he had a ‘dog’s day’ while he was on the run; but all his efforts ended in disappointment. It would have been a tale with a different ending, if he had gone after a rabbit; but, instead, he spent his precious energy chasing an iron horse that couldn’t reward him with a single juicy bone.

It is a good thing to take stock of life now and again, and to ask: What am *I* chasing? What are the objectives of *my* life?” I can’t help wondering whether that dog took a good look before he streaked off after that train. Maybe his hound nature made him chase it, just because it moved. He didn’t stop to ask whether the effort was worthwhile.

The man without a specific aim in life is liable to be switched from one project to another, just as the fit takes him. That way, he gets nothing done, and has little to show for all his effort when the working day is over. All fine human achievements have been the result of concentration. So, I tell people to make up their minds what they want to do, and then go for it like nobody’s business!

Too many lives are being spent in the pursuit of unworthy things, which will issue at last in bitter disillusionment. Only as we “*set our affection on things above*”, can we be sure of avoiding disappointment. To reach the borders of eternity, and then to realize that we have been “chasing freight trains” and ignoring the priceless blessings which are offered in Jesus Christ, will be the greatest tragedy of all. I would suggest that you read the third chapter of Colossians and put it into practice.

Inside of me, *many* times, I need to ask the questions: “*Truly what am I chasing?*” Am I chasing the things God has for me and the life He wants me to live; *or*, am I chasing the kind of life *I myself* want, and the things that I see or think will make me happy?” Truly, that is a big question, especially if I (like that dog) catch what I chased and then do not know what to do with it, and lose out on what God set before me to achieve.

HEADS UP! We are about to begin an exciting new series in the next few months, most likely around February or so. The lecture series is called, “The Truth Project” and consists of 12 DVD sessions each (estimating about 50-55 minutes in length). Dollie Newstrand will lead a half-hour discussion period, which will take place after each session. When the “Truth Project” begins, we will meet at 10:30 in the morning on Sabbath, rather than the 11:00 a.m. time we are currently holding. This will allow us the time needed to complete each session by noon; and we will then pick up our regular schedule from there.

When “The Truth Project” will begin, depends on how long it takes for the *current* Bible Study, which is taught by Sherry, to be completed. As we move closer to the close of the current Sabbath morning Bible Study, Pastor Ralph will begin announcing the date that the new series will start.

Take a moment and hug somebody. Smile at somebody. Talk kindly to somebody. Love somebody. Then embrace your blessings.

HAVE YOU EVER TRIED THIS?

You're driving along in your car, and approach an intersection. There, standing on the street corner, is someone holding a sign, looking tattered and none worse for the wear. You think, "*What a gimmick! Why don't they just be honest, and say what they're really after?*

Why don't they just admit that all they want is alcohol, cigarettes or drugs? Maybe, then I'd be more apt to throw something their way!"

How many times has that happened to you? Allow me to make a little suggestion. Think about this. What if the next time it happens, you take a deep breath, and do a role reversal in your head. What if that was you standing there, and you *really did* need help, and everyone passing by was thinking the worst of you, judging you? No one stopped. They just stared, or made derogatory remarks. How would you feel?
... Pretty broken, huh? ...

Perhaps, next time, you can try to remember that God wants us to give without expecting anything in return. Maybe the lesson isn't about what's going on with the stranger on the corner, as much as it's about what's going on inside of us ... what's *truly* going on in our hearts. What are we losing, if we give a little of what God has given to us? Instead of judging them, try to remember to pray for them. They need God's help whatever the reason; and *the least we can do*, is have compassion and pray for them. What they do with what we have given, shouldn't concern us. That's between them and God; just as what our heart's condition is, is between **us and God**.

Who knows? One of those strangers could very well be an angel. How amazing is that?!

Take a moment to read **Mathew 25:35-46**.

Maybe then, we will understand how important it is to treat others with kindness and mercy. May God's peace be with us, as we remember how blessed we are.

It's Just a Dog

From time to time, people tell me, "Lighten up! It's *just a dog*"; or, "That's a lot of money for *just a dog*". They don't understand the distance we've traveled, the time we've spent, or the costs involved for "just a dog".

Some of my proudest moments have come about with "just a dog". Many hours have passed and my only company was "just a dog", and in those days of darkness, the gentle touch of "just a dog" gave me comfort and a reason to overcome the day.

If you, too, identify with "it's just a dog", then you will probably understand phrases like "just a friend", "just a comfort", or "just a blessing".

"Just a dog" brings friendship, trust, and pure unbridled joy into my life. "Just a dog" brings out the compassion and patience that helps to make me a better person. Because of "just a dog", I will rise early, take long walks and look longingly to the future.

For you folks, who are like me, it's not "just a dog", but hopes and dreams of the future, fond memories of the past, and the pure joy of a moment. "Just a dog" helps to bring out good in me, and diverts my thoughts away from myself and the worries of the day.

For me, it's not "just a dog", but the thing that gives me a little humanity and keeps me from being "just a man or woman". So, the next time you hear the phrase "just a dog" from somebody, just smile ... because they probably "just don't understand".

*Unidentified author; some modification to fit this space.
Offered by Kathy Ogren*



Genesis 1:28, *God blessed them; and God said to them, "be fruitful and multiply, and fill the earth, and subdue it; and rule over the fish of the sea and over the birds of the sky and over every living thing that moves on the earth."*

God has given us animals for many reasons. We are to rule over them. The ones that we choose as pets (or the ones that choose us in some cases), can be such a comfort and a joy! Take care of them. Be thankful for their unconditional love and loyalty. They've been known to save the very lives of their owners. Rescue an animal today, and save a life!

“A FIRM STAND”

Written by Sonny C. van Kempen

© Sonny C. van Kempen 1989



Stand by your convictions, even in the face of adversity. If shaken from your faith, even momentarily, you will inevitably question yourself. Make sure your motives are pure and are not based in ‘fanaticism’. Being caught between right and wrong is a test of one’s “personal” beliefs, and is, in itself, not a sin. Sin enters in only when you compromise yourself and betray the very core of what you know to be the truth.

Jesus teaches us to seek out those who love God, and to walk away from those who refuse to believe Him. When a brother or sister has betrayed himself and God, it hurts. A choice must be made as to whether you will go along with the deceit and “buy into” the lie, or if you will take a stand against the actions of the one you love, in order to, help your loved one see the truth. There is a price to be paid no matter what is your decision.

If you “buy in”, you ease into self-compromise; and, if you take a stand against the lie, you run the risk of being “sold out” by many of the people who profess to be your loved ones. Plant yourself firmly in Christ as deeply as is possible. He will be the sanctuary you need when your decision is made.

Anyone can find a “cause” to support, but not everyone can approach that cause with a full knowledge of its consequences. Be sure before you commit, and do not waver from one side to the other, as those who are swept away by false commitments. Anchor your strength in the guidance of God. Stand firm, and know Truth.

* Taken from a book written by Sonny C. van Kempen entitled, “Love Letters From My Heart” ...’

PRAISE IN SONG

Original Lyrics by Mike Kostal

© Mike Kostal 2001



It’s All Good

You don’t have to cry.
You don’t have to worry ...
Because, *it’s all good!*

You don’t have to be alone.
You don’t have to fear the unknown ...
Because, *it’s all good!* It’s all good.

I got it from the highest source;
And that is God, of course.
It’s all good.

You don’t have to be afraid.
You don’t have to hide in the shade.
IT’S ALL GOOD ...

(Note: see Genesis Chapter 1)

PRAYER REQUESTS

December 19, 2009

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

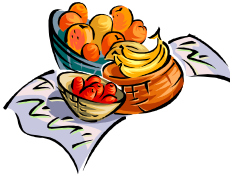
Please pray for:

Our Church Congregation, for the Holy Spirit to unite us in love through Him.
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, that we will continue to plant seeds for the Lord; and those planted will yield good fruit.
World Leaders, will seek God's counsel; and that Christians will have a burden to pray for them.
Christians Around the World, to be aware of government restrictions & prepare for persecutions that lie ahead; safety for all missionaries; and that freedom of worship continues; unity of God's churches.
Israel & the Middle East, for peace, the return of our Messiah, & love of the Israeli people.
Healing Room Ministries, blessings as they grow internationally and locally.
Lost Loved Ones, to find God.
Children of the World, that they will come to know Jesus, and be guided by His Holy Spirit
Children, safety from sexual predators and other perpetrators.
Teens, will turn to God, have hope & coping skills in prevention of suicide; & that pregnant teens will make informed choices.
All Families, for marriages to be held together in unity through their faith in God.
Homeless, for shelter, food & healing; and that they will know God's love & the love of others.
Enlightenment in Christ, for all who are called.
Our Thoughts, that God will guard our thoughts & He will put a protective hedge around us.
Godly Sorrow, which leads to repentance, as repentance leads to salvation.
Enfluenza, that God will guard people against the flu viruses and give healthy immune systems.
Ralph, for God's leading as pastor & help with crashed computer.
Sherry, as she teaches Bible studies, healing of throat & asthma.
Michael, strength in the Lord; **Alex**, that God will provide a job for him; **Rav & Jan**, need help as they are enduring difficulties; **Chris** continued growth & strength in her new walk with the Lord; **David** to learn his lessons & that Carol can cope; safe driving on hazardous roads for **Carol & her husband**.
St. Jude's Church, blessings & growth through the Holy Spirit; and for a good relationship with us.
Tom, for his family and ministry.
Rich & Dollie's Ministry, continued healing for Dollie and speedy healing from her surgery; Godly sorrow for Dollie's children;
Phil Christensen to turn to the Lord; **Don**, to find gainful employment.
David, who needs the Lord & healing.
Eric, for continued healing, a good quality of life; and that God is glorified in his healing.
Dude, two year old boy who needs continued healing of his heart.
Zeldna, for healing & blessings; and for her friend, Carol.
Ruby, as she deals with Alzheimer's. Pray for her peace.
Cynthia Teresa, who is in a Texas prison, that God will protect her from prison guards & lesbianism, and put a protective hedge around her. She needs courage, strength and hope.
Mike, for guidance of the Holy Spirit.
Nadia, complete healing from her diabetes & intestinal issues.
Mary, help in learning how to properly use her new computer.
Tom, that God will give him a calm, even temperament, peace & healing.
Tom, healing and guidance.
Tom, continued healing.
Steve, healing, delivery from alcoholism; and that he will know the Lord.
Tom, delivery from tobacco.
Steve & Mike, delivery from alcoholism & other health issues.
David, deliverance from drug abuse.
Gary, to stop abusing his girlfriend, Carla; and for her safety; **Trisha**, continued strength in the Lord.
Sonny, house sale in God's timing; healed shoulders; & her neighborhood's safety from 4 men intruders.
Patricia & Rolf, an unspoken prayer.
Terry, Shalii & family, blessings on their family and business.
Matt, for God's guidance & peace, and freedom from worldly addictions.
Isaac, for a calm spirit & joy in his life.
Grady & Kendall, for blessed finances.
Jodie, financial blessings.
Sue, healing. She has a blockage in her neck to her brain, bleeding & swelling in her brain.
Larry & Rita, that they will find full-time work.

Terry, for healing, strength & perseverance, as he struggles from serious health issues.
Vera, for healing & peace.
Linda, will be blessed with a job in her field.
David, continued healing of his brain & substance dependency; and for normalcy.
Carolla, continued healing from her cancer, and a better quality of life.
Richard, healing from his Parkinson's Disease, & the ability to cope.
Andres, delivery from alcoholism & drug abuse; and strength in his recovery to not relapse.
Roy & Claudia, that God will bless them with good jobs & give them peace.
Patti Ann, healing of back, emotions & health issues; **Rich**, peace in his life & a good job.
Vic, healing of kidney, leg problems, & skin cancer.
Nehemiah, healing & well-being; blessings on his marriage; healing of his mom & dad.
Kelly, peace, comfort & healing from the loss of her husband, Michael.
Marjean, for healing from the death of her husband; and peace to return to her.
Jay, who can't walk well & needs healing.
Jonathan & his parents, lift them up.
Claude, God's blessings & guidance in his ministry with the homeless.
Ginny, that God will give her peace & good sleep each night; healing on her throat, heart & other ailments; **Dick**, relief & healing from his cancers & successful plastic surgeries; **Valli**, healing from an eye infection and God's leading; for **Verl & Patty** an unspoken prayer; for **Vicky**, for healing; for a friend who can help her to understand her life; **Loretta**, healing of her left hip & restoration of health; & for Ginny's family members; **Barry & Heather**, for God's leading & to raise their child in the church; and for healing of Ginny's two granddaughters & their husbands; **Candee**, for well-being & blessing; **Jerry's wife** is not expected to live(bad heart).
Brandon, healing of muscular issues and a continuing witness for the Lord.
John & Alda, for secure jobs; & for Asante.
Joe & his family, who lost his job, that he find another one; and for Asante's corporate VP.
John, needs steady work & a safe place to live.
Lindy, back surgery, spiritual & physical healing; & for Savannah; Lindy's mother's depression to lift.
Rebecca, healing for her & her son, Dominic.
Jason, stability in his job his life; & he needs a travel trailer or apartment and tires for his truck.
Christine, healing from lupus.
Israel, for peace & healing.
Lowell & Margie, for their salvation.
Roger's family will return to the Lord
Jackie, for her peace.
Jerry, family & church, healing from cancer & many other attacks.
Don & John, serious Rheumatoid Arthritis.
Kathy, for return of good health & good breathing; for Ken's and Kathy's family to know the Lord; and for Chelsea;
Susie, that she has peace concerning her job at the assisted living facility; **Jeanie**, continued healing.
Dan & Suzanne, God's leading for spiritual direction; and strength as they endure financial problems.
Robert & Barbara, blessings and guidance in building their new marriage; and relief from Robert's back pain & healing.
Joe, healing from a car accident.
Ryan, needs guidance, strength & comfort.
Grant, healing & delivery.
Roy, return of good health; **Valerie** to have a better quality of life (leg issues).
Toni, comfort, strength and guidance in their family after her husband passed on.
Robus & Myra, for them to minister through God's leading.
Tom & Charolette, their family's salvation.
Lori, complete healing from her colon removal and upcoming surgeries.
Sherry, pray for her family.
Jennie, continued healing from her heart issues, and release from the hospital.
Richard & Gladys, and family as they are enduring difficulties.
Ken, to continue in God's peace and contentment.
Don, continued guidance and growth in Jesus; protection for his children; and reuniting with his children.
Ron, to continue claiming his delivery from the vices of his past.
Sam, that he will return to the Lord; and that God will heal him of rectal cancer.
Brett, to stay one with God, and for his faith in God to continue to grow and remain strong; and for Joey, Cody & Casey.
Bob, his safety in feeding the homeless.
George, unspoken prayer.
Adrian, delivery from his affliction with autism (young boy child).
John, delivery from alcoholism & healing of his liver.



HEALTH TIPS



Kitchen Cures

Offered by Ginny Sorensen

Celery: Significantly lowers blood pressure. A celery compound can relax the muscles of the arteries that regulate blood pressure, allowing the vessels to dilate. It also reduces stress hormones in the blood, a major cause of high blood pressure.

Onion: Rub it on a mosquito bite or bee sting, and you'll marvel at its anti-inflammatory abilities. Doctors even recommend them for asthma sufferers.

Honey: Can stop infection on the outside of your body; and it can help keep the inside stay healthy, too. It can act as a home remedy for both diarrhea and constipation. (Read directions for correct dosage.)

Cinnamon: Reduces cholesterol. Sprinkle on your morning coffee, or toast, or oatmeal. 1/2 teaspoon each day could cut your triglycerides and total cholesterol by 12-30%, while it boosts your body's ability to store blood sugar. (Report of the USDA's Beltsville Human Nutrition Research Center in Maryland)

Basil: Shrinks varicose veins.

Tomatoes: erase fine lines.

Pineapple: Flushes out cellulite.

Asparagus: Eases hay fever.

Avocados: Lowers cholesterol.

- The Doctors Book of Food Remedies

** The information published in this article is 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.*

Take Those Vitamins!

Niacin: Keeps the nervous system healthy. Helps keep skin, mouth, tongue and digestive tract in healthy condition. Prevent pellagra.

Vitamin B6: Needed for normal functioning of the brain and nerves. Maintains a normal level of magnesium in the blood.

Vitamin B1 (Thiamine): Promotes good appetite and digestion. Helps body cells obtain energy from food. Helps keep nerves in good condition. Maintains good muscle tone and pleasant attitude.

Vitamin B2 (Riboflavin): Promotes well being and vitality. Aids in maintaining smooth skin. Helps maintain good vision and healthy, clear eyes. Often referred to as the "youth vitamin".

Vitamin B-12: Essential for normal functioning of all body cells, especially red blood cells, bone marrow and nervous system. Helps prevent pernicious anemia.

Vitamin A: Helps eyes adjust to dim light. Promotes resistance to infection. Helps keep skin clear and smooth. Needed for healthy mucous membrane.



offered by Robert Camelli



** The information published in this article is 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.*

Secrets From Sunken Egyptian City

Rescued from the Nile:

The slab was found in the city of Heracleion, which sank 13 centuries ago.

Scholars unveiled inscriptions discovered in a sunken Egyptian city this week, the first of a series of studies. The Oxford Centre for Maritime Archaeology released the monograph of a sunken stone stele, discovered in the city of Heracleion and dating to the reign of the Greek Pharaoh Ptolemy VIII before 116 B.C. Inscribed in Greek and hieroglyphs, the slab details the religious rules governing the recovery of plundered items and temple asylum offered by priests to penitents. Divers recovered the 19-foot-high stele from the seafloor of the Nile Delta, where Heracleion sank about 13 centuries ago. "The stele was discovered in numerous pieces in the seafloor and its surface had been badly eroded so that only a quarter of the document has survived," the Oxford Centre reported.

- Dan Vergano

Statue of Obama as 10-year-old erected in Indonesia park

JAKARTA, Indonesia - A statue of President Barack Obama as a 10-year-old wearing shorts and a T-shirt has been erected in a Jakarta park to inspire children in the country where he lived as a boy, officials said today. The almost life-sized statue, to be unveiled Thursday by Jakarta's governor, shows the young Obama smiling at a butterfly that has landed on his upheld left thumb. It stands in Taman Menteng Park, near where Obama lived from 1967 until 1971 with his American mother, his Indonesian stepfather and his half-sister. The park was previously an athletic field near Obama's elementary school.

Hurricane Forecasters See Rough 2010

An early forecast for 2010 calls for an "above average" hurricane season, the Tropical Meteorology Project at Colorado State University reported. The team expects 11 to 16 named storms, six to eight hurricanes and three to five major hurricanes - those with sustained winds of 111 mph or greater. The prediction marks the first time William Gray's team at CSU has provided a range of storms in its December early-season forecast. The report marks the team's 27th year of predictions. The season runs from June 1 to Nov. 30, the 2009 season was relatively quiet. - Jim Waymer, *Florida Today*

HOW POLITICS AFFECT CHRISTIANITY

submitted by Claude Sorensen



Ugandan Bill Seeks Executions For Gays

A legislator in Uganda wants to impose the death penalty on gays living with HIV or in cases of same-sex rape. Landlords who rent rooms or homes to gays also could get seven years in prison if they fail to report them to authorities. Anyone with "religious, political, economic or social authority" who fails to report anyone violating the law faces three years in prison if convicted. David Bahati, the legislator sponsoring the bill, said the measures are necessary to stop gays from recruiting children. Uganda's ethics minister, James Nsaba Buturo, said the death sentence is needed to counter foreign influence. Homosexuality "is not natural in Uganda," he said.

A Mayon Volcano, Fresh Eruptions

The Mayon volcano menaced nearby residents with small eruptions of ash and lava as Philippine authorities moved more than 30,000 people to shelters in case of a larger eruption. Trickle of lava rolled down the 8,070-foot mountain towering over the Albay Gulf in the central Philippines. Five new ash explosions, one of them reaching 550 yards in the air, shook Mayon's steep slopes, chief state volcanologist Renato Solidum said.

Dead Squid Are Washing Up On Oregon Beaches

SEASIDE - Beachgoers along the north Oregon coast are finding giant dead squid. KGW-TV says 45 of the Humboldt squid, some as long as 5 feet, have washed up in the Seaside area since Wednesday. Seaside Aquarium General Manager Keith Chandler says it's not that unusual to find squid washed up on beaches in the early fall but this many this late is unusual. In fact, an influx of giant dead squid was reported in September along the central Oregon coast. Chandler says the squid "usually come up in the summertime following warmer water currents and sometimes they get trapped in the cold water and they can't handle it. They die and end up washing up on the beaches.

Space Probe Shows Solar System NOT Round

WA - When viewed from the rest of the galaxy, the edge of our solar system appears slightly dented as if a giant hand is pushing one edge of it inward, far-traveling NASA probes reveal. Information from Earth's first space probes to hit the thick edge of the solar system—called the heliosheath where the solar wind slows abruptly—paint a picture that is not the simple circle that astronomers long thought, according to several studies published Thursday in the journal *Nature*. Surprised astronomers said they will have to change their models for what the solar system looks like. "We used to assume that it's all symmetric and simple," said Leonard Burlaga, an astrophysicist at NASA's Goddard Space Flight Center in Greenbelt, MD. "It's literally like a hand pushing." That push is from the magnetic field that lies between star systems in the Milky Way. The magnetic field hits the solar system at a different angle on the south than on the north, probably because of interstellar turbulence from star explosions, said Voyager project scientist Ed Stone.

Millions Will Have to Repay Part of Tax Credit

WA (AP) - More than 15 million taxpayers could unexpectedly owe taxes when they file their federal returns next spring because the government was too generous with their new Making Work Pay tax credit.

Taxpayers at risk if they have more than one job, are married and both spouses work, or receive Social Security benefits while also earning taxable wages, according to a report Monday by the Treasury Department's inspector general for tax administration.

Recipe of the Month

Provided by Grocery Shopping Network

“PEACH COBBLER”

Ingredients:

4 cups peeled and sliced ripe peaches
2/3 cup, plus 3 tbsp granulated sugar
1 tsp grated lemon zest
1 tbsp fresh lemon juice
1/4 tsp almond extract
1-1/2 cups unbleached all-purpose flour
1 tbsp baking powder
1/2 tsp salt
1/3 cup vegetable shortening
1 egg, lightly beaten
1/4 cup milk
1 cup heavy cream, chilled
3-4 tbsp peach brandy or peach cordial (optional)

Cooking Instructions:

1. Preheat oven to 400F. Butter a 2-quart baking dish.
2. Arrange peaches in baking dish. Sprinkle with 2/3 cup sugar, the lemon zest and juice, and almond extract.
3. Bake for 20 minutes.
4. While peaches are baking, sift flour, 1 tbsp of the remaining sugar, the baking powder and salt together into a bowl. Cut in shortening until mixture resembles cornmeal. Combine beaten egg and milk and mix into dry ingredients until just combined.
5. Remove peaches from oven and quickly drop dough by large spoonfuls over surface. Sprinkle with remaining 2 tablespoons sugar. Return to the oven for 15 to 20 minutes, until top is firm and golden brown.
6. Whip cream to soft peaks. Flavor with peach brandy to taste (optional).
7. Serve cobbler warm, accompanied by whipped cream.
8. Prep time 1 hour.

Nutritional Information Per Serving:

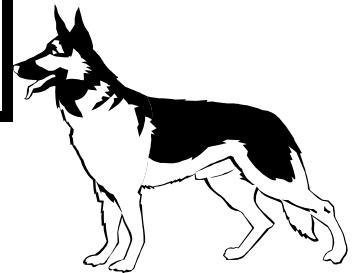
Calories From Fat 361 Protein 8 Total Fat 40
Carbohydrates 241
Calories 999 Dietary Fiber 4 Calcium 227 Iron 3 Sodium
271 Vitamin A 999 Vitamin C 15 Cholesterol 81



GARDEN or HOUSEHOLD TIPS



A dog series ... # 1 of 3 parts



UNUSUAL HOUSEHOLD TOXINS

Submitted by Adam J. Reiss, DVM, DACVECC

Xylitol is a natural sweetener used in many “sugar-free” items including chewing gums, baked goods and breath/dental products. Unlike in people, xylitol induces massive insulin secretion in dogs (unknown effects in cats). It has variable absorption, with hypoglycemic (low blood sugar) effects surfacing anywhere from 30 minutes to 24 hours later. Items, such as gum, which previously might have not been considered dangerous to dogs, can cause life-threatening hypoglycemia when even small amounts are ingested. A stick of sugar free gum may contain up to a gram of xylitol and two sticks is enough to cause life-threatening symptoms in a 20 pound dog. Some dogs may also develop bleeding disorders and liver failure.

Scripture Readings for December

December 5 - II Timothy 2:24-26

Theme: "Do Not Be Quarrelsome When Wronged"

December 12 - We had no church, due to icy weather.

Theme: "N/A"

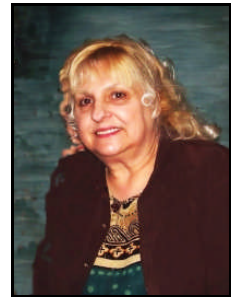
December 19 - Luke 19:37-40

Theme: "Blessed is He Who Comes in the Name of the Lord!"

December 26 - Romans 8-14

Theme: "Love; Put on the Lord Jesus Christ"

Person of the Month



Sherry Orton

Sherry Orton, born in November. She is the wife of our own pastor, the mother of 5, the grandmother of 15 and the great grandmother of 7. Sherry spends a tremendous amount of her time privately studying God's word in preparation for the Bible studies she teaches each Sabbath. She also leads our music by playing keyboard, preparing the weekly song list, and singing. Though we appreciate these wonderful gifts that God has given to her, there is

more ... her cooking! What a wonderful cook she is. Her culinary talent is always a treat during our weekly fellowship potlucks. It's amazing that Pastor Ralph doesn't weigh a few tons!

Sherry has been teaching 42 of her 39 years. Her previous career was as Executive Vice President at Myco Research & Development Company, Fire Department Medic, and in Administration / Nursing. She studied at universities of different doctrines, which gave her an in-depth understanding of the Bible. She has a strong desire to honor our Lord with her whole heart.

Sherry's hobbies are studying the word of God, reading and writing. Her other interests are animals, gardening, cake decorating & candy-making, and creating floral arrangements. She enjoys watching the food channels & collects cookbooks (even though she says that cooking is not one of her hobbies). If you've ever had the pleasure of visiting her house, surely you've noticed some of her collections ... Her tastes are eclectic, and just as diverse as she is!

**HAPPY BIRTHDAY
TO OUR
JANUARY CHILDREN**



**Pastor
Rich Foreman
January 17**



Children's Ministry in Action!
 written by
 Rich Foreman & Dollie Newstrand

Do We Love Jesus, Like Children Love Jesus?
 Written by Sonny C. van Kempen

In anticipation of her shoulder surgery and recovery period, Pastor Rich and Dollie have asked me if I would write this article on their behalf during their absence. I'm delighted to have been entrusted with their article space, and how I might best represent it.

Having taught children myself, in one way or another, since I was 24, I've learned many things along the way. What most impresses me about them, is how much *they* have taught *me*! Yes, I worked with small children in the church classroom; but, mostly my experience lies in grades K-12 in secular and Christian schools in the area of art. I love the imagination of a child. They take us places we never dreamed of going as adults. Even the most difficult of children, challenging as they might be, *can* create art. All it takes is some encouragement and positive reinforcement on the teacher's part; and voila! Art happens!

The point I'm making is this: Jesus said: "I tell you the truth, unless you change and become like little children, you will never enter the kingdom of heaven. Therefore, whoever humbles himself like this child is the greatest in the kingdom of heaven. And whoever welcomes a little child like this in my name welcomes me." We must *humble ourselves* like children, and embrace the child that lies within each one of us. In doing so, we are becoming closer to Jesus and we are welcoming Him into our lives and into our hearts. There can be no purer love than that of a child. We can have that.

Teaching little children is awesome. It can be challenging and rewarding at the same time. Let's face it. It's just plain fun; but it's not always about teaching the children. It's also about what they can teach us, if we listen and pay attention to the innocent way they relate to one another, and how they talk about Jesus. They seem to love Him *naturally, effortlessly*. Do we do the same; or do we over-think and complicate the simple message He gave to us long ago. "Love". Are we obeying that command?



"VERSE OF THE MONTH"
COLOSSIANS 3:23-25
 [NASV]



[23] "Whatever you do, do your work heartily, as for the Lord rather than for men, [24] knowing that from the Lord you will receive the reward of the inheritance. It is the Lord Christ whom you serve. [25] For he who does wrong will receive the consequences of the wrong which he has done, and that without partiality."

REVELATION 3:7-13

[7] “And to the angel of the church in Philadelphia write:

He who is holy, who is true, who has the key of David, who opens and no one will shut, and who shuts and no one opens, says this:

[8] ‘I know your deeds. Behold, I have put before you an open door which no one can shut, because you have a little power, and have kept My word, and have not denied My name.

[9] ‘Behold, I will cause those of the synagogue of Satan, who say that they are Jews and are not, but lie—I will make them come and bow down at your feet, and make them know that I have loved you.

[10] ‘Because you have kept the word of My perseverance, I also will keep you from the hour of testing, that hour which is about to come upon the whole world, to test those who dwell on the earth.

[11] ‘I am coming quickly; hold fast what you have, so that no one will take your crown.

[12] ‘He who overcomes, I will make him a pillar in the temple of My God, and he will not go out from it anymore; and I will write on him the name of My God, and the name of the city of My God, the new Jerusalem, which comes down out of heaven from My God, and My new name.

[13] ‘He who has an ear, let him hear what the Spirit says to the churches.’

As we read through these passages of scripture, and begin to reflect upon our personal relationships with Christ, the words which He spoke to the church of Philadelphia bring to mind a similar message found in Matthew 25:21, “*His master said to him, ‘Well done, good and faithful slave. You were faithful with a few things, I will put you in charge of many things; enter into the joy of your master’.*” (NASV)

When our journey through this world comes to an end, and we stand before the God of all things, it is profoundly the single-most desire of my heart, that I might hear those words ‘good and faithful slave (servant). But, just imagine if *we* could be among those with so great a blessing as the ones already laid out for the church in Philadelphia. Their blessings will be great! They have been given so much, because they kept God’s word and did not deny His name. Because they persevered, they will be spared the hour of testing that will fall upon the whole world. Wow!

We have great challenges in our lives ... many that still lie ahead; but through the grace of God and the power of Christ, we, too, can be over-comers!

(Philippians 4:8-9 NASV) “Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things. The things you have learned and received and heard and seen in me, practice these things, and the God of peace will be with you.”

CONTENTS OF OUR NEWSLETTER



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

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

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

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

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

Church of God 7th Day Newsletter
January Edition 2010

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.